

REAL
Gap Experience

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Botswana Experience

Adventure



Relaxation



Culture



Trip Name: Botswana Experience **Trip Code:** BWDV **Duration:**

Trip Highlights

- Safari in the heart of the Okavango Delta's Moremi Game Reserve
- Volunteer at one of a number of community projects in Maun
- Experience the mighty Victoria Falls in Zambia
- See how the locals live as you stay with a local family
- Sleep out under the stars and see the legendary African skies



Overview

This Botswana Experience will take you on an awe inspiring journey through Botswana and into Zambia, visiting one of Africa's best safari destinations and having the opportunity to experience some of the unique sights and sounds that only Botswana has to offer. Make camp and sleep out under the stars taking in the stunning African skies.

Explore the famous Okavango Delta, make lifelong friends with the locals in Maun whilst volunteering at one of a number of community projects and top it all off with an exhilarating finale in Livingstone, Zambia, home of the mighty Victoria Falls – the adrenaline capital of Africa!

Destination Info

Mix vast open savannas with natural diamonds, add a drop of Okavango Delta with a sprinkle of unspoilt wildlife and you'll have the finest recipe for one Africa's most appealing destinations. If there was ever a place where you wish time could stand still, it's Botswana.

Botswana is located in Southern Africa, landlocked, it shares borders with Namibia in the west and north, Zambia in the north, Zimbabwe in the northeast and South Africa in the east and south. The terrain is dominated by the great Kalahari Desert, although the Okavango is one of the world's largest inland deltas. A vast wetland region, its headwaters start in Angola's western highlands, flows through Namibia and finally enters Botswana where it becomes the Okavango.

Itinerary



Day 1 – Arrival. Maun, Botswana

Once you have arrived in Maun, you will be taken to a safari base just on the outside of the town where your orientation will be held the following day.

Day 2 – Getting started

Today is all about getting settled – you will begin the day with your orientation and detailed briefing of the exciting adventure that lies ahead, this will be given by your trip leader. There will also be time for you to ask any questions that you may have about the programme. Following this, you will be taken on an orientation tour around Maun where you will be shown how to use public transport, have the opportunity to try some traditional local food and will also be shown around Maun so you get a feel for where everything is.

There will also be an opportunity for you to visit a lady named Motsana to buy some souvenirs, she is also Botswana's leading basket maker so you may even see some of her amazing baskets being created! She also offers lessons on the weekends or afternoon for a small fee.

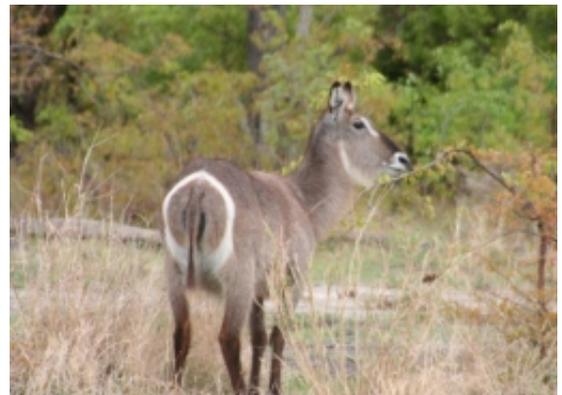


Days 3 to 7 – Safari time! Okavango Delta, Moremi Game Reserve, Botswana

The world famous Okavango Delta is the largest inland delta in the world. It is home to thousands of animals and birds, offering some amazing opportunities for wildlife encounters... so don't forget your camera! The Okavango Delta is one of the top wildlife destinations in the World.

For this section of the trip you will embark upon a 5 day / 4 night safari into the Moremi Game Reserve which is right in the heart of the Okavango Delta. Not only will you be camping in the park itself but you will also have unlimited game drives to explore the vast wilderness under the expert guidance of one of the wildlife guides. Moremi Game Reserve is a true African wilderness camping experience with back-to-basics facilities and is a very intimate, classic wildlife adventure.

