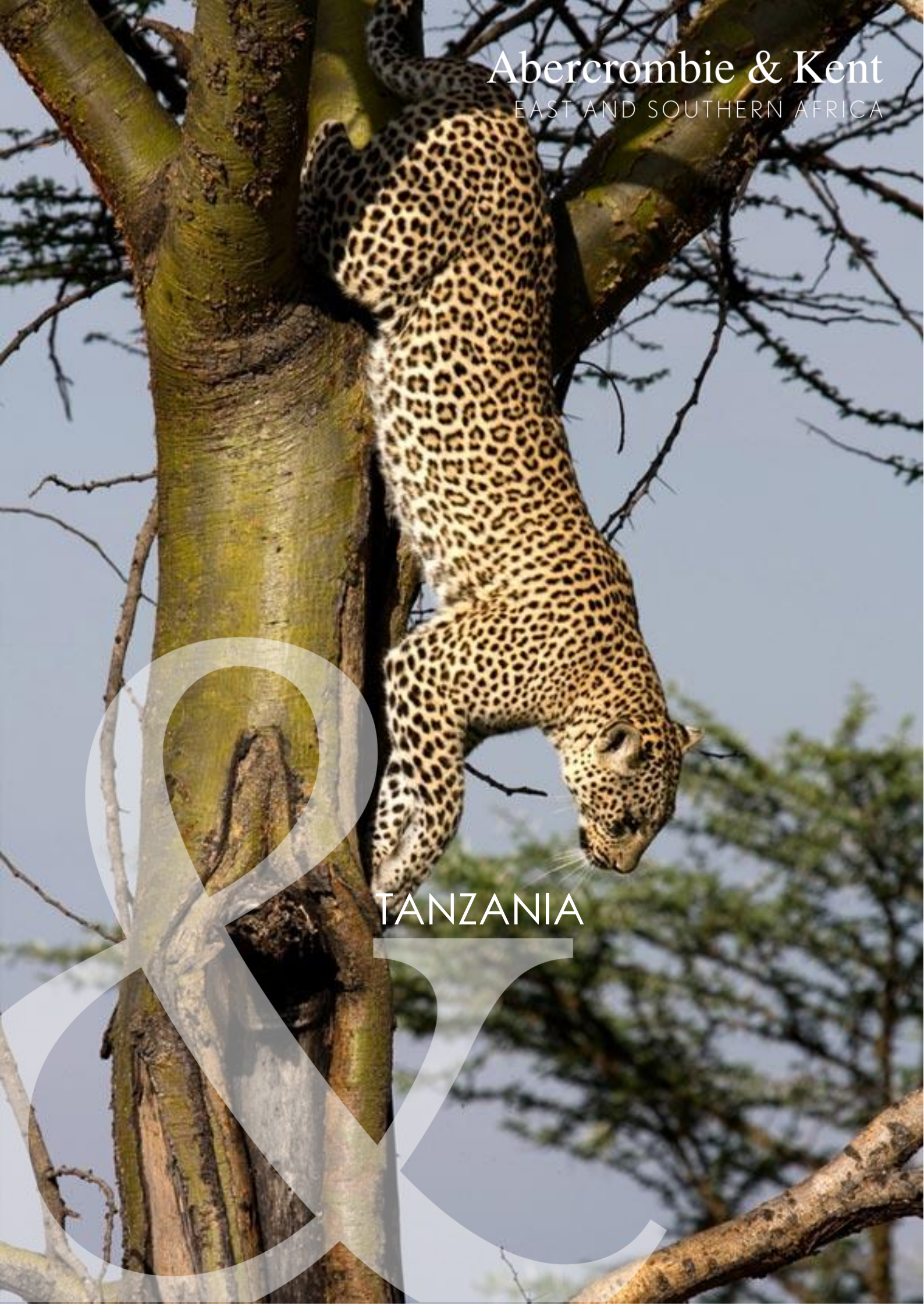


Abercrombie & Kent
EAST AND SOUTHERN AFRICA

TANZANIA



COUNTRY INFORMATION, FACTS & ADVICE

Tanzania

Tanzania sits in East Africa and is bordered by Kenya and Uganda in the north, Rwanda, Burundi and the Democratic Republic of the Congo in the west, and Zambia, Malawi and Mozambique in the south. To the east it borders the Indian Ocean. The country's official name is the United Republic of Tanzania and comprises Tanganyika, which is the large mainland territory and Zanzibar, the offshore archipelago. Dodoma is the country's political capital and Dar es Salaam is the principal commercial city.

