

FROM ZANZIBAR TO THE WORLD - THINK GLOBAL, ACT LOCAL

June - August 2020

International Edition 04

ISSN: 2683-6572 / Complimentary edition





ENVIRONMENT GREEN DELIVERY A BIG SUCCESS PAGE 05 I PEOPLE



EAST AFRICA BRIGHT FUTURE FOR ARTISTS PAGE 081 MY WORLD



#COMEBACK ZANZIBAR AWAITS YOU

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

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

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

FUMBA: LIVING ON THE SAFE SIDE Zanzibar's new seaside development finds the right formula facing the pandemic

Global thinkers ONE PERSON, ONE OPINION



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

hortly before sunset, the cobble stone roads turn into a kids' bicycle parcours. The ocean shimmers in silver; golden light bathes the children's faces at dusk. Even three-year-old Massoud has got it right today, and hap-

pily pedals around without training wheels on his bike. Car drivers are well aware of the need to drive at walking pace. "Fumba Town radiates quietness and protection the moment you

enter here", says Dr. Winnie John, a new doctor in town who came to settle in the growing African seaside development.

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

"Some new tenants moved here particularly to be out of the hassle and buzzle of the capital", says project manager Christian Dubiel while taking visitors around the 150 acres compound stretching out on 1.5 kilometres of seafront on the west coast of Zanzibar. "We always wanted to be resilient", explains chief developer Sebastian Dietzold. "As it turned out, our

eco-friendly planning against climate change also helps very much in a global health crisis." 94 per cent of waste is recycled in the urban project with 24/7 clean water, veggie gardens,

"A city to survive on its own" Permaculturist Frank Goehse "A city to survive on its own" The survive on its frank Goehse to survive trank Goehse trank Goehse

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

Only 20 minutes drive away from

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

the capital and the airport, the urban

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

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



Chicken for sustainability: Chief landscaper Franko Goehse feeds the brood

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

The sound of bulldozers signals progress on the building site - even more so since the outbreak of Covid-19. "We never had to stop construction so far", says Christian Dubiel, "but with worldwide delays in manufacturing and supply we slowed down a bit." A line of striking white beach houses, all sold, is nearing completion, seven more apartment buildings are on the way. Next on the agenda: the Moyoni complex, a neat cluster of affordable community houses, and more luxurious Bustani villas. Meanwhile Frank Goehse, head of landscaping and responsible for Fumba's vast green allure, feeds the chicken happily clucking around in his permaculture centre, providing valuable manure and eggs. "The coronavirus", says Goehse, "reminds us to design cities that can survive on their own."

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

ATTENTION, SECOND- HOME OWNERS!

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

NASSOR AROUND THE WORLD Zanzibari spent half a year on the ocean

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

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



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

- ADVERTISEMENT



Take-away & home-delivery

Menu and orders: WhatsApp +255 623 521 279 / karibu@simba-zanzibar.com

The Fumba Times

NEWS

Page 2 – Edition 04, June - August 2020



"I AM HOPEFUL FOR ZANZIBAR"

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

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

r. Andemichael, we are everal months into the epidemic in Zanzibar. which started here on 18 March. How worried are you still about the coronavirus? It's a scary disease, but I am hopeful. before, cholera outbreaks for instance. It has established institutions to deal activate a multi-sectoral response.

cooler season'

Sounds impressive. It's important to know the facts and figures. We have said it over and over again: The WHO advocates for transparency and release of data for effective response and containment of the pandemic. We are still seeing only the tip of the iceberg. 80% of those infected with the coronavirus show It would obviously be good to test as no symptoms or minor symptoms. 20% display moderate or serious symptoms groups, but Zanzibar does not have the and of those 3-5% may require critical care. The majority will not feel sick but tries in the world. Even richer countries is potentially transmitting the disease.

Meaning?

Consider everyone as infected. Practise Unguja and Pemba. social distancing, hand-washing and other hygienic precautions. If you do have It seems the part symptoms, stay at home, call authorities **demic was or is still** to investigate you, don't go to the market growing slower in

Zanzibar is opening up to tourism Zanzibar has dealt with emergencies again. From a WHO standpoint, when will holidaymakers be back?

The comeback of tourism will be dictatwith such a crisis like the disaster ed by global events. Not because Zanzirisk management commission in the bar wants it, but when people are ready Second Vice President Office, Rapid to travel again. The global way of doing Response Teams and an emergency things might change in travel, tourism, operations center at the Ministry the hospitality industry and others. It can of Health. This enables Zanzibar to be a wake-up call. Hopefully next year the virus will either fade through natu

medicines. WHO and member states are We have trained more than 220 district even when a poisonous turtle killed some engaged in intensive research collabora- teams, including rapid response teams. people in Pemba, the WHO knew. Our tions for this purpose

Let's get to the medical bottom of this. Why is not more testing being done? many people as possible, also suspected resources; neither do several other counin North America and Europe did not do ductive. Each country has its own stratsufficient tests. It is good that new testing facilities were planned to be installed in

Africa than where. In Europe after a slow start. the second month

brought exploding numbers, here not. diseases and malnutrition. Exactly be-Is Africa probably not that endangered?