On day 7 you will leave Moremi Game Reserve and head back to Maun



Days 8-19: Community Volunteering in Maun

The next 2 weeks will provide you with the unique opportunity of staying with a local family whilst volunteering at one of a number of community projects in Maun. This is a fantastic way to get completely immersed in the culture and way of life of the Tswana people. The host families are located on the outskirts of Maun town.

Botswana Experience

As a volunteer you will be working at one of a number of community projects in Maun. Botswana has one of the highest rates of HIV infection in Africa and an ever increasing population of children; meaning that many of the children are in need of your help, whether it be extra help with their school work, support or just a friend.

During your free time at weekend, there are lots of activities which you may like to get involved in, at your own additional cost, which may include scenic flights or mokoro trips into the Delta; alternatively you may just choose explore Maun a little further and become one of the locals!



Day 20 - 28: Adventure to Victoria Falls

On day 20 you will be bidding a fond farewell as you head to Livingstone, Zambia. On arrival in Livingstone you will be taken to a local backpackers lodge where you will have time to settle in and then be introduced to the wide array of adventure activities on offer!

Your time in Livingstone, is your own free time to do as you please. Livingstone is very close to Victoria Falls – the Adventure Capital of Africa! You may like to take advantage of the numerous activities on offer at Victoria Falls whether it be White Water Rafting on the Grade 5 rapids of the mighty Zambezi River or enjoying a leisurely cruise upstream of Victoria Falls, Bungee Jump, Swing or Zip line in the Gorge (please note that all of these activities are at your own cost). Alternatively there are a number of enjoyable walks around Victoria Falls National Park which offer some breathtaking views of Victoria Falls / Mosi oa Tunya (Smoke that thunders). After an action packed few days in Livingstone it will be time to head back to Maun.

On day 28 you will have free time in Maun to explore, pick up some last minute souvenirs and for those staying for 4 weeks it will be time to say your goodbyes to your new found friends and host family!

Day 29: 4 week option - Departure

All good things must come to an end for those staying for 4 weeks, it will be time to bid Botswana farewell as you are taken to Maun airport for your flight home.



Day 29 – 40: 6 week option – Return to your host family and project work

If you are staying for the 6 week programme then you will be returning to a warm welcome from your host family as you settle back in and continue with your project work.

Day 41-42: Free time

This will be your final weekend in Maun so it's a great time to enjoy some excursions, buy any last minute souvenirs and generally soak up the local culture.

Day 43: Time to say goodbye

After what we hope has been a fantastic journey filled with many great memories, today is your final day of the programme and you will be taken to Maun to airport in time for your flight home.

Please note: Itinerary, route and activities are subject to change without prior warning in case of unusual weather or logistical complications.

Accommodation

You will be staying in a number of different types of accommodation during your programme.

Botswana Experience

During your orientation you will be staying in a camp with the rest of the group just outside of Maun. You will be staying in twin-share safari style dome tents and will be provided with a stretcher bed, mattress and pillow; you will need to take your own sleeping bag though.

For community volunteering section of your trip you will be staying with a local family on the outskirts of Maun. The conditions of each house will vary but you will either be sharing with another volunteer or in your own room. Most of the houses will have electricity and running water. You will normally eat breakfast and dinner with your host family and they will also provide food for you to make a packed lunch as well.

Whilst you are on your Moremi Game Reserve safari in the Okavango Delta, you will be staying in twin share safari style dome tents. Camp sites are very much off the beaten track so facilities are generally very basic, often with no facilities at all except for a bucket shower and a pit latrine, this will give you the ultimate African bush experience!

During your time in Livingstone, Zambia you will be accommodated in a dorm room of a backpackers lodge, there are communal toilets and showers for you to use. There may well be other backpackers in the dorm with you as well depending on the size of your group. No meals are provided during your time in Livingstone, so you should budget accordingly; however there is a self catering kitchen which you and the rest of the group are welcome to use, alternatively you may prefer to eat out at one of the local restaurants.

