TANZANIA

<table>
<thead>
<tr>
<th>Capital:</th>
<th>Language:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Dodoma</td>
<td>Swahili, English</td>
</tr>
<tr>
<td>Population:</td>
<td>Time Zone:</td>
</tr>
<tr>
<td>43 Million</td>
<td>EST plus 7 hours</td>
</tr>
<tr>
<td>Currency:</td>
<td>Electricity:</td>
</tr>
<tr>
<td>Tanzanian Shilling (TZS or TSh)</td>
<td>220/240V/50Hz</td>
</tr>
</tbody>
</table>
grazing land. Although the migration generally takes place between January and mid-July it is a spontaneous natural event, thus the precise timing can never be guaranteed. Inscribed as a UNESCO World Heritage Site in 1981, this biologically diverse area is also home to a myriad of other species, including the “Big 5” (lion, leopard, Cape buffalo, elephant, and rhino). Other animals that consider the park home include cheetah, Cape buffalo, hippo, crocodile, giraffe, and zebra. Another experience you don’t want to miss is a bush breakfast, where you can sip on mimosas as you take in the magnificent vistas all around you.

**Ngorongoro Crater**

Ngorongoro Crater (technically a caldera) is unlike any other part of a safari journey. Some may think of a crater as just a large area of land, a massive dimple in the earth, and not consider what lies inside. This crater houses some of the most pristine landscape and wildlife, as well as some of the most breathtaking views in the country. Descend into the crater, where Lake Magadi and significant rainfall create lush vegetation and provide an abundance of resources for the wildlife. The crater is one of the most fantastic areas to spot wildlife as many remain there year-round including lion, elephant, zebra, hyena, and cheetah. The crater also provides a great chance to see the rare black rhinoceros!

**Zanzibar**

Off the eastern coast of Tanzania is the island of Zanzibar, a scenic and cultural treat. Zanzibar’s historic Stone Town is an interesting break from the nature of the safari. There is an abundance of activity in this small but lively town with coastlines of pristine waters and welcoming beaches. Explore the city and admire the unique architecture dating back to the 19th century – it echoes influences from the Middle East, India, and Europe. Venture over to the Jozani Forest, a wildlife-filled sanctuary where you’re guaranteed to see the rare red colobos monkey, found only in Zanzibar. Meander through this tropical, green forest and learn about the fauna that are unique to this inspiring island.

Tanzania is a diverse territory, rich with wildlife, varying landscapes, and a welcoming culture. It is a quintessential safari experience and a life-changing journey – a beautiful opportunity to see history, marvel at the magnificent views, and change your perspective of everyday life.

**VISAS AND PASSPORTS**

Visas can be obtained through an embassy or a visa service prior to departing the US. Alternatively, they can be obtained upon arrival at the airport in Arusha or at the border crossing between Tanzania & Kenya.

The embassy or visa service will be able to advise of the latest requirements for obtaining a visa. If you choose to obtain a visa at the airport/border upon arrival:

- It is critical that you check visa requirements (blank pages needed, passport validity, etc) prior to leaving the US.
- Delays upon arrival/at the border should be expected.

A visa for your visit to Tanzania is necessary for U.S. citizens. If you hold a passport from another country, check with your local consulate about requirements for travel to Tanzania.

In general going through a visa service is more expensive but offers convenience and peace of mind. If you choose to go this route, we recommend contacting Generations Visa Services (GenVisa), our preferred partner for visa and passport services, at least 90 days prior to departure. GenVisa has a special Web site and toll-free number. Call (800) 845-8968, email info@genvisa.com, or visit their below web sites for additional information. Our travelers receive discounted prices and other special services:

- For Globus, visit: www.genvisa.com/globus
- For Monograms, visit: www.genvisa.com/monograms

All passengers traveling internationally are required to have a passport. Please carry proper identification (your passport) on you and do not leave in your suitcase or hotel room. Most countries have laws that require you to carry your passport with you at all times.

It is imperative to find out from your physician what inoculations may be required for travel to East Africa, and if any other health precautions are recommended (such as anti-malaria pills). For more
details, you might also like to consult the internet site of Centers for Disease Control and Prevention at

COUNTRY CODES

The country code for Tanzania is 255. When calling to Tanzania from overseas, dial your international access code (011 from the U.S./Canada) followed by the country code, area code, and phone number. Phone numbers in Tanzania are 9 digits in length. Dialing from the U.S./Canada: 011 255## ### ####.

