TWENDE AFRICA TOURS

Travel information Tanzania

You are about to make a beautiful journey to Tanzania. In this document, you will find everything you need to know before you commence your journey. Please read this information carefully. In case anything is still unclear after you have finished reading, or you have any more questions, please feel free to contact us.

Applying for a Tanzanian visa

Your passport needs to be valid for at least six more months after returning from Tanzania. Besides a passport, you need a valid visa. You can apply for this visa online before traveling through the Immigration Department, or upon arrival at the customs desk in Tanzania. When you travel over land from Kenya to Tanzania, we strongly advise you apply for your visa beforehand. Visa application at the border here is usually slow and can cause you an unnecessary loss of time. When flying to Kilimanjaro (Arusha) it's easy to get your visa at the customs desk, although it might take some time.

Always check beforehand on the Immigration Department website if the rules for visa application still apply as described above. You yourself are responsible for getting a proper visa.

To apply for visa follow the link below: https://eservices.immigration.go.tz/visa/

Children that travel with one of their parents

Pay extra attention to children below the age of 18 if they travel alone or when they travel with only one parent. Together with your visa application you will have to supply a consent form from the (nontraveling) parent(s).

Luggage and travel necessities

As you will understand, taking luggage for Kilimanjaro climbing is limited. Also our vehicles have limited space for luggage during the safari. Therefore we request you leave your hard case suitcases at home, and advise you to travel with soft case bags that are easy to stow away in our vehicles. Off course for the climb backpacks are recommended. During the climb we also suggest to leave the luggage -which is not necessary during the climb – safely in the lodge. To make sure our porters are not overloaded with your luggage, we have a limit of 15kg per person before you start to ascend.

If you would like to know what is necessary to pack, you can find a list here. Green marked items you can also rent here in Tanzania. All other materials we will provide are high quality items. 1 more thing: try to avoid cotton. This becomes wet and doesn't dry on the mountain. Instead of cotton: bring polypro, merino wool, silk or fleece clothes.

Smart packing

Waterproof jacket (not water repellent)

- Waterproof trouser
- Warm jacket (ski jacket or fuzz)
- Comfortable trouser (to put over thermo trouser, but under waterproof trouser)
- Warm trouser (for evenings & the night you reach the summit)
- Thick walking socks (at least 6 pairs)
- Hiking boots (waterproof with ankle protection)
- Gaiters (to put over your shoes to keep them dry)
- Poncho (optional)
- Gloves (thin & thick – water & windproof)
- Thermo clothes
- Waterbottle
- Camelback
- Sunglasses
- Balaclava
- Walking sticks
- Backpack (carried by the porters so make sure it's soft)
- Small backpack to use during the day

- Waterproof cover for backpack & other luggage
- Sleeping mat
- Sleeping bag (thick one against cold!)
- Headlight + extra batteries
- Good firm clothes
- Sun cream
- Hat/ pet & warm cap
- Bandana / buff
- Lippgloss (with sun protection)
- Energy bars (count 2x per day)
- Biscuits & snacks
- Simple first aid kit with bandages against blisters
- Toiletry: toiletpaper, soap, toothbrush, washcloths, anti bacterial gel)
- Plastic bags (to keep cloths & sleeping bag dry)
- Small towel
- Camera + extra batteries (impossible to charge on the mountain)
- Small pillow (optional) Medication:
- Diamox (against altitude sickness)
- Paracetamol / ibuprofen)
- Medicine against diarrhea)
- Personal medication

Plastic bags ban in Tanzania

The Government of Tanzania wishes to make an official note to travellers planning to visit Tanzania that from 1st June 2019 all plastic carrier bags, regardless of their thickness will be prohibited from being imported, exported, manufactured, sold, stored, supplied and used in Mainland Tanzania.

However, plastic or plastic packaging for medical services, industrial products, construction industry, agricultural sector, foodstuff, sanitary and waste management are not prohibited. Visitors to Tanzania are advised to avoid carrying plastic carrier bags or packing plastic carrier

bags or items in plastic carrier bags in the suitcase or hand luggage before embarking on visits to Tanzania. Special desks will be designated at all entry points for surrender of plastic carrier bags that visitors may be bringing into Tanzania. Plastic carrier items known as “Ziploc bags” that are specifically used to carry toiletries will be permitted as they are expected to remain in permanent possession of visitors and are not expected to be disposed in the country.