It might be that a different demograph ic, a much younger population, heat and But how? Public places and markets humidity, outdoor socialising, different immune responses and other factors play a role in the lesser acceleration of Covid-19. But complacency is not an option. No, not all! We have to be very vigilant, especially in June, July, August when the southern hemisphere will be cooler. The pandemic could still be exploding. We simply don't know.

What role does the World Health Organisation (WHO) play in Zanzibar? We advise the government on evidence based public health measures and work together for their implementation. We have deployed five full time experts for example for surveillance and infection prevention, we have brought personal protective equipment for health care vorkers to both Unguja and Pemba before the pandemic reached Zanzibar, we recently shipped in more hand-held Frankly, we don't know, but I doubt it. It thermo-scanners and other equipment might be interesting to follow up on this.

We say: Health emergencies are becoming a norm rather than an exception, sis to build up the system.

cannot work for Africa, and poverty may kill more people than the virus? If you are not healthy you are not proegies to deal with the situation. But the general truth is: Health should be at the centre of the development agenda. All member states follow WHO's guidance

Complacency

an option

on dealing with the pandemic. In Africa, the coronavirus is an additional burden to other diseases such as malaria, HIV/Aids, non-communicable

cause this pandemic might exacerbate poverty, we need to redouble our efforts.

such as the Darajani market are always full of vendors and customers... Be assured, everybody has been working on these issues, from the municipality to various ministers. Corona prevention is everybody's business - without forgetting the other diseases and the socio-economic impact of this menace. Darajani market was cordoned of, watchmen conroled the wearing of masks. A lockdown might not be an option in a place where

economy depends on daily transactions among people. However, this could be a last resort to go to if need arises.

Amidst all the rumours there is one daring theory: Could Corona have hit Zanzibar earlier - practically unnoticed? In December/January many people are said to have been seriously ill.

hral immunity or through vaccines and for doctors and nurses worth \$60,000. In Zanzibar you can't hide information, teams would have known of a mysterious disease around New Year, we would Don't run after emergencies. Use the cri- have known of people in intensive care, of any deaths of unnatural events. No for us the index case, the first corona cas-Some people say, a one-fits-all strategy es found in Zanzibar, were clearly a tourist couple coming from Germany. They were tested on March 18. They were the first admitted to the Kidimni isolation facility, fortunately with minor symptoms, and have since been released.

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

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

"quarantine" comes from the Latin

word "quarantena", meaning 40

days of isolation. So I knew my

very personal quarantine was com-

In the end all went well, Jamin, our

in less than an hour in the presence

of my husband Launi. With less

help available and nurseries closed

it might be tougher for me to attend

to three small kids. So I may ex-

tend my official baby pause of three

months and enjoy what I would not

have in Europe, a nice beach at my

newborn boy, saw the light of day

to it for nine long months!

ing and I had been looking forward

PREGNANT DURING CORONA CRISIS

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

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

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

Get an idea of houses and

apartments for rent and sale

doorstep

7 LESSONS FOR FUTURE LIVING



Public health expert Dr. Ghirmay Andemichael: "We must be vigilant in the



ZANZIBAR



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

By staff writer

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

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

Deluxe "rehab" at Zuri hotel

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

the confines of the resort or even his destination to market if we do not pull bungalow throughout, no need "to join activities outside", is the idea.

The element of re-invention, of using the corona crisis for change, is inherent in some of the discussion within the article on the right), not only providing travel industry. Meanwhile Zanzibar's 455 hotels were individually preparing but also initiating start-ups for locals. To for a new start amid initial uncertainty and doubt: Which procedures to imply? or affiliated to tourism was discussed all Would there be any financial help, and over the East African region. the crunch question of it all: How safe is the country? The official reporting of corona cases had abruptly stopped at 509 cases, 134 of them in Zanzibar, and 21 deaths in early May.

Old school versus community

Zanzibar wants to

invite medical staf

to say thank you.

Two factions in the tourism industry emerged: An "old-school" approach advocating marketing, image campaigns • 13 airlines had and travel bargains, pitted against a rath-stopped flying to Dar

"From hospital cleaner to ambu-

on the frontline should be part of this

already been donated by Zanzibar

could come in as sponsors to invite zibar's tourism back."

hotels for the campaign.

together to support the community first", as hotel consultant Nicole Kanz put it. The result was an unprecedented co-ordinated effort in village support (see emergency relief with masks and soaps establish more small industries outside

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

a necessity to cushion a dire situation:

and doctor. Ideally, a guest can stay in er new perspective of "we will have no es Salaam and Zanzibar by the end o March

• On a global scale, major airline including the ultra-strong German Lufthansa needed bailouts.

· Despite being blessed with unique wildlife parks and the islands of Zanzibar, Tanzania is expecting a 76% tourist drop, according to its tourism minister. • Tourism may fall back to 2014 levels, is a widely-held prediction.

What do tourists want?