CURRENCY

The most commonly accepted form of payment in Tanzania is by cash in US Dollars. For initial convenience we recommend you bring a supply of US dollars with you from home. A few other important notes when using US Dollars:

- Ensure that bills are in good condition and not ripped or torn. These bills may be refused.
- $5, $10, $20 bills - Ensure these are the latest design with the large portraits and subtle background colors, as older US currency will often be refused due to increasing issues with counterfeit bills. For this same reason, establishments may be reluctant to accept larger bills, so we recommend you bring a mix of notes in denominations of 20 or less.
- Change will sometimes be given in the local currency.
- Keep a supply of smaller denomination notes for minor purchases, water, or tips.
- US Dollars are also useful for tipping your Driver/Guide.

ATMs are the most convenient way to obtain money in Tanzania and are available in most cities and towns throughout the country. Keep in mind that only local currency is dispensed.

Alternatively, if you prefer, you can also exchange US dollars into the local currency, the Tanzanian Shilling.

1 Tanzanian Shilling = 100 senti

- Banknote denominations: 500, 1000, 2000, 5000, 10000 TSh
- Coin denominations: 50, 100, 200 cents

Please note: US Dollars are accepted throughout the country as means of payment.

For the most current exchange rates, please go to our Web site at www.globusfamily.com/currency.

Credit cards are accepted in Tanzania in major city centers, hotels, and shops. Use may be limited outside major cities, but most lodges and restaurants accept them. Visa and MasterCard are most accepted. Smaller shops may ask you to pay in cash or have a minimum amount required to use a credit card. In some cases a fee or commission between 5%-10% may be applied when using a credit card.

Bank hours:
- Mon. – Fri.: 9am – 3pm
- Sat & Sun.: Closed
- Daily from 8am – 7pm at reception in lodges/camps

BUDGETING AND SHOPPING

The following budget guidelines are just approximate values or starting values for meals and are per person. Actual prices will vary widely by restaurant and city within a country but below are some averages as provided by our experienced personnel.

The approximate cost of a soft drink/mineral water/coffee is US $2-3.

An average lunch consisting of a salad or sandwich and a soda or water starts at approximately US $10.
A steak dinner at a mid-range restaurant with dessert and a non-alcoholic beverage starts at approximately US $30.

**Shopping**

When shopping in East Africa, prices are as marked in department stores, though in markets/curio shops it is customary to barter. Start by negotiating with an offer at one-third or half the vendor’s initial price.

Please be warned that if you buy items on tour to be shipped to your home, customs import charges are hardly ever included in the price. If you use a credit card for your purchase, you will be debited in the local currency, and your bank will establish the rate of exchange on the debit. Sales tax or GST (Goods & Services Tax) is normally already included on price tags; GST refunds, if applicable, are processed at the departing airport from the relevant country.

**TIPPING**

Tipping for services is generally not necessary in Tanzania in rural areas; however, tips are expected in more tourist-heavy spots. For good service we recommend the following if you choose to tip.

- Tips are already factored in for all included meals in Tanzania. If you venture out for a meal in Arusha consider rounding up the bill by a few dollars (up to 10% of the bill).
- For taxi service, round up the fare to the nearest whole dollar.
- For hotel staff, tip a dollar or two per service (not including porterage which is included).

**ELECTRICAL OUTLETs**

Voltage for outlets is 220V. North American voltage is generally 110V. Therefore, a converter may be necessary for your travels. Adapters will be necessary to adapt your plug into the outlet but may not convert the voltage, so both devices are necessary.

The outlets in Tanzania look like:

![Type G outlet](image1)

![Type D outlet](image2)

**TEMPERATURES**

Tanzania is generally warm and humid in low lying areas, and hot during the day and cool at night in higher altitudes.

To help you plan, below are average low and high temperatures for Tanzania.