The Government does not intend for visitors to find their stay unpleasant as we enforce the ban. However, the Government expects that, in appreciation of the imperative to protect the environment and keep our country clean and beautiful, our visitors will accept minor inconveniences resulting from the plastic bags ban.

Before the climb

What is included in the price:

All park fees, camping fees, rescue fees, transport to the starting point of the climb, guide, cook, porters and everything they take (food, drinks & tents) are included in the price. Also the stay before and after the climb – as agreed in your proposal, are included in the price.

What is not included in the price:

Tip for porters, guides & cooks are not included. Except for this – also materials from the list above won’t be included when you rent them. An extra oxygen tank can be taken by the porters. In agreement with Tanzania Specialist prices for this will be communicated.

Food, drinks & accommodation

During the climb you will stay in spacious tents which will be carried by our porters. Except for the Marangu route: there you can sleep in huts.

Every day you will get an extensive breakfast, lunch and dinner – prepared by your personal & professional chef. Think for breakfast about bread, boiled eggs, hotdogs / sausages, pancakes, fruit & chocolate. In the evening a good dinner will be served to make sure your body will recover from all efforts. Think about eggs, rice, macaroni & potatoes. Except for that you will always get tea, coffee or water.

Sometimes you get a hot lunch, sometimes it’s a picnic. That depends on the distance that you will walk that day. The porters will get fresh water from different clean mountain rivers. All water will be filtered and purified with water purification tablets to make sure the water is 100% safe for consumption.

Toilet and shower facilities

On places where you will stay for the night public toilets are available. They are owned by the national park. In the morning & the evening small amounts of warm water will be available to

refresh yourself. Except for that, it's recommended to bring wet wipes, toilet paper and antibacterial gel

How fit do I have to be to start this climb?

For sure it's very important to have a good condition. The altitude, simple facilities & rough terrain asks a lot from a human body. You have to consider your body will be under pressure due the impact of different temperatures and different altitudes. In these circumstances you have to hike long distances. Everybody who is quite active and has a healthy lifestyle should have the possibility to make it to the summit. But of course; the more training you do & the more you prepare for this hike – the less hard this climb will be. That's the way you will enjoy the most! That's why the weeks before you will climb Kilimanjaro, we advise to go to walk several times with a bag filled with books, to get used to other circumstances.

The weather on the mountain

The weather is quite unpredictable. That's why it's very important to be prepared to many weather circumstances. In general mornings are warm once the sun starts shining. The days will be warm & clear. It is highly recommended to bring good protection against UV. Once the sun goes down the temperature will go down drastically and will go below 0° C. In general the nights are also clear but freezing cold. Make sure you keep this information in mind to choose good cloths the night of the summit.

Safety during the climb

Your safety is priority for us. To guaranty your safety our guides have a very strict medical training every year for eventual accidents on the mountain. Needless to say – they also got a first aid training. This doesn't mean you don't have to be careful. There are always risks while climbing the Kilimanjaro. That's why it's very important to listen very carefully to the advice of your guides, in order to be sure you will stay healthy and safe. If you do this, nothing has to go wrong. It's also very important to inform our guides in advance about your medical condition, in order to make sure they can keep it in mind during the trip.

Altitude sickness and Diamox tablets

Acute altitude sickness, or Acute Mountain Sickness (AMS) can occur from 2500 meters. Although the condition is called acute mountain sickness, it doesn't occur immediately when you get on a certain height. It takes about 4 to 12 hours before acute altitude sickness reveals itself. The cause is a too fast rise to a low-oxygen environment at height. Due to a reduced air pressure at altitude, there is less available oxygen. The body has trouble getting enough oxygen to send to the brain. There arises too low oxygen saturation in the brain. This can cause symptoms as headache, loss of appetite, dizziness, nausea, vision reduction and bad sleep. During our climbing we take this into account by high hike and spend the night in a valley to reduce the risk of altitude sickness.

How to prevent

It has been proven that the use of Diamox helps with acclimatization. Therefore we recommend that you use these tablets during the climb. By using these tablets it will significantly reduce the symptoms of altitude sickness and faster acclimatization will occur. We recommend that you take a 125 mg dose twice a day, but we are not authorized to provide medical advice, so always consult your doctor first. Generally, it is important to start taking the medicine 2 days before the climb starts. If there are symptoms like diarrhea, you can stop using this product immediately.