Formerly a German colony from the 1880s through 1919, the post-World War 1 accords and the League of Nations charter designated the area a British Mandate (except for a small area in the northwest, which was ceded to Belgium and later became Rwanda and Burundi). British rule came to an end in 1961 after a relatively peaceful transition to independence and Tanganyika and the islands of Zanzibar were united in 1964. Today the people of this beautiful country paint a colourful picture with over 126 ethnic groups each with its own cultural idiosyncrasies and language!

This is a land of rolling plains, dramatic mountain ranges, great lakes and pristine white sandy beaches. With the largest wildebeest migration on earth, some of the world's most cunning predators, vibrant tribes and unspoiled coral reefs, you have a holiday destination to satisfy even the most discerning traveller. Tanzania's close proximity to the equator provides an idyllic climate making it a year round holiday destination whether you are looking for a beach escape, a once in a lifetime safari or a thrill seeking climb to the summit of Mt Kilimanjaro.

Getting into Tanzania

This is a guide only – please check with your nearest Tanzania Embassy to ensure you meet the correct requirements. All visitors are required to carry a passport that is valid for six months beyond the intended length of stay. There should be sufficient blank pages for entry stamps upon arrival.

With a valid passport, one may obtain a visa either before arriving in Tanzania at the Tanzania Embassy/High Commission abroad, online, or at any port of entry staffed by immigration officials, such as an international airport. We strongly recommend that our guests apply for the E-Visa at <https://eservices.immigration.go.tz/visa> two months prior to their arrival date to avoid any last-minute disappointments.

Most travellers require tourist visas for entry into Tanzania. Check here for nationalities that are exempt: <https://eservices.immigration.go.tz/visa/guidelines>

- Visas for US and Irish Nationals cost USD100 per person.
- Visitors from the Commonwealth countries do not need a visa to enter Tanzania except the following countries: Canada, Bangladesh, India, Pakistan, Australia, New Zealand and Sierra Leone. The fee is USD50 and is subject to change.
- Visitors from non-commonwealth countries are required to pay for a visa (except Rwanda and Romania). The fee is USD50 and is subject to change.
- A referred visa is obligatory for citizens from a number of countries such as Ethiopia. Please visit the website <https://www.immigration.go.tz/index.php/requirements-for-visa> for latest updates. The referred visa is one that requires special clearance or permission from the Director of Immigration Services in Dar es Salaam or the Principal Immigration Officer in Zanzibar, and should be applied for at least 2 months prior to arrival.

Please ensure you have the correct amount in cash and in the correct currency with you upon arrival. Most airports have no ATM, but if they do you are likely to lose out with their exchange rate.

In addition, immigration officials are unlikely to have change and if they do, it will be in Tanzanian shillings at an unfavourable rate. Whether you have €50 or \$50, it will be regarded as the same amount, regardless of the exchange rate, and no change will be given.

Keeping Healthy in Tanzania

Malaria: Anti-Malarial precautions are an absolute necessity when visiting Tanzania. It is important that you check with a qualified health professional for the most current information concerning your travel itinerary and personal health history. In addition, other personal protective measures, such as the use of insect repellents (containing the active ingredient 'DEET'), covering arms and legs after dusk, avoid the use of scented products, help to reduce malaria risk.

Yellow Fever: If you are arriving in Tanzania (or planning to re-enter) from an area that is infected with yellow fever, or arriving from a country where yellow fever is endemic (check the list of countries) you are required to have a yellow fever vaccination and it must be administered at least ten (10) days before your arrival (or re-entry) into Tanzania. If your travel itinerary requires you to have a yellow fever vaccination, you must ask your doctor to provide you with an "International Certificate of Vaccination" which should be carried with you while travelling to serve as proof that you have fulfilled the vaccination requirement.

Direct arrivals from non-endemic countries in Europe and North America are not required to show the certificate/yellow fever card, but when travelling between African countries by plane or vehicle you will be asked for it.