Programme Services and Facilities

Internet

There is wireless internet access and a computer available at Audi Camp which is where you will be staying for the first 2 nights of your programme. Whilst you are in Maun, at your community project and Livingstone, Zambia at the end of your programme, you will be able to visit internet cafés, but this will be at your own cost. However, please do keep in mind that internet connections in Botswana and Zambia can be slow so please be patient.

Laundry

Laundry will need to be done by hand, you will be able to do this whilst you are staying at Audi Camp for your first 2 nights and in Maun staying with your host family. You can buy washing products once you have arrived. There is also normally an option to pay locally for someone to do your laundry for you, but this will be at your own expense, this will only be available in places such as Maun and Livingstone though.

Telephone

The international telephone access code for Botswana is +267. To place an outgoing, direct-dialled international call, dial +44 for the UK followed by the telephone number. For example to call Real Gap dial +44 1892 516164.

Volunteers are advised to bring a mobile/cell phone with them which has been unlocked, you will then be able to purchase a local sim once in Botswana.

Botswana Experience

Electricity

Botswana uses 220/230V and a frequency of 50Hz, which is the same as South Africa.

Electricity will be available in most host families and also at Audi Camp at the beginning of your programme. You will not normally have access to electricity during the safari sections of the programme so it may be useful to take a spare set of batteries with you for items such as cameras.

The plug sockets in Botswana are the same as South Africa, which are 3 round pins with two large circular pins and a large circular grounding pin, therefore you will need to buy an adaptor if you want to use/charge electrical items.

Meals

Three meals per day will be provided for you throughout your programme with the exception of your time in Livingstone when no meals will be included.

Meals will consist of locally sourced items and fresh ingredients where possible. When cooking as a group, everyone will be expected to help whether it be food preparation or washing the pots and pans!

What's Included

- All accommodation
- All meals except for your time in Livingstone
- Airport transfers
- Orientation
- Tour guide for the duration of your trip
- 24-hour support number



What's Not Included

- All flights
- Personal Travel Insurance
- Visas
- Meals during your time in Livingstone
- Extra activities during your free time



What to Pack

Please note that this kit list is intended to help you plan what you may need to take with you and therefore you may not need all of the listed items on your travels.

Also, please be aware that the weather can change considerably from winter to summer and you should pack according to when you are travelling to ensure that you have the appropriate clothing. Please see our Climate Chart for further details.

Personal Admin

- Passport, insurance certificates and personal documentation
- Photocopies of all the above to be left at home with your next of kin
- Spending money
- Proof of inoculations (please speak to your doctor about necessary immunisations)
- Secure, waterproof bag for documents and money: sealable plastic bags will do

General

- Sleeping bag (suitable for the season in which you are travelling: Summer - September-April) / Winter - May-August)
- Binoculars for game viewing
- Personal hygiene kit, toiletries and towel
- Mosquito net
- Sleeping Bag Liner: Ideal for hot nights or as an extra layer to your sleeping bag
- Sunglasses (high UV protection)
- Sun cream (high factor needed)
- Sun hat / Bandana
- Small torch (head torch is preferable) and spare batteries
- Diary and writing pens
- Camera/batteries/film or memory card
- Water bottle - at least 75cl
- Sandwich box
- Day pack/rucksack for everyday use (this needs to be big enough to take enough items with you on Safari- you can leave the majority of your things in your main bag at your accommodation in Maun)
- Mobile phone - set for roaming
- MP3 player
- Sewing kit and pocket knife for general use
- Pegs and travel wash for clothes
- Travel Guide, such as Lonely Planet or Rough Guide

Clothing*

- Neutral clothing that you don't mind getting dirty
- Sets of outdoor loose fitting cotton clothes with full arm and leg cover for cooler mornings and evenings
- Clothes for Project work, including shorts and trousers
- Comfortable walking shoes
- Casual clothes for the weekends
- Flip flops / sandals
- Swimwear
- Underwear - enough for at least seven days
- Pyjamas/nightwear