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

Europe will be the Mediterranean", Guertler said. "How countries handle

Covid-19 impacts tourism" But there are also silver linsuccessful tourism destinations are risk free and green" is the strong message of tourism con sultant Graham Leslie, based in Oman. "Zanzibar should use this reflective time to clean up

Unguia and drive job creation in the rural community", he says. Leslie advises the Zanzibar government on a "Resil

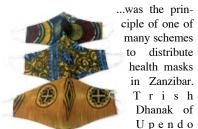
ience Response Program" Consumer confidence indeed seems cru cial. "How countries handle covid-19 will impact tourism", data company "Tourism Economics" noted. And Ali Amour, head of Fisherman Tours, put it clearly: "If the tourists come back and when will largely not depend on us but on their mindset.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



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

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

BUY THREE, DONATE TWO ...



beach club hooked up with 12 hotel owners to provide not only masks but an entire protection package including disinfectant and gloves for 622 households for $2\frac{1}{2}$ on its own by now.

CLOSE **OR OPEN?**

And what to do with the staff? That was the question of Leonie Kaack, owner of 'New Teddy's on the Beach', which has 12,000 likes on Facebook. Her thoughts reflect the dilemma of many hoteliers during the corona crisis – and a possible solution: "We are **Special** hosting Zanzibar-untypical guests, s t a y - 🧥 travelers, backpackers, explorers with cation a little budget. First we tried to stay **deals**: open, to give the team stability and **www**. offer shelter for expats. Then our hap- t e d py-go-lucky place was suddenly full dys-place ngs on the horizon: "Future | of worries. My team of 26 passionate com, info@ employees became nervous. It was teddys-place. for them that we decided to close on **com**

DISINFECTANT INSTEAD OF BEER



MIND MY BUSINESS LOCAL ENTREPRENEURS MAKING A DIFFERENCE

TOO SWEET TO BE TRUE

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

Tt took only a couple of days for reasonable priccustomers to be hooked. Now- es", the trained Ladays, when you see cars stop- baker explains. ping at the high court roundabout, there's a good chance their owners bread costs TZS are there to buy some goodies at 2,000 a loaf, neatthe bakery founded by two young ly cut for the toaster. locals.

smell of freshly baked bread. Vu- ings are around that price, like ga's enjoyed it for the last couple five brown bread buns or homemade of months. Brown and white bread, fluffy pizzas the size of a CD, either baguettes and croissants - if this with veggie or chicken toppings.

isn't enticing enough, listen to the Bestsellers are their chicken and story: Muzzam Rizvi, 27, was already cheese pies, black and white forest running two bakeries in Dar, when his cakes as well as cup cakes with and friend Alnoor Hasham, a local Zanzibari of Goan-Ismaili descent, convinced him to try their

luck on the island. "We want to make fresh bread for Stone Town at Brown and white Actually, most of the

There's nothing better than the delicious bakery offer-

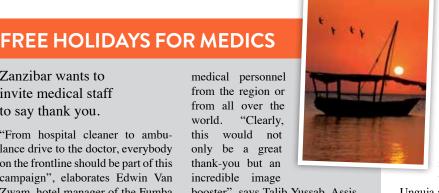
without cream. Small and large cream and sponge cakes, beautiful-

ly ornamented and ideal for birthdays, start at TZS 20,000. Some customers shop at Lazziz and then take their sweet treats to the nearby popular Stone Town Café to enjoy them with a rich masala tea. Meanwhile, Lazziz has already

found many regular customers. "What I like most about it are the affordable prices" says one of them. "Bakeries in hotels were just to expensive for us."



Stone Town. Open seven days a week Ph. +255 655 400 704



campaign", elaborates Edwin Van incredible image Zwam, hotel manager of the Fumba booster", says Talib Yussab, Assis-Beach Lodge and one of the initi- tant director of ZATI. The organiators. "We want to offer a 5-night- sation is also lobbying tax reliefs stay for 2 people, for the medic and and benefits for hotel employees his or her partner. "When going to in the corona crisis. It has already print, more than 70 holidays had achieved the waving of industry penalties until 2019. "Sustainable tourism is now more important than ZATI, the Zanzibar Association of ever", says Yussab. "We are all in Tourism Investors, and the com- unchartered waters. Together with missioner for tourism are endorsing the government we are working on the plan under discussion. Airlines a solid recovery plan to bring Zan-

lance drive to the doctor, everybody only be a great thank-you but an

The Fumba Times

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



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

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



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

Information, beer and disinfectant: https://twigabrew.co.tz/



VIEWS

Page 4 – Edition 04, June - August 2020

WELCOME NOTE **BETTER SAFE THAN SORRY**



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

Standing our ground in the face of a crisis

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

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

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

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



We have built a community of people caring for each other



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

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

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

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

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

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

The Fumba 🕻 Times

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

Contributors to this issue: Mohamed Baiubeir.

Bernadette Kirsch, Lebopo Letshwiti, Arnout van Marmeren Proofreading: Jeff Kavanagh Advertising & Marketing: Lorenz Herrmann Advertising@fumbatimes.com Readers Letters: Readersletters@fumbatimes.com Print: Mwananchi Com. Ltd, Dar es Salaam Note: All content current as of June 1, 2020

Robin Batista, Dr. Jenny Bouraima, Elias Kamau,

THE FUMBA TIMES is published quarter-yearly. All rights reserved. No reprint or excerpts without formal permission

CARTOON



NOW WE ARE ALL NINJAS

by Arnout van Marmeren

CORONAVIRUS THE END OF THE BUFFET

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

The tech language of the industry calls it SOP, standard

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

Masks and one-metre-distancing Holidaymakers on the ground and hotel staff are to "wear masks as appropriate". The social distancing rule shrank miraculously to "one metre". One provision will certainly delight passengers arriving in a ropical climate: Air ventilation and AC are to be enhanced at all airports.

