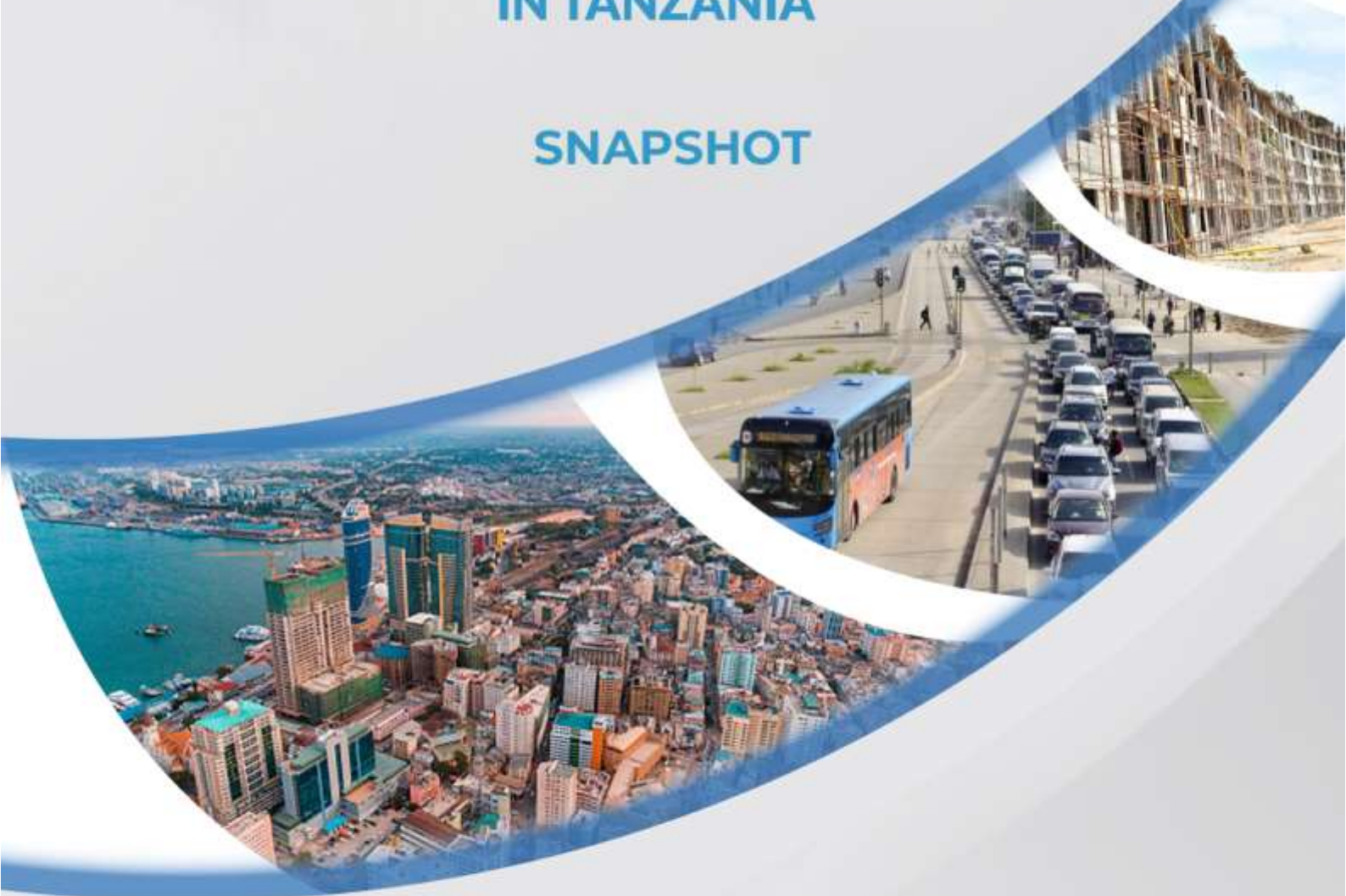




MIGRATION AND URBANIZATION IN TANZANIA

SNAPSHOT



November, 2025

Internal Migration



Lifetime Internal Migration

Lifetime internal migration refers to individuals who relocate within a country, measured by comparing their place of birth with their current place of residence

