FROM ZANZIBAR TO THE WORLD - THINK GLOBAL, ACT LOCAL

ISSN: 2683-6572 / Complimentary edition December 2022 - February 2023 International Edition 14

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LIVING **HOW TO DETOX** YOUR HOME









#party of the year

We'd like to wish all our readers, who celebrate it, a merry Christmas, and everybody a happy and healthy New Year. When in Zanzibar, join us at The Chill in Fumba Town. Karibuni nyote!

THE SKY'S THE LIMIT

Burj Zanzibar: world's tallest timber tower to be build on the island

By Andrea Tapper

A world record for Zanzibar. The Indian Ocean island is planning the highest green building in the world - nowhere less than in Fumba Town. Curtain up for the iconic enterprise!

reathtaking 360-sea views.Playful architecture floor. Named Burj Zanzibar -Zanzibar.

resembling a beehive with plenty of green terraces from the bottom to the very top 'burj" meaning tower in Arabic a spectacular, ecological highrise building is planned for

Green power tower: 96 metres high, with 28 floors, the planned Burj Zanzibar would be an iconic landmark for Africa and bring fresh attention to Zanzibar as a "green" destination

The apartment tower in high-tech timber design, 96 metres high, with 28 floors, will be elevated in the midst of new suburb Fumba Town overlooking the ocean on the west coast near the capital. "You'll definitely see the landmark from the plane when you fly into Zanzibar", promises developer Tobias Dietzold.

Once realised, it will instantly become a global landmark as the world's highest timber tower and as Africa's first highrise ever in this innovative technology. At the moment the 86.6-metre Ascent Tower in Milwaukee, US, holds the world record as the highest timber building worldwide.

architectural Why such an extravaganza for the small island of Zanzibar? Dubbed "vertical green village", the residential tower with 266 residences is to be located in Fumba Town, East Africa's pioneering eco-town developed by German-led engineering firm CPS. "The tower will be our landmark", said CPS CEO Sebastian Dietzold, "but not because it's a glamorous highlight but because it will promote responsible, sustainable buildings and trigger a whole new industry in Tanzania, from agroforestry to the production of engineered wood products."

Fumba Town, the flagship CPS development near the capital, is already built on green and equitable principles and as such an unusual new model town for Africa. Stretching along a 1.5-kilometre seashore, it will eventually provide more than 5,000 sustainable homes for all budgets and for around 20,000 people. Buyers of over 60 nationalities have invested

here, the majority from Zanzibar, Tanzania and Oman. "The Burj Zanzibar tower is part of our mission to meet the massive housing demands in Africa in a responsible way", CPS founders Sebastian Dietzold, 45, and his brother Tobias, 38, explained: "We want to support a technology that protects our planet."

construction does exactly the opposite, causing 30 percent of ongoing CO2 emissions worldwide.

whereas

"High tech timber functions like a carbon battery", elaborated Tobias Dietzold: "Burj Zanzibar will showcase the new construction technology from Zanzibar to the world." Tanzania's

conventional



Nothing tops this: the sale of apartments with exquisite interior design and lush green outdoor spaces has commenced

Eliminating 3,000 tons of CO2

Timber is the oldest building material in the world (see next page). As timber technology, it currently enjoys a renaissance because of its environmental benefits and longevity. New prefab timber products such as cross-laminated timber (CLT) and glulam are considered the building materials of the future. A 4,000-cubicmetre wooden building like Burj Zanzibar would bind about 3,200 tons of carbon dioxide in its structure,

top skyscraper is the 157-metre Ports Authority building in Dar es Salaam, built with conventional concrete.

Specialists from NYC to Switzerland

The Zanzibar tower is being designed and constructed by top specialists from Switzerland, Austria, Germany, South Africa, Tanzania and the US, among them the world's most experienced high-tech timber producer, the company Binderholz from Austria. CONTINUE, PAGE 2

Global thinkers

ONE VOICE, **ONE OPINION**



It's not where you come from but what you do. "Trust is earned and I will earn it", said Rishi Sunak, the UK's first British Indian prime minister, in his inaugural speech. The 42-year-old billionaire funds manager has East African ancestry, his mum was born in Tanzania and his father in Kenya. Both moved with their Punjabi families to the UK in the 60s.

HOW MANY IS TOO MANY?

61.7 million people in Tanzania, of which 59.8 million live on the mainland and 1.9 million in the Zanzibar islands: when presenting the census figures at the end of October, President Samia Suluhu Hassan pointed out that the rapid population growth challenges the country.

33% of youth in Zanzibar are unemployed, according to International Labour Organisation (ILO). The average number of children per woman in Tanzania is 4,8. "300,000 new homes will be needed every year to house the growing population," said Fumba Town developer Sebastian Dietzold. Tanzania is among the eight countries which will account for half of the world's population growth predicted until 2050. The world population hit 8 billion in November.

SWIMMING FROM ZANZIBAR TO DAR



Always spottable by red floating balls attached to them, the swimmers reached Tanzania from Zanzibar in ten hours

A group of South African swimmers crossed the so-called Swahili channel from Zanzibar to mainland Tanzania in November.

ome people find the ferry hard to endure but who on earth would swim the 35-km-distance from Zanzibar to mainland Tanzania? Well, eleven sporty men from South Africa did just that in November.

Accompanied by support boats, they took off from Fumba Beach Lodge in Zanzibar, a sponsor of the event, at 4am in the morning and stayed 13 hours in the water, including two hours of swimming in the dark. The winner Ryan Cumming completed the swim in a time of 10h18m46s, "a record-breaking achievement", said Tim Lloyd who organised the event. The finish was the Lazy Lagoon, a cement factory area just south of Dar es Salaam.

So - how did it go? "Despite a challenging swell, cross currents, and bouts of sea sickness we made it," said Cumming. The Swahili Channel is Africa's version of the English Channel and is known for deep-sea pockets and strong currents. The Strait of Dover between the UK and continental Europe is 34 km wide at its narrowest point and has been crossed in under seven hours.

With their crossing from Zanzibar to Dar the swimmers called Flying Mullets raised 300,000 Rand (\$18,000) for a South African hospice.

ADVERTISEMENT



Stars of the show (clockwise from left): Damian Soul; reggae veteran Tiken Jah

Fakoly; the crowd; sponsor **Tobias Dietzold with Tourism**

Minister Simai M. Said and festival chef Y. Mahmoud

BETHE FIRST TO TIMBER! New iconic tower: prices, floorplans, safety

BURJ SPECIAL

CONTINUED FROM PAGE 1

Burj Zanzibar - the planned sustainable apartment tower for Africa will compel the continent into the top green league worldwide. The sale of around 250 apartments has commenced. Construction to begin 2023/2024. The project was officially launched in October in Muscat, Oman.

Touching no ancient forests

For now, the prefab timber parts for the construction will be imported from Europe, but in the future Tanzania and Africa are expected to vastly expand their own regrowable wood plantations as well as production factories. The country already harbours a wood plantation near Iringa covering twice the size of New York. "No ancient forests will be touched", stresses manager Tobias Dietzold, " we will only use



Big launch in Muscat: CPS team and officials announcing the Zanzibar project in Oman recently. First apartments were sold immediately

regrowable agroforestry."

Burj Zanzibar is planned as a hybrid timber tower with a steelreinforced concrete core. "This and other elements make the timber structure extremely stable and long lasting", said Torsten Helbig, leading structural engineer, who has planned timber houses and offices all over Europe and America, among them a pioneering eco supermarket in Germany and a college in the US. Prefab timber construction is

much faster than erecting a concrete

building, but also more costly. "We approximately calculate one week wood weighs only 400 kg. Also per floor", said Thomas Just, timber important: The new generation of expert and Volks.house company high-tech timber buildings are said owner in Fumba Town. Even if this to have similar fire-resistant qualities as conventional buildings (see triples, it would mean a high-rise of interview below). Another plus is and-a-half years. Cross laminated the accuracy of prefabricated timber timber is lightweight compared to buildings. In a computer controlled concrete at the same time giving the environment, one panel of a wall will be exactly like another with same structural strength. One cubic metre of concrete weighs weighs margins of only a few millimetres. 2.7 tons while one cubic metre of

Wood: healthy, robust and climate friendly

Last but not least, timber buildings are more healthy - for the environment and their inhabitants. ■ Ten centimetres of a cross laminated timber (CLT) panel cools the room just like a 1.8 metre thick

Set for superlatives: 3D image of

Fumba Town with Burj Zanzibar

launching the project in Muscat to

on the left. Sebastian Dietzold

a fascinated audience

■ Timber buildings are even said to their inhabitants, having positive effects on people suffering from asthma or other respiratory diseases, studies of the Japan Wood Research Society have demonstrated.

