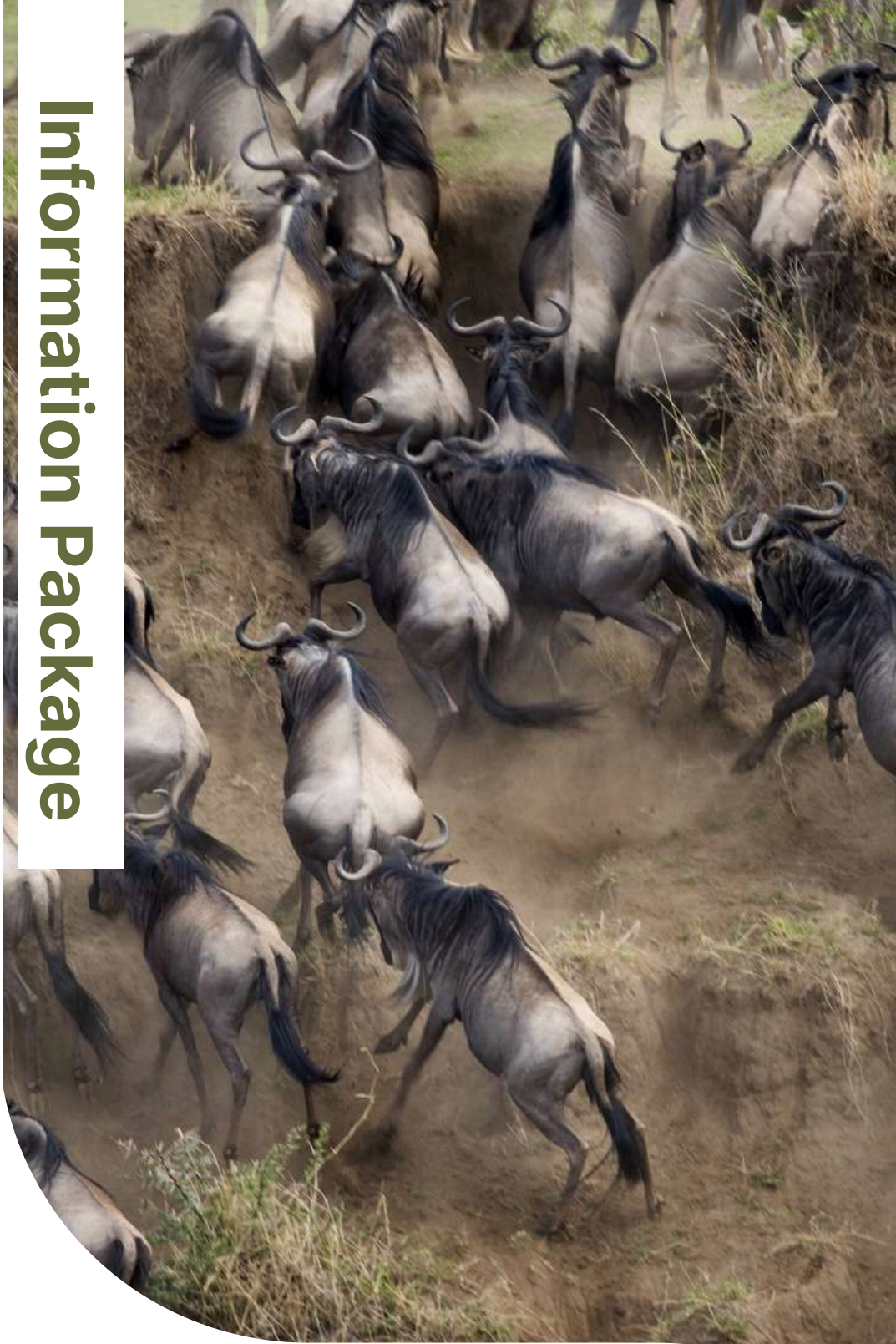


TANZANIA

Information Package



Explore the Magic of Tanzania with Our Expertise

Have an unforgettable experience and discover the stunning beauty of Tanzania with us.





