

The Fumba Times

FROM ZANZIBAR TO THE WORLD – THINK GLOBAL, ACT LOCAL

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Zanzibar's future: A diverse community along the seashore is Fumba Town by CPS (left) a more uniform luxury estate with a corniche at Fumba Uptown Living by Bakhresa (right)

TWO FUMBAS - ONE IDEA

Find out all about new exciting seaside developments just outside Zanzibar City

It's all happening on the Fumba peninsula: two major real estate developments creating modern living space with holiday flats and permanent homes. Ever wondered which is which? And what's the right one to make your dreams come true? Just read on.

Both aspiring seaside communities, started in 2015/16, fascinate locals as well as a growing number of international visitors and investors. “Up to now we have buyers from 57 nations”, says Sebastian Dietzold, CEO of CPS, the developer of Fumba Town. “We have more in common than separates us”, emphasises Saeed A. Bakhresa, project director of Fumba Uptown Living (FUL) developed by the Azam Bakhresa group of companies. “It's all about trust and the vision to open up Zanzibar”, the developers, both in their forties and both engineers, agree.

So, what is the difference between Fumba Town, 20 minutes drive south



Cute playgrounds in Fumba Town

of Zanzibar City, and our neighbour Fumba Uptown at the southern tip of the Fumba peninsula - and what unites these two new urban island delights? Well, it starts with tastes, and probably ends with your financial possibilities (see box) While both projects aim to “satisfy the huge demand in real estate in Zanzibar” (Dietzold), promise “high yields in investment” (Bakhresa), support local industries and create employment, one might - just for the sake of distinction -

Beautiful living in Zanzibar

identify the uptown version as slightly more exquisite and conventional, and Fumba Town as the greener and more experimental entity.

Is its environment versus luxury, then? That would be putting it too simply. Fumba Town indeed metamorphosed from barren coral rock land into a lush tropical paradise in just three years by virtue of permaculture landscaping, but the uptown competition can also pride itself of its own water and electricity plants supplying up to 20 megawatts of power and three million litres of drinking water. “Besides, both towns face the same challenges”, Bakhresa adds. A dramatic shortage of sand delayed building progress. Another problem: “Turkey or Mauritius grant immediate residency to home buyers, in Zanzibar we are still pressing for that”, Bakhresa notes.

Taking a ride on a carousel at Uptown's amusement park on the corniche, a

refreshing breeze drifts in from the sea. A few kilometres away, customers happily bargain at Fumba Town's popular weekend market. There is already remarkable residential life in the green estate, where about 500 of a total 3000 units in a variety of building styles and budget options have been sold and partly occupied - from low-cost studio apartments to elegant villas.

In Uptown Living, on the other hand, prestigious, walled-in individual properties and a 10-floor apartment tower attract future buyers. “We only sell houses ready to deliver”, explains director Bakhresa, “the refurbishing is still in progress and we have not even started marketing”. Fumba Town



Classic furnishing in Uptown

by CPS, on the contrary, is selling off-plan; buyers pay in instalments. The excitement of new beginnings is tangible in both spots. “I couldn't believe my eyes seeing entire cities coming up in the middle of nowhere”, a visitor remarked. And both developers seem to agree: The two tropical towns may eventually form one attractive suburb for the capital - with diverse neighbourhoods but the unifying promise of a better life in Zanzibar!



Competitors and friends: developers Sebastian Dietzold (left) and Saeed A. Bakhresa

THE TWO FACES OF FUMBA

Fumba Town:

- 1 150 acres
- 2 a town for all budgets...
- 3 from \$22,900 to \$390,000
- 4 21 different types of homes
- 5 climate-friendly houses
- 6 94% waste recycling
- 7 eco-playground & school in place
- 8 natural tree gullies as drainage
- 9 permaculture paradise
- 10 great sunsets!

www.fumba.town

Fumba Uptown:

- 1 180 acres
- 2 ...versus high-end living
- 3 from \$125,000 to \$500,000
- 4 11 apartment & villa types
- 5 15 km asphalt road network
- 6 seafront corniche & beach
- 7 amusement park
- 8 underground drainage channels
- 9 fully fitted kitchens
- 10 great sunsets!

fumbauptownliving@bakhresa.com



The Fumba Times OUR (HI)STORY

THE FUMBA TIMES, founded in 2019, is Zanzibar's first English-language local lifestyle newspaper with universal appeal. Our main focus is Fumba Town, the growing seaside town close to the capital - hence our name. With hands-on features about green living, culture and tourism, but also with a free exchange of views, we are your link to Zanzibar, Africa and beyond. For this year's Ramadan (mid-April to mid-May), falling into the timespan of this issue, we'd like to wish all our readers celebrating it a heartfelt Ramadan Kareem!

Global thinkers

ONE PERSON, ONE OPINION



Lela Muhamed Mussa, 39, Minister of Tourism of Zanzibar, sharply condemned inappropriate clothing of holidaymakers: “The government is not happy with the situation. Despite the need for tourism we must avoid the breakdown of our social values.” She introduced fines of \$700 - \$10,000 for violations. A rising number of visitors had been seen recently strolling through town, scantily clad in bikini and bathing shorts.

Travel trends 2021

SAFE & FLEXIBLE



PHOTO: TAPPER

“The Nest”: new hotel in Paje

What do tourists in 2021 wish for their travels, if they travel at all? The world largest tourism company TUI recently surveyed trends. Highest in demand are “safety and flexibility”, easy cancellation options, nature holidays, islands (!), camping, workations (working holidays) and apartment hotels. “People are eager to travel again”, said chairman Marek Andryszak and forecasted: “Prices will go up.”

TESTING MADE EASIER

New Covid-19 test centres in Zanzibar – online results within 72 hours



PHOTO: TAPPER

Coronavirus testing in Zanzibar: The month of March marks a full year since first cases of the pandemic were discovered on the island

Testing facilities for holidaymakers as well as locals have opened in Zanzibar. Travellers pay \$80 for a PCR test.

Travellers can now obtain so-called Fit to Fly certificates in Zanzibar. Locals “with symptoms” can test free of charge in 28 centres. Online booking/payment is required of travellers; results can be accessed online. After a huge influx of tourists - almost 50,000 alone in December 2020 - the virus has been surging in Zanzibar and Tanzania. No entry tests are required of tourists. Authorities alerted citizens to wear masks, maintain social distancing. No official corona figures have been released since May 2020.

4 Covid-19 testing centres in Zanzibar have been authorised for travellers. Info: www.zanzibarcovidtesting.co.tz +255 772 502 513

• **Migombani**, Nyerere Rd, towards airport 8am - 5 pm, every day PCR test \$80; rapid tests \$25-50; results in 48-72 hours

• **Global Hospital**, Vuga (private hospital, less frequented) 8am - 11am, Mon-Sat Contact +255 778 679 414 or +255683 550 855 PCR test \$120; results in 48-72 hours

• **Lumumba, Unguja + Mfikiwa, Pemba**

Passport, copy of passport & travel documents required. Certificate of negative test (Fit to fly) is issued. If positive, test to be repeated after 5-7 days. Quarantine is not enforced.

Updated 1 March 2021, subject to change

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“LET’S BRING THE OLD GLORY BACK”

EXCLUSIVE INTERVIEW Economy Minister Mudrik Soraga speaks out on goodies for investors

A fresh start, a young cabinet: 36-year-old Hon. Mudrik Ramadhan Soraga is one of the promising talents of Zanzibar’s new government elected in October. Frank and open-minded, the Minister of Labour, Economy and Investment spoke to THE FUMBA TIMES about the planned mega-port, business incentives and called Zanzibar “one of the world’s hottest investment locations”.

Tourism alone cannot be the answer; the coronavirus has taught us this lesson. What’s your plan to diversify the economy?

