



Frequently Asked Questions

Tanzania is blessed with beauty and variety and for many this is the ultimate safari country. From the highest free-standing mountain in the world – Kilimanjaro at 5,895 m, to the plains of the Serengeti, the Ngorongoro Crater and the beaches of Zanzibar, Pemba or Mafia, the choices are immense. The national parks and game reserves cover approximately 28% of the country; Tanzania has more land devoted to wildlife than anywhere else in the world. Safaris can be combined with a visit to one of the coastal resorts and in addition to all this; the cultural and ethnic variety adds a heady mix, known as the Swahili culture.

Geography

Tanzania is located on the east coast of Africa and is bordered by Kenya and Uganda to the north; by Burundi, Rwanda and the Democratic Republic of Congo to the west; by the Indian Ocean to the east; and by Zambia, Malawi and Mozambique to the south. The Tanzanian mainland is divided into several clearly defined regions: the coastal plains, the Maasai Steppe in the north, two prominent mountains, Kilimanjaro (Africa's highest peak) and Mount Meru, and there's a high plateau in the southern area towards Zambia and Lake Nyassa (Lake Malawi).

Savannah and bush cover over half the country, and semi-desert accounts for the remaining land area, with the exception of the coastal plains. Over 53,000 sq km (20,463 sq miles) is inland water, mostly lakes formed in the Rift Valley and Tanzania's share of Lake Victoria and Lake Tanganyika, both on its western border. Lake Victoria covers 69,490 sq km (26,832 sq miles), which is Africa's largest lake and 49% of it lies in Tanzania. With maximum depths of 1,470m (4,821ft), Lake Tanganyika is estimated to be the deepest lake in Africa and is 673km (420 miles) long and averages 50km (31 miles) across; 41% of its area lies in Tanzania. The United Republic of Tanzania includes the islands of Zanzibar and Pemba, about 45km (28 miles) off the coast to the northeast of the country.

Area

945,087 sq km (364,900 sq miles)

Population

46 million (2013 estimate)

Language

Kiswahili and English are the official languages. The terms Swahili and Kiswahili are used interchangeably, though the term Swahili normally refers to the people while Kiswahili refers to the language. Originating along the coast, Kiswahili is a Bantu language with many words derived from Arabic. Other African languages such as Bantu and those of Nilo-Hamitic and Khoisan origin are also spoken in more remote regions.

Religion

Christian, Hindu, Muslim and traditional beliefs

Electricity

220 volts AC 50Hz. Plugs are square three-pin, fused or un-fused. Power cuts can be common in the rainy season, though most hotels and businesses have back-up generators. In some safari lodges electricity is not available during the night; it is best to check with the individual establishments prior to travel. **If you have to have electricity through the might due to medical reasons it is very important to inform us as far as possible in advance.**

Government

Federal Republic since 1964. Tanganyika gained independence from the UK in 1961. In 1964, Tanganyika joined with Zanzibar, which had been a British protectorate until 1963, and became Tanzania. The President is John Pombe Magufuli since 2015.

Zanzibar is semi-autonomous and has its own parliament and president (President Ali Mohamed Shein since 2010).



Social Conventions

When meeting and parting, hands are always shaken; this applies throughout most the country in both rural and urban areas. In some Muslim areas a man will not shake the hand of a non-related woman. It is the convention to use the right hand, not the left, to shake hands or pass or receive anything. There is no fixed protocol to do with hospitality.

Photography

It is customary to always ask permission for taking photographs of people, especially the Maasai, who in some places charge visitors wishing to take photographs. Do not photograph government institutions without checking with your guide.

We recommend that you bring a few spare batteries and keep them charged, as well as enough memory cards. Replacements can only be bought in the cities of Arusha and Dar es Salaam, but not while on safari.

Passports & Visas

Government regulations change without notice, it is important to check regulations with the relevant authority prior to travel. This is a guideline only.

