

**REAL**  
Gap Experience

T: 1-800-985-4852

E: info@realgap.com

P: Real Gap Experience, 8 Essex Center Drive, Peabody,  
MA 01960

## Kilimanjaro Climb

Adventure



Relaxation



Culture



**Trip Name:** Kilimanjaro Climb    **Trip Code:** KEKC    **Duration:**

### Trip Highlights

- Climb Africa's tallest mountain!
- Witness sunrise from the summit
- Spectacular views
- As one of our travellers said "Fantastic. I rediscovered myself."
- Massive sense of achievement



### Overview

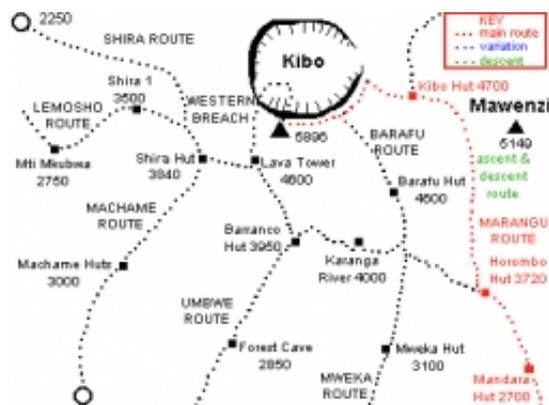
Climb Kilimanjaro and test yourself to the limit. This trek takes you through lush rainforest and open moorland to the very top of the highest mountain in Africa. Along the way, you'll learn a lot about yourself, about teamwork and about achieving something very difficult. After all that hard work you'll be rewarded with some of the most stunning views in the whole of Africa with Tanzania and Kenya at your feet.

*\*Please note that you are required to inform us of your arrival information in order to receive your arrival airport transfer from Nairobi airport and complimentary pre-tour accommodation.*

## Destination Info

Kilimanjaro is in Tanzania but right on its border with Kenya. So if wildlife's your thing you'll want to know that you're very close to several world-famous national parks – Serengeti, Tarangire, Tsavo, Chyulu Hills and Maasai Mara – as well as Kilimanjaro National Park itself. You're quite close to Nairobi too. And that's in addition to all the delights that Tanzania and Kenya have to offer gap year travellers – check out our destination info for these two countries.

## Itinerary



### Day 1: Nairobi to Moshi

A shuttle bus will collect you from your accommodation early in the morning, before heading onto Tanzania and your challenge ahead! Your journey will take you via Tanzania's safari capital, Arusha, before heading onto your hotel in Moshi.

On arrival in Moshi, a pre-departure meeting and briefing will be held, when you will be briefed on the exciting challenge ahead and have the opportunity to ask any questions you may have about climbing Africa's tallest mountain.

(No meals included)

# Kilimanjaro Climb



## Day 2: Moshi to Mandara Hut – 2743m

After an early start you will begin your trek in Kilimanjaro National Park, through the fascinating rainforests which occupy the first section of the ascent. Your first night will be spent on the mountain at Mandara Hut.

(Breakfast, lunch and dinner included)

## Day 3: Mandara Hut to Horombo Hut – 3760m

The scenery changes quickly as you leave the rainforest and head through the sparse open moor land towards Horombo Hut. The contrast in scenery is incredible, look closely at the vegetation around you as it seems alien.

If you would like to add an additional day to acclimatize (additional cost); you will stay at Horombo Hut for an extra day.

(Breakfast, lunch and dinner included)



## Day 4: Horombo Hut to Kibo Hut – 4730m

Today is the final stage of the climb before you attempt the summit tomorrow morning. The route for the final stage of the climb will include trekking between the Mawenzi and Kibo peaks, over what's known as 'The Saddle'. Your destination for this day of the climb is Kibo Hut.

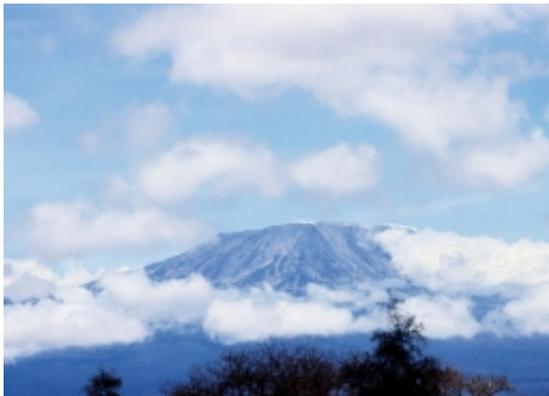
(Breakfast, lunch and dinner included)

## Day 5: Kibo Hut to Uhuru Peak – 5895m. Descent to Horombo Hut

An extremely early start will be required today as you attempt the summit. Your route will take you via Gilman's Point on the rim of the crater itself and onto Uhuru Peak, just in time to witness a spectacular sunrise over Kenya and Tanzania from the Roof of Africa!