I agree, we have far too many eggs in one basket. We need to expand our portfolio. Our biggest asset is the ocean, that’s what we call the blue economy. Improving and industrialising the fishing industry and seaweed farming is a major opportunity. The same goes for the clove industry; Zanzibar used to be among the three top sellers of cloves worldwide until 2010, in a bygone era it was even Number One! That’s a field for investors. We will provide three million seedlings free of charge. We want to increase clove output from the current 3,000 tons per year to 8,000 tons.

What caused the collapse of the clove industry?

It is high time we privatise that business. Most trees are old and worn out, many still from colonial times. We

must plant new trees. Let the free market economy take shape.

Has the corona pandemic caused less economic havoc than first feared?

From March to September we endured what was like a complete lockdown. Everybody, from hotel owners to tour operators to spice farms, saw huge losses. From October onward, however, the fact that Zanzibar was wide open, generated a massive tourism influx from Eastern countries, which in return created an economic cushion. All in all we made 50 per cent of the revenue of 2019 – more than most tourism destinations in the world. Zanzibar had 600 plane landings in less than three months, ranking it among the busiest airports in Africa. Now we have to be careful not to diminish the value of our brand.

The brand Zanzibar – does it exist? I’d like to say it very clearly, and not only because I am the son of a permac-

ture farming family: Ecotourism is the new frontier. We are an island with limited space and an ever-growing population. High-yield, high-value tourism is the answer. For Pemba, one of the most diverse biospheres on the planet with intact coral and fishing reserves, we will allow only a maximum of 25 hotels with focus on wellbeing, escapism, isolation in nature.

If I were to invest in Zanzibar today, what would you advise?

Deep-sea fishing including freezing & packing industry for export.

Is there no overfishing yet?

No, quite the contrary. Currently, we exploit only one per cent of our fishing stock.

What about the local manufacturing industry, the long-awaited alternative to tourism?

I completely agree with you and appeal to investors to make use of our Free Economic Zones (see box, Ed.) to establish small-scale industries. A Turkish investor for instance is showing interest in establishing a household appliance and furniture factory. At the moment, manufacturing accounts for only two per cent of Zanzibar’s economy.

There has been a massive decline in the manufacturing industry.

The economic collapse at the end of the 80s happened for a number of reasons: After privatisation, factories closed due to mismanagement; dishonest civil servants on a grabbing spree exaggerated the trend, certain institutions benefited from imports. I never understood all that! First priority of a government should be to protect the local industry.

Where is the skilled labour in Zanzibar?

A topic very dear to my heart! We urgently need to invest in our knowledge economy, ensuring that people are prepared for the job market to come. At

the moment, the pass rate at A-level in Zanzibar is a mere 40 per cent. That means, 60 per cent did not understand what they were taught in class.

Exports as well as imports need a well functioning modern port - a weak point so far...

Very much so. We are a seafarer’s nation! We have to bring back the old glory days of world trade. That’s why we are extremely happy to have ratified a deal with Oman to finance a multi-million-dollar industrial port in the north-western Mangapwani area where we have ideal deep-harbour conditions with a seven kilometres shoreline and 20 metres depth. It will be a multi-purpose port with numerous terminals, state-of-the-art container handling, facilities for oil, natural gas offshore services, fishing and a backup for rehabilitation of marine vessels. We will still keep the existing Malindi port and convert it into a leisure yacht and cruise ship terminal with curio shops and dhows.

The new port – a massive, long-term project...

...which we intend to speed up by expecting the master plan to be on our table within three to six months.

Some regulations, regarding taxes for instance, still need to be harmonised between Tanzania and Zanzibar?

A lot of regulatory and legal reforms are coming. We want to remove everything which is putting investors off.

Much too slow, critics say, Fumba, for instance, lacks sand for construction, a huge problem.

I am aware of it. We can’t use local sand because we would deplete our natural resources in Zanzibar. Sand from Bagamoyo should be allowed in for construction; there have been some issues with permits but we have sorted it out, and we are working hard on the matter.

Surely, your ministry can’t complain about a lack of chores, what’s your vision for Zanzibar 2025?

A thriving business environment, a significant reduction in poverty and, hopefully, to become an upper middle-income economy in Zanzibar, too.



“Eco is hot!” Visiting Fumba Town recently, Minister Mudrik Soraga talked to residents and officials (photo). The father of three children started his career as a diplomatic attaché in the Comoros in 2009. He studied political and economic development in Idaho, US, and Arusha.

ZANZIBAR’S ECONOMY

- 7% annual economic growth in the past decade
- 45% employment rate
- 35% of Tanzania’s tourism
- During pandemic: 2/3 of Tanzania’s tourism
- Only 2% of economy in manufacturing
- Only 1% of fishing stock exploited

STARTING ALL OVER AGAIN

By staff writer

After decades of neglect the House of Wonders partly collapsed on Christmas Day 2020. Oman and Zanzibar have vowed to resurrect it. THE FUMBA TIMES spoke to experts and artists about the chances to save the iconic palace.

The naval bombardment during an attempted palace coup in 1896 couldn’t kill it, but decades of decay did. The House of Wonders, Zanzibar’s most famous landmark, is badly damaged since its partial collapse on Christmas Day which killed two construction workers and injured others.

The former sultan’s palace, built in 1883 by Oman’s Sultan Seyyid Barghash for ceremonial purposes, is considered one of the most important historic monuments of East Africa. While the debris was sorted and wooden supporting pillars were mounted to save what is left of the grand building, experts reckon that at least 25 per cent of the structure is gone. To protect it from further deterioration during the rainy season, a huge cover of corrugated iron sheets was erected.

Ironically, the “Beit al Ajaib”, as the building is called in Arabic, was already under repair when the tragic incident happened. In a first assessment of the crash which shocked not only Zanzibar but heritage experts all over Africa and the Middle East, Zanzibar’s Minister for Tourism and Heritage, Lela Muhammed Mussa, concluded in February that “lack of care in the choice of the contractor and monitoring weakness of authorities led to the incident.” Further investigations by UNESCO and Oman are underway.

The “Tour Eiffel” of Zanzibar
For now, the clock tower is clearly missing



Sketch of the House of Wonder from the book “Sea Level” by Sarah Markes, available at Memories. The palace after its partial collapse (above); in its heyday, with marble floors and a grand staircase

ing from the historical skyline of Stone Town. A fence surrounds the wounded territory; a show vitrine with photos and information about the “regeneration” efforts - so dramatically interrupted - is still standing.

The impressive three-storey former palace, a perfect rectangle with cast-iron pillars and broad verandas, was named House of Wonders because it was the first building with electricity south of the Sahara, even featuring an elevator. The miserable decline of the once glorious icon was set in motion when sultan rule and colonial protectorate ended in 1964, and Zanzibar became part of Tanzania. The palace stood empty some years before becoming a National Museum in 2002. “The House of Wonders is for Zanzibar

what the Tour Eiffel is for Paris”, says UNESCO consultant Ulli Malisius.

All eyes on resurrection
Complete reconstruction was promised by the governments of Oman and Zanzibar soon after the collapse. “It is possible to reconstruct the building in its original style and shape”, architects and engineers agreed. The effort will be tied to a larger, long in the making regeneration program for the “unique living heritage” of Stone Town, Oman-based consultant Graham Leslie said. Architect Uli Malisius estimates the re-building will cost ten million dollars.

“Unique living heritage must be saved”

“We cannot let go of the House of Wonders”, reaffirms Mohamed F. Bhaloo, longtime chairman of the Zanzibar Stone Town Heritage Society. “It is an eye-opener for visitors because of its universal value.” His theory for the collapse: “Sea-

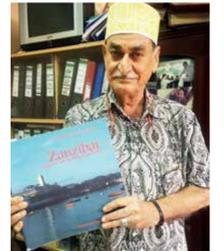
front water might have penetrated and damaged the building from underneath.” UNESCO consultant Malisius supports the view that not recent negligence alone caused the collapse: “The scaffolding was surely insufficient but rainwater and humidity damages over the years did the rest.”

“Zanzibar is crying”, summed up a team of European documentary filmmakers.



Producer Friedrich Kluebsch of film company Demax noted: “The tragedy has saddened everybody in town.”