- Lightweight fleece or jumper
- Waterproofs
- Warm clothes for winter and early mornings

Medical Kit

- Hand sanitiser and wet wipes
- Anti-malarial tablets
- Personal First Aid Kit
- Personal medication e.g. prescription drugs/inhalers
- Painkillers
- Contact lenses and solution if necessary
- Plasters
- Lip Balm with SPF
- Tweezers (not in hand luggage!)
- Scissors (not in hand luggage!)
- Sanitary products for women if necessary
- Mosquito repellent (ensure it contains DEET or equivalent)
- Ear Plugs

Clothing*: While in Botswana there are certain times when it will be necessary for females to wear a skirt which covers below the knee. These occasions include visiting a local homestead or going to a cultural ceremony. The rest of the time you can wear the clothing you would normally wear. While working at the care centres you may wear shorts and T-shirts, just ensure that you look respectful.

Please note: Sometimes luggage may be delayed in transit when not taking a direct flight. Therefore please pack any essential toiletries or medication and a spare set of clothes in your carry on luggage. Please pack as lightly and compactly as possible as space and weight is limited. Ideally you should not have more than 20kg of luggage and should be able to fit everything into a 60 litre backpack plus one small day pack.

Minimum Age

Minimum age of 18 years, maximum age of 70 years.

Minimum Numbers

This trip requires minimum numbers to operate.

Flights

Your flight to Botswana should arrive at Maun airport on your programme start date. Your return flight or onward travel should be arranged on your programme end date.

Please note:

This programme requires a minimum of participants to run. Please contact us to confirm whether the minimum numbers have been met for your start date, we recommend that you do not book your flights until we have confirmed these numbers and the programme will be running.

To book your flights, please contact your sales advisor who will do their best to get you the best deal on the day. Please provide them with your full name as it is stated in your passport. Before you make the call please make sure you have your required departure dates, return dates and other details you may require.

It is important that once you have booked your flights you add these details to your online account or alternatively you can contact us with your departure date, the flight number and arrival time at your destination.

FAQs

1. What will happen with visas on this programme?

We will let you know exactly what you need to do before you go so that any necessary visas are organised.

2. What spending money should I take with me?

We recommend that you take around £70 per week with you.

3. What meals are included?

Yes, you will receive 3 meals a day, except during your time in Livingstone on the final four nights of the itinerary when no meals are included.

4. What are the group sizes like?

Your group will have a maximum of 10.

5. Can I get in touch with other travellers before I go?

Yes! We provide a 'buddy list' of others email addresses around 2/3 weeks before you go so you can get in touch with each other.

6. Do I need to bring a sleeping bag with me?

Yes, you will need to bring one with you for this trip.

7. Do I need to bring a mosquito net?

No, not unless you really want to bring one with you.

8. Is there a safe/safety deposit box?

No, you will be staying with homestays so your valuables can be left at the house, this is a lot safer than an lodge.

Police Check

This trip requires a Police Check to be carried out - please contact us for further information on how to do this.

Support & Advice

Your safety is paramount which is why all our programmes have been visited and assessments have been conducted to ensure any major risks have been minimised.

In addition, you will have access to a 24 hour emergency contact number so you can contact one of our UK staff at any time should you need to. In addition our overseas partners and coordinators are on hand in-country to assist you.

Financial Security

We know that the last thing you want to worry about when you're planning your trip of a lifetime is whether your money is in safe hands. As a leading global gap year provider it's our job to make sure your finances are secure, so when you book with us you can be confident that we do just that.

Real Gap Experience and Real Travel are part of TUI Travel Plc, one of the largest travel organisations in the world, and these days in the travel industry, large means secure.

Beware: Don't book with an organisation that has no financial protection for their clients. Not only are they breaking the law, you could lose all your money or be stranded overseas.

Our ATOL licence (6527), offers complete financial protection for any flight inclusive trips. To acquire an ATOL licence we have to undergo a very rigorous inspection from the Civil Aviation Authority, so you know that we tick all of the boxes. The ATOL license means that no matter what happens to us, your money will either be returned or if you've already left, your trip will be guaranteed.