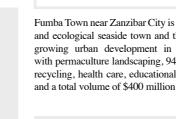
Cross laminated timber houses are also extremely durable since timber



Ever dreamt of living in a wood cabin? Burj Zanzibar is the modern equivalent of just that dream. Popular one bedroom apartments in the timber-

tower-to-be start at 119,900\$.

28 storeys high, the spectacular building offers studios, one- and two-bedroom apartments and deluxe penthouses. In Fumba Town, Zanzibar foreigners are entitled to buy by law. The elegant tower stands on a terraced podium. At the noment apartments from the 7th floor and



Burj Zanzibar

■ Studio 7th floor

Studio 15th floor

■ 1 bedroom, 7th floor

1 bedroom 7th floor ocean

2 bedroom 16th floor

\$175,900

price examples:



Architectural design for a 1 bedroom with 53.8 sqm and

Prices range from \$79,900 for a studio to \$950,880 for the most expensive penthouse with pool. The apartments are being sold off-plan. They are payable in six instalments with a reservation fee of \$10,000. Sales have commenced internationally

More than a dozen apartments were sold within the first weeks at an average price of \$180,000. Note: The higher the apartment the higher the price; the ocean side is more

■ 1 bedroom penthouse 22nd floo Fumba Town near Zanzibar City is a modern

and ecological seaside town and the fastest growing urban development in Tanzania with permaculture landscaping, 94% wasterecycling, health care, educational facilities



Ultimate luxury: floorplan of 1 bedroom penthouse lux with 95.5 sqm

Timber and fire don't go well together, it's commonly feared. Why this is wrong, explains Dr. Michael Klippel. 39, leading international fire safety expert.

Are timber buildings more risky than concrete or steel buildings in

given regardless of the building material and are defined by local codes and standards. Every material, be it timber, concrete, steel or a smart mix of it, has strengths and limitations. As One tends to be still worried...

Your techniques for fire safety? First, of course, is the installation of

sprinklers. For high-rise buildings like Buri Zanzibar we also apply a design method called auto-extinguishing. That allows only a certain Dr. Klippel: No. fire regulations are amount of visible timber. The fire dies on its own without intervention while the structure remains stable.

SAFETY: "WE KNOW HOW TO STOP A FIRE"

experts, we set performance goals for You are right but we have learnt in any component and the interaction the last decade what matters and what is not acceptable in terms of safety. For instance, timber as a combustible material at the facade is not possible. Joints and supports are also crucial

with staircases in a reinforced and at the same time gives stability. Furthermore, strict quality management during construction - all this makes modern timber buildings safe, anywhere in the

One of the oldest wood buildings in

the world and still perfectly in shape

is the Horyuji Temple near Nara

in Japan, the country's first world

heritage site. It was built in the sixth

century - more than 1400 years ago.

Inside it holds some of Japan's most

important national treasures. One

of the first Buddhist monuments in

Japan, it had a huge influence on

religious architecture for centuries

Almost no less is expected of the

planned Buri Zanzibar which would

become an environmental icon for

the whole continent of Africa and

set a benchmark for architecture

CPS Headquarter Zanziba

Office Dar es Salaam

+255 656 275 648

+254 720 330 033

www.burjzanzibar.com

Office Nairobi

GET IN TOUCH

Dr. Michael Klippel is CO-CEO of IGNIS, and has performed hundreds of fire sulting firm is part of the planning team for

A green icon: poolside and terrace at the new Burj project

KEEPING THE MUSIC **ALIVE**

New sponsorship by Fumba Town rescues 'Sauti za Busara' festival

By Andrea Tapper

A record crowd is expected for the upcoming Busara music festival, celebrating its 20th anniversary in February. A surprise addon is a live gig at Fumba Town. Get your ticket now!

Yusuf Mahmoud meets me in his office near Stone Town. "People are getting excited. It's our silver jubilee", he says. The director of Zanzibar's popular music festival "Sauti za Busara" (Swahili for sounds of wisdom) is visibly more relaxed than some months ago. His team is busy preparing posters and stickers. A generous, almost

three-year spon "We are sorship by Fumba Town developer totally for CPS is keeping the festival afloat diversity" Unlike most international cultural

festivals, Busara has never received financial state subsidies and has been relying on donor support since its in-

But nothing could stop the music not the torrential rains in 2020, not the onslaught of Covid-19 thereafter, neither blackouts nor politics. The internationally famous get-together is a political, a human rights festival after all - besides being a vibrant African jam session. "We choose artists not only because of their music, but because of their message", explains 60-year-old Yusuf Mahmoud to me. This year's main act is Tiken Jah Fakoly, a vocal reggae die-hard from Ivory Coast who now lives in exile in Mali. Other crowd pullers are BCUC, a rough Soweto band and local favourites like Siti Amina and Damian

The BBC has called the festival 'one of Africa's best and most respected music events'. Other annual African music festivals include MTN Bushfire in Eswatini (Swaziland), usually in May; Lake of Stars in Malawi (not yet confirmed for 2023): and the Cape Town Jazz festival (returning on 17-18 March, 2023).

24 bands, 3 days, 2 stages What can visitors expect at the open-

air venue in the historical Old Fort this time? "A special homely vibe at a super heritage site", said one musound and equipment (all provided

locally), delicious local food, drinks and a variety of

The music will go on for three nights with 24 confirmed groups on two stages from 4pm-1.30am; there will be live streaming on YouTube and other online channels. The festival is accompanied by more local activities like artist workshops and a musical parade in Stone Town. Whether the popular free stage at Forodhani will return, is still unclear, says Mahmoud. Here, a sponthe Zanzibar International Film Fes-

become a trademark of Busara. "We soft-spoken Yusuf Mahmoud stayed are never short of new, exciting and original sounds", says the curator and organiser. To raise women's voices tural activities in Zanzibar. has been high on the agenda in recent years. "Of course this also goes for other marginalised or minority groups", says Mahmoud, "we 100%

ZANZIBAR

Mahmoud has built up the cultural event from its beginnings when he chains are frustrating us", Mahmoud said, Busara is known to draw sub-

handcrafted in a workshop in Ham-

burg. Their bestseller became the

so-called bracenet (from bracelet and

Making Zanzibar attractive on, meanwhile involved in many cul-"For us Busara represents an inter-

"I delight in taking risks", he asnationally popular festival which has sures me, bringing in musicians vastly contributed to the attractiveness of Zanzibar as a destination" "some have not even heard of." Jazz bands are among his personal said Fumba Town director Tobias favourites. Yet, he says, he would Dietzold, who was instrumental in also love to lure an African or Afrishaping the new fruitful cooperacan-American super act like Beyoncé tion. "It is in line with our values to or Senegal's pride Youssou N'Dour support African culture", he added. to Zanzibar, "but mostly they are just Busara director Mahmoud expresstoo expensive for us". Many artists ing "greatest thankfulness" said: "It are expected to even pay their own makes us especially happy that our tickets to come here. "Boutique hoarrived in Zanzibar from the UK to tels like Emersons are very generous

Hon. Simai Mohammed Said, lauded both Sauti za Busara and Fumba stantial tourism to the island. Town for coming together. "It's one of the major attractions for visitors

> About a third of the 20,000 annual festival fans are international Three-day-tickets start at \$126 for international visitors. Local tickets are TZS 20,000, less than ten dollars. Ticket income covers only a third of the costs according to Mahmoud.

in our annual events calendar", he

10-12 February 2023 Old Fort. Stone Town Get information and tickets here:

busaramusic.org

SAVE THE SEAS, WEAR A NET Zanzibar holiday sparks green business in Europe

By staff writer

During a three-week visit to Zanzibar a German couple finds his mission and starts turning old fishnets into "bracenets".

show and to faciliate the stage.

