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Tanzania Experience

Adventure



Relaxation



Culture



Trip Name: Tanzania Experience **Trip Code:** TAXP **Duration:** From 4 weeks

Trip Highlights

- Experience the best of Tanzania in just 4 weeks
- Safari in N'gorongoro Crater and Lake Manyara
- Visit a traditional Masai village
- Trek in the foothills of Mount Kilimanjaro (or even climb the whole thing!)
- Give something back whilst volunteering at our community projects in Moshi
- Traditional African drumming and dance lesson
- Visit the Coral Islands Marine Park off the coast of Dar Es Salaam
- Explore the narrow cobbled streets of Stone Town
- Relax on the idyllic northern beaches of Zanzibar



Overview

Explore the very best that Tanzania has to offer on the action packed Tanzania Experience. From exciting safaris in N'gorongoro Crater and Lake Manyara, to exploring the forest trails in the foothills of Mount Kilimanjaro. There is also a great opportunity to include trekking to the **summit of Mount Kilimanjaro** by choosing the Kilimanjaro option!

Give something back as you help out as a volunteer on our community projects in Moshi, before heading down to the idyllic Indian Ocean coast for a taste of Tanzanian beach life on the stunning spice island of Zanzibar! Wind down by chilling out on the beautiful beaches of Kendwa in the north of the island.

Destination Info

Tanzania is a beautiful country in East Africa, renowned for having some of the friendliest people and a huge diversity of scenery. Tanzania has it all, from palm lined beaches to remote wilderness and safaris. To the south it

borders Mozambique, to the west Zambia, Burundi and Rwanda, to the north Kenya and Uganda and to the east the Indian Ocean. The official capital of Tanzania is Dodoma, however Dar es Salaam is the commercial capital with a busy international airport.

Itinerary



Day 1: Karibu Tanzania! (Welcome to Tanzania!)

On arrival at Kilimanjaro International Airport, you'll be met by one of our friendly local representatives who will take you to your accommodation in Moshi to chill out and relax after your long journey.

Dinner included.

Day 2: The who, what, where and why....

Today is all about settling in and getting a feel for your new surroundings. Your orientation will be held today and will give you a great opportunity to ask all those burning questions about the exciting adventure that lies ahead. As part of your orientation you will also be taken on a walk around Moshi to familiarise with town that you will be calling home for the first section of your Tanzania Experience.

Breakfast and dinner included.

Day 3-6: Community volunteering in Moshi

As well as seeing the best that Tanzania has to offer, this Experience also gives you the opportunity to give something back and volunteer at our community projects helping children in Moshi. We have a number of different projects working with disadvantaged children at nurseries and kindergartens. Our volunteer coordinators will place you according to the needs of the projects at the time and any previous experience that you may have. Those who are doing the Kilimanjaro Climb, will be working on a visibility program, writing articles for the blog, Facebook and newsletters.

You will be spending 3 days volunteering at the projects this week and a further 3 days next week after your action packed weekend of safari and cultural experience with a Masai community.

Breakfast and dinner included.

Day 7: A true Masai experience

Perhaps one of the most famous nomadic communities in east Africa, the Masai are world renowned for their traditional customs and dress. Today you will be visiting the Masai village of Mto wa Umbu which is right next to Lake Manyara and the famous N'gorongoro Crater that you'll be visiting later in your trip, it's a 4-hour drive to the village but the scenery along the way is fantastic, so make sure you keep your camera close to hand! When you reach the village you will be taken on a guided walk and given a brief history of the Masai people and their nomadic lifestyle. During your time at the village you will be able to visit a local school and the other community projects taking place in the village too.

Tonight you'll stay in the Karatu volunteer house.

Breakfast, lunch and dinner included.