Do not use tap water in Tanzania for drinking or tooth brushing. Additionally, do not accept ice in drinks. It may be necessary to exercise caution when using "purified" water that is provided in thermoses and flasks in hotel rooms, at lodges and at camps. It is generally safer to drink directly from the can or bottle of a beverage than from a questionable container. We suggest that you drink only boiled or bottled water. Bottled water will be provided in all hotels and lodges. Drinking plenty of water and staying hydrated is very important while in a tropical climate.

You should avoid possibly contaminated food, particularly seafood, unwashed vegetables and fruits that are already peeled when they are served. In warm, tropical settings also exercise caution in eating foods that can spoil from lack of proper refrigeration (such as salads containing mayonnaise, cream-filled pastries, and heavy cream and dairy products).

It is also suggested that you bring a smaller traveller's kit with remedies for minor stomach ailments or motion sickness. You should include an adequate supply (in your hand luggage) of any prescribed medication you may require while traveling.

Travellers with physical disabilities and those who require frequent or on-going medical attention should advise Abercrombie & Kent of their health situation at the time of booking (or at the time such a situation occurs should this be after the reservation is made).

Travellers with mobility challenges should also let their Tour Consultant know in advance so that extra steps can be provided in vehicles and more convenient rooms can be requested at lodges and hotels.

Please note road and traffic conditions in Tanzania differ significantly from those you will be used to. Although a number of inter-city tarmac roads are periodically repaved and maintained, maintenance schedules are erratic and even good roads may deteriorate precipitously in periods of inclement weather. During the rainy season (late March to mid-June), many roads, both urban and rural, are passable only with four-wheel-drive vehicles. In conservation areas, roads are not paved and the distances you will travel should not be underestimated.

We do recommend that you take out comprehensive travel insurance to cover you in the event of a medical emergency. We provide a membership with flying doctor evacuation services for every

guest, however they will discuss your evacuation with your global insurer so be sure to carry your policy details with you. This service does not cover hospital services nor hospital costs.

Tipping

Tipping is not compulsory. You are travelling on an independent itinerary and the cost of your program does not include gratuities. Tipping is a very personal matter and should only be considered when the staff have gone above and beyond for you. Should you feel you would like to acknowledge their service, please consider the following as a rough guide, per person per day.

Type of Service	Group Size (Number of People)					
	1	2	3	4	5-9	10+
Tour Director	12-15	12-15	12-15	12-15	12-15	12-15
Driver	10	10	10	10	10	10
Hotel Porters	1	1	1	1	1	1
Private Mobile Tented Camping (staff tip box)	20	20	20	20	16	16
Permanent Camps/Lodges (staff tip box)	10-15	10-15	10-15	10-15	10-15	10-15

Please note: Currency is in USD

The above tipping guidelines are recommendations only and are not compulsory. Please use your own discretion in tipping, based on quality of service.

Restaurants

Some restaurants automatically add a 18% service charge to your bill.

Taxis

Taxi drivers do not expect to be tipped but they appreciate the fare being rounded up.

Porterage

If you are being transferred by an Abercrombie & Kent representative to a hotel, then porterage and tipping of porters is already included. You are not expected to tip the A&K representative.

Guardian Angels

Transfer assistance is at your discretion but if a Guardian Angel performs a special service for you, it would be appropriate to tip him or her the same rate you would tip a hotel concierge for similar assistance.

When climbing Mount Kilimanjaro, a whole other set of guidelines is applicable, given the very specialized skillset and size of the crew that accompanies you on your climb.

Talk the Talk

Swahili is the official language in Tanzania, although English is widely spoken and understood. Here are a few useful Swahili words and phrases to impress the locals:

English	Kiswahili
Hello	Jambo

Goodbye	Kwaheri
How are you?	Habari?
Good, fine	Mzuri (like the state, Missouri)
Please	Tafadhali
Thank you	Asante
Yes	Ndiyo
No	Hapana
Very much	Sana
May I come in?	Hodi?
Come in, near	Karibu
How much?, How many?	Ngapi?
How many shillings?	Shilingi ngapi?
What time is it? (How many hours?)	Saa ngapi?
Is the tea (coffee) ready?	Iko chai (kahawa) tayari?
Bring drinking water, please	Lete maji ya kunyua tafadhali
Buffalo	Nyati
Cheetah	Duma
Elephant	Tembo
Giraffe	Twiga
Hippo	Kiboko
Leopard	Chui
Lion	Simba
Ostrich	Mbuni
Rhino	Kifaru
Zebra	Punda Milia
Wildebeest	Nyumbu

Weather

Generally, Tanzania has a comfortable climate year-round. The coastal areas have a tropical and humid climate, the highlands regions in the north have a temperate climate due to altitude and the vast central plateau is hot and arid.