Homegrown upcoming talent has

support diversity. Diversity is our

richness." This year's motto is Tofau-

ti Zetu, Utajiri Wetu (Diversity is Our

Strength in Swahili).

adeleine von Hohenthal and Benjamin Wenke have V Lalready sold more than 100,000 of the green accessories online. Together with international partner organisations they have salvaged more than 700 tons of discarded nets from the ocean worldwide. "It all began diving along the wonderful coast of Zanzibar in 2015", re-

calls Benjamin Wenke, who lives in Hamburg, Germany where the business is based. "We discovered pieces of old fishing nets, drifting through the water, posing a great danger to

point out, however, that most of the nets were not dumped locally but came from large fishing vessels - a "huge global problem" as the visiting couple realised. "We flew back to Germany both with a piece of net around our wrist", the 37-year-old recounts and "kept fantasising what to do with it".

Zanzibari Fishermen were quick to

"Not much was known about the issue in 2015", he says - and started to research. His findings: every year, up to a million tons of fishing nets are lost or dumped at sea. They lose their purpose, but not their function – and keep on fishing as they drift through the oceans. Millions of marine animals get caught in the so-called "ghost nets" and suffer cruel deaths. The nets also form 40 per cent of they say, "but we the infamous Great Pacific garbage plan to." patch, one of five major plastic gyres

"It's time to end this", Benjamin and Madeleine thought, and - with a professional background of marketing and design - started to experiment Information and orders: with up-cycling the ocean finds into bracenet.net new products like dog leashes, key chains, rings and bags. Everything is

Each bracenet, similar to a friendship band, has a stamp



FABULOUS **HOLIDAY EVENTS**

World Cup live on

Every match until the 18 December Final! Kwetu Kwenu Chill, best sunset vibes, drinks, food, shishas, ENTRANCE FREE,

Kwetu Kwenu Chill

24 Dec, 5pm Come enjoy Xmas eve along

the beach, with live music, bongo drums and good Fumba Town, Nyamanzi Contact: +255 776 055801

Countdown to 2023 (World Cup included!)

Christmas Eve Beach Dinner

tasty barbecue served under the stars with cosy live music. Blue Oyster Hotel, Jambiani Contact: +255 783 045796

25 Dec, 12-3 pm Xmas lunch with friends and 6 Degrees, Waterfront, Shangani St, Zanzibar RSVP: +255 620 644 611

OUR TOP EVENT Best New Year's Party in Zanzibar @ The Chill

31 Dec, from sunset till sunrise, entrance TZS 20,000, kids -12 free, DJ Spicy D, DJ Soulfoul, DJ Baffy, street food market The Chill beach restaurant, Fumba Town, Nyamanzi Contact: +255 776 055801

Dhow Race & Sylvester Barbecue

31 Dec, all day & night Daytime: 14th Annual Community dhow boat race, community games At night: Barbecue with music and entertainment at the Beach Bar Blue Oyster Hotel Contact:+255 783 0457961

Festive New Year Dinner

1 Jan, start the new year with a special festive menu served in upstairs sea view restaurant Blue Oyster Hotel Phone: +255 783 045796

Enjoy the festive season vith Siti & The Band

21 Dec, Emerson Secret Garden re-opening, Stone Town 24 Dec, Dinner Baladin, East Coast 25 Dec, Lunch Mr Kahawa, Paje 25 Dec, Dinner Xanadu, East Coast 30 Dec, Dinner Paje By Night 31 Dec, Dinner Xanadu 1 Jan, Lunch Mr Kahawa Information: 0625 997 534 (Lorenz)

Big Year-end Party 31 December

Let's wind up the year with good vibes and music from 10pm till morning with) Cartel and Riverside Band Degrees, Waterfront, Shangani St, RSVP: +255 620 644 611

Networking hard: German couple Madeleine von Hohenthal and Beniamkin Wenke have turned more than 100,000 metres of retrieved fishing

MIND MY BUSINESS LOCAL ENTREPRENEURS MAKING A DIFFERENCE

GO FOR THE NEW SISAL STYLE Modern furniture and deco handmade in Dar

lampshades are made of sisal by a

new local craft start-up called Katani.

The lampshades are part of collection

of reading lights, bedside lamps,

round footstools with storage,

elaborate Makrame hanging chairs

and a variety of wall decorations.

Kwetu Kwenu markets always bring fresh talent to the fore. Katani is a young

start-up with big potential.



hould you have visited Fumba's Katani - meaning sisal in Swahili - is very first beach bar The Chill already, you will have spotted a vendor at the Kwetu Kwenu market, usually held every first Saturday of some unusual, stylish dining lamps the month in Fumba Town. in the restaurant area hanging above Zanzibar's longest hardwood dining table. Designed in shapes and colour shades of the 50s - such as yellow and black - the quite voluminous

Behind the start-up is Ramadhan Lugusha, 37. The designer and owner is supported by a young crew of artistic co-workers ands his wife Leila. The young couple, parents of four kids, started out weaving sisal baskets and suddenly saw more in the often used local kamba material. "Let's give it some value", Lugusha decided. Talking to him, one notes that he is his giving his craft much thought: "Creativity is gradual", he

Three-footed standing lamps are his bestseller. "We also do customised works", the designer explains, "and dye the sisal in any desired colour." Each of the crew members works with his own material and objects, Acram doing feathery wall designs, Eric lampshades and Mohamed footstools. "It's our passion", they say - and when you see their



INTERVIEW

READY

"WE ARE

TO INVEST"

DJ Money Coach from Chicago, 54, helps

African-Americans to buy

property in Zanzibar. Why?

ith the name DJ Money Coach surely you are

DJ Money Coach: Wait until you see my motto "Plenty of Money - Peace

of Mind". How do you like that?

We call it the pom-pom philosophy

But okay, let's be serious. I am

professional financial analyst,

a fully licensed stock seller and

advisor from Chicago. I help people

to get out of consumer debts and

assist them to invest in real estate all

We share the same sentiment

Workers and millionaires living in

one community, It reminds of the

Hyde Park area in Chicago where

president Obama grew up - and

Sounds good.

over the world.

Why Zanzibar,

why Fumba Town?

not an ordinary man?

WELCOME NOTE

FROM THE HEART



Sebastian Dietzold Publisher of THE FUMBA TIMES and CEO of CPS

Verything starts with the heart.
This is a core value driving our company CPS. This issue so many green stories unfold in Zanziof THE FUMBA TIMES shows you, dear reader, how much we love what we do. We love music. Fumba Town, the flagship project of CPS, is honoured and happy to strengthen Zanzibar's music festival 'Sauti za Busara' which has brought so much fun and tourism to the island for two decades: read more on page 3.

We also love achieving a positive impact while we do what we do. Our newest concept Burj Zanzibar, set to become the highest hybrid timber tower in the world, stands for exactly that. Built from highly durable, safe and decarbonising engineered timber, the Burj Zanzibar is truly pioneering as a global landmark project. For me, it demonstrates how we need to forge ahead to protect our children's future. The fight against climate change has

bar and Africa, too: a young German couple creating an entire green business with 'ghost nets' found in Zanzibar seas. Mindful holidays in tune with nature. Find all these features and more here in THE FUMBA TIMES. Every small step to a sustainable future counts, and economic development will drive it. The new initiative Silicon Zanzibar continues to attract businesses to settle in Fumba Town, creating opportunities for the youth and our growing diverse community. A first Africa Tech CEO forum, organised by Wasoko, the fastest-growing tech company in Africa, will be happening here with us in early December. We love and support such events, which will consistently and positively

In this sense, let's continue to bring positive change to wherever it is need ed. I wish all our readers a blessed, happy and healthy New Year - see you over the world. I am impressed to see at Sauti za Busara 2023 and in Fumba

impact Zanzibar's economy.