Will a replica of the monumental building do it justice? Artists are already discussing alternatives like a modern museum dedicated to the shared Oman-Zanzibar heritage. “An international architect competition could produce ideas”, said Kluebsch, who made the film “Sons of Sindbad”. Among the artistic visions: a hologram of the original House of Wonder inside a modern building. “What is important”, says Joachim Puls, another filmmaker, “is that any future icon carries forward the symbolism of a meeting place of cultures. That’s after all what the House of Wonders stood for. Innovation and heritage should go hand in hand.”



Heritage expert Bhaloo with a 1994 regeneration plan for Stone Town

FREE ECONOMIC ZONES: NO INCOME TAX FOR 10 YEARS

Five so-called “Free Economic Zones” in Zanzibar, including Fumba, Maruhubi, Amani, the airport area in Unguja and Micheweni in Pemba, grant incentives to investors

under certain conditions. The Zanzibar Investment Promotion Authority (ZIPA) within the Ministry of Investment handles applications. Among the benefits:

- investment certificates in less than 10 days
- no taxes and duties on imported machinery
- exemption from corporate and income tax for 10 years
- no tax on rent, dividends, interest and capital gains for 10 years
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Hon. Mudrik Soraga receiving FUMBA TIMES editor Andrea Tapper. His ministry falls under The State President’s Office, indicating his significance

MEET THE PANGOLINS!

Rare creatures’ comeback in Africa makes conservationists happy

A first baby was born to the most endangered species in the world, the pangolin in South Africa.

Looking faintly like a crocodile or a new-age mini-dinosaur, the peaceful creature is entirely harmless to humans. And yet, it is the most trafficked animal in the world, more than even elephants or rhinos. Now, the andBeyond Phinda Private Game Reserve in KwaZulu Natal announced the birth of a pangolin pup, the first of this endangered species to be born in South Africa since decades. “We are very happy and excited about the birth”, said conservationist Simon Naylor. The mother of the new baby

mammal had been confiscated from wildlife traffickers. The Phinda reserve carries out an ambitious conservation project to bring the species back.

“When we rescued the pangolin mother she was already pregnant”, said Naylor. His team filmed the birth and is monitoring the progress of the little pup, now a few months old, with a remote camera.

The pangolin animal is hunted because it is high in demand in countries like China and Vietnam. The meat is considered a delicacy and pangolin scales are used in traditional medicine and folk remedies. Though many think of them as reptiles, pangolins are actually mammals and wholly covered in scales. Under threat, a pangolin will immediately curl into a tight ball.

Pangolins, which can be up to one metre long, eat ants, termites and lar-

vae. Because they have no teeth, they pick up food with their sticky tongues, which sometimes reach lengths greater than the animal’s body.

Since 2016, an international treaty protects the species from extinction but illegal trade continues. The andBeyond travel company manages high-end tours and lodges in Africa, Asia and South America and is especially dedicated to conservation issues. In Zanzibar, the company entertains the Mzamba luxury island resort.

The World Wild Fund for Nature (WWF) estimates that hundreds of thousands pangolins were killed in the last decade. Pangolins are on the verge of extinction around the globe: 97 tons of their scales have been intercepted in Africa and Asia from illegal hunters in one year. More information: www.worldwildlife.org



Riding on mum’s back - a rare baby pangolin born in Africa

MODERN HOMES TO GROW WITH THE FAMILY

Private rooftops and superb views

Vizazi means generation in Swahili. And made for multi-generational living are the new Vizazi homes now on sale in Fumba Town.

The Vizazi homes will add to the variety of houses and apartments already available in Fumba Town, the seaside property just a 20-minute car drive from the capital Zanzibar City. “We are building the new units for families with flexibility in mind”, said Sebastian Dietzold, CEO of estate developer CPS, when presenting the innovative design to the public at the end of February in Dar es Salaam. Architect Leander Moons, an urban planner from the Netherlands based in New York, has been with the Fumba project from the start. He planned the community row houses Moyoni Homes and the most luxurious Bustani Villas soon to be

constructed. “What we need nowadays are living spaces that grow, or shrink, with our life”, says Moons. “Children move out, while elderly parents may move in to join you.” The Vizazi homes include three and four bedroom town houses as well as one and three bedroom apartments. Everything is combinable and floor plans can be adjusted. “Privacy was the most important aspect for us”, says Moons. Like a Victorian row house, each unit built in wood technology stretches over three floors with its own divine individual rooftop and a private inner courtyard.

Although blocks of four houses form one greater building, each unit feels like a house on its own. Windows are set back to provide shade. The homes have sea or garden views. Staircase steps are lit - adding to the safety and comfort of the elder generation, and also rendering a modern touch. “The homes are built in a way that your neighbour cannot look into your property”, architect Moons emphasises.



Architect Leander Moons’ flexible family homes for Zanzibar are built in wood technology, “good for your health and the future of the planet”

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MIND MY BUSINESS LOCAL ENTREPRENEURS MAKING A DIFFERENCE

A HEAVEN FOR MATERIAL GIRLS

Fine fabrics for every taste: The biggest choice and best prices in town offers Suma, a not-so-easy-to-find local store on three floors in Darajani.

Printed fabrics in bold colours and flowing dresses – even though most Zanzibari women cover themselves according to Muslim tradition, they do it in their very own style - colourful and bright. Tourists as well are fascinated

by African fabrics, and no better place to buy them than at Suma near Darajani market. An empire of fabrics, it’s stuffed to the roof with cotton, linen, silk and every other imaginable material. It’s the one shop that apparently everyone knows - however, for a newcomer not an easy find: no street name, no shop sign, no shop window. “How do new clients discover you?”, I ask Mohammed Hussein, the owner and manager. He is a kind, busy gentleman who rules over the unfathomable amounts of fabrics.

“Just ask for it”, he flutters replies. Of course, I should have guessed that. The Suma General Store has been part of

Darajani for more than 30 years, when Mohammed Hussein took over from his dad. From *kanga* to *kiteenge*, from linen to polyester - on three floors you can browse, compare patterns, colours and fabric qualities, and get inspired. Glittery or plain, heavy or fluffy, traditional, colourful or dotted ... the choice is endless. “Many of the hotels are buying here, too”, Mohammed says, “bed sheets, table clothes, decoration.” Also, a lot of uniforms are made of Suma fabrics.

“And the most expensive material, what would that be?” I ask. Mohammed leads me to some colourful lace - selling at a mere TZS 7,500 (just about three

Fabrics, fabrics, fabrics – Suma is a hidden gem, a local favourite for buying material

dollars) per metre. I find some beautiful dark red linen, absolutely my colour, but am told that on the third floor the fabrics are sold by roll only. If I want to buy just a few metres, it’s a floor below. There I happily get my red linen and a nice *kiteenge* as a gift for friends.

Angelika Dubiel



Suma General Store Darajani

WELCOME NOTE
TIME TO INVEST



Sebastian Dietzold
Publisher of THE FUMBA
TIMES and CEO of CPS

While I am writing these lines, the power here in beautiful Zanzibar is off. I have lit some candles to help me see my notes about why you, why everyone who can, should invest here. The contradictions, of power cuts and fast-growing tourism, of progressive governance and lacking infrastructure, are a fact. Yet, the absolute will to move forward makes Zanzibar an exciting place to invest in.

Demonstrating this point is our in-depth interview with the new minister of economy, Hon. Mudrik Soraga, on page 2. Also very exciting the feature about a courageous sugar entrepreneur on page 5. And for all of you who have been wondering what the "Two Fumbas" are all about, I recommend our cover story showing that while our approaches may differ, we share a common vision.

It is still early. You have not yet missed the opportunity. We still have power cuts. But in just a very few years, all of this will have changed. Zanzibar is always good for a surprise, they say. That has certainly become true once more in the past few months.

We are currently seeing a new vibe on the island - a real holiday vibe, restaurants full, boutiques sold out, taxi drivers non-stop busy. "Fully booked" - Zanzibar is probably the only place in the world to say so at the moment. And while the circumstances may not be uncontroversial, it's a reassuring sign - for the economy, jobs and investments.