<table>
<thead>
<tr>
<th>Month</th>
<th>Arusha</th>
<th>Ngorongoro Crater</th>
<th>Serengeti National Park</th>
<th>Tarangire National Park</th>
<th>Selous Game Reserve</th>
</tr>
</thead>
<tbody>
<tr>
<td>January</td>
<td>52/62°F</td>
<td>45/77°F</td>
<td>72/85°F</td>
<td>72/85°F</td>
<td>73/90°F</td>
</tr>
<tr>
<td>February</td>
<td>51/59°F</td>
<td>45/77°F</td>
<td>72/85°F</td>
<td>72/85°F</td>
<td>73/90°F</td>
</tr>
<tr>
<td>March</td>
<td>53/61°F</td>
<td>43/77°F</td>
<td>70/82°F</td>
<td>70/82°F</td>
<td>72/90°F</td>
</tr>
<tr>
<td>April</td>
<td>55/64°F</td>
<td>40/75°F</td>
<td>68/81°F</td>
<td>68/81°F</td>
<td>72/88°F</td>
</tr>
<tr>
<td>May</td>
<td>54/61°F</td>
<td>40/74°F</td>
<td>65/80°F</td>
<td>65/80°F</td>
<td>68/86°F</td>
</tr>
<tr>
<td>June</td>
<td>50/55°F</td>
<td>38/74°F</td>
<td>65/80°F</td>
<td>65/80°F</td>
<td>64/84°F</td>
</tr>
</tbody>
</table>
**Month** | **Arusha** | **Ngorongoro Crater** | **Serengeti National Park** | **Tarangire National Park** | **Selous Game Reserve**
---|---|---|---|---|---
**July** | 50/58°F | 38/73°F | 64/79°F | 64/79°F | 62/84°F
**August** | 50/60°F | 38/70°F | 63/80°F | 63/80°F | 62/84°F
**September** | 50/65°F | 39/72°F | 64/81°F | 64/81°F | 66/88°F
**October** | 52/68°F | 41/75°F | 66/83°F | 66/83°F | 68/90°F
**November** | 54/66°F | 43/76°F | 70/85°F | 70/85°F | 72/91°F
**December** | 53/64°F | 45/77°F | 72/86°F | 72/86°F | 73/90°F

*Ngorongoro Crater’s low is on the rim of the crater & high is on the floor of the crater.*

To convert to Celsius, subtract 32, then multiply by 5 and then divide by 9.

**FOOD SPECIALTIES**

Food essentials in Tanzania include a wide assortment of fresh produce, vibrant spices, coconut milk, rice, ugali (maize porridge), nyama choma (grilled meats), mshikaki (marinated beef), fish, bananas, and plantains. Some popular dishes include mtori (cooked beef and bananas), mchicha (meat and vegetable stew), and mandazi, which is a sweet doughnut-like bread.

**Drinking Water**

Tap water is not safe to drink in East Africa. Bottled water is provided each day with meals and on all game drives. In addition many of the lodges/camps have complimentary bottled water in each room.

**CUSTOMS AND CULTURE**

- African culture is diverse. You will encounter new customs and different lifestyles as soon as you take your first steps in the country. Appreciate and enjoy the differences. A majority of the locals speak English and will greet you with a smile.
- In some African countries, a warm smile and a handshake is a perfectly acceptable greeting. If you are not a local, do not extend your hand first. Wait for the other person to do so. Local men do not normally shake hands with women in public. When greeting an elder, it is acceptable to bow your head slightly in place of a handshake.
- Although not necessary, many visitors like to bring gifts for the local children. If you would like to give a gift we suggest that gifts and donations be made through local schools and orphanages. This gives you the chance to help the local community without reinforcing the culture of begging. Ask your local host/driver guide for suggestions. If you do choose to give gifts directly to children you encounter please do not give out candy. Gifts such as school supplies or clothes are much better options. In addition we do not recommend that tour members give anything to street beggars and street children encountered in the towns and cities, as it promotes a negative lifestyle.
- Always ask permission before taking a photograph of a local resident.
- Poverty is a fact of life in many African countries. You should be prepared to see it but not scared by it as most people are still very happy and friendly. Out of respect it is best to avoid excessive displays of wealth.

**A FEW WORDS OF THE LOCAL LANGUAGE**

Swahili (lingua franca)

**Hello:** Jambol, **How are you?**: Habari gani?, **Fine, very well:** Mzuri sana, **Bad:** Baya, **Yes:** Ndio, **No:** Hapana, **Thank you very much:** Asante sana, **Please:** Tafadhali, **Goodbye:** Kwaheri, **Welcome:** Karibu, **Friend:** Rafiki, **Sorry:** Polay or samahani, **How much?**: Pesa ngapi?, **Where is...?**: Iko wapi...?, **Today:**
Leo, **Tomorrow**: Kesho, **Yesterday**: Jana, **Toilet**: Choo, **Water**: Maji, **Coffee**: Kahawa, **Tea**: Chai, **Milk**: Maziwa, **Sugar**: Sukari, **Ice**: Barafu, 1: **Moja**, 2: **Bili**, 3: **Tatu**, 4: **Innay**, 5: **Thano**, 6: **Sita**, 7: **Sabah**, 8: **Nanay**, 9: **Tisa**, 10: **Kumi**.