We are also a Member of ABTA which means you have the benefit of ABTA's assistance and Code of Conduct. Many of the travel arrangements that we sell are protected in case of the financial failure of the travel company. If you have any questions about the financial protection that applies to your booking then please ask our team and they'll be happy to help.

Insurance

Whether you're traveling for two weeks or two years, trekking the Amazon in Ecuador or on safari in Africa, insurance is an essential part of your adventure and will help you enjoy your travels, secure in the knowledge that you have the protection you need. In fact, everyone traveling with us must have adequate cover before their trip begins.

Of course you are free to buy insurance from any provider, however at Real Gap Experience, we have partnered with World Nomads to offer policies that have been specifically designed to meet the needs of global travel. If you think you're already covered by an existing policy, such as those offered by credit card providers, check the policy wording very carefully to ensure it covers you for your Real Gap Experience.

For more information on travel insurance please contact us to speak to one of our travel advisors.

Money Matters

Botswana

The currency in Botswana is the Pula (P) and comes in subunits or 100 called thebe.

In the major towns, full banking facilities are normally available however more and more ATM's are beginning to be introduced in other areas of the country as well; but it is advised to withdraw enough cash to last a few days or week.

Most major credit cards are accepted at places such as restaurants and hotels; if you require a cash advance it is best to visit one of the major banks.

Example typical costs are as follows:

Meal, Inexpensive Restaurant \$6.91
Domestic Beer (0.5 litre draught) \$1.50
Coke/Pepsi (0.33 litre bottle) \$0.55
Water (0.33 litre bottle) \$0.41

(Prices quoted in US Dollars)

Zambia

In Zambia the currency is the Zambian kwacha (ZMK). Coins are not commonly used and banknotes come in denominations of 50, 100, 500, 1000, 5000, 10,000, 20,000 and 50,000 kwacha.

Most other major currencies are accepted; however United States Dollars and British Pounds are most common. ATMs are available in most cities.

Meal, Inexpensive Restaurant \$9.67
Domestic Beer (0.5 litre draught) \$1.25
Coke/Pepsi (0.33 litre bottle) \$1.17
Water (0.33 litre bottle) \$0.83

(Prices quoted in US Dollar)

Passports and Visas

Botswana

All nationalities require a full passport that must be valid for 6 months beyond the intended length of stay. It is your responsibility to have the correct personal documents and to obtain your own visa, if one is necessary, in accordance with the regulations of the country you are to visit. The information offered below is to help you with that process. We are not responsible for the actions of local immigration and customs officials, whether at points of entry or otherwise, and any subsequent effects.

Nationals from the following countries do NOT require a visa for short stay visits to Botswana of up to 90 days:

Australia, New Zealand, France, Germany, UK, Ireland, Canada and the US.

For further details on visa requirements for Botswana, please contact your nearest Botswana Embassy or High Commission.

Zambia

All nationalities require a full passport that must be valid for 6 months beyond the intended length of stay. It is your responsibility to have the correct personal documents and to obtain your own visa, if one is necessary, in accordance with the regulations of the country you are to visit. The information offered below is to help you with that process. We are not responsible for the actions of local immigration and customs officials, whether at points of entry or otherwise, and any subsequent effects.

All visitors to Zambia require a visa. Depending on nationality, visas are available at the port of entry or prior to departure through your nearest Zambia Embassy or High Commission.

For further details on Zambian visas, please consult your nearest Zambia Embassy or High Commission.

Cultural Considerations

Botswana

Please adhere to the cultural expectations and values of Botswana. As an international, your behaviour is different to that of the local Botswanan people. Therefore we ask you to be respectful of their customs. For example, wear appropriate clothing and be aware of your language.