KARIBU

Karibu means '**welcome**' in Swahili, and you're certainly going to feel at home when you arrive in Tanzania and get the opportunity to explore its national parks and meet its people.

Below you'll find all of the information you'll need to prepare for your upcoming trip to Tanzania. Of course, if you have any additional information you can email **info@trektanzaniasafaris.com**.

Language

Tanzania has two official languages: Swahili and English. Swahili, which has its origins in Zanzibar, is the most commonly spoken language in both Tanzania and Kenya. English is widely spoken, however you may wish to bring along a Swahili to English phrasebook to give you access to the basics. The locals are always appreciative if you know a little bit of Swahili!

"Where Tanzania's Wilderness Meets Your Luxury"



Below you'll find a few useful Swahili phrases to get you started.

Useful Swahili Phrases

- Karibu: Welcome.
- Habari/Hujambo: Hello.
- Habari?/Habari yako?: How are you?
- Nzuri: Good. Standard reply to how are you.
- Samahani: Sorry.
- Asante: Thank you.
- Chakula: Food.
- Rafiki: Friend.
- Hapana: No.
- Ndio: Yes.

Time

Tanzania is in the +3 GMT time zone. The sun rises at approximately 6.30 in the morning and sets at around 18.45 in the evening. The locals also use what is known as Swahili Time, which is quite a bit different to the conventional way of keeping time as we know it. 1:00 in the morning is the first hour after the sunrise (approximately 7am) and 1:00 in the evening is the first hour after sunset (approximately 7pm). That being said, most businesses will operate using the standard way of measuring time

Food

Tanzania's tourism industry means that there is a great variety of high quality food available. Hotels and restaurants provide cuisine from all around the world as well as local cuisine, so you can immerse yourself fully with Tanzanian food or sample the comforts of home. Traditional Tanzanian food features plenty of meat (especially beef, chicken, and fish), rice, and vegetables. It's simple, hearty food often accompanied by ugali, a flour and water based dough similar to polenta and eaten by hand.

Tanzanian's love seafood, and Zanzibar is a culinary paradise for those who love freshly caught fish, shrimp, and the like. You'll also notice the Indian and British influences on Tanzanian cuisine, with everything from spicy curries to old British staples such as fish & chips popular with locals and visitors alike. In larger cities you'll encounter steak houses, burger joints, and stores selling cuisine from around the world. Vegetarians are also well catered for in Tanzania. With fresh fruits such as mangoes, coconuts, and pineapples available in abundance. With Tanzanian food so rich in vegetables, legumes, and rice – you'll be able to find delicious vegetarian food without any trouble. For the most part, food in Tanzania is perfectly safe to eat. It would be advisable to avoid eating cold, pre-prepared foods.





Water

It is not safe to drink tap water in Tanzania. In fact, it is advisable to use tap water only for showering or washing your hands. To avoid health problems, use only bottled or filtered water for drinking and brushing your teeth.

Bottled water is cheap and readily available in Tanzania, and all lodges and restaurants will have it available. Worth of Africa's safari vehicles always come stocked with plenty of bottled water to ensure you remain hydrated while on safari.

Money, Credit Cards, Traveller's Cheques, and ATMs

Currency The official Tanzanian currency is the Tanzanian Shilling. They have coins for 50, 100, and 1000 shillings; and notes for 500, 1000, 2000, 5000, and 10,000 shillings. The US Dollar is widely used, but may not be accepted in some establishments. It is also important to note that most businesses that do accept US currency will not do so if it is torn or wrinkled. Notes must not be older than 2006, as local businesses will automatically reject these due to a past counterfeiting problem.

Banks & Currency Exchange

Banks in Tanzania are open from 9am until 3.30pm Monday to Friday, and from 9am until 11am on Saturdays. It is not possible to exchange any currencies in Tanzania!