Levels of Lifetime Internal Migration; Tanzania, 2022 PHC



9.5 Million

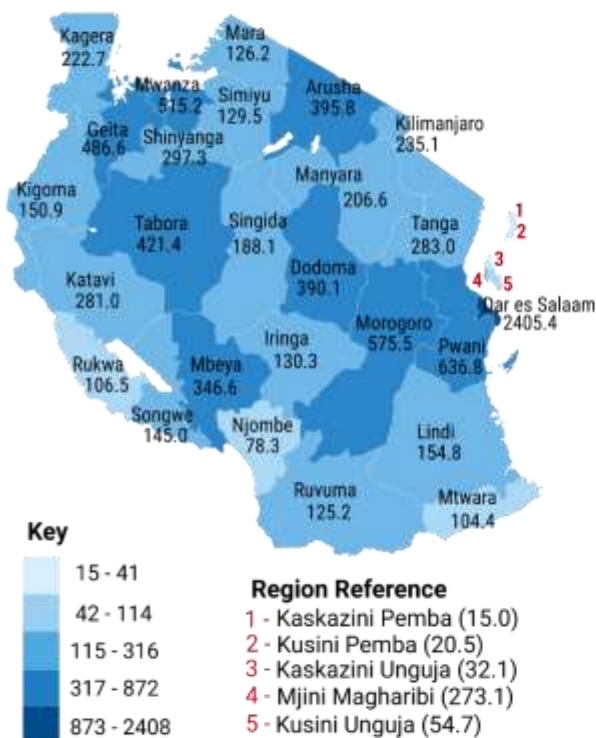
About 9.5 million lifetime internal migrants, with **women (4.9 million)** slightly outnumbering **men (4.6 million)**



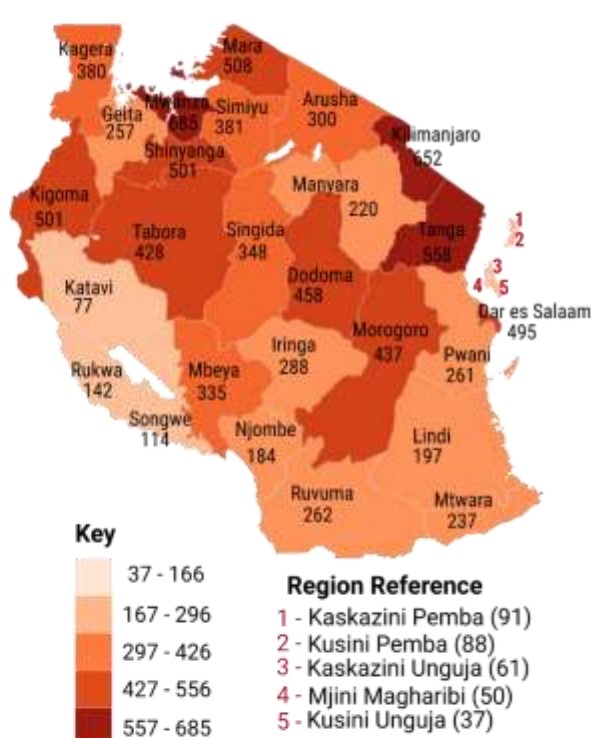
Dar es Salaam remains the top destination, with net migration of about **1.91 million** in 2022

Number of Lifetime In-migrants and Out-migrants by Region ('000); Tanzania, 2022 PHC