Passport Required?		Visa Required?	Return Ticket req?
<i>British</i>	Yes	Yes	Yes
<i>Australian</i>	Yes	Yes	Yes
<i>Canadian</i>	Yes	Yes	Yes
<i>USA</i>	Yes	Yes	Yes
<i>French</i>	Yes	Yes	Yes
<i>Belgium</i>	Yes	Yes	Yes
<i>Other EU</i>	Yes	Yes	Yes
<i>Israeli</i>	Yes	Yes	Yes
<i>Russian</i>	Yes	Yes	Yes

Passports

Passport valid for at least six months, with at least 2 free pages, is required by all nationals referred to in the chart above.

Visas

Required by all nationals referred to in the chart above. Visas can be purchase on arrival at most ports of entry but to avoid delays on arrival, you can apply for your visa in advance of arrival through the Tanzanian Consulate in your country or a visa service. Validity for single entry tourist visa is normally up to 3 months. Costs currently are U\$50 for most nationalities but a \$100 for US citizens.

Important: It is advisable to make a photocopy of your important travel documents and keep them separate from the originals. Such as your airline tickets and passport, including the front cover and your travel insurance document showing policy number and contact number. This will prove very helpful in the case of loss of any original documents.

Time: GMT + 3 hours

Communication

Generally speaking, communications in Tanzania is not what you are accustomed to at home. Connections can be bad to nonexistent, in addition to being costly. We suggest you leave your accommodation's contact number at home and have a set time and date scheduled – 15:00, 19:30 and 22:00 are good hours.

In case of emergency our offices can always pass a message to the vehicle by way of VHF radio.

Cellular phones have reception intermittently throughout the safari. It is possible to buy local SIM cards, with Data packages, but they as well will only work intermittently throughout the safari. Some hotels and lodges have WIFI service.

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Health and Vaccinations

It is all guests' personal responsibility to consult your local GP or health advisory bureau regarding updated information on vaccination and health requirements prior to your safari.

It is recommended that you get your vaccinations 4-8 weeks prior to departure.

Please ensure you get a certificate stamped by your doctor to confirm you have had the relevant vaccinations. There are several organisations that can assist you with information, listed below.

Malaria precautions are essential and your local physician will advise the best course for you, as there are several malarial prophylactics on the market. Malarial prophylactics are essential but it's also advisable to prevent malaria in the first place by using mosquito repellent and wearing long sleeved shirt, trousers and shoes and socks in the evenings. Most safari accommodations provide mosquito nets, spray and/or insect proof tents. Malaria strains change constantly so for updated information, you should consult the relevant professional bodies for advice. For a list of current travel clinic websites worldwide, consult www.istm.org:

<i>Recommended Vaccinations:</i> Polio	One-time booster recommended for any adult traveller who completed the childhood series but never had polio vaccine as an adult
Yellow fever	Required for all travellers from African and Central & South American countries
Hepatitis A	Recommended for all travellers
Typhoid	Recommended for all travellers
Hepatitis B	For travellers who may have intimate contact with local residents, especially if visiting for more than 6 months
Rabies	For travellers who may have direct contact with animals and may not have access to medical care
Measles, mumps, rubella (MMR)	Two doses recommended for all travellers born after 1956, if not previously given
Tetanus-diphtheria	Re-vaccination recommended every 10 years

*** While vaccinations are recommended they are not compulsory. Of course you must consult your local GP for further advice.*

Other considerations-sunstroke, dehydration, sunburn and diarrhoea

These are the most common traveller's complaints and the most easily avoided. It is advisable to carry a small personal first aid kit with a good sun block, re-hydration salts, Imodium, Paracetamol and some sort of antihistamine cream or tablet and any personal medication and prescriptions. If doing a Kilimanjaro Climb, it may be advisable to carry a high altitude medication such as Diamox.

Regardless of altitude and cloud cover, the sun in Africa can be very fierce and deceptive and it is essential to use a good sun block or cream. It is also essential to drink plenty of water on safari (avoid excessive alcohol and caffeine). Bottled water is widely available in Tanzania. While on an inclusive safari, bottled water is usually available and most safari establishments treat borehole water and use various sterilisation methods.