GUEST COMMENT

become an overriding movement all

COME AND KICK WITH US!



ootball builds up team spirit even at the workplace, says communication manager Baraka S. Mosha and invites you to Fumba matches every Wednesday

planned and created by a local entre-

preneur, the CEO of F. L. A Company

For two hours, staff and residents

living in Zanzibar's vibrant seaside

community roll, tussle and scrap play-

fully in a game that has evolved to be

more than just another midweek soccer

kick-about. "To win a game requires

combined effort on a pitch. This facili-

tates team building translating even to

the workplace", believes Mohammed

Mwangela, an accountant with CPS.

Psychologists agree: engagement and

emotional bonding creates long-lasting

Limited, Abdulaziz Mohamed Abdi.

A s evening slowly settled to many. The Legend soccer centre was Wednesday, a giant orange camaraderie, orbit cast a shimmering glaze over the aquamarine waters of our tropical island. With football fever fluttering in the breeze and running through my veins, I decided to join Fumba Town residents, our staff of CPS and tech company Wasoko at the Legend Sports Center for their weekly football tour-

miss the

bonding'

Legend is one of best private football pitches on the island, made of Fifa standard-approved turf. How to get there? Just take the road to Fuoni from Kombeni, after a few kilometres you'll see the pitch on the left in Kisakasaka. In recent weeks the eyes and ears of the entire world have been turned to the action of the World Cup 2022. With 32 teams competing in Doha, it was expected to become the most watched happening in the history of sports despite all the controversies. Because there is still that one uniting sentiment: nations and soccer fans unite, rise and cheer for their favourite football teams

and players. played every week in Fumba. With night-time now slowly creeping over football Wednesdays were also a fanthe horizon, our two teams line up on tastic way to build up an appetite for

Final on 18 December.

Meanwhile a similar scene is re-

fun and hospitable work culture. That's why I truly can't afford to miss the camaraderie, exercise, and bonding of Fumba's football Wednesdays. "It's a great way to meet and socialise with many different people living and working in Fumba Town", agrees Fumba team captain Milan Heilmann. The game is open to everyone, men and women. After the match, we all sat down to watch the global football action from Qatar on the fabulous big screen of the Chill restaurant in Fumba Town. And as the live match on tele-

vision wore on, I quickly realised that

the great football pitch not yet known dinner. Everybody is welcome to join at the Legend Sports Center for football every Wednesday at 7pm. Contact: +255 788 10 60 50. All World Cup matches continue to be shown at The Chill, Fumba Town, up to the

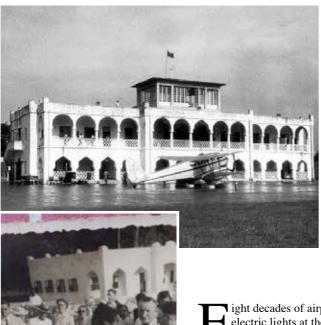
The Fumba Times

Publisher: CPS Live Ltd. P.O.Box 3564, Fumba Town, Zanzibar Tanzania www.fumba.towr International Chief Editor: Andrea Tapper Editor@fumbatimes.com Local Editor: Hissham M. Abdukadir Managing Editor: Tobias Dietzold Art Director & Layout: Sidney Tappe

Photography: Keegan Checks

Contributors to this issue: Dr. Jenny Bouraima (DrJenny@fumbatimes.com), Tracev Crispp, Baraka S. Mosha, Fatma Zaidi Proofreading: Jeff Kavanagh Advertising & Marketing: Baraka Strato Mosha Advertising@fumbatimes.com Readers Letters: Readersletters@fumbatimes.con

NOW & THEN



VIEWS



ight decades of airport experience in Zanzibar. "In the 40s, there were no electric lights at the runway, firemen lit fire to show pilots the direction", recalls ex-parliamentarian Parmukh Singh Hoogan, 66, a vivid defender of heritage. Singh's grandfather, colonial architect Ajit Singh, designed the first aerodrome in Kisauni and the subsequent old airport with its characteristic window arches (photos left). Pre-independence formal aviation in East Africa was started in 1929 by Florence Wilson in Nairobi. After the collapse of the East African Community in 1977, each country managed its own aviation activities - with varying success. Zanzibar's Abeid Karume International Airport (AAKIA) Terminal 3 is now operational with daily up to 20 flights from 9 gates and VIP lounge Marhaba (photos right), operated by dnata from Dubai. Entry is \$45 for non VIPs. Spice Bar is another new restaurant. An express spa by Zuri Rituals, Wonders Boutique, Elias Jewellery and Duty Free are about to open.

dark kitchens - cooking facilities

without sit-down restaurants attached

to them - are on the rise. Once you

order, they prepare the food instead of

Sources & information:

How we made it in Africa

formulae in Africa online,

presents interesting business

operating from South Africa

since 2010. Subscribe here:

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NEW WAYS TO DEAL WITH BROCCOLI & CO.

Supermarkets, markets and a much-loved pakacha green basket delivery - there are several ways to shop for veggies in Zanzibar. A sophisticated model, combining it all, comes from neighbouring Kenya.

hilst we are awaiting the first supermarket, Zanfresh, to open in Fumba Town, a look towards Kenya shows interesting new concepts in selling fresh produce retailer operating ten stores in Nairobi, has a success story to tell including live cooking, speedy home supplies and fresh lunchtime snacks for the working crowd.

In an interview with online business news platform "How we made it in Africa", managing director SS Jandu, who founded the Zucchini business in 1991, spoke about the evolution of the veggie industry in a country with an ever growing middle-class - a development Tanzania is experiencing, too. "We have ventured into more wholesome goods to create a healthy, feel-good concept. We've introduced live cooking and fresh juices and salads. Shoppers can drink fresh juices while watching their favourite salads being made," the Zucchini owner

Catering to everyone The company deals with a diverse clientele Some of the Kenyan stores are found in areas that house both residential and commercial buildings. "We try to cater to everyone by providing what the different communities consume; we look at what greens are preferred by Kenyans, by our Chinese residents and so on." Zucchini also sells fresh produce to hotels, lodges, and safari camps - in the process becoming a combination of a supplier and shop, a notable new trend in the industry. "We directly

like apples and grapes. We source them from farms in South Africa and Egypt, not through middlemen", explains Director Jandu. To ensure reliability and avoid overreliance on a single provider, the firm works with several farmers for each product.

Grow blueberries & other exotics

Just like many grocery retailers and hotels in Zanzibar, Zucchini faced acute shortages of agricultural products in the past. According to Jandu, this is no longer the case. "Agriculture has become a huge industry in Kenya. Kenya used to import blueberries from Holland but now we farm them in the Mount Kenya region." In Zanzibar in Africa. Zucchini Greengrocers, a economy and agriculture experts also "Feel-good concept": encourage a much stronger set-up of local farms. Tricky trade laws and operations between the mainland and Zanzibar, as well as in East Africa as a whole, require a modern adaptation.

Zucchini ventured into e-commerce in recent years and works with delivery firms. A WhatsApp number for each is very popular



WHO WE ARE

import items that aren't grown here,

THE FUMBA TIMES was founded in 2019 and established itself in no time as Zanzibar's favourite English language newspaper. Our main focus is Fumba Town, a sprawling community just outside Zanzibar City - hence our name. Published quarterly, we report about green living, culture, tourism in Zanzibar and beyond. We'd love to hear from you: editor@fumbatimes.com advertising@fumbatimes.com

ONLINE NEWS

I recently discovered Fumba Town on Instagram which is really great. Do you include news from THE FUMBA Catherine Ismail, by e-mail

We certainly do, Catherine. We post news, events and features from the newspaper every Tuesday - stay tuned! If you'd like to share anything with us and our readers, do get in touch – the editor

FOLLOW US ON:



PLEASE, MR. POSTMAN...