Religion

Officially Botswana is a Christian country, although the number of practising Christians is estimated at only around 20% of the population. These mostly belong to the Catholic, Anglican, Methodist, Lutheran and Zion Christian Church (where its members are noted for the khaki dress worn when attending). Services are usually in Tswana, though the larger churches in the main towns also have English services, and the smaller, rural ones will sometimes use the local languages. Faith healing is often incorporated into services. Other religions, such as Islaam, are only represented in the larger towns; their following is small, mainly amongst expat workers.

Bartering

In African culture, it is traditional to barter with the local people over prices, whether it is for food, taxis or souvenirs. You will find you really enjoy this interaction and experience within the communities, but it may take a little extra confidence at first. Please practice this when you are in Botswana, as you will find it a lot cheaper to live and save your money this way.

Crime

We ask that you pay caution in tourist areas where some pickpockets and petty thieves may exist. Please be careful and keep your personal items hidden.

Zambia

Religion

Both Christianity and indigenous beliefs are strong in Zambia, some people even follow both.

Greeting

Pleasantries are taken seriously and using 'hello' and 'goodbye' can go a long way to making friends and being accepted. Please take the time to learn a few local words and show that you are keen to fit in (see the language section for some examples). There is also a big emphasis on shaking hands. The Western way of doing this will be fine, but you are likely to pick up a few local variations!

Clothing

Clothing in Africa is more conservative than you may be used to in your home country. Please try to cover your upper legs and arms when out in public, especially when on project work.

Drugs

It is absolutely forbidden to bring drugs into Zambia. Always keep an eye on your luggage while travelling. Never bring anyone else's luggage through customs. If you get caught there is little chance that you will walk away without punishment. As in most countries, Zambia has very strict rules when it comes to the possession of drugs.

All drugs, including 'soft' drugs like marijuana, are illegal. Please do NOT use any illegal substances whilst travelling – it is not worth the risk and is not acceptable at the project.

Overall, Zambians are friendly people and as long as you are polite and considerate any social errors are unlikely to offend, so please don't worry!

Vaccinations & Health

Travel health can often be something people forget about before going away, but a little preparation and knowledge can go a long way to help you stay fit and healthy while abroad. The risks to your health whilst travelling will vary depending on your general health and the type of activities you are going to be partaking in and the length of your stay.

Since we are not medically qualified, it is recommended that you consult with your General Practitioner or a recognised Travel Medical Advisory Service who will assess your particular health risks before recommending vaccines and/or anti-malarial tablets and advising you on what precautions you should take.

A useful website to visit in the first instance is <http://www.fitfortravel.scot.nhs.uk>

Zika Virus

Zika virus is transmitted by Aedes mosquitoes and whilst the infection often occurs without symptoms it can cause an illness similar to dengue fever. There has recently been reported a possible link between exposure to Zika virus (ZIKV) in pregnancy and microcephaly and other congenital malformations and investigations are ongoing. We recommend you visit the [FCO website](#) and select your destination country for the latest travel advice prior to booking.

If you are already pregnant it is recommended you seek medical advice from your GP as [The National Travel Health Network and Centre \(NaTHNaC\)](#) advises you should consider avoiding travel to areas where ZIKV outbreaks are currently reported.

Safety

Botswana

Tourists are always targets for pickpockets and thieves. Please educate yourself about Africa and Botswana in particular, before you leave, so that you can be alert for all types of situations. General travel safety rules are below.

- Avoid travelling alone, especially at night
- Find out where the unsafe areas are and avoid them

Botswana Experience

- When travelling keep all-important documents and valuables in a safe place, like an inner hidden pocket or money belt
- Carry only as much cash as you think you will need for the day.
- Don't wear expensive jewellery or watches
- Be wary of people who seem too friendly too fast
- Keep cameras out of sight. Always keep bags and purses in your sight.
- Before swimming, ask how safe the area is.

ATM Theft

It is very likely that you will need to withdraw cash at some point during your travels. Please be cautious when withdrawing money from an ATM and ensure that you are vigilant of other people near the ATM, especially those that offer unsolicited assistance if your card is detained. It has been recognised that individuals are operating unlawful withdrawals by placing 'traps' in ATMs whereby personal bank cards are being detained, causing the victim to believe their card transaction has not been completed, and leaving their bank card in the ATM which is then later retrieved by the thief.