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Medical & Travel insurance-baggage loss, repatriation, cancellation & curtailment

Is a compulsory requirement for all guests travelling to Africa. Safari locations are often remote and have limited medical facilities. It is therefore essential to have protection for the duration of your safari to cover personal injury, medical expenses, repatriation expenses, loss of luggage and expenses associated with cancellation or curtailment of your safari. Cancellation fees almost always apply in Africa.

If you need medical care whilst in Tanzania, it is best to be aware that medical providers may not accept payment through your insurance company. In these circumstances you will have to pay in full for your treatment and file a claim with your insurance company for reimbursement. Therefore you should have access to cash, either from a credit card or by wire transfer. If you need assistance contact the country's local embassy or representative. To be compensated you must be treated by licensed medical personnel and provide your insurance company with proper documentation and receipts.

Most airline travel agents are able to advise you on good travel insurance. *It is vital that you advise us of your insurance company name, contact number and policy number prior to travel.*

Some insurance advisory contacts:

BUPA on telephone UK +44 (0) 1784 41 0910 or email: btravadmin@bupa.com
Visit them at BUPA house, 15-19 Bloomsbury Way, London, WC1A 2BA

www.USAirAmbulance.net
www.worldtravelcenter.com
www.uyaphi.com
www.travelmedcover.com

Security

Tanzania is, overall, a safe country to visit. This is even more so if your visit is primarily an organized safari. As with many third-world countries, theft and muggings are relatively common, but most incidents are in cities like Dar-es-Salaam and Arusha. Take sensible precautions to protect yourself and your belongings. Walking alone around the city is not recommended. An overnight stay at a reputable hotel or an organized visit to one of the many attractions in or around the city is fine.

Luggage, laundry, clothing and equipment

Luggage:

Light aircraft travel has a strict luggage restriction of **15 kg per person** including hand luggage, depending on destination. It is strongly recommended that you use a soft-sided carry bag style or duffel bag plus a small piece of hand luggage such as a handbag or small rucksack (which is also convenient for use on game drives to contain your camera gear, binoculars, sunscreen and hat particularly if on an all day game drive). The weight allowance is a requirement of all light air travel for space and safety reasons.

If you are a keen photographer with extra photographic equipment, please advise us in advance, as an extra seat may have to be reserved.

Suggested clothing/Packing list: (General for safari & beach)

- 1 or 2 pairs Long trousers (smart casual for evenings + something for game drives) and/or jeans (trousers that convert to shorts are good)
- 2 or 3 pairs Shorts (and/or 1 or 2 skirts ladies) 1 or 2 Long sleeved shirt/s,
- 2 or 3 Cotton T-shirts or short sleeved shirts
- At least 1 Pullover/Sweater/fleece (warm jacket/anorak or parka in some countries).
- Specialist clothing if doing a Kilimanjaro climb or diving off the coast. *** Please note the above luggage restrictions.*
- Bathing Suit and sarong or wrap
- Personal items such as underwear, socks and belt and personal toiletries
- Bush Hat with brim for sun protection & small neck scarf (cotton) is very useful

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- Good walking shoes (running/tennis shoes are fine). Heavy hiking boots are not necessary unless on a climb.
- Sandals or other sensible shoes
- Sunglasses and prescription glasses as back up for lens wearers
- Basic Medical kit –a few essentials in a small kit. eg: Paracetamol, band aids, Imodium, Anti-histamine, Insect repellent for skin (lotion or spray), disposable moist tissues, zip lock bags. Most lodges provide insect spray.
- Flashlight with spare batteries (head torch is very useful)
- Personal BINOCULARS for each traveller!
- Film & Camera bag (with spare battery, memory cards & multi adaptor)

NOTES on clothing for Tanzania

Arusha, Northern Tanzania: Pleasant days and cool nights. Very cold on the Ngorongoro crater rim (over 2000 m) so warm clothing is essential, but able to 'peel' once on the crater floor.

Southern Tanzania and Coastal region: Hot and humid. The Selous seldom gets cold, for example. A lightweight pullover or sweat shirt is sufficient and only in June/July.