Meanwhile TUI, the world's largest travel company, has formulated a 10-point-set of hotel and staff rules, applicable to the company's own and partner hotels. TUI operates in hundred countries, with a turnover of €19 billion in 2019. It locked down its entire business for six weeks during the coronavirus health crisis until the beginning of May. Boardmember Sebastian Ebel of TUI: "Holidaymakers now expect safety first from any destination they may consider."

READERS LETTERS

we at FUMBA TIMES welcome

your opinion, story ideas,

suggestions and feedback.

If published we reserve the

right of editing and shortening.

readersletters@fumbatimes.com

Mail us your comments.

Dear reader.

E-mail to:

10 RULES FOR SAFER TRAVELS

1. Online check-in: Enable vacationers to check in online using the hotel's website or their smartphone. Check-in is therefore largely contactless. 2. Distance rule: All employees in the

public areas of the hotel, such as the restaurants, lobby and corridors and in the fitness rooms, are obliged to keep a food and drinks are offered, sports distance of 1.5 to two metres from each other and from the guests. Tables in the **8. Room cleaning:** Before the arrival restaurant are only cleaned when the of new guests, all rooms are cleaned guest is not at the table.

employees work in fixed teams in Particular attention is paid to cleaning

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

7. Disinfection dispensers: The number of disinfection dispensers in the hotel is significantly increased, so that guests and employees can disinfect their hands at all important contact points. This includes, for example, all places where facilities and the lobby area.

with special cleaning agents that also 3. Personnel planning: The hotel eliminate potential Covid-19 viruses.



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

order to be able to reconstruct possible areas in the bathroom, bedside tables infection chains. 4. Restaurant: The capacities in the

hotel restaurants are significantly reduced. Tables are set up with a minimum distance of 1.5 metres. This drinks to guests. These wear protective limits the number of guests in the masks. Self-service offers such as restaurant 5. Extension of opening times: In order 10. Training by independent

opening times of the restaurants and other hotel offers are extended. 6. Entertainment and activities: Only

events, sports and entertainment offers with a small number of participants and and hand-out of training documents, without close contact are carried out. webinars, checklists, but also of Golf or tennis can take place, but not a customer information.

or devices for daily needs such as the remote control of the TV set. 9. More service, less self-service:

Wherever possible, staff serve food and buffets are used less.

to offer all guests sufficient space, the examiners: TUI has all employees trained in its own hotels. The measures are introduced in addition to the legal regulations of the respective holiday countries. This includes the creation

NEIGBOURLINESS IS THE SOLUTION

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

> Dr. Peter Mukunzi, dentist, member of Tanzanian diaspora, Duba

FOR KIDS IN ZANZIBAR Dear Fumba Times editors.

WANTED: IDEAS

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

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

PEOPLE

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

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

Tt was the height of the rainy season in Zanzibar. An enormous monsoon downpour had been caressing the thirsty earth nonstop for 14 hours. We were ankle-deep in red mud, before even the first coconut, papaya or much-craved ruccola salad had landed in any delivery basket. "Yes, come to my farm and have a look at how we are operating", Dr. Mwatima Juma had invited me. Her grandchildren were doing water-slides in the courtyard.

The 63-year-old herself sat undeterred by the rain in the back of her truck watching her farm workers form a human assembly line, passing on one avocado and papaya at a time to fill-up a good two dozen or so green baskets standing in front of a large wooden stand

To run a successful organic farm in Africa, on the isle of Zanzibar, requires many talents. Logistics is certainly one of them.

Modelled after Europe's green boxes When filled up with fresh produce, the pakachas the size of a laundry-basket were almost too heavy to be lifted by one person. Pakacha is the Swahili term for a traditional basket made of coconut quickly grown into an island-wide opleafs. "We were looking for the right disposable container for our new delivery service", recalls Mwatima Juma, "I had seen similar operations called 'green box' or 'organic

food delivery' in Europe, especially in



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

What "Mama Pakacha" includes in the basket varies by the season, usually 15 to 16 products, a good mixture of indigenous fruits such as papaya, lime and passion fruit. Starchy vegetables like cassava, cooking bananas and sweet

potatoes. Veggies like spinach, radish, okra, cowpeas and a good number of leafy surprises such as chaya, moringa and mtembele (sweet potato shoots), the use and purpose of which would be widely discussed in the customer's WhatsApp-group after delivery. "I have never seen these greens before" begins a typical question accompanied cook them?" Last but not least, Mwatima Juma adds spices and herbs like fresh ginger, coriander, basil. rosemary. mint, lemongrass, pili-pili and curry

Steambath straight from the farm

'We must post an extra note about this" she quite voluminous bunch

"This is not for eating but for a traditional steam bath against a running nose, fever, sinus problems"- what better remedy to add during corona times than this collection of 15 different medical plants called nvungu

Including delivery, the basket full of farm goodies costs TZS 20,000, less than ten dollars. Ms. Nachumu, the manager, cooks for guests on the farm and drives the distribution pick-up all over the island. "With corona around, business has been booming", says lady farmer Juma, "home delivery is very much welcomed when restaurants are closed and you are reminded not to go out shopping out of caution.