I say it and I mean it: If you don't invest in Zanzibar now, you will regret it. The time is right. As always, enjoy the read and stay informed with THE FUMBA TIMES.

GUEST COMMENT
FROM MOSCOW
WITH LOVE



Russian journalist Ingrid Kim, who vacationed in Zanzibar for two months, about how her fellow countrymen discovered the island and what they like here

"\$300-500 per week is my budget in Zanzibar"

When I first heard about Zanzibar from work contacts I never thought I would get there. But when, after months of quarantine, the Russian government opened borders in August for just two destinations, Tanzania and Turkey, I knew what to do. Having visited Turkey, I decided to venture to Africa for the first time. I flew by Ethiopian Airlines via Addis Ababa. The 10-day trip was well organised by a tour agency named Africa Escapes and I stayed on the best beach on the island, at Kendwa Sunset Beach Bungalows. Liking it very much, I did what many of my fellow Russian holidaymakers have come to do - I decided to return and stay for two months.

What do Russians like about Zanzibar and how do they explore it? First of all, I'd like to say, that many of us, like me, had never been to Africa before, but we are quick to adapt! Sightseeing like Safari Blue, the sand bank Nakupenda - Zanzibar has a lot to offer. I was happy like a child and screaming while I swam with dolphins the first time in my life, a real emotional adventure.

I spoke with many Russian tourists who consider Zanzibar a very beautiful island with plenty of water activities, ideal to escape from the cold winter at home. We Russians are not a homogenous group but we split into long-stayers renting houses and villas for a few months and those on short travel packages starting from 600 dollars up to luxury stays at 5-star hotels. Popular tour operators are Sanex, Coral and Pegas, and the air charter company Royal. Flights were launched from Moscow by Utair and Azur twice weekly with

a Boeing 777-300. All in all it is estimated that between 2,500 to 10,000 holiday-makers from Russia arrived in Zanzibar each week over the winter.

Russians are very good networkers, too. On Telegram, travel blogger Andrey Slayvansky opened a chat for Russians tourists sharing useful information such as where to rent cars or houses in Zanzibar, how to organise excursions. One day I visited a mangrove forest; locals with machetes were paving the way for us. We didn't expect to see such beautiful nature.

The budget of a single tourist like me is usually around 300-500 dollars per week including accommodation and everything. Russians are adventurous and business-minded. In the few months since we were allowed to come to Zanzibar, several have already started looking for business or acquiring land here.

The Tanzanian government invites tourists without a PCR corona test. Would Russians also come when tests are required? First I'd like to say that we only travel when we feel healthy. But a test could pose a problem because Russians don't like to spend extra money. They like to bargain and fight for a discount for any service!

One of the reasons why we want to escape from the pandemic at home: We still expect a third wave of Covid-19. However, the Sputnik vaccination is now improving the data. Many Russians have started to work distantly like me; as a journalist I can write articles for Russian magazines from anywhere. And surely, I prefer to do it in sunny climate rather than in the cold at home - if only the internet coverage in Zanzibar were better!

Ingrid Kim writes for a prestigious publications in Russia, okolopolitiki.ru. She works as the press secretary of the diplomatic club Amicability in Moscow. Contact: at@ingridaworld.com, www.amicability.com.

CARTOON



by Abdul Kitumbi / Art Lovers

SALME'S LAST SCANDAL

Princess Salme of Zanzibar seems as controversial almost 100 years after her death than in life. In Germany, a squabble about a square named after her turned into a farce.

The flaws of political correctness - and the so-called "cancel culture" - were demonstrated in a scandal brewing between Germany and Zanzibar involving the island's most famous daughter, Princess Salme of Zanzibar.

A public square in the maritime city of Hamburg, recently named "Emily Ruete-Square" after Princess Salme's adopted German marriage name, was hastily stripped of the name again amidst allegations that the Zanzibar sultan's daughter was a "racist" and "favoured slavery".

Princess Salme was born in 1844 in Zanzibar as the youngest daughter of the ruler of Zanzibar, Sultan Sayyid Said, and a slave concubine - but like all children in such circumstances, she became free at birth. At the age of 22 she fell in love with the Hamburg trader Rudolph Heinrich Ruete on her home island in Africa and fled with him to Germany when she became pregnant.

She lived there until she died in 1924. The newspaper reports in Germany which found an unexpected resonance among readers prompted city officials to reinstate the street sign bearing the princess' name "until further notice". "The whole issue has become a real farce", commented Hamburg citizens.

How did it all start? Members of the liberal ruling coalition in Hamburg, the Social Democratic and Green parties, had suggested naming a place in the city after the Zanzibar princess. The same politicians demanded a reversal a few months later "in light of new findings". "New findings if a person is dead since almost 100 years?", journalist Iken asked.

The critics had taken offence at several passages of Salme's 280-page book "Memoirs on an Arabian Princess", published in 1886, dwelling on slavery and polygamy without

outrightly condemning them. Quite wittily, she wrote about polygamy: "The sole difference between an oriental woman's situation and a Western woman seems to be, that the first knows the number and character of her rivals, whereas the other is kept in charming ignorance." Editor Iken countered: "To evaluate a person from the 19th century by the standards of the 21st century is wrong. And unhistorical: Hamburg in particular badly discriminated against Salme as a widowed 'person of color'.

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



Defending Princess Salme: prominent journalist Matthias Iken from Hamburg

context for a meaningful discussion". He would, however, "not ask authorities in Hamburg to reinstate her name on the square", el-Gheithy stated.

He did not have to, either. The newspaper reports in Germany which found an unexpected resonance among readers prompted city officials to reinstate the street sign bearing the princess' name "until further notice". "The whole issue has become a real farce", commented Hamburg citizens.

How did it all start? Members of the liberal ruling coalition in Hamburg, the Social Democratic and Green parties, had suggested naming a place in the city after the Zanzibar princess. The same politicians demanded a reversal a few months later "in light of new findings". "New findings if a person is dead since almost 100 years?", journalist Iken asked.

The critics had taken offence at several passages of Salme's 280-page book "Memoirs on an Arabian Princess", published in 1886, dwelling on slavery and polygamy without

IVORY? ONLY ON ELEPHANTS!



Dear Fumba Times team, with great pleasure I noticed your photo "Only elephants should wear ivory". With such features you will change Zanzibar! Hungers!

Waiz, fashion designer

WOOD PIONEERS

Thank you for your excellent report about wood technology houses in Zanzibar in issue No. 5. I was not aware that such houses are built on the island and would love to make an appointment for viewing.

Jake Murimba, Nairobi

Dear Jake, thanks for the compliment. The upcoming new family homes Vazazi are also built with wood technology (see p. 3). CPS, the developer behind Fumba Town, wants to stimulate local industrial forestry in Tanzania with major wooden building schemes in the coming years. Kindly check our website www.fumba.com for appointments. Karibu any time! -the editor

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

THE SUGAR MAN

Zanzibar a sugar-producing island? It's happening already!



Rahim M. Bhaloo
"Zanzibar needs greater variety of industries"

Almost singlehandedly Rahim M. Bhaloo revived the ailing sugar industry in Zanzibar. He now produces 8,500 tons of the "white gold" per year - and could do much more.

itself is a sweet promise. It stands for the possible divergence of the Zanzibar economy - from a mono-cultural tourism hub to a diversified economy. Today, ZSFL employs almost 700 workers on the factory site and in the sugarcane fields in the north of Zanzibar. "If the sugar industry here were to be fully established and sugarcane considered a strategic crop like in many other countries, we could create jobs for 10,000 people", the resident director forecasts.

With sugarcane being regarded one of the most significant and efficient sources of biomass for biofuel production, the entire sugar factory runs on its own generated energy - no external electricity is required at the time of production. "At full capacity we could contribute as much as seven megawatts into the local grid", Bhaloo says.