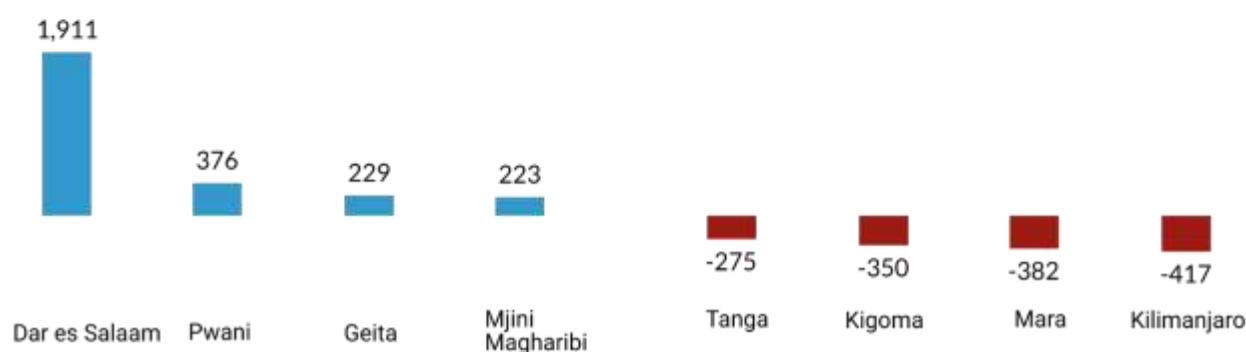
In-migrants



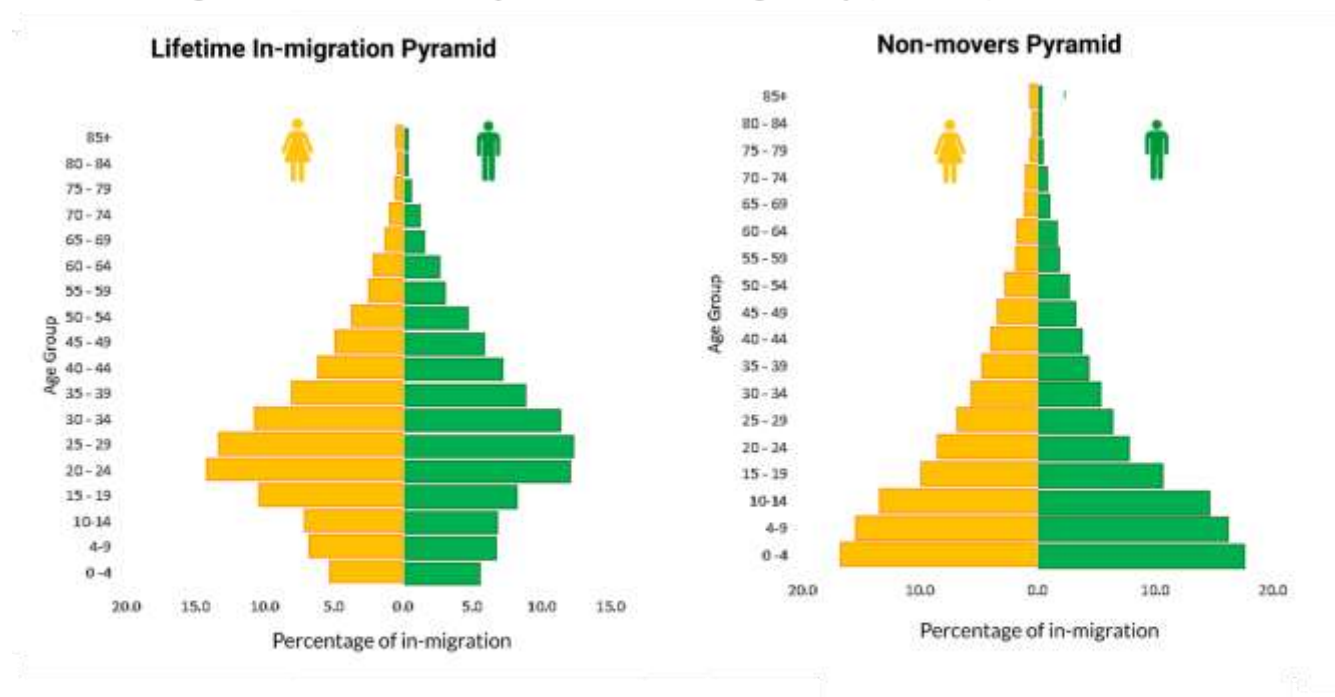
Out-migrants



Regions with Highest and Lowest Net Migration ('000); Tanzania, 2022 PHC



Lifetime In-migration and Non-movers Pyramid for Five-Year Age Groups; Tanzania, 2022 PHC



Recent Internal In-migration

Recent migration refers to population movements that have occurred in the year before the census.

Levels of Lifetime Internal Migration; Tanzania, 2022 PHC



5.7 million

About 5.7 million recent in-migrants, with **97% in Mainland Tanzania** and **3% in Zanzibar**