While Tanzania does not have distinct seasonal changes due to its proximity to the Equator, there are some subtle climatic variations at different times of the year.

Mid-March through May

This season is normally characterized by heavy, intermittent rains and high humidity. In many recent years, however, there has been more rain in January than in April and May.

June, July and August

Tanzania's weather is coolest during these months, with lows of about 45°F or 7°C and highs of about 75°F or 24°C. During this time the country is refreshingly green. Be prepared with a warm sweater or fleece for early morning game drives and for evenings at your lodge/camp. It gets especially chilly at higher altitude such as the Ngorongoro Crater rim.

September, October and November

This is a delightful time to visit East Africa, comparable to springtime in North America and Europe. The days are warmer with lows of about 65°F or 18°C and highs about 85°F or 29°C. Scattered rains fall in November, these rains are typically short and localized.

December, January and February

These are the warmest months of the year (Tanzania's "summertime"). Temperatures do not often exceed 90°F or 32°C and morning and evening temperatures are refreshingly cool with low humidity. Do not forget your bathing suit to cool down during lunch time as some lodges have a pool, but also bring a sweater for the early morning and evening time.

At any time of year the temperatures on the Ngorongoro Crater rim can be decidedly cooler than on the Crater floor and in the Serengeti (especially from mid-May through August). We recommend wearing layers since the early mornings and evenings can be cool whereas the middle of the day can become very warm.

This is a guideline only and unseasonal weather can occur so you should pack with a degree of flexibility in mind.

What to Pack

Casual, comfortable wash and wear clothing is most useful. It is certainly not necessary to bring a separate change of clothing for each day and evening, and it is recommended that you keep luggage to a minimum for your own comfort and ease of transport, especially if you are using light aircraft transfers (which only allow 15kg/30 pound per person)

- Casual lightweight cotton, khaki or neutral coloured clothes for safari
- Fleece or sweater and a warm jacket for game drives or cool evenings
- Light raincoat and/or fold-up umbrella
- Swimsuit, scarf or bandana, kanga or sarong
- Wide brimmed hat/cap
- Personal toiletries, sun barrier creams; lip balm and insect repellent
- Binoculars, camera, flashlight and accessories (including any batteries)
- Sunglasses and prescription glasses
- Soft-sided luggage and fold-up daypack or shoulder pack to carry items
- Travel detergent
- Comfortable walking shoes with soft soles and beach sandals

Please note that all luxury hotels and most game lodges offer a same-day laundry service (sometimes at additional charges, depending on the lodge). This is a good reason not to pack too many clothes.

You will spend a considerable amount of time in a safari vehicle so be sure you pack comfortable clothing. Khakis are not 100% necessary but natural colours are advisable. It is not necessary to buy new safari-style clothes. Please note that dark blue attracts insects.

The roads in Tanzania are of notoriously bad quality, especially if the rainy season was a harsh one, so be prepared for bumpy and dusty drives. If you have a bad back, you may consider bringing a back brace.

Check the separate checking list for climbing gear if you are planning to climb Mt Kilimanjaro.

Avoiding the Baggage Blues

- Baggage allowances vary according to airline – check your airline for details. Please bear in mind that the luggage weight allowance on a domestic flight will always be considerably lower than on an international flight. Please check with the airline, but as a general rule, you will be allowed 15kg/30lbs, plus a small carry-on. Excess luggage might be charged but might also be refused if the flight is already at maximum capacity. Abercrombie & Kent Tanzania can assist travellers with storage facilities, and reunite you

with your luggage at a later stage in your itinerary. Domestic airlines will also advise the use of duffel bags instead of hard cover suitcases.