Caramel smell in the air

The caramelish smell of molasses lingers in the air. "A sugar factory does not only produce sugar", Bhaloo explains to me, "molasses, biomass energy, alcoholic spirits and barges are by-products". Molasses can be used as cow feed. "In Brazil, the spirit production is sometimes a larger business than the sugar itself", the director adds with a smile.

A huge, naive painting decorates the humble boardroom of the mill, telling the story of its origins: In 1972 Zanzibar's first president Abeid Amani Karume invited the Chinese to build the factory. By 1977 it was running well. By 1982 the business had collapsed and remained closed until 2003 when Indian businessman Mahesh Patel, a specialist in agro-farming, together with managing

director Vicky Patel took to the challenge of rescuing it. So far, the investor who became the chairman of ZSFL has channelled more than 40 million dollar into the sugar business on the island. Step by step the local production was brought back to life, from 185 tons in 2015 to 8,500 tons in 2019, before the onset of the corona pandemic. "We have recently more than doubled our daily production capacity", says Rahim Bhaloo, "but we could actually produce much more". The problem: "We lack land to grow sugarcane. We were promised double the land we are cultivating now. We have high hopes on the new government." Only with more farming land, the factory - still writing red figures - could eventually

run sustainably. It's a lush, green paradise. The bamboo-like sugarcane crop with its green leafy stands tall in Zanzibar's "feeding basket" zone of Upenja all the way to Kilombero and Bambi, right in the middle of the island. Around 3,300 acres are utilised to grow sugarcane; it's harvested twice per year. Another 500 acres are cultivated by 800 farming families, trained and technically supported by ZSFL and better known as "outgrowers" within the industry. The equation is straightforward: "To fulfill the local demand of Zanzibar, three to four times as much sugarcane should be planted here", director Bhaloo says. "Then we would no longer rely on imports from Brazil or any other country". Increased production would lower the price, too. In Zanzibar, at the moment, to process a ton of sugar costs \$750. On the international market it's \$350-\$400. Not everything is sweet about sugar. A lot of processed foods such as ketchup, pizza and juice contains hidden sugar, which in the

long run causes obesity and diabetes. Nutritionists recommend no more than 25-50 grams sugar intake per day.

More jobs for the island

While we walk alongside the green field near Kiwengwa, Bhaloo, wearing a blue jeans and a plaid cowboy shirt, says: "I am sure we can create many more jobs for Zanzibar." In the factory, I watch the huge machinery first swallowing the sugarcane sticks and extracting the juice. By heating up the syrup it crystallises and

from a centrifuge above our heads it suddenly starts "raining sugar". A transport belt brings the light-brown, high-quality organic sweetener into wooden basins from where it is dried and packed. The factory's general manager Rajesh Kumar Dodla, 50, carefully watches the entire process. And before we say good-bye, Rahim Bhaloo sums it all up: "The white gold, as sugar is sometimes called, has yet to be fully discovered, explored and utilised in Zanzibar." A Tapper



"More land, more produce, more jobs": Sugar producer Rahim Bhaloo in the sugarcane fields near his ZSFL sugar factory (photo above) in Mahonda

Health Care

'KANGAROO BABIES'

By Catharina Aanderud

The Makunduchi hospital saves premature babies in a unique way dubbed 'Kangaroo Mother Care', a WHO-advised method.

When Pamela Allard talks about the impressive changes the Makunduchi Hospital in south-eastern rural Zanzibar underwent during the last thirteen years, one can feel her intense engagement for the project she has managed for years. Before the Health Improvement Project Zanzibar (HIPZ), a UK-based charity organisation cooperating with the Zanzibar ministry of health, became engaged here in 2007, the place was a run-down provincial facility - even without doctors. Local people preferred to go to traditional healers when they were sick. Everything has changed



Caring for tiny premature babies

since then: Today 14 doctors and 27 nurses are providing health services. In north-western KMC, a second HIPZ hospital was built in 2012, staffed with 22 doctors. Together, the hospitals serve 350,000 people.

At the heart of Makunduchi Hospital is a very touching ward for premature babies and their mothers. Lacking incubators they practice a WHO-advised method to keep these low birth weight infants alive: Kangaroo Mother Care, in short KMC. "Like a kangaroo baby, which spends the first months of his life in his mother's pouch, the premature babies stay for weeks in close skin contact with their mothers", explains Pamela Allard.

The programme advisor and partnership director from the UK coordinates the international support for both hospitals. Among the donors is Rotary Zanzibar which also runs a screening project against breast cancer at the hospitals. Reports show a survival rate of 80 per cent of the 'kangaroo babies'. "Our smallest weighed only 900 grams", nurses say. A lowering of mortality rates of regular born babies has also been achieved.

For information and donations: Rotary Zanzibar, <https://www.facebook.com/RotaryZanzibar/>

PRETTY MODEST

Two lady entrepreneurs open "boutique with a meaning"

Modest dresses with a modern twist - and good advice - are offered in the new Mbweni boutique Doll House.

The moment you step in, you are in a comfort zone. A light and airy feeling prevails at Doll House Boutique. Rahima, one of the two lady proprietors, asks me to take a seat in a cosy lounge corner with beige sofas while my gaze wanders over two rows of exquisite, yet casual dresses for any occasion. "Some of our designs are made here, others we import ready-made from Turkey, UK and India", Rahima Hasham explains to me. The 24-year-old, who returned to Zanzibar after getting married, runs the new fashion house together with her partner Khaytham Turkey, 36.

Two young men enter, looking a bit lost in the female realm, one of them mumbling, he wants a "surprise dress" for his girlfriend. "What is she like?", asks Rahima, "what colours does she wear?" "Colours? The guy looks as if he doesn't have the faintest idea. But no problem. In the end he opts for a short-sleeved, knee-length dress with happy stripes that could just look fabulous on a woman of any size or shape.

"Comfortable yet stylish, a bit modest, and a little bit conservative", Rahima describes the dress concept to me. "Anything goes, but nobling-bling", she says laughing. Khaytham joins our conversation by video call from Dar. The two women met in Zanzibar and instantly became friends when Rahima, who was born in Dubai and raised in Canada, came back to the home of her parents. They decided to open a boutique together: "Find your personality in a dress", Khaytham explains their philosophy. Neatly framed posters on white walls underline the aspiration. They read: "Find your own kind of beautiful" and "We rise by lifting others".

To complement their boutique the two women have started what they refer to as "Rakha Talks", a monthly series of talking sessions for women dealing with topics such as "self-esteem" or "relationships." Getting together in the surroundings of a boutique may sound strange at first, but sharing experiences has "been very much appreciated by our women friends and customers", the two proprietors say. "All of us need a safe space to express ourselves." And slipping into one of their comfy long viscose dresses, light as a summer breeze, one perfectly understands. (AT)



A collection of romantic dresses and sporty cuts "empowering women"

RAMADAN SPECIAL



For this year's Ramadan - due around mid-April to mid-May - Doll House is preparing a special collection of kaftans with a touch of elegance in sophisticated colours. Doll House proprietors Rahima and Khaytham are sure: "Zanzibar women will dress up for the occasion." Women want to celebrate "this special time with new outfits and make-ups", they say. Last year, due to Corona, get-togethers and celebrations were restricted to the inner circle of the family. Even if that is the same this year, "women like to feel different during Ramadan." Any tailoring alterations at the Doll House Boutique are free of charge.

Doll House Boutique
Mbweni Rd, Zanzibar
Ph. +255 770 222 111
+255 774 052 548
Insta: dollhouseboutique.zn

SOOOO INVITING...

Sharmin Esmail brings charm and style to the top post of town manager



Vigilant Sharmin Esmail at her desk: "One voice for a diverse town"

By Andrea Tapper

For the first time the unique position of town manager in Fumba Town has been filled by a woman - adding that subtle, but all-important difference of a female touch.

The cats Mia and Sheta, both foundlings, purr when Sharmin Esmail enters her cosy home in Fumba Town. And so, figuratively speaking, do visitors when coming to her office. The 48-year-old town manager is one of those rare people in whose presence you automatically feel calmer, more relaxed and, most of all, completely taken care of. Seems like the right set of qualities for her unique position of managing an entire town!