Socially responsible travel

We from Twende Africa Tours invest in, and live from, the beautiful nature that Tanzania offers. That is why we do everything to preserve this nature as good as possible. It is ensured that no waste remains on the mountain and to handle the nature as ecological as possible.

We will also collect all the waste, and throw it away after the climb. We hope that you also understand the importance of this. That's why we ask you to take this into account during your trip. That is how we, and many others, will enjoy this beautiful nature for many coming years.

Insurances Travel insurance: We oblige our clients to have proper travel insurance. Travel insurance not only covers medical costs, but also damage to or loss of luggage.

Cancelation insurance:

It is wise to get cancelation insurance. In some cases there is a limit to restitutions when traveling far. Please check with your insurer and make sure you are covered appropriately.

Flying doctors insurance:

Ever since the fifties of the last century the Flying Doctors Society has been doing medical evacuations from Kenya, Tanzania and Uganda. This AMREF Flying Doctors Service is the only airborne ambulance

with its own doctors and pilots that are on standby 24 hours a day. In case of emergency they will evacuate patients immediately from the outback to the hospital in Nairobi.

For a fourteen day safari this Flying Doctors Insurance is € 25,- per person for all trips to Kenya and Tanzania. With this you are ensured to be taken to the best hospital in the area in case you get unwell.

The membership of the Flying Doctors comes in addition to your normal travel insurance and is not obligated. With membership of the Flying Doctors Service you will however get faster and better help in case of an emergency.

Flying doctors offers different coverage, for example:

- Up to 14 days with an area covered of 500 km. This insurance is € 25,-
- Up to two months with an area covered of 500 km. This insurance is € 35,-
- Up to 14 days with an area covered of 1.000 km. This insurance is € 40,-
- Up to two months with an area covered of 1.000 km. This insurance is € 60,-

The Flying Doctors insurance up to 500 km is enough for all the national parks in the northern circuit. The northern circuit covers parks like Kilimanjaro, Arusha, Tarangire, Ngorongoro, Serengeti en Lake Manyara. This is enough for over ninety percent of our customers. If however you would like to be covered up until Zanzibar, then you need the coverage of 1.000 km.

Tap water

Tap water in Tanzania is not suitable as drinking water. This is why you will always find a bottle with clean drinking water in your rooms and why the lodges sell bottled drinking water. Make sure you drink enough water. Tanzanian temperatures can cause dehydration.

Food and beverages

Besides the national parks Tanzania is also known for its excellent food. In the lodges you will mostly find an English breakfast with eggs, bacon, tomatoes, cereals and a variety of delicious tropical fruits. Lunch usually consists of a hot meal and dinners most likely have two or three courses. In smaller lodges and tented camps the menu is usually fixed with a few different choices. We request you tell us and the lodges during check in if you have any constrictions in your diet, or if there is anything you don't like. The bigger lodges usually have lunch and dinner served in a buffet. Local beers are tasty and most of the time you will have a choice of several wines.

Guideline for tips in Tanzania

Tips are never mandatory, but are fairly common for services in Tanzania. Many people in Tanzania rely on tips for (the bigger part of) their income. Always make sure to only tip if you are happy with the service or quality provided. All lodges have carriers for your luggage, who you can reward with for example $1 per person. You will usually tip smaller amounts. You don't want to exaggerate. In (smaller) lodges and tented camps in the outback it is possible to give a general tip for all staff when checking out. They usually have a box at the reception where you can donate your tip for the staff.

Our driver/guide can be tipped separately at the end of the safari. A guideline here is 25 USD per group per day, never mind what some other people or companies might advise you.

When changing euros or dollars to local money please be aware to also change into some small notes that you can use for tips. Lodges and camps often have a hard time changing money for small notes.

Photography and video

Many people find it important to make beautiful nature shots during their trip. Be sure to take enough memory cards and batteries, because these are hardly ever or even not for sale in Tanzania.

We always recommend you take lens caps, wipes and a camera bag that closes properly. Besides that we recommend a UV or skylight filter for the highlands, and also to protect your lens. A telephoto lens or zoom lens (for example 300mm) is recommended to shoot photographs of the animals.