After taking plenty of photos and enjoying the once in a lifetime views, you will begin your descent to Horombo Hut for a well deserved celebration!

(Breakfast, lunch and dinner included)



## Day 6: Horombo Hut to Moshi

Completing your descent today you will travel via Marangu Gate, before being transferred back to the hotel in Moshi for hot showers and no doubt some more celebrating!

(Breakfast included)

## Day 7: Moshi to Nairobi

For those wishing to return to Nairobi, the shuttle bus will collect you after breakfast, arriving back in Nairobi late afternoon. Alternatively for those wishing to finish the trip in Moshi, your adventure will finish after breakfast when you are free to continue with your own travels.

Did that really happen? Did you really do that? Really climb Kilimanjaro? Oh yes!

(Breakfast included)

## Accommodation

You will spend two nights in hotels and four nights either in mountain huts or camping. Meals are included as stated in the itinerary.

## Meals

During the climb you will get three meals a day which will consist of basic but nutritious camp food that will give you the energy you need to trek.

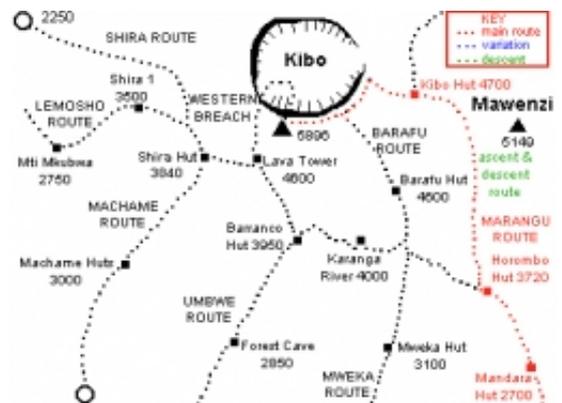
## What's Included

- Two hotel nights
- Four nights accommodation in mountain huts or camping
- Meals as stated
- Return shuttle bus between Nairobi and Moshi
- 1 night pre-tour accommodation and arrival transfer



## What's Not Included

- Flights
- Visas
- Travel insurance
- Some meals
- Snacks
- Sleeping bag hire
- Tips for guides and porters



## Additional Information

### Single Supplement

In the event that you are the only climber due to begin your climb with our local operator on the start date, you will be required to pay a single supplement fee of US\$100. This is payable in cash to the trip leader at the beginning of the climb.

### Travelling at Altitude

This trip goes above 2800 metres / 9200 feet where it is common for travellers to experience some adverse effects in their health due to the altitude. Please see further information on Acute Mountain Sickness (AMS), High Altitude Cerebral Edema (HACE) and High Altitude Pulmonary Edema (HAPE).

## What to Pack

This kit list or packing list is not exhaustive but is designed to give you an idea of what you might need on this trip. Ultimately it is up to you what you pack as everyone has different requirements.

### Recommended:

- Long sleeved shirts
- T-shirts
- Sweatshirts
- Tracksuit bottoms
- Down jacket
- Fleece
- Thermal longjohns
- Shorts
- Underwear (light and loose)
- Lightweight trekking trousers
- Lightweight waterproofs
- Walking boots (sturdy and well worn in)
- Liner socks
- Climbing socks
- Holdall/rucksack
- Trekking poles
- Day rucksack
- Sleeping bag (4 seasons, it can get very cold brrr....)
- Sleeping mat
- Gaiters
- Shoes for the evenings
- Sun hat
- Warm hat
- Insulated gloves
- Thermal inner gloves
- Travel towel
- Shampoo
- Soap
- Deodorant
- Baby wipes (these are a must, AMAZING)
- Toilet paper
- Antiseptic wipes
- Toothbrush
- Toothpaste
- Vitamins
- Suncream
- Sunglasses
- High energy snacks
- Torch/headlamp with spare batteries
- 1L water bottle (2x)
- Water purification tablets
- Painkillers

Blister pads  
Plasters  
Antiseptic spray  
Diarrhoea tablets

## Items to consider:

Flask  
Camera  
Malaria tablets (speak to your doctor)  
After sun and moisturiser  
Hairbrush/comb  
Insect repellent  
Lip protection (sun cream or salve)  
Nailbrush  
Sanitary products  
Padlock  
Note book and pens  
Sewing kit  
Compass  
Alarm clock  
Sleeping bag liner  
Bivvy bag (to go over sleeping bag)  
Waterproof Rucksack cover  
Ear plugs  
Penknife  
Gaffa tape (for emergency repairs)  
Spare laces

## Minimum Age

Minimum age is 18 years old. Maximum age dependent upon potential participants health.