49.6%

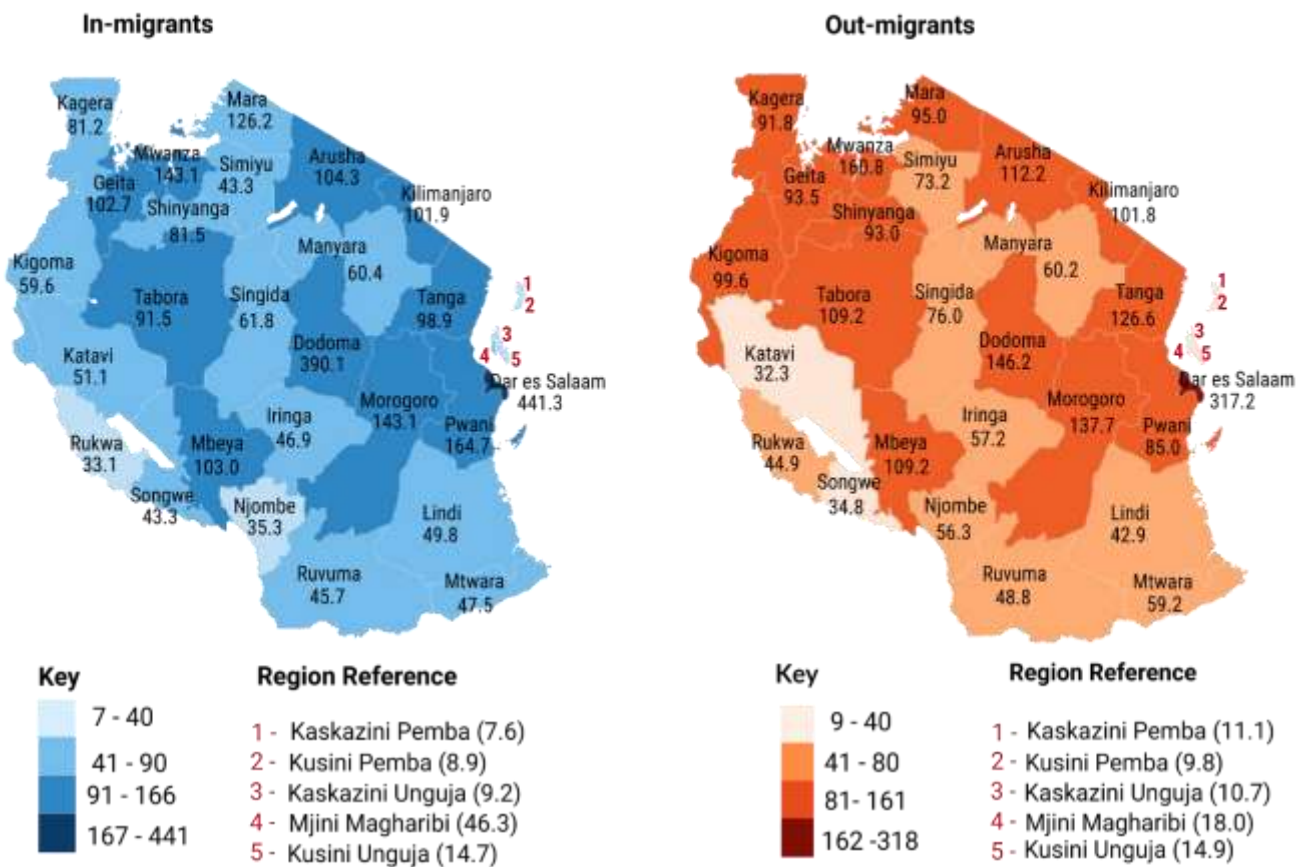
Women accounted for **49.6%** (2.84 million) of internal migrants, compared with **50.4%** (2.88 million) for men, reflecting a nearly equal sex distribution

Regions with Highest and Lowest Net Migration ('000); Tanzania, 2022 PHC

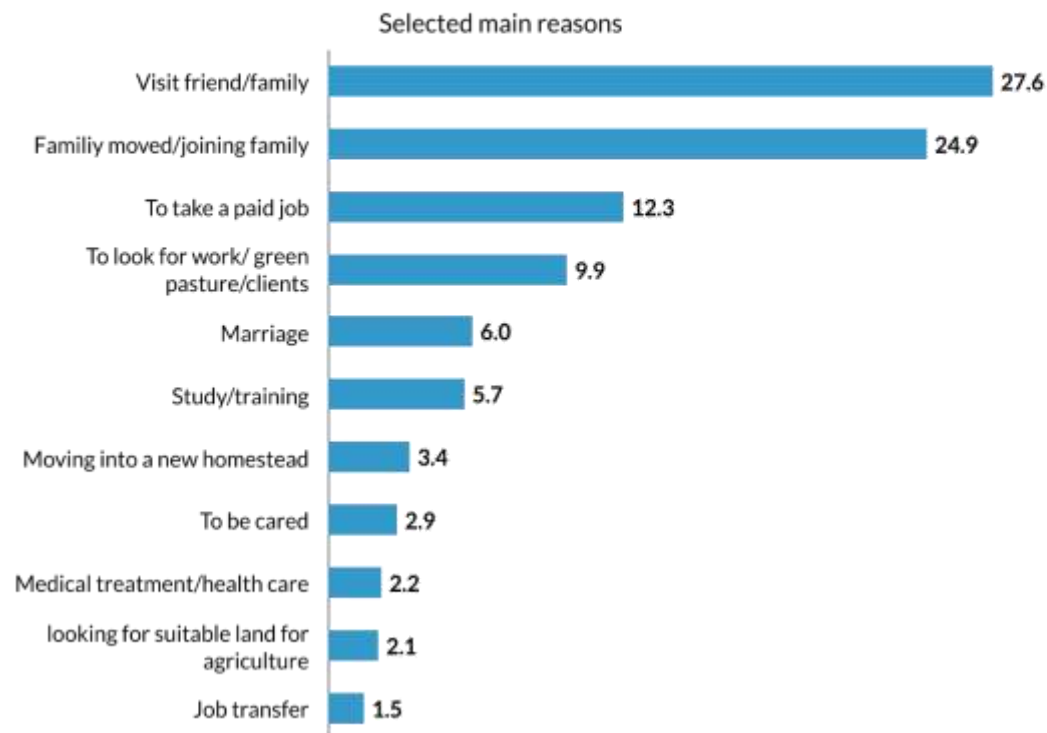
Dar es Salaam	124
Pwani	80
Geita	28
Mjini Magharibi	19
Tanga	-28
Kigoma	-30
Mara	-37
Kilimanjaro	-40