Day 8: N'gorongoro Crater Safari

You'll need to be up bright and early this morning as we head to N'gorongoro Crater very early to fit in a full day of game viewing. The crater was formed by a volcano and is said to have one of the largest calderas in the world measuring 20km in diameter; it offers stunning scenery and a fascinating backdrop for game viewing and owing to its small size in comparison to neighbouring National Parks and high concentration of wildlife, close-range viewings of the animals are common. It is home to a huge variety of wildlife including Lion, Elephant, Leopard, Buffalo, Wildebeest, Rhino, Cheetah and of course Hippos; along with a whole host of smaller game including Warthog, Impala, Thompson's Gazelles, Zebra and Reedbucks; it is also offers a wealth of bird life so all in all it is a fantastic destination for your safari! The Crater itself is part of the larger N'gorongoro Conservation Area which has been given UNESCO World Heritage Site status.

Breakfast, lunch and dinner included.



Day 9: Lake Manyara

After breakfast, you'll take a short ride to Lake Manyara National Park for a morning of game viewing. Lake

Manyara borders the world famous Great Rift Valley escarpment and is home to a large population of Flamingos, offering a truly unique spectacle and backdrop to your morning game drive as you try and track down some of the animals that may have eluded you at N'gorongoro Crater yesterday such as Giraffes which are not found in the crater. As well as the famous Flamingoes, Lake Manyara is also known for its tree-climbing Lions and large herds of Elephants.

After lunch, it'll be time to head back to head back to the volunteer house in Moshi in time for dinner.

Breakfast, lunch and dinner included.

Please note: On some occasions it may be necessary for days 8 and 9 to be switched around; this would be dependent on weather and road conditions to N'gorongoro Crater.

Decision time!

There are two options for the following week; the standard option is to spend your time volunteering and then go for a short trek in the foothills of Mount Kilimanjaro. There is also the option to spend the week trekking all the way up to the top of Mount Kilimanjaro - the highest peak in Africa! The two itineraries are detailed below and there will be an additional supplement for the Mount Kilimanjaro climb option; please ask for more information.

Standard Itinerary

Day 10-14: Community volunteering in Moshi

Today is back to your volunteer projects, the children will be so excited to see you again! Throughout your volunteering section of the programme, you will be helping the children with basic skills in English and Maths to give them a head start in life and a brighter future. The nurseries have been set up to help prepare children for primary school and provide extra care and support to those who need it most.

During your time volunteering in Moshi, you will be staying in our volunteer house accommodation where you can enjoy some fantastic views of Mount Kilimanjaro!

On Thursday night, dinner is not included for you as this is a good night to sample some of the local restaurants and bars in Moshi.

Breakfast and dinner included. (Except dinner on the Thursday)

Day 15 - 16: Trekking in the foothills of Mount Kilimanjaro

For the next two days you'll be embarking on the Machame Village trekking adventure in the foothills of Mount

Kilimanjaro, discover Machame Water Falls and enjoy the awesome views of Mount Kilimanjaro towering above you.

Tonight you will be camping in the forest which will no doubt be a memorable experience.

Breakfast, lunch and dinner included.

Kilimanjaro climb Itinerary

Day 10

This will be a free day to prepare for your trek and sort out any additional items you need for the climb.

The normal route taken on this trek will be the Machame route. This is weather dependent and may be changed to the Marangu route in poor weather. The itinerary below is based on the Machame Route.

Day 11

Moshi to Machame Camp - 2980m. 18km hiking for approximately 7 hours through mountain forest habitat.

Day 12

Machame camp to Shira camp - 3840m. 9km hiking for approximately 6 hours through moorland habitat.

Day 13

Shira camp - Lava tower (4630m) - Barranco camp (4550m). 15km hiking for approximately 7 hours through semi desert habitat.

Day 14

Barranco camp (3950m) to Barafu camp (4550m). 13km hiking for approximately 7 hours through alpine desert.

Day 15

Barafu camp (4550m) - Uhuru Peak (5895m) - Mweka (3100m). 7km ascent to summit, taking approx 8 hours. 23km descent taking 7/8 hours. Snow and ice-capped summit habitat.

Day 16

Mweka camp (3100m) to Mweka gate (1980m). Approx 15km hiking taking approx 3 hours through forest habitat.