> *"When it's* too much: share or store'

The other advantage is the organic and regionally grown nature of her produce, an option more and more consumers prefer - theoretically, at least. Expatri- of Zanzibar (PPIZ), she advocates zeby a photo, "can some- ates living in Zanzibar do still miss their ro-waste farming: "The more we avoid body help me how to "cauliflower, apples and iceberg salad", monoculture, the better," she says. And save Juma with a smile. "but that's exactly what you cannot have when you shop regionally. Covid-19 and the closure of the airport have taught us a lesson", she continues: "Be content with app: "Do this and do that", she says what the season and the region have in store for you." When some customers an of the soil as of strategic thinking. were overwhelmed by all the greens and asked how to handle their weekly or twice-weekly supply she advised: "Learn how to share or store."

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

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

Persistency in farming

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

Recently appointed as new director of the Practical Permaculture Institute self, one of her three mobiles is ringing, her internet designer is on the line expecting directives for her first pakacha without hesitation – as much a wom-

Andrea Tapper

Place your order here: Msonge organic family farm Pakacha deliverv Monday and Thursday TZS 20,000 FB Msonge Organic family farm www.msonge.co.tz +255 754 536 630

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

RECIPES: THREE SHADES OF GREEN

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

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

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

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

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

SJANI'S BIG PLASTIC **CLEAN-UP**

Heavy load: Nachum

distributes pakachas

all over Zanzibar

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



Sjani Mueggenburg, the antiplastic crusader

Te all know plastic can be recycled but Sjani Mueggenburg Zanzibar. "We are neither a business, nor equivalent of 80 cars – were shipped from an development agency", she says of her

company Recycle@Ozti. What is she tic recycle plant in Mombasa, has taken then? "Simply the corporate responsibility arm of my husband's company Ozti", the South African resident of Zanzibar explains. Ozti delivers kitchen and industrial equipment to Zanzibar. In the company warehouse in Mtoni, Sjani Mueggenburg literally found her niche.

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

of plastic melts in my oven", she says. "I educated myself." HDPE, for instance is a certain type of plastic used for bottle caps and Ariel containers. PET, which we know all too well from drinking water, "is the most dangerous and expensive actually does it herself – in to recycle." 80 tons of these bottles – the Zanzibar to China in 2018. Now, a plasover, "a good measure", Mueggenbuerg comments.

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

Hotels, households and restaurants bring their waste plastic waste to her, and she buys from informal waste collectors. heaps and heaps of plastic rubbish. "My with a long life-span," she says. There

two children couldn't even swim there is a collection point at the Internation any more", she recalls, and decided to al School Zanzibar and with the help of become active. "First I tested what type much-needed donations more collection hubs will be established all over the is-

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

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









The Fumba 🕻 Times

MYHOME

TRUE STORIES OF NEW RESIDENTS

INSIDE FUMBA TOWN

Pilot Jordi Comellas: "22 minutes to Pemba"

FROM THE AIR"

"I FIRST SAW FUMBA

Imagine, I saw the project from the

air. White houses in green landscap-

ing, just by the blue sea. Wow, I said

to myself, I must check that out. By

Yes, I made an appointment. I im-

mediately liked my two-bedroom-

then I was living in Arusha.

And you did.

WATCH OUT FOR THIS!



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

Mohamed Bajubeir, 52, is the founder and owner of Zancinema in Malindi, Zanzibar's only movie



house besides the ruinous Majestic. Mohamed's three children Yunus, Yahya and Thureya support their dad in running the place with 53 seats, and

promise shows will resume as soon as corona allows it. Here Mohamed's tips:



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

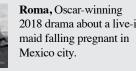
The Irishman, a 2019

American epic crime film

by Martin Scorsese, based



on the 2004 nonfiction book. In the 1950s, a truck driver becomes a top hit man - a powerful movie about organised crime.



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



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

The Ballad of Buster

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



to "Sex & the city", plays lite; plug and play. in Dakar. Modern urban



as is the subtle society criticism.

ADVERTISEMENT



SCREEN

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

What are my best telly options? While some consider TV old-school,

others still enjoy a good choice of programs. To get anything worthwhile on your screen in Zanzibar, turn to one of three main channel suppliers DSTV, 2018 drama about a live-in Azam and Zanzibar Cable - only the latter operates without satellite dish. DSTV offer different packages from family to entertainment. Azam is more cultural with Indian and Arabic movies, Zanzibar cable has the most local channels. DSTV packages start at around TZS 100,000 flat fee for decoder, dish (ask for a white one!) and the first month. Monthly prices vary from TZS 50,000 Get your router up high and central to -120,000 for a good variety of family stuff and sports. To start with go for DTSV "Medium", an entertainment and news package with around 90 channels getting a better reception. for TZS 44.000

Paving if I am not around?