Number of Recent In-migrants and Out-migrants by Region ('000); Tanzania, 2022 PHC



Percentage of Lifetime In-migrants by Main Reasons for Migrating; Tanzania, 2022 PHC



International Migration



Lifetime Internal Migration

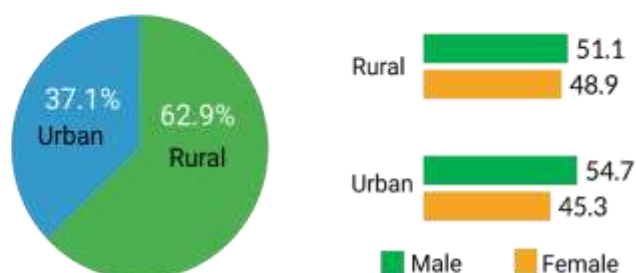
International migration refers to the movement of individuals across national borders to reside in another country for a minimum period

Levels and Trends for International Migration; Tanzania, 2022 PHC

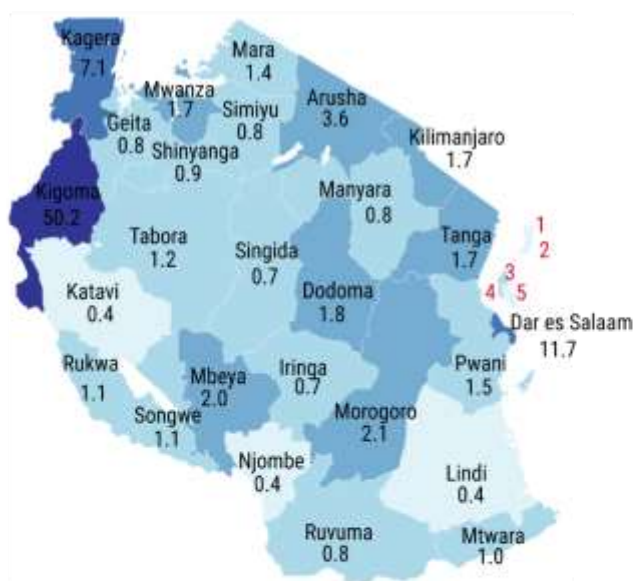


Non-Tanzanians accounted for **0.5 percent** of the total population enumerated in the 2022 PHC. The proportion was **0.5 percent** in Mainland Tanzania and **0.4 percent** in Tanzania Zanzibar

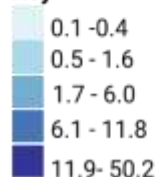
Non-Tanzanians by Sex and Place of Residence (%)



Distribution of Non-Tanzanians by Region (%)



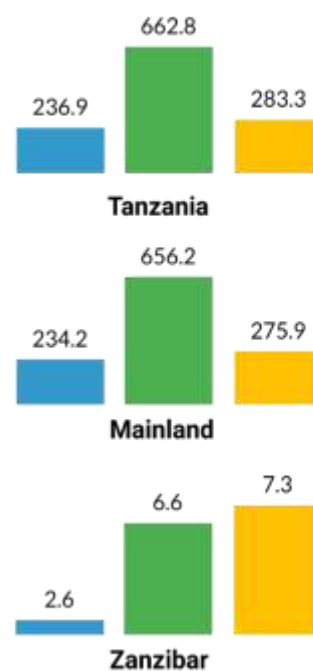
Key



Region Reference

- 1 - Kaskazini Pemba (0.1)
- 2 - Kusini Pemba (0.1)
- 3 - Kaskazini Unguja (1.0)
- 4 - Mjini Magharibi (0.9)
- 5 - Kusini Unguja (0.4)