We are Fumba Town investors and live in Switzerland. We were always pleasantly suprised to receive your newspaper straight to our mailbox at home. But of late this has not happened. As an alternative we do read you internet copies but it's not the same. Any plans to resume mailing? Investor from Zurich

> Dear reader from Zurich, we actually never stopped the mailing but have experienced long delays. We are working on the matter to bring your newspaper back to your postbox -

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Shining bright: East African actress Lupita Nyong'o (left) acts in "Black Panther: Wakanda Forever". Zanzibar's Siti Amini plays a role in Oscar-nominated "Tug of War"

Oscar winning Kenyan actress Lupita Nyong'o dived with Zanzibar's makachus and now stars in "Black Panther: Wakanda Forever". Island singer Siti Amina collects awards for the homegrown movie success "Tug of War".

Tou invited me and I came. It's as simple as that", said Lupita Nyong'o when diving into the sea from the quay wall at Forodhani in Zanzibar recently. In doing so, the 38-year-old international film star demonstrated that girls, too, can do what generations of Zanzibar (male) youngsters have been practising as a sometimes dangerous - island-typical coming of age ritual.

Zanzibar, a tropical paradise, six degrees south of the equator, may seem light years away from Hollywood. But in recent months a fair bit of stardom has engulfed

The power of Instagram

spectacle for tourists - only recently became a bit safer when Zanzibari entrepreneur Abdulsamad Abdulrahim, Honorary Consul of Brazil, cleaned up the shore removing debris and stones with heavy machinery, deepening the shallow water (THE FUMBA TIMES reported). Before, the entertainment has had a

high price: over the years there have been several fatalities and grave injuries to the youthful divers.

Most of the tourists watching the nightly attraction, however, know little about the risks - and neither, it seemed, did Lupita diving from the Forodhani wall into the water wearing an orange sundress and matching open-toed shoes. Her visit in Zanzibar, although seemingly inpromptumust have been thoroughly planned as she was accompanied by her own film crew who documented it all on her Instagram account (see below).

An Oscar for the slave woman

In 2008, the Kenyan actress, who was born in Mexico, made her acting debut. With her first feature film role as Patsey in Steve McQueen's biopic "12 Years a Slave" (2013) she rose to fame overnight when she received the Academy Award for Best Supporting Actress for it. In the much-anticipated sequel to the Panther blockbuster of

Instagram

With her jump, the Oscar winning star actress also testified to the power of the internet: "We met on Instagram here I am", she said to the young Zanzibari divers, namely @yessjamal who has shot to sudden fame through his Instagram account followed by half a million fans.

The acrobatic dives - a very popular

Movie made in

she plays the role of Nakia, a spy in

the utopian Black kingdom Wakan-

da. "Black Panther: Wakada forever"

opened to record crowds in America

and Europe in November. Zanzibari

films fans were still waiting to see the

film praised for its strong portrayal of

Black women; rumours had it, that

first bootleg copies were traded at

Zanzibar enters Oscar hunt Lead actor's Chadwick Boseman's

sudden death had weighed heavily on the production and his character has not been replaced. Lupita Nyong'o said: "The loss of Chadwick changed the whole script. The undervaluing of women because of their gender or of Blacks in general does not exist in the film which resonated with large crowds. Wakanda is a version of the

world that we are striving to get to." Iupitanyongo © WATCH UNTIL THE END. TRUST ME Q≅ ■ Thank you, Video 🛣: @yessjamal

samimi_fashiion 🔻

 official_ke_murugi ♦ ♦ OOA

making headlines: love story "Vuta N'kuvute" made in Zanzibar, and blockbuster "Black Panther: Wakanda Forever"

"Zanzibar the real star" The actors of "Tug of War" might

think similarly - all of them trying reotypes in the romantic drama. The film was made in Zanzibar and is entry for an Academy Award in more than two decades. The first Swahili film nominated at the Oscars was 'Maangamizi: The ancient one' by Professor Martin Mhando in 2002. An adaption of a 1990's novel by

Swahili writer Shafi Adam Shafi, "Tug of War" has received substantial attention internationally and won several distinguished awards, among them in Toronto and Seattle

"Zanzibar is the real character and star of my movie", producer Amil Shivji said in recent interviews. Much of the film plays in Stone Town. The original Swahili title is "Vuta N'Kuvute". The local production directed by Amil Shivji and Steven Markovitz also won three awards at the African Movie Academy Awards

keep singing" When asked if she will be turning full-time to acting now, Zanzibar's Siti Amina, known as a vibrant singer

and an outspoken woman, declined: "I loved portraying the strongest woman character in the movie", she told THE FUMBA TIMES: "But I was chosen in Nigeria, the famous African version for my singing and I will continue Our next stop is Cap Verde.



Popular Zanzibar singer Siti Amina

who stars in a supporting role in the

The film is about resistance in both

love and revolution in the 1950's in

Zanzibar in the final years as a Brit-

ish protectorate. It dwells on the for-

bidden passion between an Indian

runaway bride and a rebellious Black

film collected some of the precious-

prizes on behalf of the entire team.

Tanzanian filmmaker Shivji said "the main challenge was to keep the story local while achieving international standards". Shivji is a lecturer in the creative art department at the

> team in Zanzibar People of Colour returning to

I am in the finance business. We may share the same ideology but we come here to build up economies To invest and to earn. We will build schools, hospitals and businesses.

Ghana in West Africa was very

Yes, my mum did that 20 years ago

And now Zanzibar? t sounds like a great opportunity

I bought a whole building with 22 units at The Soul in Paje. We sealed the deal with a handshake. I liked that. I kept my word and came back with 20 investors hailing from New York to California.

What's next?

We will provide luxury trips for upper class Black Americans to Africa. It's an important niche market, and we know how to run it. It will be a win-win for everybody.

LOCAL HEROES

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

We did it

BE THE CHANGE!

A street kid who became a headmaster in Fuoni – this is Shafii Mwita Haji, known to everybody as Gasica.



what Tanzania's biggest challenge is, he points to a white concrete wall behind him. A simple message in only two words is written on the wall, but in Gasica's opinion it sums it all up: "Speak English".

It was his persistent lack of English that saw him leave school in grade seven, hardly 14 years old. And it was then that Shafii Mwita Haji began living on the streets of Zanzibar.

A lack of English, he says, still causes Zanzibari youth to lag behind, unable to take-up a job in the tourism industry, for example; unfit to compete in the world of online startups against Kenyan, Ugandans and other neighbouring youngsters.

"Speak English", he therefore encourages and demands of his 166 pupils, aged 4 to 14, in a village school in Fuoni. The unusual selftrained headmaster started this

school on his own, naming it HCA for "Heroes Community Academy". After years of struggle it is now How to zoom from his beginnings as a street kid to the half a dozen or

so classrooms in a dusty backyard, neatly organised with small desks and teaching posters? "I was helped", says Gasica. "A have moved on to good stranger named Suleiman found me sleeping in ruins and empty

houses at the time, and brought me back to my family and to school. " Another good Samaritan, a woman, gave him a plot where he later started the school, at just 21. "First it was change!" He started nothing more than a shelter to other a "Safari English street boys", he recalls. "We had no Club" driving kids electricity, so we studied in the light of torches."

Running a bicycle workshop, helping out in orphanages in openmindedness. Arusha, meeting the Rotary club, picking-up how to address sponsors world."

- Gasica's learning curve in life has been steep. Now 34, he lives with his wife and 3 children, one of them an adopted street boy, in

Fuoni. But there are sucesses. A handful of his students secondary schools: "That makes all the difference", Gasica

Famous on Instagram: actress Lupita Nyong'o on the steps leading out of the sea at Forodhani in Zanzibar (left). Posters of two Africa-inspired films

One of the lessons he learnt: "Be the to see a hotel or even just to the beach. The idea: "More





Robin Batista, and the editor relaxing on her terrace (right)

years ago on an assignment for a wom-

en's magazine, I immediately fell in

love with the island", she recalls. Espe-

cially Stone Town, the UNESCO-pro-

tected historic core of Zanzibar, with

its Arabian palaces, Indian warehouses

and narrow alleys, caught the journal-

ist's attention, who has written a book

about the island ("From Zanzibar with

Love", Orell Füssli Publishing). "For

me, Stone Town is like a mix of Mar-

rakesh and Havanna, heavily dilapi-

dated but rich in culture and heritage",

and Vuga over the years – before even-

tually moving to Fumba. "In my last

apartment in Hurumzi the balcony fell

off, while I was living there. Luckily

nobody was injured", she remembers.

she says. Tapper de-

cided to live right in

the midst of it and has

rented five different

historic apartments

in Kiponda, Malindi

By staff writer

Beach & country chic made in Tanzania is what Andrea Tapper envisaged for her home in Fumba. The editor of THE FUMBA TIMES opens her doors for us.