## Flights

Your flight to the Kenya should arrive at Nairobi Airport (NBO), no later than the day before your programme start date. Your return flight should be arranged for no earlier than 10pm on your programme end date from Nairobi Airport.

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. Do I have to carry all my own Gear?

You have to carry your items so pack light on from there the porters carry the camping, cooking equipment, and provisions.

## 2. **Why does it start in Nairobi? Can I join the group in Tanzania?**

Nairobi is the best starting point, as it is the easiest starting point for flights. Alternatively you can start in Moshi or Arusha.

## 3. **What route do you climb?**

We travel the really popular Marangu Route, which is accessible to all.

## 4. **Will it be difficult?**

Most who prepare for the trip make it to the top.

## 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

### Kenya

The Kenyan currency is the shilling (KSh), made up of 100 cents and often called a 'bob' following the old English name. New coin denominations come in units of 40, 20, 10, 5 and 1 KSh and the old coins come in units 5 (seven sided) and 1 KSh. Coins of 50¢, 10¢ and 5¢ (cents) are very rarely used as most prices now come as whole shilling denominations. The KSh notes available are in denominations of 1000, 500, 200, 100, 50 and 20.

The US dollar, Pound sterling and the Euro are easy to change, with the last rapidly becoming the most common standard foreign currency.

ATMs are common place throughout Kenya with Barclays being the most reliable for withdrawals. They support most common cards including MasterCard and Visa but due to the international data link sometimes dropping they are not always available so it recommended to carry emergency cash or traveller's cheques.

US dollar, British pound and euro traveller's cheques are the most commonly accepted. Passports will always be needed when changing currency or travellers cheques.

You'll find your money goes a pretty long way if you purchase local foods and drinks.

Meal, Inexpensive Restaurant \$2.91  
Domestic Beer (0.5 litre draught) \$2.54  
Coke/Pepsi (0.33 litre bottle) \$0.50  
Water (0.33 litre bottle) \$0.43

(Prices quoted in US Dollars)

### Tanzania

In Tanzania the local currency is the Tanzanian Shilling (TZS). There are bills of 500, 1000, 2000, 5000, 10000 shilling. Coins are come in denomination of 1, 5, 10, 20, 50 senti (100 senti is equal to one Tanzanian Shilling) and 1, 5, 10, 20, 50, 100, 200 shilling.

US dollars are the best other currency and offer the best rate of exchange. Tanzanian Shillings are not available internationally so travellers are recommended to bring US Dollars to exchange at banks or Bureaux de Change. Some credit cards are accepted at some larger establishments though Visa pre-paid cards are recommended for wider use. ATMs can be found in cities such as Arusha and Dar es Salaam.

Meal, Inexpensive Restaurant \$5.00  
Domestic Beer (0.5 litre draught) \$1.25  
Coke/Pepsi (0.33 litre bottle) \$0.60  
Water (0.33 litre bottle) \$0.35

(Prices quoted in US Dollar)

## Passports and Visas

### Kenya

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.

Most visitors to Kenya will be required to obtain a tourist visa for their time in Kenya. Many nationalities will be able to obtain this at the port of entry for a fee, alternatively it is possible to obtain them prior to departure from your nearest Kenya Embassy or High Commission.

For further details on visas for Kenya, please contact your nearest Kenya Embassy or High Commission.

### **Visa courier service**

For those of you who would prefer a specialist company to take care of your visa needs, we have teamed up Visa Central who can offer you assistance and advice when arranging your visa/s for your time away; making your preparations for your trip easier and more straight forward.

To investigate costs for this service [click here](#) to select the country or countries that you wish to travel to.

If the visa form requires details of addresses/inviters/referees you will find all this information on your Online Account once you have booked.