At the end of the trek you will return to the volunteer house in Moshi and meet back up with people from the standard itinerary ready for your trip down to Dar es Salaam.



Day 17: Travel to Dar Es Salaam

Today you'll be heading down to Dar Es Salaam for the next stage of your adventure. It's a long drive to Dar (approximately 7 hours), but there is lots to see on the way as you watch Tanzanian life whizz by. On arrival in Dar Es Salaam you'll be taken to the village of Bahari Beach on the outskirts of the city where you'll be staying in our volunteer accommodation for the next few nights... best of all its only a few minutes walk from the beach and beautiful Indian Ocean!

Breakfast and dinner included.

Day 18: Coral Islands

Feel like Robinson Crusoe for the day as you head out on a boat trip to the idyllic Coral islands off the coast of Dar Es Salaam. The area has been given Marine Park status and as such offer unspoilt, palm lined, white sandy beaches and clear waters that are just waiting to be explored. Your time on the Coral Islands is your free time to do as you please, you may just like to relax and go for a swim, or if you are feeling a little more adventurous then perhaps hire some snorkelling equipment and discover the abundant marine life that lies beneath the surface.

Breakfast and dinner included.

Day 19-20: Free Time

You'll be having a fantastic lesson in African drumming and dance! You will be introduced to a local record studio and some top Tanzanian drummers and dancers will teach you the basic steps and techniques! This is great fun and you'll have the opportunity to put your new moves into practice in the evening when there will be the opportunity to enjoy some live music!

Tanzania Experience

The remainder of your time today is your own free time for you to explore the local area. Perhaps, head to one of the local markets to pick up some souvenirs and mementoes of your time in Tanzania.

Breakfast included.



Please note: If you are already booked or looking to travel on the **14th June 2014** start date then please [click here](#) as the itinerary for this departure does not visit Stone Town.

Day 21: Zanzibar... here we come

Today is a fairly laid back day; we'll be taking the ferry over to the famous spice island of Zanzibar, the waters from the mainland to the island can be quite choppy so be prepared for a bumpy ride! The ferry journey to the island takes approximately 2 hours and takes us to the main port of Stone Town. On arrival in Stone Town we'll be heading to our accommodation in the town and the rest of the day will be at leisure, giving you a great opportunity to start exploring the narrow cobbled streets of this unique place.

Breakfast included.

Day 22: Exploring Stone Town

You may have already explored a few of the streets of Stone Town yesterday, but today you will be taking a guided tour of the town and shown its hidden gems including exotic markets where you can practice your bartering skills for clothes, spices and all sorts of other wonderful things. Later on you'll be visiting some famous sites such as the former home for Zanzibar's most famous resident to date... Freddie Mercury. There is also an opportunity for you to visit some of the towns Museums, your Team Leader will be able to make some recommendations on the best ones. Time has almost stood still in Stone Town and wandering through the narrow cobbled streets you will feel like you have been transported hundreds of years back in time!

Breakfast included.

Day 23-25: Free Time in Stone Town

The next few days will be spent at your leisure and you're sure to fall in love with Stone Town. You may like to visit some of the markets, revisit some of the places from your tour or perhaps arrange an additional excursion... maybe a dolphin tour or trip out to Prison Island and the Turtle Sanctuary, whatever you decide our team in Zanzibar will be able to help you arrange these and will also be able to recommend some other ideas too.

Breakfast included.



Day 26: Spice Tour

No trip to Zanzibar would be complete without a Spice tour, so today that is just what you will be doing! The Spice trade is part of the history of Zanzibar and some of its most famous exports include Cloves, Nutmeg, Cinnamon and Peppercorns. The tour is a great opportunity to taste some of these fascinating spices and see exactly where they come from before they appear on the shelves of our local supermarkets. After the tour you'll be heading to the beach for some quality chill out time! Zanzibar is home to possibly some of the most picturesque beaches and this is a great base for the final couple of days of your trip. You'll be staying at a hostel on the beach which has a great little restaurant and bikini bar where you'll no doubt want to enjoy the odd sun-downers cocktail in the evening!