Number of International Migrants by Place of Residence '000); 2002 - 2022 PHCs



Internal Labour Migration

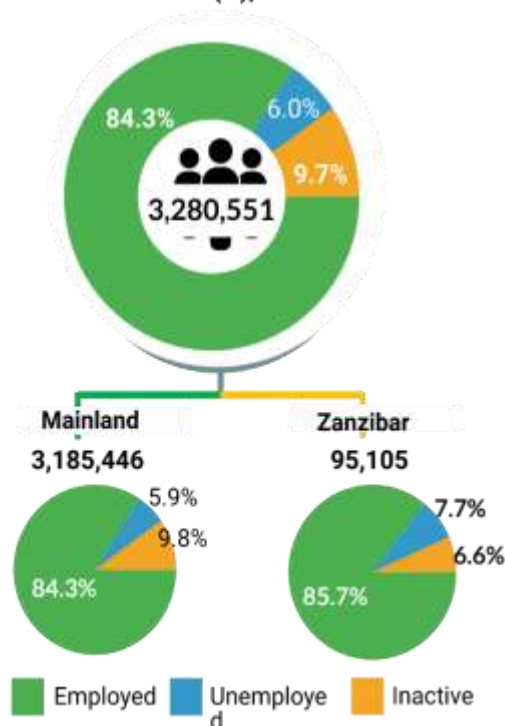


Working Age of Internal Labour Migrants

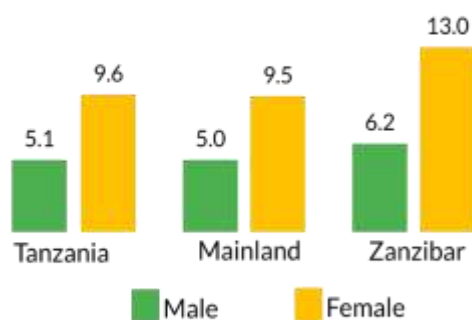
The working-age population includes all individuals aged 15 and over in a country, regardless of whether they are employed, unemployed or economically inactive. Within this group, internal labour migrants represent those who move within national borders in search of better employment opportunities.

Relaxed International Definition of Employment

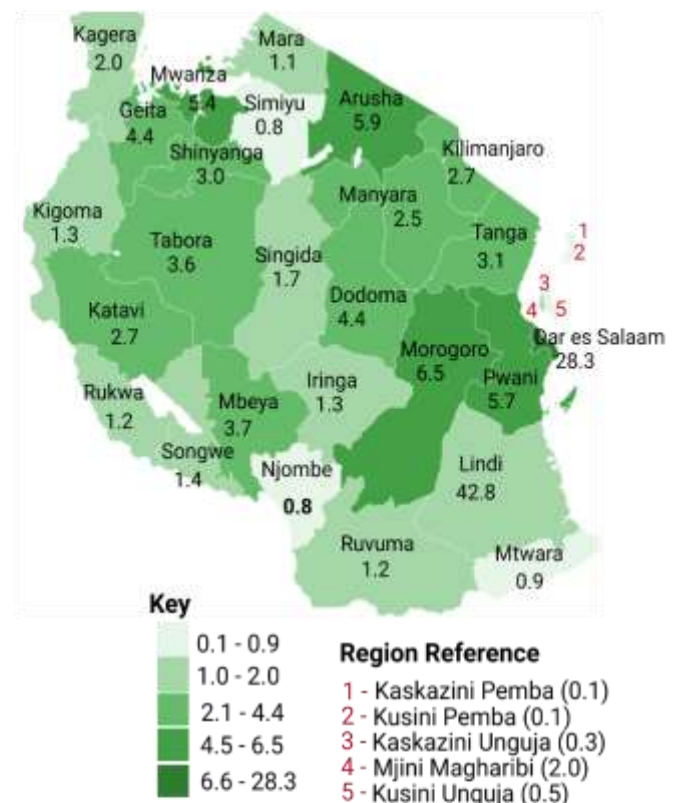
Internal Labour Migrants Age 15 Years and Above by Economic Activity Status and Place of Residence (%); 2022 PHC



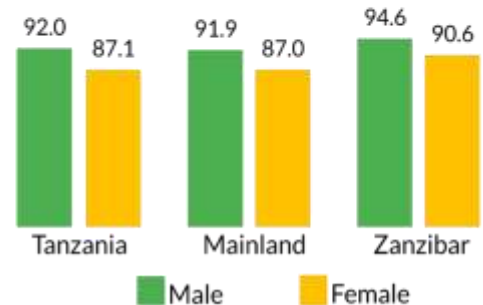
Unemployment Rate of Migrants by Sex and Residence; Tanzania, 2022 PHC



Employed Migrants by Region (%); Tanzania, 2022 PHC



Labour Force Participation Rate by Sex and Residence; Tanzania, 2022 PHC



International Labour Migration



International labour migration refers to the movement of people across national boundaries for the purpose of employment

