

The challenge of inadequate teaching and learning facilities impedes the development of the education system in Tanzania. This instigates the need to combine education and technology for provision of education. This paper assessed the adoption of Virtual and Augmented Reality as a tool to improve interactive learning. The research assessed the awareness and perceived usefulness of virtual and augmented realities in education. The research utilized a quantitative methodology whereby an online survey was used to collect data. Results indicate 69.7% of the respondents were aware of virtual and augmented reality. Moreover, 87.4% of the respondents agreed that virtual and augmented reality can be adopted to improve interactive learning. Interestingly, Science, Engineering, and Medical fields were proposed for adoption. These technologies influence students' interest and motivation to learn through visualizations and interactivity. However, further research is recommended on cost-effective gadgets for virtual reality technology and suitable content for augmented reality technology.