Breakfast included.

Day 27: Beach Time!

You'll have a free day to make the most of being in this amazing setting. Spend the day topping up your tan relaxing on the beach or if you want to go out and explore the area the staff at the hostel will be able to make some recommendations on activities and places to visit.

Breakfast included

Day 28: Back to Stone Town

Today you'll be transferred back to Stone Town where you will spend the last day of your trip. You will have free time to do any last sightseeing or shopping.

Breakfast included.

Day 29: All good things must come to an end...

After an epic 4 week adventure encompassing the very best experiences that Tanzania has to offer, it'll be time to bid farewell to your new found friends. Your tour will end in Stone Town where you will arrange your own onward travel arrangements. A transfer to the airport is not included in your programme, however this is easy to arrange locally.

Breakfast included.

Accommodation

The accommodation on the Tanzania Experience varies throughout the trip to give you the opportunity to experience as much as possible, from basic volunteer accommodation, to camping, to Cliffside bandas in Zanzibar. The accommodation will be basic but comfortable throughout and on a multi-share basis. If you are travelling with a friend then please be sure to let us know prior to departure. Please note: while you are staying in volunteer houses you may be sharing with other travellers who are there for volunteering only and are not on your Tanzania Experience program. Please be respectful of this and keep noise to a minimum after 10pm, help to keep the house tidy and wash up after yourself if you use items from the kitchen.

Programme Services and Facilities

Internet

It is important to note that internet access in Tanzania can often be unavailable due to power failure and loss in connection; therefore it may not always be possible for you to access the internet. When internet access is available it will not be the same as you are used to at home, speeds are often very slow so patience is a must.

There are internet cafes in most town's in Tanzania and this will be the best way for you check emails etc while you are away. Prices at these internet cafes do vary but are usually very reasonable, your team leaders will be able to recommend the best places to use.

Telephone

The international dialling code for Tanzania is +255. 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.

It is best advised to take an unlocked mobile phone with you to Tanzania and buy a pay-as-you-go SIM card when you arrive, so that you can call and text home cheaply. There are several local providers and SIM cards are very cheap at US\$0.25cents each. There is good phone signal available.

Tanzania Experience

Laundry

It will be possible for you to do laundry at various stages during your trip. In some cases there may be facilities for your laundry to be done for you for a small fee; Alternatively you may need to wash your clothes by hand, you may wish to take a small tube of travel wash with you for this, or it may be possible for you to purchase some washing detergent locally.

Electricity

Tanzania uses 230V electricity, and 120V devices will burn out if used without a power converter, so please do not bring things like hairdryers and straighteners without a transformer.

The plug sockets used are the same as in the UK: 3 square pins. However, many places in Tanzania also use 3 round pins, so it may be a good idea to bring an adapter for this type of plug.

There is electricity at the house so you will be able to charge electrical items, however, there are regular power cuts so charge items when you can.

Medical

Please ensure that you have visited your doctor regarding any immunisations and medications that you need. Malaria is present in Tanzania, please ensure you have your necessary medication. Mosquito nets are provided for you to sleep under. Long shirts and trousers are advisable in the evenings to help prevent getting bitten and it is best to avoid black clothing as mosquitos are attracted to this colour.

Money

It's not possible to bring Tanzanian shillings into the country, you will have to exchange or withdraw them when you arrive in Tanzania.

You can withdraw Tsh from most ATMs using a Visa or a Visa plus card. If you have Mastercard, Maestro and Cirrus you are considerably more limited in where you can withdraw cash.

Travellers cheques are difficult to exchange and you will usually pay a lot of commission on exchanging them so we don't recommend that you bring them as your main source of obtaining money.

Culture

Compared to what you are used to, things in Africa can sometimes seem slow, disorganised and illogical. This is part of the culture and you will soon get used to being patient when you want something done!