ATMs

ATMs that accept both Visa and MasterCard are available in most cities. You will be able to withdraw from your accounts in local (Tanzanian shillings) currency by entering your PIN. The daily withdrawal limit amounts to roughly \$300 USD. Be sure to alert your bank that you will be traveling to Africa. Many banks will deem transactions made out of your native country as suspicious, and may lock access to your accounts if you have not forewarned them.

Credit Card

International credit cards (especially Visa, MasterCard, American Express, and Thomas Cook) are accepted in most stores, restaurants, hotels, camping sites, lodges, car rental companies, etc. Many smaller stores will not have EFTPOS facilities, so it is generally better to carry cash.

Credit cards typically attract a 5-15% tax.

Traveler's Cheques

Traveler's cheques are not accepted anywhere in Tanzania.

Visas & Passports

Entering Tanzania requires both a valid passport and a Tanzanian visa. While the information below is up to date at the time of writing, it is advisable to always check ahead to ensure visa processes or charges have not changed.

Who needs a visa?

With the exception of Hong Kong, Jamaica, Barbados, Malaysia, and roughly a dozen African nations; everybody entering Tanzania is required to have a tourist visa.

Passport

To enter Tanzania, you'll also need a passport with at least six months validity remaining. If you are planning to apply for a visa upon arrival, you will also need two free, adjacent pages remaining in your passport.



How to obtain a visa

Visas are available upon arrival in Tanzania, whether you're landing at the airport or are making a border crossing. The cost of a visa upon arrival is \$50 for non US citizens, and \$100 for US citizens. This should be paid in USD. Other currencies are not accepted.

Since this year, it is also possible to get the Tanzanian visa online. Therefore, you have to go to the eVisa Website: <https://eservices.immigration.go.tz/visa/> Under New Application you can set up a new account and fill in your application. Further information regarding the whole process you will find here: <https://visa.immigration.go.tz/guidelines> If you have any further questions about the visa process, please don't hesitate to contact us. That's what we're here for!



Tipping

Tipping is customary in Tanzania, and is very much a part of the incomes of many people in the hospitality and tourism industry.

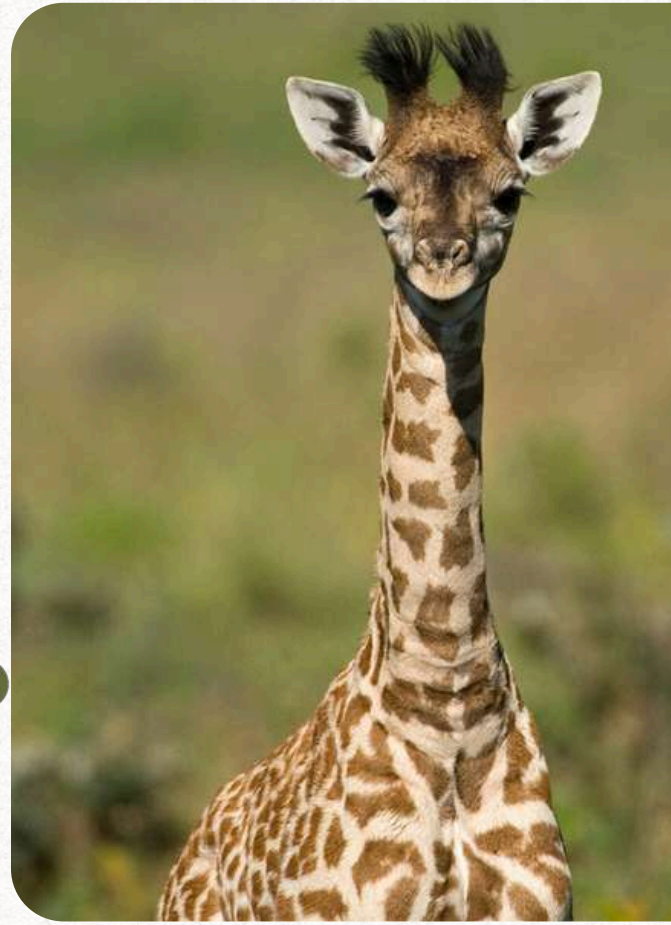
As a general rule of thumb, tipping for satisfactory service should be as follows:

- Safari and Kilimanjaro climbing guides: \$20 per person per day.
- Cooks, Porters, Caddies etc.: \$15 per person per day.