In the late afternoon, the sun paints golden circles on the carpet in the living room. "Just after five pm is my magic hour", Andrea Tapper says about the atmosphere in her town house in Fumba. As the last sun rays beam in, on-going construction noise is about to ease. Often, the editor of THE FUMBA TIMES is still sitting at her desk around this hour, researching and filing feature reports for various international newspapers and women's magazines. Tapper is a busy woman.



Warm and cosy: the living room displays mninga wood furniture; editor Andrea Tapper at her desk in Fumba

7 ummies at #hashtag

home cooking in a modest set-up

here. A large variety of breakfast

she says. She found it in Fumba Town. "When I first came to Zanzibar ten

MYHOME

couldn't be a bigger difference in architecture and lifestyle compared to Stone Town. "But now I am absolutely

happy here", Tapper says, adding with

I never expected

to become a sub-

urban housewife.

"Natural but not rustic'

I have always lived in busy, big city apartments and never had a house of my own in the greens.'

"Speaking of which, the permaculture landscaping of Fumba Town, the rich gardens, the canopy of fruit and decorative trees cooling down the



well-organised recycling of waste to-

Decoration-wise she opted for a lo-

cally made, modern vibe with most of

her furniture coming from Green Room

in Dar es Salaam. The Tanzanian com-

pany founded in 2009 by Elmarie van

Heerden utilises driftwood, bespoke

designs and a fusion of beach, country

and urban chic. Tapper's three bed-

rooms and living room indulge in pas-

tally convinced me", she says.

Wanting to rent or buy in Fumba? www.fumba.town; Green Room furniture www.thegreenroomtz.com

TRUE STORIES OF NEW RESIDENTS

INSIDE FUMBA TOWN



Prabhu Rajaram, 40, his wife Sindhuja Prahbu, 36, and their eight-year-old daughter Avyaya recently moved to Fumba

"WE LOVE THE NIGHT SKIES OVER FUMBA"

A young Indian family left tech hub Bangalore to try a new start in Africa.

You only recently arrived in Fumba. What do you L like most?

sunsets and the night skies. Incredible amounts of stars one can see start. here. We always take a family walk in the evening.

dia, where you come from? does not have much nature but many malls. In Zanzibar it's exactly the other way around.

Prahbu, how did you get to work So, no regrets? with Wasoko, the African tech Not at all, all our friends in India company which brought you are already googling Zanzibar and

A headhunter spotted me in Bangalore. As engineering manager my job is the quality check of software. n Zanzibar I am responsible for launching the software of the new Wasoko warehouse. I first came on my own a few months ago and found Fumba Town nice enough to bring my wife and child.

How did you guys meet? Sindhuja: It was an arranged mar-

Don't worry, we were lucky to find each other. We have been happily married for nine years now.

Was the transition from India to Zanzibar easy? Shopping was a bit of a challenge

in the beginning because we did not speak any Swahili. We can't find all the ingredients for Indian cooking here. But we love the place and it's a great opportunity for us. We like travelling, want to go to the Serengeti and other Family Prabhu: We really love the famous places. It's just so much to see, you don't know where to

> Your daughter is attending school here?

What's the main difference to In- She is still doing online schooling because we shifted in the midare looking for a school here. It will be nice for her to make new



Avi learning with her dad

A healthy home is a healing home, says wellness coach Fatma Zaidi. Her advice: avoid too many chemicals

TOGETHER GREENER



Fatma Zaidi, wellness consultant, born in Zanzibar, living in Toronto

Do you have a toxic relationship with your own life? Now is the best time for a clean-up, says Zanzibarborn wellness coach Fatma Zaidi, and shares her ideas.

ome call it spring-cleaning, some the great year-end makeover, others simply feel they have enough unhealthy stuff in their life and want to get rid of it. I was born in Zanzibar and I now live in Toronto. I recently visited the island to reconnect with my family's roots and stayed in Fumba Town. When I was looking for green home cleaning products there were very few. And I noticed a lot of pesticides and chemicals used in homes. That's why I am happy to share some detox secrets with readers.

Why declutter now? First, you have to start sometimes! Second, because it's that time of the year again, time to

let go of what is stressful in your life.

And you'll see - a few simple changes will improve your home and life immensely

DETOX YOUR HOME

Begin 2023 in a fresh and healthy space... and let go!

Declutter your space Let's start with home sweet home. A

loving and healthy home needs constant attention to become a healing space for its inhabitants. I often remind my clients of the importance of creating an environment that supports our health and happiness.

In Indian and Chinese traditions, homes go through a deep cleaning before big festivals to provide an auspicious space inviting love, joy and abundance. "Clutter is the physical manifestation of unmade decisions fuelled by procrastination", says book author Christina Scalise, one of my fa-

Begin by looking around your home and write down the answers to these questions: What is not serving me anymore? What is my clutter telling me about my life? What are the values I want to express in my home? You will be surprised by your own answers!

Decluttering is an on-going process. Choose one area to start with, depending on the time you have - pantry, fridge, closet, drawer, toy box. These are easy to finish in a few hours to a day. It will leave you with a sense of accomplishment. Prepare three boxes or bags and start dropping items that you are very clear you don't want anymore, differentiating between discard/recycle, donate or sell. One bag for each. Start with at least two areas before Christmas, continue in the new year and you are all set for change!

Where to donate in Fumba Town: Books can be donated to the new Fumba Town Library. Contact Sharmin

mosque and schools are happy to receive your donations. As a women's and wellness coach I am passionate about the quality of prod-

Ebrahim Esmail for more info. For

all other items, nearby Fumba village,

Detox your cleaning stuff

The very products that are supposed to keep our homes clean and healthy can be harmful to us and the earth's ecological system. Many cleaning supplies or household products can irritate the eyes or throat, cause headaches and other health problems, including cancer releasing dangerous chemicals, including volatile organic

bels when purchasing anything. The American Lung Association advises, "choose products that do not contain or have reduced amounts of VOCs, fragrances, irritants and flammable ingredients." Try to avoid using air fresheners, I know it's hard and they can be so tempting. Use diffusers and high quality essential oils instead. They smell delightful and purify the air. One recent study of a science group in the US found the effect of cleaning products on respiratory systems to be "as damaging as smoking twenty cigarettes a day'

compounds (VOCs), ammonia and

bleach. Try to avoid such chemical

superbombs. Make sure to look at la-

FATMA ZAIDI'S BEST DETOX RECIPES

Rose Window Cleaner

Start with rose-infused vinegar: 1 cup fresh pink or red rose petals 11/2 cups white vinegar Pinch of cornstarch

Place the rose petals and vinegar in a iar. Cover with a plastic or nonmetallic lid. Set the jar aside in a cool, dark place for one to two weeks or until the vinegar turns pink and takes on a light rose scent. Strain the finished vinegar into a clean jar, it will remain usable for at least one

For the rose window cleaner: Pour 2 tablespoons of rose-infused vinegar into a small spray bottle. Add water and cornstarch and shake well.

year, or longer.

1/2 liter spray bottle filled with water

1/2 tsp dish soap (eco-friendly) 1 tsp baking powder Alternatively add 1 tbsp of vinegar and a few drops of a citrus essential oil to the above

Mix well, shake and you are ready to go.