It is possible to charge the batteries of your camera in most places, but take into account that tented camps have a limited number of hours of electricity. They use a generator, which also causes the power to fluctuate. The use of drones is not allowed in Tanzania. Traveling through East Africa means meeting another culture and people. You will probably want to have pictures or videos of this. It creates a lot of goodwill when you show respect by not being too pushy and by asking permission to take a picture before taking out your camera.

Payments in Tanzania

The local currency in Tanzania is the Tanzanian Shilling, which is available in notes of 1000, 2000, 5000 and 10.000 Shilling and in coins of 50, 100, 200 and 500 Shilling. The Tanzanian Shilling can't be bought or exchanged outside of Tanzania and it's best to take euros or dollars in cash. When taking euro it's advisable to take 50 euro maximum. American dollar notes can't be older than 2006. When older they are usually not accepted in stores and exchange offices. It is advisable to take a descent amount of 1 dollar notes, in case you want to tip someone. At the international airports in Tanzania you can usually change your euros or dollars to the local currency.

At international airports and in the larger cities you will find ATM's, but be aware as they might not work for your card.

Make sure your ATM card works outside your own country!

You can also take your credit card. Master card is accepted everywhere, Visa Card and American Express can be denied in some places. In the lodges you can pay with euros, dollars and credit card. In tented camps you can pay with dollars or euros. Paying by credit card can cause problems because of the bad quality of the network, especially in smaller or mobile tented camps. Lodges usually allow you to change your dollars and euros to local currency against the normal exchange rate. Sometimes the rate is a bit better, sometimes not.

Health, First Aid and vaccinations

The quality of medical care in Tanzania isn't always good, even though it's usually not too bad in the bigger cities. Below you will find information about vaccinations needed. Since we are no

medical experts and guidelines for vaccinations can change, we advise you to check with your medical provider at least four weeks before coming to Tanzania to get the latest information.

By checking with different health care providers it's possible to save on the costs for the vaccinations. Some health insurances cover vaccinations, so it might be wise to check. Make sure all your vaccinations get noted in your yellow vaccination card. If you don't have one yet, you will receive it while getting your first vaccination. Don't forget to take this book when traveling. The customs official might ask you to show it. It also provides important information might you want to see a doctor while traveling.

Take your own First Aid Kit

It is wise to take your own first aid supplies such as plasters, (sterile) gauze, something that helps for blisters, iodine and medication for common illnesses such as headache and stomach problems. We also advise women to take pads and tampons, because they might not be available everywhere.

Malaria Tablets

Zanzibar is situated in a malaria zone, so it is recommended that you consult your physician on the prescription right for you. Pregnant women are not allowed to take Malaria prevention drugs, and are cautioned before entering any malaria area. To set your mind at rest, we stayed in Zanzibar for 2 years, and fortunately never contracted malaria. This is not to say you won't get it.. JUST BE CAREFUL.

Insect/ Mosquito repellent

Mosquitoes, like little vampires, favor night conditions. Be sure to take a repellent, and cover all exposed areas of your body (e.g. neck and arms). We recommend that you wear trousers at night and long sleeved shirts should you be outdoors. If the heat is too much and you wear a short sleeved shirt, make sure you smear/ spray your arms with repellent. At night before you go to bed, make sure your mosquito net is either touching the ground, or is tucked in, and your exposed areas (especially your ankles) are protected with repellent.

Clothing

Lodges in Tanzania don't have strict rules regarding clothing. Leisure wear is customary during game drives, preferably made from cotton and in safari colors. We recommend you don't wear anything with dark colors (blue, black or red) during your safari, since those colors might attract flies and insects. We advise to wear colors that don't stand out, like for example khaki or olive green.

Because of mosquitos it is advisable to wear long trousers after sunset. It's common to wear long trousers and a shirt or blouse (short sleeved) during dinner. Also take a sweater or jacket for early mornings or cooler nights, especially in mountain areas. We also advise comfortable shoes (sneakers).

Some lodges have a pool, so don't forget your swimwear! A head or cap is also advisable, since Tanzania's location is south of the equator and sunlight can be strong.

Tanzania's climate

There are not many seasonal differences in Tanzania. The weather is usually pleasant and differs only because of height differences. In the higher areas it's cooler with a fairly big difference between temperatures at night and during the day, while the coastal areas usually have a much warmer and more humid climate. Temperatures can rise above 35°C there.