Electricity and Electronic Devices

Tanzanian power outlets use 220-240V, 50Hz. If you are traveling from a country with a voltage less than 220V should check whether or not their electronic devices have a dual voltage power supply. If not, you may need to purchase a converter before leaving. Generally speaking, most electronics (smart phones, digital cameras, tablets, and computers) work on a dual voltage basis. Electrical appliances such as razors and hair dryers do not.





Tanzania uses the 3 pin 'British' plug, which is comprised of three square/rectangular pegs. Travel adaptors can be purchased at airports and at most larger department stores. When on safari, it is advisable to bring along items that run on batteries. While most hotels and our Worth of Africa safari vehicles do have power outlets in which you can charge your devices, in campsites or lodges that run on generators, you may not have access to electricity to charge your appliances.

Safety

Tanzania is one of the safest countries in East Africa, but you never can be too careful when you're on the road. While safari areas are generally very safe, the country is no stranger to criminal activity. Like any other country in the world, there is always some risk of theft. It is advisable that you listen closely to your guide's advice at all times, and that is especially true in some urban areas.

Either leave your valuables (such as money, electronics, credit cards, and documentation) behind in your hotel room's safe, or carry them with you in concealed inner pockets. Don't flaunt your valuables in public, as this may draw unwanted attention to you. Pickpockets are particularly active in heavily touristed areas, so it pays to be cautious when in cities and areas popular with tourists. It is always a good idea to make copies of all of your important documents and keep them in your luggage.

Health

As a developing country, Tanzania has issues with a number of potential harmful diseases. Thankfully, many of these can be vaccinated against before you travel. Before departing for your trip, it is advisable that you speak with your physician about getting vaccinated against the following:

- Typhoid
- Hepatitis A & B
- Meningitis
- Rabies

These are in addition to the vaccinations that all travelers should have up to date regardless of where they are traveling, such as: MMR (measles, mumps, rubella), diphtheria-tetanus-pertussis, chickenpox, polio, and a flu shot.

It is also advisable that you speak with your physician about measures that you can take to minimize your chance of exposure to malaria and cholera.

Finally, if you are traveling from an area where yellow fever is a problem, you will be required to have a yellow fever vaccination as a condition of entry. If you are traveling from such an area and do not have a vaccination certificate, your visa application may be denied.

Malaria is prevalent throughout Tanzania, except in high altitude areas (above 1,800m) such as Mt. Kilimanjaro and Ngorongoro.



Malaria medications differ from country to country dependent on conditions, so be sure to advise your physician that you'll be traveling to Tanzania. Saying you'll be traveling to Africa is not enough, as conditions differ greatly between countries. You should begin taking your malaria medication a few days before your trip, and continue to take it for a short period after you have returned home.

HIV/AIDS are no more a problem here than they are anywhere else in the world. Provided you are not taking undue risks, you have nothing to fear.

When it comes to medical attention, nurses and doctors in Tanzania are highly qualified, especially in cities such as Arusha and Dar Es Salaam. Most camping sites, lodges, and hotels have on site physicians and are in close contact with the Flying Doctors Service should an evacuation be needed.



Advice for a Safer and More Pleasant Trip

Rules and Regulations

Tanzania, like all countries, has rules and laws that need to be followed.