LIFESTYLE NEWS

ARTFUL EXPERIENCE

A new eclectic underground showroom expands Zanzibar's prime gallery for contemporary art.

he Forster Gallery in Mbweni, founded and run by Swiss national Markus Forster, has extended its exhibition space to more than 400 square metres, parts of it underground. Forster displays the broadest, professionally curated selection of modern African art in

Dar es Salaam) has received worldwide Forster Gallery, Mbweni Vernissage Ephrem Gino viewings upon appointment: +255 (0)62 693 12 03

info@forster-gallery.com

Zanzibar. He recently staged his second art auction here with a painting

by Tanzania's David Mzuguno

(1951-2010) receiving the highest bid of \$2.875. "Tanzanian art has

an increasing value", Forster said

Recently, Sungy Mlengeya (born 1991,



Architecture meets art at the Forster Gallery in Mbweni

ZANZIBAR'S DOREEN MASHIKA

SUCCESS IN LONDON

said. The landmark exhibition cele brating contemporary African fashion eaturing 45 designers from twenopened in July and is running until 16 ty countries, the famous Victoria & Albert Museum in South April 2023. Over 250 fashion objects are on display. Starting with African Kensington has dedicated an entire independence and liberation years, the show to "Africa Fashion". Zanzibar's exhibition looks to explore how fash-

um of arts and design", the designer

Doreen Mashika (DM) is featured with ion, alongside music and the visual several kanga-inspired creations from arts, formed a key part of Africa's culher Mikono collection. "It's an honour tural renaissance to be shown in this outstanding muse-DM boutique, opp. Park Hyatt Hotel,



Zanzibar in London: Kanga inspired fashion by Doreen Mashika at the V&A in London, the world's largest museum of art and design

Happy&Healthy

ACTION@PAVILION New shopping options in Fumba



to chicken pilau, chips with eggs, chips makange and a large choice of Swahili dishes. Natural juices are on offer too. Prices are super fair starting with mandazis at TZS 500. Certainly, the kitchen with the The very first kitchen-resunusual name provides a very welcome further food option in Fumba taurant to open in the ground floor food court had a run-Town - for a working and residenning start. "We are very happy with tial crowd and visitors. the customer's response", says

catless, dried chapatis, egg chops

- you name it. For a full menu

it's everything from fried chicken

Food Court, The Pavilion Open 7am – 10 pm on weekdays Sebastian's veggie shop

Where to do your grocery shop-

walking distance to Fumba Town, next to Simon's duka on the feeder road, Sebastian has opened a wellstocked veggie stall. He also deliv-WhatsApp: 062 070 7471

GNA Boutique open It's her first boutique but Aisha Ali has wisely stocked-up on some essential items such as men's boxer shorts and shirts, women's handbags, suits and T-shirts, ranging mostly from TZS 50,000-100,000. Fumba overnight guests, too, can do their wardrobe emergency shopping at the neat little shop.

GNA, The Pavilion, 1st Floor

Super convenient: Epic Shuttle For transport to town and back, Epic shuttle introduced the first hop-onhop-off day ticket at only TZS 10,000 p.p. from Fumba. Happy customer

Tracey tried it and was all smiles. Departs from Fumba Town at Kwetu Kwenu Play: 9:30, 13:00, 18:00 Departs from Darajani Main Parking 11:30, 16.00, 19:00

Stops: Mombasa, Immigration Michenzani Mall Mr. Hood 0776 076 574

Still in the making... ATM, German furniture, Zanfresh



Sisal basket de luxe plus sun hat from GNA boutique

ANYONE FOR TEA?

5 local herbal teas to make you fitter and slimmer

Herbal teas have been around for centuries. Strictly speaking they are not true teas at all. True teas - like green and black tea - are brewed from the leaves of the Camellia sinensis plant; herbal teas are made from dried parts of plants, writer Tracey

Crispp explains

BOOSTER

Cinnamon Tea, Cinnamomum cassia. Robust taste with a sweet finish. Improves cognitive function, boosts immune

BEAUTY

and all day snacks from plantain to ping? Here: outside the mall, but in

Butterfly Pea Flower Tea, Clitoria ternatea. Earthy with a mild, sweet finish. Increases skin hair growth, stabilises sugar level, promotes weight loss

Get it where: Buy a plant at Permaculture Design Centre **NATURAL ASPIRIN**

Thyme Herbal Tea, Thymus vulgaris, Savoury and aromatic. Eases a sore throat headaches diarrhoea

Get it where: Home gardening, **KEEP CALM!**

Hibiscus Tea, Hibiscus rosasinensis. Tart and sweet, similar to cranberry. Decreases anxiety, calms the nervous system, promotes weight loss

Get it where: Darajani market



DEEP CLEANING

Get it where:

Lemongrass Tea, Cymbopogon citratus. Mildly sweet, citrus tast. Helps the body rid itself of cholesterol, toxins, fats, and uric acid. Drink as much as possible! Tasty hot and chilled

NEW SERVICES

READERS' QUESTIONS ANSWERED BY OUR OWN MEDICAL EXPERT

More insurances accepted

NEW CLINIC,

ASK DR. JENNY BOURAIMA

Wanja Otieno, Fumba Town

Dear Dr. Jenny, congratulations on your new, enlarged clinic. Here in Zanzibar, we truly wouldn't know what to do without you! Can you please enlighten us as to what services are now on offer? I heard you also have a gynaecologist and a pharmacy?

Thanks, Wanja

quality of life, ■ laboratory capacities now offering

ear Wanja, thank you very sist you and your family with your health-related needs. With our recent move into our new facilities at the Pavilion, we already have exciting news for our patients - and more to

We were able to expand our team and

Dr. Jenny Bouraima answers:

come in the near future!

capacities as follows our new obstetrician/gynaecologist is providing much needed pre-

ventative and curative services. a new nutritionist is accompany ing a lot of our patients with chronic illnesses, giving them nutritional guidance improving our patients'

now available for our regular outpatients and OTC (over-the-counter) medication dispensing at our phar-

macy until 8pm,

more in-house tests, thus reducing

delays and ensuring timely treat-

longer open hours: we have ex-

tended our opening hours and are

emergency availability remains

24/7 with always one of our doctors on call, until we will be open 24/7 in ances accepted: We have

an agreement well as Assemble insurance to see their patients on a direct payment basis; this means, the pa-

tient does not incur any out-ofpocket payment (depending on her/ his insurance policy). More insurances will follow in the near future, so don't forget to follow us on social media to stay informed! (IG @urbancareclinic; FB urbancarezanzibar) We are also very excited that we

have recently entered into a PPP

(public-private-partnership) with the Ministry of Health Zanzibar, which enables us to further extend our services to marginalized communities in line with our vision to make quality healthcare accessible.

counseling free of charge to everyone, expanding ANC (antenatal care) services and NCD (non-communicable diseases such as diabetes and hypertension) diagnostics and treatment.

> **Quality control** Our dedicated staff members, medical non-medical, are all committed to providing the best services to our patients. This involves that all

our staff members are keen on evolving and constantimproving. Our medical doctors stay up to date with current medical guidelines and based on those frameworks, we have developed our own quality control at Urban Care to ensure that you receive the same standard of care, regardless who attends to you. Karibuni Urban Care!



URBAN CARE NOW OPEN

Meet team members of Urban Care (from left): Hanifa, Pascale, Dr. Beatrice, nurse Andrew, Dr. Jenny, Dr. Augustine, nurse Pendo

Urban Care, The Pavilion groundfloor, Fumba Town, Nyamanzi Contact: +255 622820011; contact@urbancare.clinic

Opening hours: 9am - 8pm Monday to Friday; Saturday and Sunday on call www.urbancare.clinic



Dream location Kizikula with an amazing pool and raw architecture (r.). Is it a villa, hotel or resort? "The place is so special, we haver never found the right name for it", says owner Shehab

Plastic-free and all waste recycled, solar-heated water - some hotels and holiday homes in Zanzibar and Tanzania are definitely greener than others. A trailblazer is Kizikula on the island's remote south coast. And safaris, too, can be sustainable.