### Tanzania

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 Tanzania require a Tourist Visa, which must be used within 3 months from the date of issue. The most common visas allow for single or double entry and can be used for stays of up to 30 days. Single entry visas can be purchased on arrival or via an authorised Tanzania embassy or High Commission where you can also apply for multiple entry visas.

In addition to the tourist visa, most participants joining our programmes in Tanzania will be required to obtain a permit for volunteering. For further details on this please refer to the specific visa information for your programme.

## Cultural Considerations

### Kenya

Western European habits prevail throughout Kenya as a result of British influences in the country.

#### **Tipping**

Tipping is not customary in Kenya; however, a ten percent service charge is a common gesture.

#### **Religion**

Most of Kenya's population can be divided into 70 tribal groupings, many of which have adopted western values. Christians and Muslims are the religious minority compared to traditional belief systems.

#### **Clothing**

Dress is informal, and casual lightweight clothes are accepted for all occasions. However, please note that you may be working in areas where the locals expect a certain dress code. In these cases you are asked to respect their customs and wear the appropriate levels of dress, e.g. long sleeves. Our staff will advise you on these issues at the time.

### Tanzania

#### **Religion**

About 50% of the population are Christians. The next largest religion is Muslim, with about 40%. The remainder of the population still follows traditional religions.

#### **Clothing**

Please be aware of local customs, traditions and religions. Much of the population is Muslim and therefore it is important that your appearance respects this, especially when on project work or in public places, particularly in major towns. Please cover your upper legs, shoulders and midriff, otherwise you are likely to get hassled and attract a lot of unwanted attention, which can feel extremely uncomfortable. On the beach and within the confines of hotels, bikinis and normal swimwear are acceptable. Sunbathing topless causes offence and is therefore unacceptable. 'Going out' clothes are fine in the evenings in the local bars and restaurants. Shoes should be removed when entering a visitor's house or religious building.

Please also try to dress appropriately for the weather. If you are on project work, chances are you will be exposed to sun, heat and dust. Wear a cool, loose fitting t-shirt and shorts, and change them daily. You should also wear closed shoes to protect your feet and prevent any accidents while doing project work. On the beach bikinis, kikoi's (traditionally men's sarong) or kanga's (traditionally women's sarongs) are suitable. If you don't have one, they are for sale on the beach relatively cheaply. In the evening long trousers are normally worn, if only to reduce the risk of mosquito bites. We also recommend bringing a waterproof jacket in case it rains.

#### **Behaviour**

Tanzanians are quite reserved but when approached they will talk freely about their families and life in general. They are happy and friendly people who live for today and hope for tomorrow. Due to the past policies of the

government, tribalism has been replaced with tolerance and equality.

Remember to greet people before launching into your question/request.

It is usual to shake hands when greeting someone you know. Don't be surprised or feel uncomfortable if they hold onto your hand for longer than usual, this is simply part of their culture.

If you are female, don't feel threatened by unwanted stares, they are mostly just staring out of curiosity. If you do feel threatened or uncomfortable, go to the nearest safe place; a cafe, shop etc. until you feel more comfortable.

Friendliness can, and often is, interpreted as romantic interest. Try to be clear in your intentions.

## Drugs

Drug usage in any shape or form will not be tolerated from volunteers and camp residents. Any offence of this nature will be dealt with severely. The mandatory penalty for someone found with 'cannabis sativa' in Tanzania is possibly longer than TEN years imprisonment. Quite often, the person actually selling drugs is a policeman or is at least affiliated to the police, who will then immediately arrest you. Basically, don't use drugs in Tanzania, it's not worth the risk.

## Alcohol

Although the coastal strip of East Africa is predominantly Muslim, alcohol is readily available and this is reflected in the number of bars and 'drinking holes' established locally. You will find that you can buy beer, spirits and imported cigarettes cheaply in bars and shops. Some of the more popular beer brands are Tusker, Whitecap and Pilsner. You may also be offered illegal brews called 'Changa' and 'Mnazi' that are knocked up in local backyards with a couple of jerry cans! The former brew is highly toxic, potentially lethal and definitely illegal. Stick to branded drinks with a bottle top or secure cap. Do not accept drinks out of plastic cups, jerry cans, coconuts (unless closed) etc. Incidents of blindness, unconsciousness and even death, are common with people who drink this homebrew. Whilst alcohol consumption is not banned, it is not encouraged during normal working days (Monday to Friday). As with everything, moderation and self-discipline are key, a couple of beers after work in the evening can be a nice way to unwind, getting totally drunk is not - it will not only affect your work performance but also your general well-being.