These include: ·


- It is illegal to sunbathe topless;
- It is illegal to urinate in public;
- The buying, selling, and use of drugs is illegal;
- It is advisable not to talk on the telephone while inside a bank;
- It is forbidden to take plants, animals, seeds, minerals, archaeological finds, corals, ivory, or sea turtle shells out of Tanzania;
- Without prior authorization, you should not photograph the President or certain public facilities such as military bases, airports, bridges, police stations etc.
- It is illegal to use drones

Other advice's:

- Do not throw out any trash or cigarettes
- Ask for permission before you take pictures of people
- If you want to give gifts (for ex. pens etc.) give them to the driver who will distribute them fairly rather than giving it directly to the local people (this might create arguments)
- If you want to make other donations it is advisable to give them to schools or other social establishments

Dress Code

There is no dress code for safari, however it is advised that you wear inconspicuous clothes in brown, green, beige, khaki, or other neutral colours so as not to draw attention to yourself or frighten the animals away.



Guests of certain lodges may also be expected to wear trousers and collared shirts for dinner (for men) or dresses (for women)

Tanzania is a conservative country, so don't dress provocatively.

Animals on Safari

You should never feed animals while you are on safari.

In addition to this, you should try to remain as quiet and still as possible so as not to startle the animals. Always listen to your guide's instructions. They are experts when it comes to Tanzania's wildlife, and will advise you how best to act.

Never get out of the vehicle without your guide's implicit instructions. It may appear safe, but you never know what's lurking in the tall grass! There should not be more than five vehicles around one animal so please understand if your driver decides to move on.

Optimizing your Safari

Please communicate with your driver about what you want to see and learn and what is not interesting for you. This is the beauty of a private safari and you should take full advantage of it. You can also tell your driver to give you more or less information about certain things. Don't hesitate to speak your mind.

If your driver stops to talk to a driver coming from another direction he is not doing this to "have a chat". The drivers inform each other about what they have seen to make sure that you get to observe as many animals as possible.

WHAT TO PACK



Packing for your first safari can be a bit daunting. What do you bring? What don't you need? Below you'll find our recommended list of things to bring along with you when you're on safari.

- A backpack
- A warm sweater or light fleece
- A windbreaker or waterproof jacket



- Walking shoes or boots
- A long sleeve dress shirt and trousers
- Sunglasses
- Hat
- Sunscreen and lip balm
- Insect repellent
- Camera
- Binoculars
- Batteries and/or charger for your camera

- A flashlight or headlamp
- Guide books
- Phone and charger

You may also wish to bring your own first aid kit. While all of our Worth of Africa vehicles have their own on board first aid kit, it never hurts to be prepared.



- Anti-malarial medication
- Painkillers Antihistamines for allergies and insect bites Cold and flu medication Anti-
- Diarrheal medication Medicines for rehydration after diarrhea or sunstroke Insect repellent Sunscreen and lip balm Eye drops Moisturiser for treating sunburn Antiseptic lotion Rubbing alcohol Bandages and plasters Scissors Tweezers
-
-
-
-

You may also wish to bring along water purification tablets and any medications you take for any existing medical conditions.

Don't let the above list daunt you. Many of these items are only necessary in extreme cases, but it's better to have something and not need it than it is to need something and not have it!



Telephones and Internet

The international code for calling Tanzania is +255. Almost all campsites and lodges in Tanzania offer phone and internet services. Internet cafes can also be found in Arusha, Dar Es Salaam, and Karatu.

All of Trek Tanzania Safari's vehicles are equipped with HF radio, used for both tracking the movements of animals and in cases of emergency.

Cell/Mobile Providers

There are four mobile providers in Tanzania: Zain, Zantel, Vodacom, and Tigo; all of which offer roaming services. Mobile network coverage for both data and phone calls is quite good across Tanzania. You should still be able to access your phone while on safari, although some areas of the national parks do not receive coverage.

In emergencies, your relatives can also reach you by calling our telephone numbers or emailing us in the office.