- Do not pack or bring prohibited items to the airport – please check with the airports relevant to your trip
- Make sure there is personal contact information inside your bags as well as outside
- In the event that your luggage is delayed please make sure you have packed essential supplies such as medication, contact lenses, toiletries, etc. in your carry-on bag. You may also consider packing an extra set of clothes in your carry-on bag. A&K will follow up late luggage with the airline on your behalf and ensure it gets to you as promptly as possible, if your safari has already begun. If you are without your luggage for the first few days, you will need to rely on the items brought in your carry-on. Tanzania does not have an abundance of clothes shops, especially not the retail shops with Western brands you may be used to.

Electricity

Tanzania electricity is based on English standards, meaning it is (usually) supplied at 230Volts, 50Hz. This means that all European electrical equipment should work, from laptop power supplies to mobile phone chargers. Wall sockets use an English 3 pin fused plug, which requires the use of travel adapters for those from other countries.

Many lodges will provide you with an adaptor in the room, or offer the use of one when asking the reception. This is not a guaranteed service everywhere so you may want to bring your own.

Please note that the power supply in East-Africa is notoriously unreliable; apart from power-cuts we frequently experience low power situations and, worse still, power spikes and over-voltage, which can easily damage sensitive electronic equipment. We therefore urge our guests to always use a travel adapter with a 'surge protector' facility to protect your equipment, or to use special, stabilized power outlets.

Some places, such as tented camps, run on generators or batteries during the day, providing a limited supply of power, and use no electrical power at all during the night.

There is a 12V DC outlet for a phone charger in every safari vehicle. Please do not forget to bring your charger(s).

Religion & Etiquette

Tanzania is a predominantly Christian country but has a large Muslim population in its coastal areas and on the island of Zanzibar where over 90% of the population is Muslim. Modesty of dress is expected in these places. Slacks are entirely acceptable, but short skirts and bare arms should be avoided. Scarves must be worn over the head and all shoes removed when entering a mosque.

Photography

When taking a photograph of locals, it is customary to ask for permission, and sometimes they will ask you for a small fee to do so. It is forbidden to take pictures of certain buildings, such as police stations or military structures.

If you bring photographic equipment, make sure they are packed away in a dustproof camera bag. Make sure to bring additional batteries or the charger and an ample supply of memory cards. (It is better to bring several small memory cards than one big one in case one gets corrupted.)

The **use of drones is not allowed in East Africa** without a specific license from the government. Please note that if you do bring a drone into the country it will be confiscated by a Customs Official on arrival and you may be subjected to a fine.

Money

Currency

In Tanzania, the unit of currency is the Tanzania Shilling, which is divided into 100 Shillings. Notes are issued in denominations of 500, 1000, 2000, 5000, and 10000 Shillings. Coins are issued in denominations of 50, 100 and 200 Shillings.

Foreign Exchange

We urge you to try to spend all of your Tanzanian Shillings while you are in Tanzania because the reverse exchange rate from Shillings back to Dollars, Euros and Sterling is very unfavourable. In general, we suggest that you limit the amount of money you convert into local currencies and exchange only what you think you will spend before leaving any foreign country. Be aware that only paper currency will normally be accepted for exchange.

US Dollars are accepted everywhere, however we recommend carrying small denominations of local currency as well. Shops will accept USD but will give change in Tanzanian Shillings. Although tipping is included for standard services, you might want to bring some small bills for unexpected gratuities.

Dollars printed after 2016 will be preferred, some bureaux de change, banks, lodges, camps and hotel will not exchange bills printed before this date.

Tanzania's economy is still largely based on cash.

Traveller's Cheques

We strongly advise against traveller's cheques since you will not only have difficulty finding a place where they will be able to cash them, but they will also give you an unfavourable rate.

ATM

Travellers who wish to use their ATM card overseas should inform their own individual bank that they will be travelling since the bank may block your card if not advised, due to suspicious activity when they are not aware you are abroad. Be advised you will only find ATM machines in big towns, and only local currency can be withdrawn.

Credit Cards

Credit cards are accepted on a limited basis; most hotels, restaurants and shops in larger cities accept at least one variety of major credit cards such as Visa, MasterCard, or American Express. In Tanzania, some credit card use is subject to a surcharge of 5% to 10% of the cost of the item(s).