Specialist clothing: For those climbing Mount Kilimanjaro or Meru or Diving off the coast of Tanzania or Zanzibar, specialist clothing may be needed.

Clothing do's and don'ts

Bright, light colours and white clothing is not advisable for safaris particularly for walking safaris as animals see mostly in black and white. Safari clothing should be in neutral or bush colours (please note that army camouflage or military uniform is not permitted in almost all African countries)

In Muslim areas (especially in Zanzibar and Pemba) please wear respectful clothing, e.g. cover knees & shoulders, don't wear revealing clothes especially when in villages and cities.

Laundry

Do not bring your best designer clothing on safari. Most safari establishments offer laundry services (either included or for a nominal fee) and laundry is always hand washed and ironed by coal iron. No responsibility is taken for damage to clothing in most cases, so it's strongly advisable to opt for sensible clothing in cotton or linen. Laundry is generally returned on the next day depending on the weather conditions.

Please note that most safari establishments have male staff who do hand washing. It is traditionally taboo to wash ladies underwear. Please bring a small tube of travel wash although most safari establishments provide soap and/or washing powder in the bathroom, to do your personal smalls.

Temperature/Weather

Tanzania is located just below the equator and does not seem to have a winter although it depends on what safari you are doing – Kilimanjaro is snow capped for example!!

In December, day time temperatures range from 70° to 90°F (21 – 32° C) and drop about 5-7 degrees at night. Later in the year, day and night temperatures can range a bit more but depends on altitude too. June & July can be a bit chilly, especially riding on the safari vehicles in the early mornings but temperatures usually warm up by about 10am, so dress in layers to adapt!

Tanzania's weather is unpredictable, but one can generally count on two rainy seasons each year. The "long rains" typically last from the end of March until June and the "short rains" typically occur in October and November.

Money matters

The currency in Tanzania is the Tanzanian Shilling. There is no black market and currency may be changed at designated bureau de change (not at banks).

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It is advisable to carry some US Dollar cash in small bills (fives, tens, and twenties to value of approximately U\$200) for personal expenses, bar bills, gratuities, etc. However, it's a good idea to change some US Dollars into local currency as soon as you arrive as this is more widely accepted.

Its advisable to carry your spending money in cash and travellers cheques, but do not rely heavily on credit cards or ATMs for cash as they are few and far between and don't always work!

Most safaris are on a full board basis so you shouldn't need much more than U\$200-300 spending money and a credit card as back up in case of medical emergency or flight bookings.

Please note that **USD notes prior to 2006 are not accepted in Tanzania**, and that small denominations (20\$ and less) have a lower exchange rate; so best to make sure all notes are new from the bank and are from 2006 series and onwards.

Tipping

Tipping for services during group activities varies. Work on approximately 10% of the bill for restaurant meals when not on a guided safari (but check the bill, some add it anyway). Taxi drivers generally do not expect tips but a small tip can be given at discretion. Porters work on approx. U\$1 per bag and only in the main towns and cities. Most safari camps have a general tip box or you can consult the manager/ess for the best procedure. Guides and driver guides are at your discretion, but you can work on U\$10-20 per day if on a guided safari, for the driver and guide respectively. Tipping is NOT compulsory; these are simply guidelines and a suggestion for a 'thank you' if the service is good.

Curios and shopping

This is often cheaper in the big cities than at the safari lodge shops of the curios shops on the safari circuits. You will be approached often by vendors; a polite and firm NO THANK YOU usually works. Be careful of touts offering cheap safaris and excursions, always book through a recognised tour operator.

Haggling is a way of life in Tanzania in the markets and rural areas. Shops and department stores normally have fixed prices. Your guide can usually assist you when you are bargaining and if you think the object is worth the amount asked for, then that is the correct price. Not all artisans put the price up 10 fold when they see tourist approach, but some do so it's worth checking.

Begging

You may encounter sad cases of wide eyed children in the towns or on safari who hold their hands out. It's advisable to give pens and fruit rather than sweets or money that only worsens the problem. It may seem hard hearted but again, it's best to check with your guide before responding to these soulful pleas.