Monthly fees are paid upfront; so you can pause the payment and re-start itall online. If living in Fumba, the town management will assist with initial installation.

homme marié/YouTube. How about using Smart TV? the Senegalese equivalent Works well either via internet or satel-

relations in extended families The fastest internet connection? with Zanlink high-speed fibre which is

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

What about using mobile internet on the road and at home?

An option, if you are not a heavy user. Get a local number, sim card and buy prepaid packages. Nowadays you have to get registered with your ID and fingerprint with providers such as Zantel. You may then also use your smart phone as a hotspot at home. Alternatively, you'd buy a router for instance from Halotel to which you can connect up to ten Wi-Fi devices. tion, whereas megabytes (MB) usually A 60 GB monthly package will cost you refer to the size of a file or storage space. around TZS 50,000.

What if my reception is bad...?

avoid obstacles like furniture and walls, away from cordless phones and bluetooth

...or my internet too slow?

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



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

connection affects everyone else, using valuable airtime.

How many MB does my Netflix movie

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

Bits and bytes - what's the difference? The terms are used in specific ways: Megabits per second (mbps) are used to describe the speed of an Internet connec-

Bye-bye to linear televison?

Quite a number of people have said good-bye to linear television with news on the hour, and watch solely streaming channels and news from websites. Smart TV, an i-pad or a laptop will do. The latest option is IPTV, a gadget sold in electronic shops, starting at around





rooms. In a health crisis like this I can't think of a better place to be. Spain might be technologically more advanced but it is also terribly hit by the epidemic. I feel fine here.

Zanzibar come to settle in Fumba?

good safety plans!"

LIVE THE **DREAM OF A MODERN** LIFE

APARTMENTS FOR RENT FROM FROM 250 USD

Get in touch: info@fumba.town +255 778 331 144



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

Are you still flying despite the corona crisis?

While most of the international airlines have grounded their planes I am house near the sea and rented it for indeed still flying almost daily. I work \$450. What convinced me, too, is the for a local Tanzanian airline, Asalam proximity to the airport. Furthermore, Air. We do commercial and human- I love the quiet nights here and the itarian work. Currently I fly mostly green focus. from Zanzibar to the neighbouring island Pemba.

Who is flying with you?

Businesspeople, traders, farmers, I believe. I don't know the passengers. Any criticism? It's just a 22-minute flight and some- The dust road to the project must imtimes I commute five times a day. My plane is a Brasilian 30-seater named to the main road are not only uncom-Embraer 120.

In the midst of a worldwide pan- Are you satisfied with your demic, do you feel safe in Africa two-bedroom town house? and in Fumba Town particularly? It's a humble construction but I am very happy that they seem to everything works. I like the high ceilhave a plan here. The sanitary man- ings and the high windows letting a agement at the gate, the measuring lot of light in. There is never a dark of temperature - all that started very moment waking up here.

pital here, equipped even with some

How did a Spanish pilot working in Fumba Town: "Happy about

Green focus? The landscaping. Nature all around us. The sea view.

prove. The three kilometres from here fortable but take a toll on any vehicle.



got two million viewers hooked. The easiest way in Fumba is connecting The Marvelous Mrs already in the compound. Elsewhere in Maisle/Amazon Prime Zanzibar you also have that option but woman comedian in you may have to pay for the installation. New York in the prudish In Fumba Town, all you need to do is 60s. Design and fashion sign the contract and make the payment. during the cold-war era is to die for, There are different packages for different bandwidths varying from one mbps to infinity. However, there is a special pack-

MY LIFE

MY SIMPLE KITCHEN

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

TOGETHER GREENER



Bernadette Kirsch presents smart ideas for an eco-friendly lifestyle

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

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

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

and possibility. It saves time and en-

Phasing out plastic with glass jars

My first mission was to slowly phase out plastic in our house. I started in the kitchen by taking out most of the plastic containers that are laden with chemicals that can leach into the food. I replaced them with glass jars that I found in many second hand Dry your own fruits places along the Fumba Road. It is Having beautiful seasonal vegetables Grow your own spon filled with dried beans, rice, noodles, pasta that I buy loose and not plastic-packed from the local markets.





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

bag vendors from hustling you to buy an eye catcher to boot. I also bottle them in small glass jars that come in crafts ahead.

more unnecessary bags.

can find second hand! They are now aged me to dry or pickle mango, pine-fective, saves money and is environapple, jackfruit, bilimbi, eggplant, chilies etc. It is not a difficult thing to tools. I threw away the foam sponge do and besides they look very appe-This is one advantage of buying your tizing in these glass jars. I am lucky I other kitchen tools. I replaced it with staples from the local market - they once got a dessicator to dry food pro- the natural loofah that we grow in do not come pre-packaged in plastic fessionally, but you can also dry fruits our own garden and sometimes I buy bags. I carry my own big kikapu, a the usual Zanzibari way - out in the cheaply at Darajani market. I also local woven basket every time I go sun. The jars with delicious bites have have a separate loofah for "scrubto the market. It stops many plastic become my pride in the kitchen and bing" carrots, ginger, turmeric and

handy as a present. amazing the varieties of glass jars one and fruits on the island also encour- Another change that I find very ef-

> ment-friendly are natural cleaning I used to wash dishes, cutleries and

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

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

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

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

Ph/Whatsapp +255 764 523 530



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

Ideal to try out at home, Bo's 20-minute against the wall. Lay here for 5-10 min yoga set with simple breathing exercisutes. Use breathing technique as above. Like a butterfly es. Get your yoga mat out!