Part administrator, part landlord, part concierge, part stylist and - last but not least - a clever networker with ample technical and organisational knowledge: Sharmin's position encompasses all of these job descriptions. But when I ask her how she personally would describe her mission in Fumba Town in a few words, she lets it sound much more simple than it certainly is: "I just want everything to be inviting", she says and gives me a heart-warming smile.

In the unique seaside town of Fumba, with its growing population and large sectors of the exquisite eco development still under planning and construction, her workload is seemingly infinite: With a team of ten, the town manager looks after the maintenance of public infrastructure and utilities from high-speed internet to

safe water. She checks on landscaping, oversees and co-organises fun events such as the monthly open-air market and movie nights. Also, the graduate in human development and child psychology makes sure child safety is adhered to at all times and was the one who installed the first traffic signs in the new estate. Another of her functions is to organise the rentals of houses and apartments on behalf of their owners.

To this end, Esmail has started a small design & décor company named "Iman" to personally style and furnish properties. This has proven an instant success with homeowners who do not live in Zanzibar and need someone professional to look after their property.

"I love green and blue colours, the colours of the ocean", Sharmin says, while

showing me around her own beautifully decorated two-bedroom house in Fumba. She moved in when she took over the job less than a year ago, the whole house radiating warmth and a woman's touch. A mother of two and career woman at the same time, Sharmin knows the value of strict organisation. "If it's tidy, it's less work", she says.

"Before, I had to drive to a park, here I live in one!"

She lived in Washington DC, New York and Florida for nine years where she also engaged in real estate. In Dar es Salaam, where she was born and raised, she is best known for her cleaning service "Spikspan". "When I started it everybody laughed at me", she recalls; now the thriving service employs 800 cleaners.

Comparing her once hectic life in America with the tranquillity of Fumba, Esmail says: "I don't miss the US at all.

In Washington, I had to drive to a park, here I live in one!" The cats seem to agree, intensifying their purr while listening to our conversation.



Watchful: daily inspections around Fumba Town

SHARMIN'S TOP TIPS TO SETTLE IN

- Join the WhatsApp group "Fumba-hood" and never miss a thing
- Meet my team for your first electricity and water top-up
- Meet your neighbours at Kwetu Kwenu kiosk
- Go green! Utilise the front and back space of your house to plant your favourite plants, turn to Halima Gardens for veggie growing
- Check out the seashore and the mangrove area. Take a deep breath and just feel happy!



Colours of the ocean: a neat home designed by Sharmin's "Iman"

INSIDE FUMBA TOWN TRUE STORIES OF NEW RESIDENTS



Fatma Khamis and her son Mabrouk, 5, relaxing at home

"TEN SECONDS TO THE CLINIC"

Fatma Mabrouk Khamis, 43, Principal Secretary in the Ministry of Tourism, talks about the virtues of living in Fumba with her five-year-old son.

Eight months ago you became a resident of Fumba Town. What do you like most?

The sense of community and security. For a single working mum like me the support system around is ideal. If I have to stay longer hours at work I can easily reach out to my neighbours and know my son is in good hands until I'm back.

How about infrastructure? Although the town is still new, the infrastructure is already fantastic. It takes me 10 seconds to walk over to the Urban Clinic where we are patients of Dr. Jenny. I order a pakacha veggie basket from Bi Mwatima's Msonge Farm and it is delivered to my home.

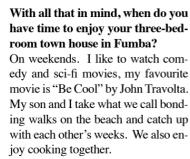
Internet? Oh yes! I am relying on a good internet connection since I am continuing my studies online. Fumba Town is equipped with high-speed fibre optic cable, so the WiFi is very reliable.

You study at night besides having a very hectic and demanding job? Luckily the classes are twice a week, and during late evenings and I try to reserve Sundays for revision.

How do you compare Egypt, where you were raised, and Zanzibar? Growing up in Cairo as a child was amazing! My family was there, and I still consider it my second home. When I returned back home, I had a culture shock. But when I got my first job in Zanzibar as the front office manager at Karafuu Hotel, I slowly started to re-adjust to 'pole-pole', now I can't picture myself living anywhere else!

You are one of the proud female house owners of Fumba. I have always been a crusader for the cause of women. I started my first business at 27. We launched the Women Chamber of Commerce with the aim of empowering women.

With all that in mind, when do you have time to enjoy your three-bedroom town house in Fumba? On weekends. I like to watch comedy and sci-fi movies, my favourite movie is "Be Cool" by John Travolta. My son and I take what we call bonding walks on the beach and catch up with each other's weeks. We also enjoy cooking together.



Khamis: "Great sense of community"



A colourful environment (left), a patient head teacher, Aloyce Shirima (below). Silverleaf pre-primary runs from 7:30 to 12:30 with the option for kids to stay until 15:30

SUPPORT OUR CHILDREN!

Monthly sponsorships for Fumba school start at \$6

By staff writer

Welcome little ones! First kids have enrolled at the Silverleaf Academy nursery and pre-primary in Fumba - and you can help them.

When I visit the school, eight kids between two and six years old are happily munching chips and mayai on the front porch of a white six-room townhouse turned learning facility. "Routines are impor-

tant", points out head teacher Aloyce J. Shirima while he shows me around the neat little classrooms where different activities take place all morning.

The kids are busy recognising first English words such as chicken and hen, grasping letters of the alphabet by so-called "jolly phonics" where an "m" really sounds like an "em" and, after so much hard work, happily jump from one pillow to the next in another room. "It's not just playing", explains deputy head teacher, Pascaline Sarakikiya. "children's motor skills are enhanced by such exercises".

Quality education for all The Silverleaf Academy is part of the

newly launched Education Center Fumba (ECF), a first building block, so to speak, of an ambitious array of educational facilities planned for Fumba Town. Eventually it will involve several primary and secondary schools and a bus transport to the International School of Zanzibar (ISZ). The ISZ also plans to offer boarding in Fumba. "Now it is up to all of us to keep the first school running and thriving", says CPS executive Katrin Dietzold, who was instrumental in setting up the education center. A scholarship programme has been organised (for details, see box below) to offer high quality education to all children, no matter their financial situation.

LEARNING WITH A LITTLE HELP FROM MY FRIENDS...



Breakfast time on the outside porch

On average the Silverleaf school fees are only about 70 dollars per month per child. Below see the sponsorship options. They can be broken down into monthly payment plans, starting at six dollars monthly.

\$7,830.00	Full scholarship for 9 years
\$2,610.00	Full scholarship for 3 years
\$870.00	Full scholarship for 1 years
\$490.00	Sibling of Silverleaf student to attend at 75% tuition cost
\$330.00	Co-sponsor a 1 year scholarship
\$140.00	Food for 1 year
\$65.00	Uniform & stationery for 1 year

HOW TO SPONSOR A STUDENT

- To donate go to silverleaf.co.tz/ donate and click on either the "One-time donation" or, "Monthly donation" button
- You have the option of paying through paypal or by card
- Upon donating, you will become an Angel Donor, will receive regular information about the scholars and be able to visit Silverleaf Academy Zanzibar on designated, "Donor Days"

Episodes from planet Fumba

Narrated by the very people who live and work there

TWO SIDES OF A COIN

I learned something new today. I was walking around the Kwetu Kwenu Farmer's Market when I saw a table that was selling coins that could be worn as jewelry. I had been in the search for a nice neck piece. They had coins from as many countries, continents and time periods as you can possibly imagine. The vendor knew the history of each and every coin. The one that stuck out to me, was the "Heller". This coin was introduced to Tanzania by the Germans in 1904 during their colonial rule.

I am fascinated with the history of language, especially the history of words that we have re-modified and call our own. It is interesting to note that a significant amount of words that we use in our day-to-day language originates from another political era all together.