Volunteers under the age of 18 years are strictly prohibited from consuming alcohol unless they have permission of in-country Directors and under the supervision of management. Disciplinary procedures for abuse of alcohol and drunkenness are as follows:

1. Two written warnings
2. Exclusion from programme and premises at your expense

## Poverty

# Kilimanjaro Climb

As part of your overall cultural experience you will meet people every day who are less fortunate than yourself. Although the areas in which you will be staying are outstandingly beautiful, they remain some of the poorest areas in East Africa, and that's one of the reasons you are here. And although you come from a very different culture please try to 'blend in' with your environment.

## 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

### Kenya

Tourists are always targets for pickpockets and thieves. Please educate yourself about Africa and Kenya 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
- 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

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.

# Kilimanjaro Climb

Kenyans are generally very friendly, warm and hospitable people. Please be friendly, respectful and stay aware and you will have a great 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.

## **Tanzania**

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.
- 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.
- When walking in busy areas and travelling on public transport, please be extra cautious with your personal belongings and valuables. Bus stations can be particularly unruly and overcrowded.
- Once you have spent some time in the country, you may feel confident of your environment but it is important to be very aware of your surroundings as personal awareness and caution is the best form of self-protection. Stay in a group, never walk on roads after dark, and always take a taxi regardless of cost.
- Do not get involved in any local disputes. Local Tanzanians get into heated arguments but can be the best of friends afterwards. If you witness any local disputes just walk away as they may turn on you if you get involved.
- Be aware of your surroundings (this includes landmarks in case you need to backtrack) and also people so that you can avoid any potential problems
- Never look lost, if you want to look at a map, go into the nearest shop, cafe or hotel
- Never ask strangers to look after your valuables or to watch your bags
- Observe what the locals are doing and try to blend into the environment
- Stay focused and stay calm, even if you feel uncomfortable or under pressure
- Important - If you suspect somebody of stealing something from you, NEVER shout "thief", it could cost them their lives.

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.

Tanzanians are generally very friendly, warm and hospitable people. Please be friendly, respectful and stay aware and you will have a great time.

## Personal Property

Carrying large sums of money around and producing high value notes in public should be avoided at all times. Similarly, do not wear expensive or expensive looking jewellery or watches. If you leave property (even if it is of minimal value) lying around unattended, it will be stolen.

## Traffic

Road traffic accidents can pose a substantial threat in Africa due to poor quality driving and badly maintained roads. Dala-dalas are local buses and are the most common form of transport for local people. However, reckless driving, severe overcrowding on board and badly maintained vehicles make them a very risky way of getting around. For this reason, we strongly advise that you do not use them. Failure to respect these transport guidelines may invalidate your travel insurance.

## 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

### Kenya

Swahili is the national language in Kenya; however, English is the official language and therefore widely spoken.

Below are some useful Swahili phrases to remember when you get to Kenya. We also suggest you obtain a Lonely Planet or language guide for the destination(s) you are travelling to.

### English - Swahili

Hello - *Jambo*

Please - *Tafadhali*

Excuse me - *Samahani*

Thank you - *Asante*

Yes - *Ndiyo*

No - *Hapana*

How are you? - *Hali ngani?*

Okay - *Sawa/haya*

Good - *Nzuri*

Goodbye - *Kwa heri*

Good night - *Usiku mwema*

I don't know - *Sijui*

I don't understand - *Sifahamu*

## Tanzania

The national language of Tanzania is Swahili. English is the primary language for commerce and another official language of the country, it is also used to teach in many schools however many people have only a very basic grasp of the language, if at all. Arabic is also spoken widely in Zanzibar.

Don't worry if you can't speak many words in Swahili as it breaks down cultural barriers and will bring laughter, which is the shortest distance between two people.

Below are some useful Swahili phrases to remember when you get to Tanzania. We also suggest you obtain a Lonely Planet or language guide for the destination(s) you are travelling to.