Deep breath against anxiety Sit with your spine straight or lay down. of your feet to touch. You may place a Place one hand on your chest and the rolled towel or pillow under your lowother on your lower abdomen. Inhale er back to release any pressure. Stay deeply through the nose for 5 counts let the abdomen rise and the chest follows. Take as much air as you can into knees to touch. the body. Hold the breath and gently **Twist it!** pull the navel to the spine. Exhale com- On your back, arms out in a T, inhale pletely through the nose for 5 counts bend the knees, exhale, drop the knees - let the chest collapse and the abdo- to the right, gaze left. Other side; inmen follows, release every bit of air. hale, lift the legs to centre, exhale, drop Repeat this breathes for 5-10 minutes. the knees to the left, gaze right. Keep Up against the wall

Lay on your back with your legs straight 2-3 minutes.

- Online and on-site fitness in Zanzibar • Follow Bo online: www.omflow.yoga/omflowsignup
- ZanFit boxing, kickboxing and more, Insta: @wearezanfit, fb zanzibarfitness, www.wearezanfitness.com

MARYAM'S DETOX JUICES



Baboo Café, a tiny restaurant kiosk by cut in quarters with skin, juice of 1 lemon, he sea opposite Africa House, can pride sugar to taste, water. To refine: $\frac{1}{2}$ ts itself of the best sunsets and juices in Cucumber Greenie Stone Town. Owner Maryam shares her 3-4 cucumbers, juice of 1 lemon, sugar most popular recipes. Each 4 servings.

Hakuna Matata

3-4 carrots, 1-2 inch ginger, sugar to Start preparing all juices with 1-2 cups taste, water. For a special twist: add 1 inch tumeric Lime-mint

"My most refreshing juice", says Mar- blender run for 2 minutes to give the juice yam. 1 bunch fresh mint leafs, 2 lemons a nice texture. Sieving optional.

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

PLEASE, CALL THE DOCTOR!

Omar A., 48, contractor, Nungwi

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

Dr. Jenny Bouraima answers

Dear Omar, you are right, we are currently experiencing a quite extraordinary situation that many of us find difficult to navigate. ing room Our personal and professional life is af- that allows fected in unprecedented ways. That also us to schedincludes the way we are delivering our ule our e-conservices at Urban Care Clinic. Healthcare facilities and their workers belong to provides a secure essential services that have to continue.

Telemedicine - a new option However, thoughts needs to be put into the fact to ensure the wellbeing of pa- his web browser - no installation of an tients, minimising their risk of contracting other additional illnesses. With a new disease on the map - Covid-19 - where correctly, physical examination is needmany questions are yet unanswered, it ed or even laboratory testing. In these is our duty as healthcare workers to be cases we would still prefer that the pa-

extra careful for the sake of our patients suffering from other diseases In order to minimise contact time with potentially ill persons, we are increasingly focusing on telemedicine. Some illnesses - skin diseases for example can be diagnosed via video chat

sultations and

The patient receives upon request an invitation link via email and can simply use application or sign up is needed. In some diseases, in order to diagnose

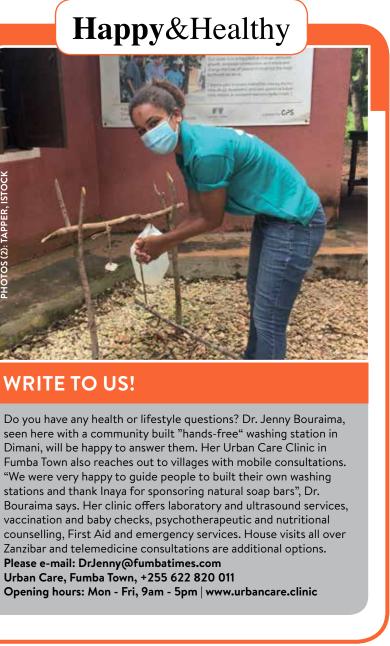
tient remains at home, for his/her own safety and we would come to you! In these times of need, in order to make it more widely available, we are offering our house visit service at a discounted rate, all over the island. Of course, our doctor is wearing adequate per-

> sonal protective equipment at all times. By focusing or telemedicine and house visits the amour patient physically present at the clinic at one time is minimised.

therefore reducing contact time with one another. Please note that in case

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

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



and the doctor is able to prescribe the correct treatment. We have an end-to-end encrypted video portal incorporated in our practice, a virtual wait-

environment



Lie on your back and bring the soles here for 5 minutes. To release place the hands under the knees and bring the

shoulders on the mat. Hold each side

• Wajamama Fitness Centre in Mbweni, www.wajamama.com/fitness



to taste, water. To spice it up: add some pineapple

of (crushed) ice to make them thick and frothy. If your blender is weak, cut everything into very fine pieces. Let the MY WORLD