The food served throughout the programme is great, however it is just different from home and the variety of food that you are used to is not always available. For most of the volunteer projects in Moshi you will need to walk to, so please ensure you have a reasonable level of fitness and do bear in mind the hot and often humid weather can make all activities a little tougher than normal. Power cuts and water shortages are not unheard of in Tanzania! Just be patient and accept it as part of living in Tanzania!

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Meals

A number of meals are included in the programme and are indicated on the trip itinerary. The meals that are provided will generally be traditional local dishes made with locally sourced ingredients. Breakfasts will normally consist of items such as cereals, toast, jam, fruit, tea, coffee etc.

On some days you will notice that lunch and or dinner are not included, this gives you a great opportunity to sample some of the local restaurants and cafes.

What's Included

- Airport pick-up on arrival date
- Accommodation on a sharing basis
- Meals as per itinerary
- Volunteer permit
- Safari in N'gorongoro and Lake Manyara
- Chill-out time in Zanzibar
- Drumming session
- Visit to Coral islands
- Tour of Stone Town
- Transfers and transport as per itinerary



What's Not Included

- Flights
- Travel Insurance
- Some meals
- Excursions and activities over and above your itinerary
- Return airport transfer to Zanzibar airport
- Porter fees - if you're climbing Kilimanjaro (budget \$100 USD minimum)
- Items of a personal nature including spending money



Additional Information

Kilimanjaro climb - porter charges

If you're climbing Kilimanjaro you will need to budget extra money to pay the porters/guides who carry your bags. It's called a tip but in reality it is a fee that is required by all porters. You should budget \$100 USD minimum per person to be paid in-country.

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 nor is it exhaustive.

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 in your Country Guide to Tanzania 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 GP about necessary immunisations)
- Yellow Fever Vaccination Certificate (requirement of Tanzania Government to be shown at the port of entry to Tanzania and Zanzibar)
- Secure, waterproof bag for documents and money: sealable plastic bags will do
- Travel insurance documentation

General

- Personal hygiene kit, toiletries and towel
- Sleeping bag
- Sleeping mat for Machame trek
- Silk or cotton liner: Ideal for hot nights or as an extra layer to your sleeping bag
- Sunglasses (high UV protection)
- Sun cream (high factor needed)
- Small torch (head torch is preferable)
- Diary and writing pens
- Camera/batteries/film or memory card
- Water bottle – at least 75cl
- Day pack/rucksack for everyday use
- Mobile phone – set for roaming
- Personal stereo
- Plug adaptor
- Alarm clock/watch
- Sewing kit and pocket knife for general use
- Travel wash for clothes (biodegradable recommended)
- Money belt
- Travel guide, such as Lonely Planet or Rough Guide
- The evenings can be quiet so bring books, cards, board games etc to play
- Any items that you may want to bring to help you in your volunteering, e.g. story books, photocopyable worksheets etc

Clothing

- Sets of outdoor loose fitting cotton clothes with full arm and leg cover for cooler mornings and evenings
- A pair of boots or sturdy trainers
- Respectable clothing for your project: T-shirts, longer shorts or trousers
- Casual clothes for the weekends
- Flip flops / sandals
- Swimwear
- Sun hat/bandana
- Underwear – enough for at least 7 days, possibly more
- Pyjamas/nightwear
- Lightweight fleece or jumper
- Waterproof jacket
- Warm clothes for winter and early mornings
- Shorts, trousers / skirts, t shirts and vests in light or bright colours or patterns in thin natural materials (these are good for wearing in the heat, won't show the dirt and will be easy to wash)

Tanzania Experience

- Tanzania is a conservative and modest country, as such you will need to dress respectfully during your programme. Keep in mind that shorts and skirts should be to the knee or below and tops and shirts should cover shoulders and midriff. Bikinis, short skirts, short shorts and strappy tops should be left for the beaches!