Those travelling on an ABERCROMBIE & KENT program using mobile tented camps (such as "Tanzania Hemingway") should also be aware that credit cards are not accepted in camp.

Time Zone

GMT + 3 hours.

For instance, if your family lives in Washington D.C., you can call them when they get up at 7AM or 8AM, after your lunch at 2PM, just before you might be setting out for your afternoon game drive. Be aware that Tanzania does not switch between summer and winter time, so the above example may differ by one hour.

Shopping

Woodcarvings, batiks, tie-dyed articles and leather goods are among the most popular souvenir purchases in Tanzania, as are Zanzibar chests (which are rare finds) and Meerschaum pipes. Ebony woodcarvings by the Makonde sculptors of Tanzania are of especially high artistic merit; and, while export licenses are not required, it is essential that a sales receipt be obtained for all Makonde art that is purchased. This must be presented to customs officials when you leave the country. Locally-woven sisal baskets are durable and attractive and are sold at much lower prices than you will find in the American and European shops that have recently begun to import them.

Please note that uncut, raw stones require formal government approval for exportation from Tanzania. (This also applies to cut stones totalling more than 300 carats.) In places where prices are not marked, bargaining is usually an accepted practice.

As a courtesy to our clients, our office will, if requested, help refer you to a shop that carries the merchandise you are looking for. This is not intended as A&K's endorsement of the shop nor responsibility for merchandise (or shipping arrangements) purchased from the shop.

- **Bring your purchases home with you.** Unless you are prepared to wait up to a year to receive your merchandise, do not have it shipped - not even by air freight.
- **Do not purchase expensive goods of supposed high quality unless you are absolutely sure of what you are buying** (or unless you like the item enough to buy it even if it is not authentic or as valuable as you thought). Unless you are an expert in gems, antiques, artefacts etc. do not assume that the quality and/or value of your purchase is as represented by the vendor, even if you have been referred to the shop by A&K. ABERCOMBIE & KENT does not profess to employ experts in the quality and/or value of retail or wholesale merchandise.
- **Always take the time to read the charge slips for credit card purchases before you sign them.** This may seem obvious; but in the excitement of making a foreign purchase, shoppers sometimes overlook this and are unpleasantly surprised when they return home and are billed by the credit card company. Taking a few moments to review the charge slip before signing it (and computing the exchange rate to be sure you are charged the right amount) can save you headaches later.

For purchases made abroad that are being hand-carried home, keep all sales receipts with you (in your hand luggage). It is also suggested that you pack all of your foreign purchases together in one bag (separate from your other personal belongings). You might consider bringing some "bubble wrap" and string for packing any fragile merchandise you purchase while traveling.

Please note that the purchase of "national treasures" for export from any country is strictly illegal and that the onus rests entirely on the buyer. The importation of any products made from endangered species of wildlife is prohibited in almost every single country. This includes skins, products made of bone or other animal parts, but also less obvious things such as sea shells or seeds. If you find an item like this, do not pick it up and definitely do not take it with you. If you are approached by someone offering this type of "curio" for sale, do not buy it. International agreements are such that, if you are caught with such a restricted item, it will almost certainly lead to prosecution.

Local Food & Drink

All lodges and hotels serve Western food, along with a selection of local dishes.

Tanzania has been influenced by many cultures throughout history. Most breweries were established during the German era, and wine was introduced by the Portuguese. Indian and Arabic influences enrich the cuisine. Samosas can be served as a snack, or *chapattis* may accompany your meal. You may come across spicy dishes, *pilau* or curries in many menus.

Soft drinks, juice, wine, beer and a selection of alcoholic drinks will all be available. (Note that diet soda will be harder to find.)

Do try fresh juice when available, made from the wide variety of tropical fruits Tanzania offers. Next to water, tea and cow's milk, Tanzanians will just as often drink goat's milk and soy.

Tanzania is a coffee producing country so you will be served an excellent cup of Arabica!

We recommend you try

The typical Tanzania cuisine which mainly consists of *ugali* (maize meal) with beans cooked with coconut milk.

Some lodges will offer some of these dishes as part of a wider array of food on a buffet. Some lodges will only serve Western style food. You can of course always approach the lodge manager or your tour director in case you really want to try something not on offer.