By staff writer

challenge starts right after booking. I receive a message by Kizikula Happenings: "We welcome you warmly." The chat group will look after me during my stay at the unusual gem of a nature hotel in Zanzibar. Gently it reminds me "to come plastic-free". Well, I do live relatively plastic-free but when I look at my vanity bag it's different. Shampoos, creams, even the bag itself... and I hate re-packing it.

Once I arrive in the green oasis of calm on Zanzibar's remote south-western coast all goes smoothly though. No environment police, of course, searching me or my belongings, and clinging to my vanity bag I am shown to an ultramodern coral stone room in the midst of a green jungle. Immediately I fall in love with it. The radical modernity yet seamless intimacy with nature is the first thing that strikes visitors to Kizikula. Opened during Corona in 2020, the unusual boutique resort with nine rooms in three buildings - partly run as a hotel, partly as Airbnb - offers farm-to-table cuisine, permaculture gardens, yoga platforms, a huge serene pool but no beach. The coast is rocky here. The holistic style icon has already been featured in Wallpaper and Architectural Digest. For Zanzibar, it's a perfect example for a green holiday.

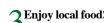
To fly or not?

■ What makes a sustainable holiday? It starts with transportation, of course, placing long-haul destination Zanzibar almost automatically at a losing end. A single return flight from Europe causes 4,000 kg of harmful CO2 emissions per passenger into the atmosphere - twice as much as a small car emits in a whole year, says Germany-based climate observer atmosfair. Offsetting your flight's carbon

footprint by a compensation payment which in turn finances climate protection projects - is not the final solution but a

good idea. A climate compensation to Zanzibar from Europe and back costs €101, according to atmosfair.

Overall, aviation is actually a minor player in climate change – accounting for 2.5 per cent of CO2 emissions. Another truth: Tanzania causes much less emissions than richer countries, only 0.1 tons per person compared to an average of 4.7 tons per capita worldwide.



nature"

flowers at Kizikula are as useful as

beautiful - another distinguishing feature of a sustainable holiday spot. The permaculture landscape, designed by Fumba Town specialists Bernadette and Franko Goehse in co-operation with New Zealand based Andy Hamilton Studio, kicked off a green cycle: "Minimal plastic influx, strict composting and waste recycling are high on our it", he says, "local agenda", says Kizikula owner Shehab:

5 The green safari check While first safari companies in East

"The very idea from the beginning was

to have an ecologically sensitive hotel."

and South Africa are testing electric vehicles, with sometimes surprising results such as animals being irritated by the silent cars, there's more to sustainable wildlife exploration. Guides must be paid fairly, tour companies give back to local communities and safari lodges should strive to be carbon neutral. "Ask your travel agents these hard questions about the products they are suggesting", suggests Gabriele Brown, owner of Urth Safaris with a long track record in Tanzania. Generally she is convinced: "The most constructive way to travel sustainably in Africa is to go on safari. Conservation fees help to protect the fragile ecosystem directly."

Going green

Boutique Hotel Kizikula +255 677 205050, kizikula.com tablethotels.com, eco boutique hotels picked by Michelin

flygrn.com; atmosfair.de/en/ Sustainable tourism: Responsible Tourism Tanzania, rttz.org

Safaris: urthsafari.com;

yourafricansafari.com

Flight compensation:



Choosing the right hotel

Coral rocks, wooden doors, granite floors, black Tanga stones: Kizikula has an archaic, reduced look. "We looked at the construction of a local village and raised it to a modern level", explains Simone Picano, architect with Case design in Mumbai, the renowned company of Samuel Barclay. "Simplicity does

mninga wood for "Radical modernity instance just needs to be varnished and intimacy with every few years and lasts forever". Responsible Tour-

> ism Tanzania (rttz.org) lists around 45 certified green hotels in Tanzania, among them Kizikula, Kilindi, Emersons Boutique Hotels, Hodi-Hodi, Blue Oyster Hotel, Melia and the Red Monkey Lodge in Zanzibar. The trend is unstoppable: "Certification is picking up well after Covid", says Julius Majaliwa, program manager of RTTZ. He confides that another award is coming

? Enjoy local food!

Lettuce, rosemary, Chinese spinach, cucumber, beetroot - there is green everywhere and in the midst of it stands Tomas Thiongo. "I don't like refrigeration", the gardener at Kizikula tells me. Chef Marina Juvent Mworeka gets a good 30 per cent of all her cooking needs from his veggie garden. Whether lamb curry or egg benedict - all food at Kizikula stems from organic farms in Tanzania. Tomas keeps goats to produce homemade cheese like feta, 90 brown chickens wiggle around.

Let nature rule Palms and fruit trees, herbs and

JUST DISCOVERED CAFÉ 27 ON AIRPORT RD.



SPORTS BAR WITH PIZZA AND FLAIR



SPECIAL: Restaurant and 11 hotel rooms

Half sports bar, half Italian-African restaurant, with a casual garden atmosphere and polite service – all that is Café 27 in Zanzibar.

hould you ever miss your plane, or depart from Zanzibar at a ghastly hour - there is one place to turn to. Café 27, a neat and inviting roadside bar-cum-restaurant-cum hotel in Kiembe Samaki. Situated only 500 metres from the airport on Nyerere Road, the convenient hide-away even started calling itself an "airport hotel". The restaurant, open-air but covered by a canvas, first opened in 2017, and for two years it has been owned by no less than the Italian consul to Zanzibar, Stefano Totiseo. Always having been in Italian hands, Italian cooking tradition plays a major role here. Every Tuesday is pizza day, with all pizzas at TZS 15,000. Fridays is burger day with a buy-oneget-one-free offer.

Much more than fast food

But to see Café 27 merely as a fast food place would do it no justice. There's Freddie Mercury, opera singer Luciano Pavarotti and Nelson Mandela art decorating the walls. Vintage bicycles, retro radios and fridges, and of course large sport screens, fill up the rustic location. Whoever enters 27, usually has one immediate reaction: "Ah, I did not know such a place exists in Zanzibar."

And someone showed practical sense. Sockets to charge your phones and laptops (pre-flight or otherwise) are placed all along the



bar. A simple two-floor annex within the premise, separated by a dense palm garden, houses eleven simple but immaculate double and family rooms with TV, coffee-makers and modern bathrooms. Prices are fair at TZS 90,000 for a single and TZS 115,000 for a double room including breakfast. In the restaurant, wines are TZS 7,000 a glass, beer TZS 5,000.

Winning formula: a roadside bar

The latte macchiato is perfect and so is Makange boneless chicken with ugali. Tuna or beef carpaccio, prosciutto paninis and cotoletta Milanese, lamb chops and T-bone steaks – yes, that is Zanzibar, too,



Homemade samosas and international snacks on offer

and many regulars enjoy it from morning till late night, even if not on the way to the airport. Because that is 27's greatest merit: it's the only restaurant in Zanzibar offering late night cuisine; it is open 24/7.

Café 27 Airport Hotel Ph +255 777 841741 for bookings and take-away



HOW OLD IS ZANZIBAR?

Gravesite and church remains discovered at Old Fort



The perfect egg benedict: everything at Kizikula hotel comes from its

own and other organic farms; chicken roam around freely

Digging at the Old Fort, archeologists made important finds

ew archaeologists' findings at the Old Fort have scientifically confirmed that Stone Town has been inhabited for at least 1,000 years. The first to settle here were Swahili people. But traces of homes, cooking pots, porcelain and pottery dug out this year during excavations prove that the archipelago has been home to a very cosmopolitan mix of people from Africa, Asia and Europe for a long time. "We found a lot of important pottery especially from China and ceramics dating back to the 11th century", the researchers said. Some buildings date back to the 16th century. "Zanzibar was urbanised in a much earlier historical period than thought", said Prof. Tim Power of UAE university: "Stone Town was the Venice of East Africa".

The excavation was a joint project of universities from UAE, New York, UK and the Department of Museums and Antiquities in Zanzibar. The Old Fort was built 1689-1701 at the beginning of the Omani area in Zanzibar. The Portuguese had built a large church on the site in the early 17th century. Remains of the important church and a graveyard with 18 skeletons have now been discovered. The Portuguese era started in the 16th century and lasted for about 200 years.

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