AFRICAN ART BOOMS AMID CRISIS

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

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

The collectors' driven African art market is blossoming. A spring auction by legendary Sotheby's in London had an almost 50 per cent increase in sales of African Art. Regionally the picture is no different. Danda Jaroljmek, founder of the annual Art Auction East Africa, conducted the event for the 7th time in March in Nairobi. "Given the big success, we will exceptionally organise another online auction in November this year", the gallery owner and art trader announced. "Because of the corona crisis, we had less art lovers attending in person than in previous years, but we had a lot of telephone bidders and absentee bids." The regional auction is the only one of its kind,

Playful, sinister and avant-garde. Naïve like the Tingatinga school, full of colour and texture like Kenya's Ancent and Michael Soi, dramatic like Kioko Mwtiki with his imposing lifesize metal sculptures of rusty-brown horses and wildlife – such is the scope of East African Art 2020. Although not reaching the commercial heights of African bestsellers like El Anatsui from Ghana with his monumental wall hangings worth millions of dollars, the artistic outpour from the continent's eastern region is "slowly and steadily increasing", says expert Jaroljmek. And prices are rising.

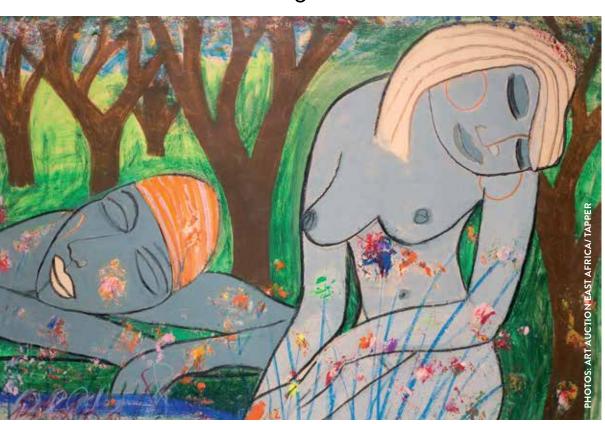
In Tingatinga only originals count

Edward Said Tingatinga's red-and-black study of a bird in a tree, created 1971 in typical enamel on board, sold for almost \$12,000. In Tinga-tinga art, now a large

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

Surreal people: Lilanga's statue of

a guy in yellow shirt fetched \$1,800



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



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

when he was shot dead at the age of 40. known artist.Lilanga, who died in 2005,

6 AFRICAN ART HOT SPOTS

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

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

Global sales platform for art: artsynet.com

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

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

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

JUST DISCOVERED **AMAZING DEALS FOR RESIDENTS**

STAYCATION IS THE NEW TREND

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

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

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

SHARAZAD: FULL BOARD TREAT

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

reservations@sharazadboutiquehotel.com +255 777 427502

EMERSON: **HISTORIC FLAIR**

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



lunch & dinner. Very reasonable resident rates for a great variety of rooms

reservations@emerson-zanzibar.com +255 779 854 225

Already in his lifetime he became so popular that he hired friends to produce more of his cartoon motifs - thus the Tingatinga school of art came into being.

Keith Haring adores Lilanga

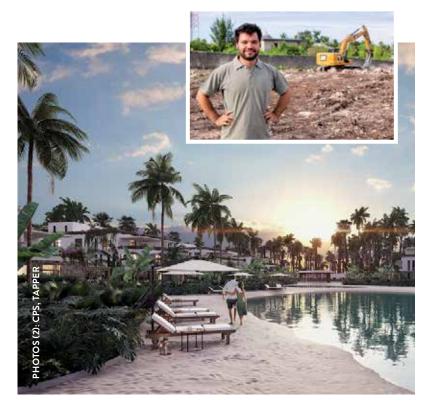
Fellow artists in the leading league earning more than \$10,000 per piece are internationally acclaimed Kenyan Peterson Kamwathi, 40, with politically charged grim charcoal drawings, and Ugandan Geoffrey Mukasa, who died in 2009. Charles Sekano, a gifted painter from South Africa, who lived in Kenya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

started out as a traditional Makonde sculptor. American graffiti artist Keith Haring openly acknowledged that Lilanga greatly influenced his art.

A hub of contemporary African art is the Circle Art Gallery in Nairobi, run by Danda Jaroljmek. The gallery, situated in the quiet green suburb of Lavington, was founded in 2012 and opened in its present location 2015. Jaroljmek, 58, an artist herself, was brought up in Gambia and has lived in Nairobi for 22 years. Her gallery follows in the footsteps of pioneer gallery "Watatu" in Nairobi who propelled East Africa's art scene forward in the eighties. Zanzibar, too, has it's own gallery for contemporary African art, the Forster Gallery, located in Mbweni.

Andrea Tapper

"INVEST NOW, RELAX LATER" Groundbreaking at The Soul apartments in Paje



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

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

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

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

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



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

What impact had the corona crisis on your project?

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

The buyers are all surfers?

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

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

BLUE OYSTER: JUST DO NOTHING!

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



B4: **CLUB HOT SPOT**

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

JAMBIANI VILLAS: FUN FOR FAMILY & FRIENDS

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



special offers for residents, inquire for prices.

+255 776 944 970

bookings@jambiani-villas.com