



### **Proposed Sample Full-Day Itineraries for Tour/Hotel Operators**

#### **1. Full Day (option 1) \$100USD CAC price per person**

- 9.00 am Arrival, welcome, introduction at CAC grounds
- 9.15 am **Make traditional drum** (coastal region)
- 1.15 pm **Lunch box** lunch (from local lodge)
- 2.00 pm **African Dance and/or drumming workshop**
- 3:30 pm **Tour Traditional bomas and shamba**
- 4:00 pm **Traditional Dance & Music Performance** (by CAC artists)
- 5.15 pm Departure

#### **2. Full Day (option 2) \$70USD CAC price per person**

- 9.00 am Arrival, welcome, introduction at CAC grounds
- 9.15 am **African Drumming workshop**
- 11.00 am **Cook traditional meal** (chapati, ugali, ndizi, mchicha, mchuzi)
- 1.10 pm eat **traditional meal** with some of the dancers
- 2.00 pm **African Dance workshop**
- 3.30 pm **Tour Traditional bomas and shamba**
- 4:00 pm **Traditional Dance & Music Performance** (by CAC artists)
- 5.15 pm Departure



Cultural Arts Centre  
Tumaini University Makumira

**Proposed Sample Half-Day Itineraries for Tour/Hotel Operators**  
**Valid to October 2018**

**3. Half Day (option 1)** \$45-50USD CAC price per person

- 1.00 pm      Arrival, welcome, introduction at CAC grounds
- 1.15 pm      **Box lunch meal** (local lodges)  
                 or **Traditional meal**
- 2.00pm      **African Dance and/or drumming workshop**
- 3:30 pm      **Tour traditional bomas and shamba**
- 4:00 pm      **Traditional Dance & Music Performance** (by CAC artists)
- 5.15pm Departure

**4. Half Day (option 2)** \$30USD CAC price per person (no performance)

- 9.00 am      Arrival, welcome, introduction at CAC grounds
- 9.15 am      **African Dance and/or drumming workshop**
- 10.30 am      **Cook traditional meal** (chapati, ugali, ndizi, mchicha, mchuzi)
- 12:30 pm      eat **traditional meal** with some of the dancers
- 1.00pm      Departure

*NOTE: Though regular performances are Tuesdays and Thursdays 4-5 PM, performances can be arranged at any time and day for groups of 15 or more paying \$15 each. Other activities can also be arranged on any day with advanced notice.*

*For groups of 20 or more some discounts can be given. Please contact the CAC for specific quote (0784 052 766 direct line or [cac@makumira.ac.tz](mailto:cac@makumira.ac.tz))*



Cultural Arts Centre  
Tumaini University Makumira

### **Brief Descriptions of activities for visitors to the Cultural Arts Centre:**

**Traditional Dance Performance:** This is a one-hour high energy performance by the 15 full-time professional CAC dancers. The shows feature traditional dances from a minimum of 7 different ethnic groups in Tanzania, plus various types of instrumental music (drums, flutes, marimba, mbira [thumb piano]). This is a must-see to enjoy the excitement and energy of Tanzanian traditional cultures.

**African Dance Workshop:** Visitors will learn a traditional dance from Tanzania, led by 2-4 professional dancer/musicians. This is best with groups of 4-10, but can be done even with 1 person if they are willing to move and shake in African style. If participants are staying for the CAC show the same day they may be invited on the stage (if they wish) to join the rest of the CAC dancers and show their stuff.

**African Drumming Workshop:** Visitors will learn various drumming patterns for 1-2 types of dances from Tanzania, let by 1-2 professional drummers from CAC. This can be done with 1-4 persons most easily, but larger groups can be accommodated if desired with additional drummers from CAC. Participants only need a desire to learn. Everything will be taught by example and rote (no music reading required).

**Tour traditional bomas and shamba:** Guests will visit traditional Maasai, Arusha, and Meru homes on-site built by persons from those groups. Each group also has a small garden with traditional herbs and medicines that will be explained. If time allows guests can also be escorted through 100 acres of the former Karamu estate that surrounds the CAC, where coffee and many other crops are grown. There are also wonderful unobstructed views of Mt. Meru and sighting of Colobus and Sykes Monkeys, and many types of birds near the stream running through the CAC property.

**Visiting CAC exhibits, archives, and gift shop:** Visitors interested to know more about traditional dances or music in Northern Tanzania may visit the CAC cultural exhibits with hands-on traditional instruments and the archives to browse the video clips featuring dances and music of the Maasai, Meru, and Chagga. There is also a small gift shop selling instruments and locally made jewelry, instruments, films, books and clothing. Most things are unique to the CAC.

**Cooking Traditional Meal:** Experience traditional ways of gathering water and cooking using 3 rocks in an outdoor “kitchen”. Participants will prepare and eat delicious chapati (flat bread), plus traditional ugali (stiff corn porridge), ndizi (cooking bananas), mboga za majani (pumpkin leaves) and mchuzi (sauce).

**Making Tanzanian Coastal Drum:** Guests will make a Tanzanian coastal drum which they can take away in their suitcase. With guidance they will cut the cow skin to size, make



**Cultural Arts Centre**  
Tumaini University Makumira

ropes and sew the drum together, pulling the skin tight to give it a good sound. Maximum of 4 people for each drum.

**Box Lunch:** These are delivered to CAC and catered from established businesses catering for international tourists in nearby Usa River. Various options are available: regular, vegetarian, and gluten-free.