Medical Kit

- Hand sanitizer and wet wipes
- Anti-malarial tablets
- Personal first aid kit
- Personal medication e.g. anti malarial tablets/prescription drugs/inhalers/antihistamine/re-hydration sachets etc.
- Painkillers
- Contact lenses and solution if necessary
- Plasters
- Lip balm with SP
- 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 – in case you sleep next to a snorer!

For those who have selected the Kilimanjaro climb option, please [click here](#) for a more detailed kit list.

Please Note: We recommend you take some shirts/blouses, trousers/long skirts and a good pair of shoes or sandals if you are working within a school placement. This is to show respect of African culture and also gain respect from the children you will be working with. You can wear casual clothing in your spare time, though these must be appropriate.

There are some good supermarkets in the main towns in Tanzania, so do not worry if you forget something or run out of items such as toiletries as you will be able to purchase things locally.

Minimum Age

Minimum 17 years with written parental consent, maximum decided on potential participants' health.

Minimum Numbers

This trip requires minimum numbers to operate.

Flights

Your flight to Tanzania should arrive at Kilimanjaro International Airport (airport code: JRO) on your programme start date; your return flight should be arranged to depart from Zanzibar Airport (airport code: ZNZ) after 2pm on your programme end date.

Please note: This programme requires a minimum number 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, contact our flight team on 01273 647219 to help find you the best deal on the day.

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 need to take a sleeping bag?**

If you climb Kilimanjaro, you will need a four seasons sleeping bag as it can get very cold on the mountain. If you are doing the normal Tanzania experience itinerary that doesn't include the Kilimanjaro climb then you may want to bring your own sleeping bag for the foothill trek as it may be more comfortable however you can also rent one whilst in country for around 10,000TSH.

2. **Do I need to take a mosquito net?**

No, all nets are provided however if you wish to take your own then you are more than welcome.

3. **Is there a safety deposit box/safe?**

Yes, in all of the houses there is somewhere to keep your valuables.

4. **Do I have to budget extra for porter fees if I'm climbing Kilimanjaro?**

Yes. If you are climbing Kilimanjaro you will need to budget extra to pay the porters/guides who carry your bags. It's called a tip but in reality it is a fee that must be paid. You should budget \$100 USD minimum per person to be paid in-country.

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 programs have been visited and assessments have been conducted to ensure any major risks have been minimized.

In addition, you will have access to a 24 hour emergency contact number so you can contact one of our 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 is part of TUI Travel Plc, one of the largest travel organisations in the world, and these days in the travel industry, large means secure.

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

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)

Zanzibar

In Zanzibar the local currency is the Tanzanian Shilling (TZS). There are bills of 500, 1000, 2000, 5000, 10000 Shillings. 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 Shillings.

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. Credit cards are accepted at some larger establishments though all cards are subject to around a 5% exchange rate. ATMs can be found in Stone Town.

The cost of living is less than in the UK and other western countries with a meal out costing between £5 and £8 (GBP).

Passports and Visas

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 you programme.

Zanzibar

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.

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

Cultural Considerations

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

Tanzania Experience

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

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.

Zanzibar

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, kikois (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.

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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 Doctor 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.

Safety

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.

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Language Guide

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*

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Tanzania Experience

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Food & Drink

Tanzania

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.

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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>

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Weather

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!

Zanzibar

Thanks to welcome breezes, particularly on the North and East coasts, Zanzibar's climate is warm and pleasant rather than too hot and sticky! Its close proximity to the equator means that islands are warm all year round, though officially, summer and winter peak in December and June respectively. The ocean that surrounds Zanzibar is perfect for a swim, averaging about 27° Celsius/ 80° F. The rainy season falls between March and May, though visitors will be pleased to know that it rarely rains every day during this time.

Time

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'.

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Electricity

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



Zanzibar

Electricity in Zanzibar has a voltage of 230 and frequency 50 Hertz. Plugs have 3 flat-pinned prongs (see image below) and are available to buy in Stone Town.

Outlets in Zanzibar 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 recommended travel advice.

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

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.

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