As I bought my neck piece and continued to walk around the market, I wondered whether a coin introduced by an oppressive power should be given value by using it as a jewelry piece today? Or is it the other way around? Could I, by adopting it alter its meaning connecting it to my own interpretation of history?



Blackbird

Lifestyle

LOCAL DESIGN 2.0



Cosy cushions made in Zanzibar

Tired of the usual kanga dresses and Maasai sandals? Two Arusha designers are forging new paths.

Ravneesh Hans and Zeeshan Viran love fashion and interior design. The couple started off with a tiny shop called "Zivansh" at Kelele square opposite Serena Hotel and have recently moved to a more spacious ground floor location next to Traveller's Lodge on the same square. The first thing we noticed in the nicely decorated shop is a whole series of rather unusual, shiny sofa cushions in extremely bright colours. "They are unique", points out Ravneesh. "since we did each design inspired by the different tribes of Tanzania". The

36-year-old hails from Arusha but moved to Zanzibar four years ago. Her modern designs are inspired by ethno patterns and original Tanzanian craft but with an avant-garde edge. Thus, a Maasai inspired sandal (by artist Leen Sanyim) suddenly looks more elegant; a contemporary beaded lamp or clock more artsy. Her lamps with the now fashionable, big visible bulbs, in particular, have already found many new homes, as have the cushions. "We'd like to go even more into interior design and produce it locally", Zeeshan Viran explains. "but it's a question of demand".

Meanwhile, the 34-year-old architect started drawing seasons greeting cards on his iPad such as Father Christmas coming in on a dhow - also a different take on a classic motif. Zivansh shop +255 718 884 682

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ASK DR. JENNY BOURAIMA

READERS' QUESTIONS ANSWERED BY OUR OWN MEDICAL EXPERT

Happy & Healthy

HOW MUCH SCREEN TIME IS TOO MUCH?

Dr. Jenny Bouraima answers:

Dear Laki, screen time is a sensitive subject for all of us as we are trying to navigate the more and more diverse technological options that are available for us and our children. Over the past years, technology such as phones and tablets have been introduced to ever younger children; the past year, during the pandemic, further increased the number of hours we are spending in front of a screen due to home schooling. Studies have shown overwhelming negative effects of excessive screen time. It correlated with obesity, low physical and locomotive skills, sleeping problems, mental health problems like depression, impaired vision and more.

- The American Academy of Pediatrics therefore recommended to allow no screen time at all for under two-year-olds and less than two hours per day for children over two years.
- The stricter Australian guidelines recommended less than one hour screen time per day for two to five-year-olds.
- And in Germany only maximum 30 minutes per day are considered okay for children up to six years; for older children maximum one to two hours including TV, mobile and computer time.

In order to adapt such guidelines in your personal settings, household rules such as your friend implemented them, can be helpful: limiting screen time according to the child's age, being consistent in screen time allowance, supervised screen time for younger children, no screen during meals, no screen in bedrooms and others.

Also setting a weekly limit can help, for kids you may equal age and hours per week (i.e. 10 hours for 10 year olds etc. up to the age of 18). Ideally, adults should limit their screen time similar to children and only use screens for about two hours a day. However, many adults spend up

PHOTOS (2): ISTOCK, URBAN CLINIC

to 11 hours a day looking at a screen during office and leisure hours combined.

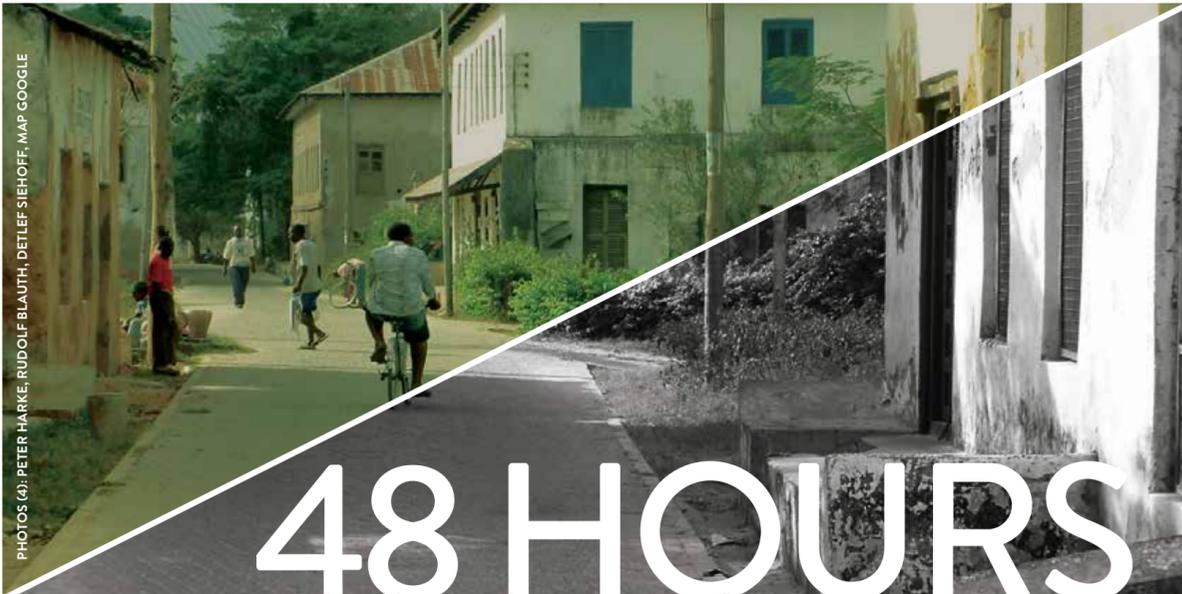
More recent studies are further differentiating between active and passive screen time. Passive screen time is TV watching, which remains associated with the above mentioned negative effects. Active screen time however - video games that require physical activity or incorporate cognitive challenges and educational screen time - rather had positive effects. Allowing your kids some game time to keep them busy is therefore not necessarily a bad thing - if it has its limits.

Other physical symptoms due to increased time in front of a screen - even for us parents - include dry eyes, headache and posture problems. To prevent these at least have frequent pauses - every hour or every 90 minutes. Also sufficient hydration and conscious eye blinking helps. Blue lenses seemed to be ineffective in a study published in February 2021 and are therefore currently not recommended by ophthalmologists.

Overall, adhering to consistent household rules can help you to approach this subject in a well-balanced manner, providing your children with timely guidance to thrive in and navigate through our increasingly technological and digitalised reality.

WRITE TO US!

Do you have any health or lifestyle questions? Dr. Jenny Bouraima of the Urban Care clinic is happy to answer them. Please e-mail: DrJenny@fumbatimes.com Urban Care, Fumba Town, +255 622 820 011 Opening hours: Mon - Fri, 9am - 5pm | www.urbancare.clinic



48 HOURS IN BAGAMOYO

By Rudolf Blauth

From colonial heritage to artsy hideaway - coastal Bagamoyo is well worth a visit.

There is love at first sight and love at second sight. When you fall in love with Bagamoyo, it's mostly the latter. For first-time visitors, it is not uncommon to walk across the dusty roads of the coastal town and mumble disappointedly about "crumbling old houses from a bygone area..." But in 48 hours, and with a knowledgeable guide, you will easily conquer the heart and spirit of Bagamoyo.

My friend Nkwabi, 66, has lived here for 40 years. Originally from Mwanza, Nkwabi is the leading actor in a popular TV series; almost everyone in Bagamoyo knows him. He completed a degree in pantomime in Sweden, and his three daughters Misoji, Nshoma and Sami took 1st, 2nd and 3rd places in a national talent show called "Bongo Star Search Competition". Nkwabi, laughingly, confirms my impression that you have to spend at least two days in Bagamoyo to "lay your heart down" in the historic city.

He tells me the name of the city dates back to the time when caravans of explorers and traders moved from here towards Lake Tanganyika and the porters, with heavy hearts, had to leave their families behind on the coast for many months. Slaves brought from all over also left "their hearts behind" in Bagamoyo: They were irrevocably deported to the

slave market in Zanzibar at night with dhows.