If your card is confiscated or you are concerned that your card has been tampered with, please report immediately to the bank or cancel your card.

Zambia

As in most countries there are people who try to take advantage of tourists. The following advice is intended to help you keep safe:

- Always keep your personal items such as passport, money and camera with you and in a safe place. You can buy mini padlocks to prevent people from going into your day sack without your permission.
- Always walk around in groups
- Never go out alone after dark and always get taxis at night
- Stick with the escorted trips. If you do go out in the evening unescorted, you do so at your own risk. Please tell the co-ordinators where you are going and what time you will be back
- Carry only as much cash as you think you will need for the day
- Don't wear expensive jewellery or watches
- Be wary of people who seem too friendly too fast
- Keep cameras out of sight. Always keep bags and purses in your sight

In addition, you will be working outdoors, in an unfamiliar community and environment. Please respect the advice given to you by the project leaders. Listen to your project manager and respect the local rules and customs at all times.

This information is not intended to scare you. Unfortunately, bad things can happen, as they can do in any country and we want you to be prepared. We want you to stay safe and have a good time.

ATM Theft

It is very likely that you will need to withdraw cash at some point during your travels. Please be cautious when withdrawing money from an ATM and ensure that you are vigilant of other people near the ATM, especially those that offer unsolicited assistance if your card is detained. It has been recognised that individuals are operating unlawful withdrawals by placing 'traps' in ATMs whereby personal bank cards are being detained, causing the

victim to believe their card transaction has not been completed, and leaving their bank card in the ATM which is then later retrieved by the thief.

If your card is confiscated or you are concerned that your card has been tampered with, please report immediately to the bank or cancel your card.

Language Guide

Botswana

The official language of Botswana is the Bantu language of Setswana which is spoken as a first language by more than 80% of the population, it is also the dominant language in Maun. We suggest you obtain a Lonely Planet or language guide for the destination(s) you are travelling to.

English - Setswana

Hello – Dumela

How are you? – Le kae?

I'm fine – Ke teng

Thank you (very much) – Ke itumetse

Please – Tswee-tswee

Yes / No – Ee/nnyaa

Goodbye/stay well – Go siame

Zambia

The official language of Zambia is English, however there are many regional languages spoken throughout the country. The most popular regional language is Bemba and this is spoken in mostly urban areas. The regional language Lozi is spoken in the Livingstone area. We suggest you obtain a Lonely Planet or language guide for the destination(s) you are travelling to.

English - Bemba

How are you? - Mwashibukeni?

I am fine - Eyamukwayi

Yes - Eya ye

No - Awe

How much? - Shinga?

Drinking water - Amenshi ayakunwa

Thank you - Twa to te la

English - Lozi

How are you? - Muzuhile cwani?

I am fine - Luzuhile hande

Yes - Kimona

No - Baatili

How much? - Kibukayi?

Drinking water - Mezi a kunwa

Thank you - *Nitumezi*

Food & Drink

Botswana

Food

Typically 'sorghum' is the main crop and is usually found in the kinder climates east of the Kalahari, where there is enough rain for production. The crop is first pounded before being mixed with boiling water or sour milk. It's then made into a paste bogobe – which is thin, perhaps with sugar like porridge, for breakfast, then eaten thicker, for lunch and dinner. For these main meals it will normally be accompanied by some tasty relish, perhaps made of meat and tomatoes, or dried fish. Maize meal (often imported as it doesn't tolerate Botswana's dry climate that well) is now often used in place of this.

Regardless of the accommodation you will be staying in whether it be at a remote camp, a hotel or a lodge you will find a wide variety of international fare, and the quality of food prepared in the most remote camps is usually extremely tasty!