Tanzania has two rainy seasons:

- A short one from mid-October to end of November.
- A long one from the beginning of April until the end of May.

It's definitely possible to visit Tanzania during the rainy season. Most roads will still be accessible, the national parks are all freshened up and green, and there are less tourists and less vehicles. Showers usually take place at the end of the afternoon, while the skies are clear and sunny during the day. There is however a chance you get stuck on dirt roads during heavy rains. Be flexible when this happens; this is also part of your safari experience.

Safari

The term safari stems from the Swahili language and means journey; these days the word is often used to mean a search for wild animals. The most popular animals are the so called Big Five: the lion, elephant, buffalo, leopard and rhinoceros. But East Africa has many more impressive animals and a multitude of very colorful birds! Your Twende Africa Tours guide loves to share his knowledge about the animals, birds and plants you will see during your safari.

Wild animals are most active at sunrise and sunset, when they start looking for food. The chance to see them active is greatest around these times, but even during the day you can see them out and about.

Our transport during the safari:

During the safari you will be driven in a 4x4 Land cruiser or Jeep with a fold down roof. If you are doing a fly-in safari, you will do the game drives together with other guests of the lodge in a vehicle that belongs to the lodge.

Make use of your freedom during your private safari:

You will be going on a private safari, which means you yourself decide what time the game drives start and what time you want to be back in the lodge. You can decide this on the day itself, but it's good to discuss it with your guide. So if you feel like relaxing at the lodge in the afternoon while gazing over the savannah and enjoying a drink, by all means do so! Even at the

camps you will be able to spot the animals you would during a game drive. So feel free to spend your day just as you like!

Safari etiquette

Your safari will without doubt be unforgettable. To make sure the whole journey goes well and to show respect for the country and its people, we ask you to take these rules into account:

• Always listen to the rules and advice your driver / guide gives you.

• Make sure you show up at the agreed time and place.

• Never leave your vehicle without permission from the driver/ guide.

• A maximum of five vehicles (or sometimes even fewer) is allowed around an animal. This means your driver can decide to move on if there are already too many vehicles around some animals.

• Be as quiet as possible when approaching animals. Don't make any big or unexpected movements, and whisper. Sit or stand still when someone is taking a photo. The driver will shut down the engine when you are taking a picture but if he forgets, don't hesitate to ask him.

• Don't throw your trash out of the car – not even cigarette ends. Keep it to throw away at the lodge.

• If you have gifts for local people, please give them to your driver/ guide, who will divide them honestly.

Your driver-guide

Your driver is one of the most important people during your trip. If you want him to tell you more about the country, the people and the animals, or even to tell you less, you can always ask him.

The driver is trained to make sure you have a good time and will do his best to give you the attention you need. But every client has his or her own needs and preferences, and sometimes the driver makes a mistake about what they want. So make sure you tell him your wishes so that he can take them into account.

Your driver talks to people coming from the opposite direction:

Guides in the national parks have an unspoken rule to tell each other what they have seen, so will pull over on a regular basis to speak to the driver of a car coming from the opposite direction. This way they make sure our clients see as many animals as possible. If there is something worth knowing, they will hear it. So keep this in mind when your driver stops and chats with another guide: he is not 'just talking', he is actually trying to give you the best experience.

Taxis

You have your own safari jeep, so all transport is included in your journey. But if you need to hire a taxi, please ask your hotel to call a reliable company. Local taxis, sometimes called dala dala, are generally not safe, not insured and take more people than they have seats.

Souvenirs

In Tanzania there is a multitude of beautiful, mostly handmade, souvenirs. In shopping malls and supermarket prices are fixed, but stalls along the road are used to bargaining. Typical souvenirs are: jewelry with beads, carvings, jewelry made of tsavorite or tanzanite, paintings, kiondos (shoulder bags made of natural materials), coffee and tea. Don't take anything made of skin, shells or coral –exporting these is not allowed.

The time difference between the USA and Tanzania

There is a seven hour time difference between Tanzania and Washington DC.