Relaxed International Definition of Employment



55,960

International labour migrants aged 15 and above with

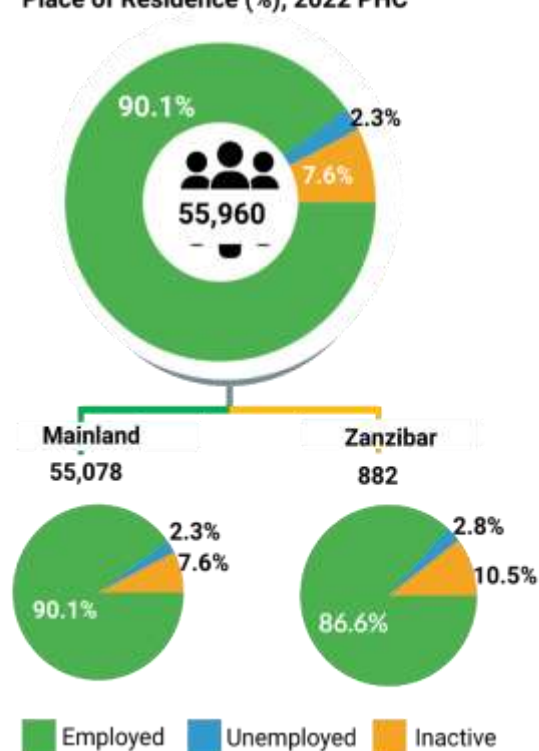
8,997

International labour migrants aged 15 and above with Tanzania citizenship out of 55,960 international migrants.

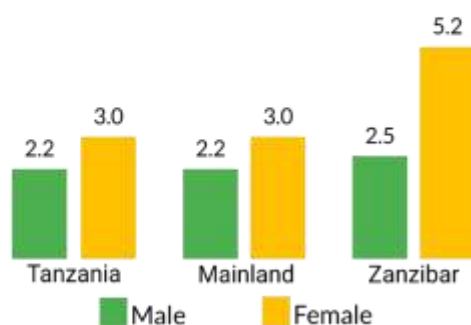
31.8%

Employed international migrants are predominantly engaged in agriculture and fisheries (31.8%), followed by elementary occupations (22.3%), and craft and related work (17.1%).

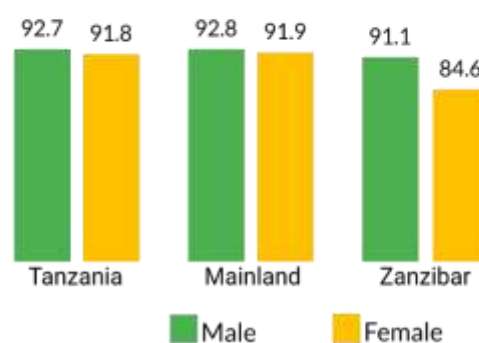
International Labour Migrants Age 15 Years and Above by Economic Activity Status and Place of Residence (%); 2022 PHC