### **English - Swahili**

Hello - *Jambo*

How are you? - *Hujambo?*

I'm fine - *Sijambo*

Thank you (very much) - *Asante*

Please - *Tafadhali*

Yes / No - *Ndiyo / Hapana*

Goodbye –stay well - *Kwa heri*

## **Food & Drink**

### **Kenya**

Kenya's national dishes appear on most menus. The country's beef, chicken, lamb and pork are outstandingly good, as are the wide variety of tropical fruits. Indian and Middle Eastern food is available in most areas. Some game-park lodges serve game. Dinner or lunch provides the opportunity to eat zebra, giraffe, impala, wildebeest, crocodile and other game meats. Waiters bring the skewers straight from the fire to the table, and the meat is sliced onto pre-warmed, cast iron plates. Most Kenyans eat maize, beans and maize meal. It is common to find chai (tea boiled with milk and sugar) and mandazi (doughnuts) are popular. Locally brewed beer (Tusker and White Cap) and bottled sodas may be found throughout the country. Traditional beer made with honey (uki) and locally made spirit distilled from maize (changaa) may sometimes be found.

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.

## **Tanzania**

# Kilimanjaro Climb

Traditional food is fun to try and easy to enjoy. The staple diet for many Tanzanians is 'ugali', a maize and cassava flour dish that resembles solid semolina, it's an acquired taste but you can get accustomed to it! Another local dish to try is 'mishikaki', which are very tasty and tender marinated meat kebabs - very popular with tourists. Most local places will sell, rice or ugali with either beans, meat or fish for lunch or dinner. Along the coast and especially on Zanzibar, you will be able to try many varieties of fresh local fish and seafood.

Buying food at the roadside/market stalls is a good way to experience some more traditional food, and can be very tasty. You can often find pieces of grilled meat and ugali available. Please be sensible in choosing where you try out the local delicacies.

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 tasty and cheap to buy for a quick snack or nutritional lunch so it may be worth picking some up from the local market 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.

Water from the tap is not safe to drink, so choices include plastic bottled water, boiled or filtered tap water, and "pure water" sachets. The sachets are filtered and come in 500ml plastic bag portions. Bottled water is cheap and available everywhere, ten litres can cost as little as TZS2000 (88p or 1.20€). Water in sealed plastic sachets is also safe, easily accessible, and extremely cheap.

## Public Holidays

### Kenya

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 Kenyan's who use long weekends to get away from the big towns.

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

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

### Tanzania

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 Tanzanians who use long weekends to get away from the big cities.

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

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

## Weather

### Kenya

The climate of Kenya is diverse. The lowlands are generally hot and dry, whereas the highlands are more temperate with four seasons. The coastal areas are tropical but the heat is abated by monsoon winds.

Please take note of the winter months and pack accordingly to these temperatures, which could drop to below zero at times.

### Tanzania

Due its position below the equator, Tanzania's seasons are opposite to the northern hemisphere. The climate is generally warm throughout the year with two main rainy seasons; the long rains falling between March and May and the short rains that are intermittent in November and December. The best months to visit are between June and October when days are sunny and nights are refreshingly breezy!

## Time

### Kenya

Kenya is three hours ahead of GMT.

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 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 a couple of hours later... keep an open mind, and arrive 'expecting the unexpected'.

### Tanzania

Tanzania is two hours ahead of GMT.

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 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. Everything in Tanzania is "pole pole" (slowly, slowly) and you may feel frustrated at the lack of progress. Fighting against it will only make you feel frustrated and it won't actually gain you anything. The best way to deal with it is to accept it, enjoy it and make the most of it, it's all part of the experience; keep an open mind, and arrive 'expecting the unexpected'.

## Electricity

### Kenya

Electricity in Kenya uses 240 volts, 50Hz. If your device does not run on these rates, you'll need a voltage converter.

Outlets across Kenya generally accept one plug type:

Two parallel flat pins with ground pin



## **Tanzania**

Electricity in Tanzania has a voltage of 250 and frequency 50 Hertz. Plugs normally have 3 flat-pinned prongs (see image below) if your device does not accept such a voltage or plug style you will need an adapter.

Outlets in Tanzania generally accept 2 types of plug:

Three round pins arranged in a triangle



Two parallel flat pins with ground pin



## **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.

You can rest assured that it is always our goal to provide you with the most rewarding trip and experience ever!

## **Volunteer numbers**

Please note: You may be the only volunteer at your chosen project at any one time. If you have any questions about this, please feel free to contact us.

## **Our Details**

If you have any questions about this trip please do not hesitate to contact us and we'll be happy to answer them.

**Phone:** 1-800-985-4852



# Kilimanjaro Climb

**Email:** [info@realgap.com](mailto:info@realgap.com)

**Post:** Real Gap Experience, 8 Essex Center Drive, Peabody, MA 01960

**Web:** [www.realgap.com](http://www.realgap.com)