

Theresa Zitting

Ambassador

Embassy of Finland
Dar es Salaam



Theresa Zitting is the Ambassador of Finland in Dar es Salaam since September 2022. In addition to Tanzania, the Embassy is covering Rwanda and the East African Community. Theresa joined the Ministry for Foreign Affairs in 1997 and has since then engaged in particular with issues related to security policy and African affairs.

Before her current position, she served at the Ministry for Foreign Affairs as the Director for Horn of Africa and Eastern Africa (2018-2022) and as the Team Leader for Security Policy and Crisis Management (2015-2018). Previously, she served in the Permanent Representation of Finland to the UN in New York as the Political Coordinator (2012-2015) and as the Deputy Head of Mission at the Finnish Embassy in Nairobi (2008-2012). Theresa has also served in the Finnish Embassies in The Hague and Cairo.

Her education includes Masters in Political Sciences at Åbo Akademi University, Finland, and a Masters of Economics from the College of Europe in Brugge, Netherlands. Theresa is married and has two children. In her free time she studies Swahili, improves her tennis and diving skills as well as is learning martial arts. She also enjoys the fantastic Tanzanian nature.