Drink

Water in the main towns is usually purified, provided there are no shortages of chlorine, breakdowns, or other mishaps it's generally fine to drink. Out in the bush, most of the camps and lodges use water from bore-holes.

These underground sources vary in quality, but are normally free from bugs and so perfectly safe to drink.

Soft drinks and alcoholic beverages are available to purchase in restaurants.

Zambia

Zambia's native cuisine is based on nshima, a cooked porridge made from ground maize. This is usually made thin, perhaps with sugar, for breakfast, and then eaten at a thicker consistency for lunch and dinner.

The traditional staple diet in Africa is meat and carbohydrates. If you are a vegetarian you will be catered for with lots of fresh root vegetables such as yams and potatoes and fruits. However, please be aware that your meals towards the end of your programme may become a little repetitive so perhaps it may be worth buying a few of your favourite snacks whilst you are in Africa.

There is a lot of fresh fruit in Africa, which is extremely cheap to buy for a quick snack or nutritional lunch so it may be worth picking some up from the market quite cheaply for your daily vitamin fix. However, please be aware that fresh items for salads etc are hard to come by in Africa, although the project leaders will try to get this as often as possible for you.

Public Holidays

Botswana

When planning your trip, you should be aware of the major national holidays celebrated throughout the country. However, although businesses and government offices are closed on public holidays, tourist attractions and shops are almost never closed. The main impact on the tourist of these holidays is the increased competition for travel and accommodation from local's who use long weekends to get away from the big towns.

To view a list of the public holidays for Botswana, please see the link below:

<http://www.worldtravelguide.net/botswana/public-holidays>

Zambia

When planning your trip, you should be aware of the major national holidays celebrated throughout the country. However, although businesses and government offices are closed on public holidays, tourist attractions and shops are almost never closed. The main impact on the tourist of these holidays is the increased competition for travel and accommodation from Zambian's who use long weekends to get away from the big cities.

To view a list of the public holidays for Zambia, please see the link below:

<http://www.worldtravelguide.net/zambia/public-holidays>

Weather

Botswana

Botswana has a sub-tropical climate. Summer, from around October to February, is hot and can be humid, especially during the rainy season, which is around November to March. The winter months, from June to August bring a much cooler climate, with warm and sunny days and cool to cold nights (sometimes with a temperature as low as 0 degrees). In August the winds pick up and it can be dusty.

Please check the temperatures close to your departure, taking note of the winter months and pack accordingly to these temperatures.

Zambia

Zambia has a generally warm and pleasant climate. Lowland areas such as Ndola are rarely cool and are best to avoid between October and February, which is the hottest and also the rainy season. The higher regions such as Zumbo can be slightly chillier, especially between April and August. Months to avoid are between December and February, when rainfall is at its heaviest.

Time

Botswana

Botswana is two hours ahead of GMT. It does not employ daylight saving time.

In Africa, time is not a priority like it is in much of the western world – there is a saying that Africa works to 'Africa

Botswana Experience

Time', which basically means you must exercise a lot of patience! If a boat is due to leave at 12pm, don't be surprised if it still hasn't left a couple of hours later... keep an open mind, and arrive 'expecting the unexpected'.

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Electricity

Botswana

Botswana uses 220/230V and a frequency of 50Hz, which is the same as South Africa. If your device does not run on these rates, you'll need a voltage converter.

Outlets across Botswana generally accept the following two plug types:



Three round pins arranged in a triangle



Three flat pins arranged in a triangle

Zambia

In Zambia electricity is 230 Volts and frequency 50 Hertz. If your device does not accept 230 Volts at 50 Hertz you will need to purchase an adapter.

Outlets in Zambia generally accept 3 types of plug:



Two parallel flat pins with ground pin



Two round pins



Three round pins arranged in a triangle

Trip Note Disclaimer

The information contained in this trip note has been compiled with great care and is provided in good faith. Any itinerary featured is correct at time of release. However, our itineraries may change as make improvements that result from travellers' comments, our own research or from time to time as a result of Foreign and Commonwealth Travel Advice.

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Our Details

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