Unemployment Rate of Migrants by Sex and Residence; Tanzania, 2022 PHC



Labour Force Participation Rate by Sex and Residence; Tanzania, 2022 PHC



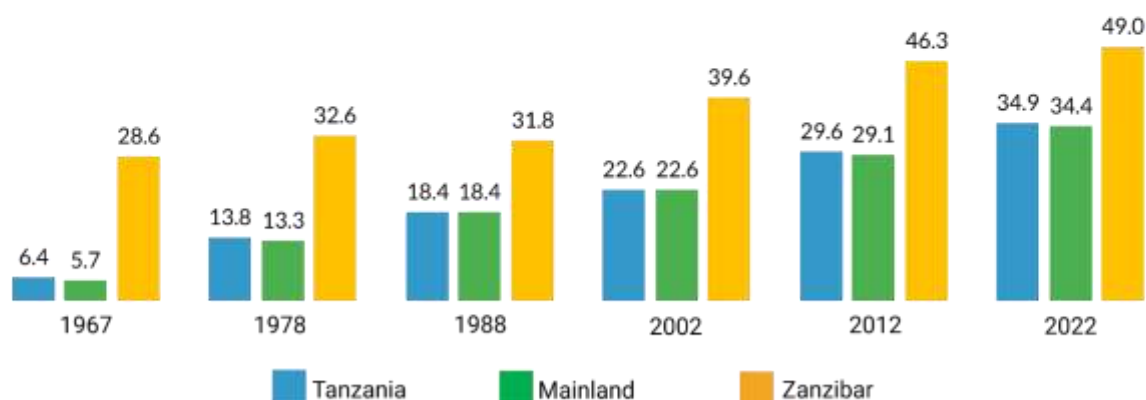
Urbanization



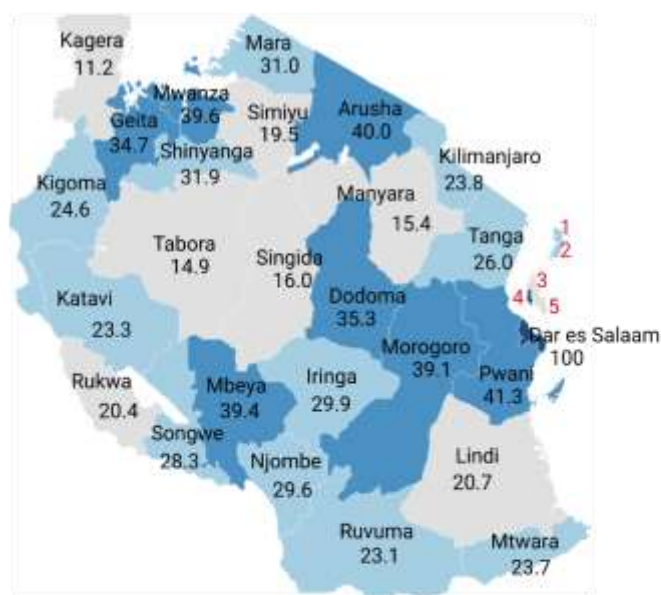
34.6%

Tanzania's urban population has grown from **6.4% in 1967** to over **34.6% in 2022** driven by natural increase, migration (rural–urban and international), and reclassification of settlements

Percentage of Urban Population by Place of Residence and Census Year; Tanzania from 1967 - 2022 PHCs



Percentage of Urban Population by Region; Tanzania, 2022 PHC



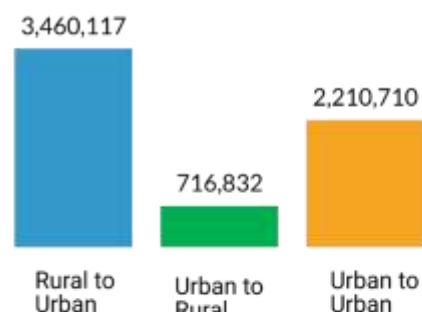
Key

11.2 - 21.3
21.4 - 31.9
32.0 - 41.3
41.4 - 100

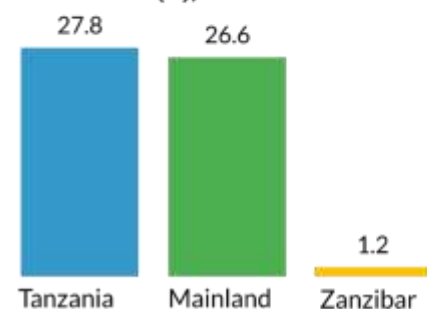
Region Reference

- 1 - Kaskazini Pemba (21.3)
- 2 - Kusini Pemba (27.9)
- 3 - Kaskazini Unguja (16.7)
- 4 - Mjini Magharibi (79.5)
- 5 - Kusini Unguja (20.3)

Number of People Migrating Between Rural and Urban Areas; Tanzania, 2022 PHC



Share of In-migrants in Population by Place of Residence (%), 2022 PHC



Policy Implications

- Equitable Spatial Development Must be Institutionalized .
- Urban Pressure Requires Balanced Regional Investment
- Migration-Prone Regions Demand Economic Revitalization
- Gender-Responsive Migration Governance Is Essential
- Social Services Must Reflect Migrant Family Dynamics
- Labour Market Integration of Migrants Should Be Formalized
- Skills Recognition and Upgrading Must Be Systematized .
- Urban Growth Demands Coordinated Planning and Resilient Infrastructure .
- Governance Reform Must Address Shifting Urban Boundaries
- Irregular Migration Demands Stronger Legal Frameworks
- Regional Labour Absorption Capacity Must be Enhanced
- Institutionalizing Diaspora Engagement to Balance Brain Drain

Recommendations

- Advance Spatial Equity and Balanced Regional Development
- Stimulate Local Economies in Migration-Prone and Low-Absorbing Areas
- Strengthen Gender-Responsive and Family-Centered Migration Planning
- Formalize and Protect Migrant Labour
- Integrate Migration into Urban Policy Planning and Governance
- Enhance Labour Absorption and Integration in High-Receiving Cities
- Support Zanzibar's Labour Market Capacity
- Strengthen Cross-Border Migration Management and Refugee Protection and Emergency Preparedness
- Develop Inclusive Migration Policies for Economic Contribution
- Improve Migration Data Systems for Evidence-Based Policy