Today the Old Caravanserai and the Catholic Mission Museum in Bagamoyo give testimony to this dark time. Ransomed slaves helped Bagamoyo to gain papal recognition as a place of pilgrimage by building a holy grotto on the mission site.

Day 1: A stroll through the past
Strolling down narrow India Street is like walking back in time. But without a guide, visitors will hardly understand the cultural value of the coastal town 60 kilometres north of Dar es Salaam. According to international experts, Bagamoyo is on a par with Lamu, Mombasa, Kilwa and Zanzibar in terms of historical importance. The town with around 50,000 inhabitants is still a sleepy place, a long-planned construction of a mega container port currently on hold. But a new overland road to Pangani, Tanga and Mombasa in Kenya will almost certainly pull Bagamoyo out of its isolation; construction is to start this year.

Three hours just for the main street

In no other city in East Africa do the testimonies of Islam as well as of Christian missionaries, the influence of Persians and Arabs, the reminders of slavery, of European explorers such as Livingstone, Speke or Burton and the traces of German as well as British colonialism accumulate as visibly as in Bagamoyo.

Abdallah Ulimwengu is one of the few qualified city guides in Bagamoyo. He needs at least three hours alone for the almost one-kilometre-long section of India Street from the Old German Fort to the Old German School. The Old German Boma and the first German Post Office in East Africa are right here. Abdallah makes short, worthwhile detours such as to the German Colonial Cemetery, the national monument "Hanging Tree", a

small dhow shipyard or the fish market, which awakens to an incomparably lively and colourful life every day when the dhow fishermen arrive.

Day 2: Arts and beach

It is not without reason that Bagamoyo is called the "home of arts & history". The College of Arts (TaSUBa) located on the southern edge of the city center, where my friend Nkwabi worked as a theatre lecturer, has the largest covered theatre in East Africa with 2,000 seats. Their ensemble, the Bagamoyo Players, have performed worldwide over the past few decades. The college is available for a tour or for music and dance

workshops by prior arrangement. In the afternoon, I decide to relax on the beach in the big bay of Bagamoyo. Swimming is best just south of the College of Arts or towards the northern end of the beach near Traveler's Lodge. Most of the hotels are located here. Before I say goodbye to Nkwabi, his musical daughters and Abdullah, I take the time and let myself drift through the town again without a guide. And it's worth it: Bagamoyo has not lost its charm to this day.

Rudolf Blauth, 67, has visited Bagamoyo more than 30 times. He is chairman of the Bagamoyo Friendship Society/Germany, founded in 1992.



The Bagamoyo Livingstone Tower named after the famous explorer

EXPLORING BAGAMOYO

HOW TO GET THERE:

From Dar es Salaam, 1-3 hour car transfer (mmakupa@yahoo.com). Charter flight with Coastal or charter ferry from Zanzibar to Bagamoyo (especially interesting for groups: info@fireflybagamoyo.com).

ACCOMMODATION:

Traveler's Lodge (on the beach, large botanical palm garden), Fire Fly (in the village with pool), Ella's Swahili House (Swahili-style holiday home in the village for max. 9 people)

GUIDES/BOOKINGS:

Abdallah Ulimwengu: batrentz@yahoo.com (can also book bicycles and bajajis in advance). College of Art TaSUBa: http://tasuba.ac.tz

EVENT:

39th International Bagamoyo Arts Festival, 25-30 October 2021



Bagamoyo is located 60 km north of Dar es Salaam; charter ferry to and from Zanzibar on request

INFORMATION:

Very useful website by the Bagamoyo Friendship Society e.V. The NGO has been supporting cultural and social projects for almost 30 years. www.bagamoyo.com



Tracing history at the colonial graveyard of Bagamoyo (left); buying freshly caught fish on the market



THE NEW COCKTAIL HOUR

Kupaga Villas Boutique Hotel in Jambiani setting high standards



From 5 to 7 pm: Mix your own organic cocktails with bar tender Noel

A Belgian-owned boutique hotel in Jambiani has quickly risen to a pilgrimage site for cocktail lovers.

Opened only two years ago (half of that during corona times) the Kupaga Villas at the Mshangani stretch of southern Jambiani offers some of the finest cocktails on the island, in combination with an innovative coastal cuisine. The eight room establishment with pool is run by 29-year-old former lawyer Inès Gallala from Belgium, who opened the boutique hotel with her mother after falling in love with Zanzibar during a holiday. "I've never regretted

it", she says. Not only resident guests but a good number of outside clients have come to frequent Kupaga for its food and drinks; during happy hour, two cocktails are served for the price of one (TZS 14,000). For lunch or dinner the open-air restaurant serves mouth watering Sesame Tuna Tataki to Lobster Mushroom Risotto, or simply some homemade Falafel or a "Paris sandwich" with brie on sourdough bread.

In the cocktail section, it's customer's choice with a special creation of Kupaga, "Botanical Gin & Tonics" with lemongrass, cardamom or hibiscus competing with classics such as daiquiri and truly the best Moscow mule outside St Petersburg. Bartender Noel Haule is happy to share the recipe: vodka, stoney, two limes (!), mint

leaves, three slices of cucumber, one teaspoon of sugar.

Rooms are large and airy with sea-front balconies, and the pool is much appreciated during low tides. Kupaga looks like a newcomer to stay.



Kupaga Villas
https://www.kupagavillas.com/

JUST DISCOVERED CAPE TOWN FISH MARKET



Sea breeze any time: the Cape Town Fish Market

GLAMOUR HAS COME TO FORODHANI

- ✓ **SERVICE:**
Quick and professional
- ✓ **LOCATION:**
On the pier at Forodhani
- ✓ **SPECIAL:**
A big city vibe for Zanzibar
- ✓ **THE BOTTOM LINE:**
Best ventilated place in town

Food and Forodhani Gardens belong together. Especially from twilight to the late night hours, the park between the Old Fort and the ocean with its daily local food court is well frequented by locals and tourists. I am here to check out Zanzibar's latest gastronomic addition, the new Cape Town Fish Market (CTFM) on the pier.

The history: It's historical ground I am walking on. First laid out in 1936 to commemorate the 25th anniversary of Sultan Kahlifa (other sources say in honour of King George V), the park was completely renovated in 2009 by the Aga Khan Trust. At the centre is a podium, almost a pavilion, where the band of the sultan's army used to play for the public; today, as I stroll by, I see lots of young people here and some art students making sketches. The wooden pier that reaches out to the open sea and the arch in front were originally erected in 1956 to receive Britain's Princess Margaret – as she went ashore elsewhere it never fulfilled its original purpose. A couple of restaurants have come and gone since, the prime location apparently no guarantee for success. That might change with CTFM, a well established, originally South African seafood chain with a tested formula of "fresh ingredients, a relaxing, yet lively ambience, spectacular sunset and great-tasting seafood and sushi", as its website says. Entrepreneur Douw Krugmann and his family started the business in 1997 at Cape Town's famous V&A Waterfront after operating a steak ranch for 13 years. Today CTFM has 11 locations across South Africa as well as in Tanzania.

The ambience: Since it is afternoon and the sun relentless, I take a seat in the shade and immediately notice what is - especially in times of the coronavirus pandemic - a striking and welcome feature of CTFM: a fresh breeze blowing continuously through the restaurant situated right on water. The restaurant caters to everyone, as well suited for a romantic dinner as for a seafood lunch with your family.



The Forodhani entrance to the restaurant on the pier

Food and style: While waiting for my food, I watch the ships and dhows passing by - the ferry from Dar just coming in. It's very relaxing. The food arrives surprisingly fast. Price range is rather upper average or slightly above. For my seafood pasta I pay TZS 24,000. But the quality is really good, and the portion large. The sushi is excellent, as are the seafood platters. Wine at TZS 20,000 per glass strikes me as outrageously expensive though - at least for Zanzibar.

Angelika Dubiel

... **Cape Town Fish Market**
... <https://ctfmzanzibar.co.tz/>



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