Language in Tanzania

Tanzania has two official languages: English and Kiswahili; most tribes also have their own language. However in most parts of the country you will have a hard time trying to converse in English as it is not widely spoken. Kiswahili is not just spoken in Tanzania, but also in Congo, Burundi, Rwanda and Kenya (among others). Kiswahili originated from Bantu and Arabic, but also makes use of English and German words.

Phone calls

All lodges and camps in the national parks have a radio to connect them to the outside world. This means you can call in case of emergency, but this connection is not meant for lengthy long distance calls. There is a mobile phone network in most places, but not everywhere. When calling Tanzania from XXXX you need to choose country number +255.

Different tribes in Tanzania

In Tanzania has 120 different tribes. The biggest tribes are the Sukuma, Nyamwezi, Haya, Nyakyusa and Chagga each with over one million people. Most tribes descend from the Bantu, from West Africa. The Maasai is the best know but a relatively small tribe. Originally they were nomads, living and moving with their livestock, and known for their beautiful beaded jewelry, their long spears and the colorful blankets they wear. They live in semi-permanent huts called manyattas, which are built from grass and manure. In their traditional dance the aim is to jump as high as possible.

Around Lake Eyasi you will find the oldest tribe of Tanzania; the Hadzabe. Until recently they were very isolated, but nowadays tourists are able to visit their homeland. This nomadic tribe is

living a very traditional life that consists mostly of hunting. And similar to tribes further South (like the San) they have 'click' in their language.

Sun

Because Tanzania is located near the equator, the sun can be powerful. Too much sun can cause dehydration, nausea, dizziness or headache. We strongly advise to wear a hat or cap and dark sunglasses. We also advise you to use sun cream.

Safety in Tanzania

Tanzania is a safe country to travel to, even named the safest in Africa. Politically the country is stable. But considering the big gap between rich and poor we advise you keep a few rules in mind, to make sure nothing happens:

• Never leave your passport, money or other valuables out in the open in your room. Put them in a locker or hand them over at the reception where they have special security boxes for this purpose.

• Never leave any money, bags, cameras or jackets in the car, not even for a short amount of time.

• Leave your valuable jewelry at home. You can wear a simple necklace, watch or wedding ring, but avoid wearing anything ostentatious or valuable.

• Don't venture out at night in the dark, and be aware of pickpockets even during the day.

• When necessary, only use registered cab companies.

Power

The power supply in hotels in Tanzania is 220-240 Volts. This goes up and down during the day though. You will need a three pin British style plug adapter. If you don't have this, it's best to buy a universal adapter, which you can use anywhere in the world. Take into account that most lodges and camps don't have power 24 hours per day.

About Tanzania

The name Tanzania was given to the country after the unification of spice Zanzibar Island and Tanganyika in 1965. Tanzania is famous for having the biggest mountain in Africa: Mount Kilimanjaro, with its well-known snow covered peak. The 6 km height is climbed daily by well-trained tourists. But even more famous are the huge national parks in the northern part of Tanzania, at the border with Kenya. Tanzania hosts three of the seven African wonders:

• The big migration in Serengeti National Park

• The Ngorongoro Crater

• Mount Kilimanjaro

The Ngorongoro Crater and Serengeti National park are known worldwide for the huge numbers of different sorts of animals.

The annual great migration of enormous herds of zebras and wildebeests in Serengeti depends on rainfall. In November these herds start to go south from the Northern Serengeti and Kenya, traveling clockwise through the Serengeti and crossing the Grumeti river, after which they return north and famously cross the Mara river. This river is located in the far north of the Serengeti, which is best visited in the months of August to November.

After doing a safari it's wonderful to relax in a luxury resort on an island like Zanzibar, Pemba or Mafia. Divers will love the waters near Mafia!

Our advice on how to deal with beggars

You will notice that both children and older people will ask you for candy, pens, magazines etcetera while you are driving. To us a pen is not worth a lot, but for them it is. We urge you however not to give them anything, although obviously it's your choice. If you want to give something, it's best to give to schools for example, and have your guide help you with that.

Holidays in Tanzania

As well as the well-known Christian holidays (like Easter and Christmas) Tanzania has the following national holidays:

January 12	Zanzibar Revolution Day
April 26	Union Day
May 1	Labour Day
July 7	Saba Saba (Dar es Salaam International Trade Fair) August 8 Nane Nane (Farmers Day)
October 14	Nyerere Day
December 9	Independence Day