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Zambia Building, Community & Wildlife Experience

Adventure Relaxation Culture

Trip Name: Zambia Building, Community & Wildlife Experience **Trip Code:** ZACW **Duration:** From 26 days

Trip Highlights

- Build a new home for a Zambian families and disadvantaged children
- Four day Safari into Botswana including a game drive in Chobe National Park
- Get involved in community work- help out at a school, or a nursery
- Wildlife Spotting and bush camping in Botswana
- Chill out in Livingstone and visit the world famous Victoria Falls!

Overview

On our 'Zambia Building, Community and Wildlife Experience', you'll be getting stuck in to community life from the start! Get your hands dirty, help to build new homes for a rural Zambian village using traditional methods, and learn from an amazing community about their culture. You'll also have the rewarding opportunity to help out in a local school and nursery and visit a local feeding programme for orphaned children.

After all that hard work you'll be in need of a well deserved break and we have just the thing- an epic safari in Botswana! Experience awesome landscapes, loads of wildlife and photo opportunities galore- and get to see a host of great animals in the wild. You'll also get the chance to see Victoria Falls, which is something you'll really want to tick off your bucket list!

Destination Info

Zambia is known as the Land of the legendary African walking safari, one of Earth's biggest waterfalls, the wild Zambezi River, breath-taking lakes and wetlands, an abundance of wildlife and vast expanses of wilderness. Zambia's people live in peace and harmony, despite being bordered by turbulent countries: to the south Zimbabwe and to the north the Democratic Republic of Congo. Zambia also borders Botswana, Tanzania, Angola, Namibia

and Mozambique.

Itinerary

Day 1:
On arrival at Livingstone airport you will be met by one of the local coordinators who will take you to your accommodation, and you'll be given your welcome orientation. Everybody's really friendly, so they'll make you feel settled in to time!

Day 2-11:
On day 2 you will be taken to the rural Zambian village of Mwandi. On arrival you will be taken on a tour of the village so you know where you'll be working over the next four weeks. Throughout your time in Mwandi you will be volunteering in the community to help the most needy and really make a difference to their lives! Mwandi is a 'real' African village, so you'll be able to authentically experience life for the Zambians.

The main focus of your volunteer work will be building African style houses using traditional methods and materials such as mud and wood, for the most needy families in the village. Everyone gets involved in building the new homes, from the young children to the elderly residents of the village. The qualified local staff will also be on hand to show you what to do and guide you with the project!

As a volunteer, you may also be able to assist the teachers in the village pre school or middle school with classes. If you're a qualified teacher you may be able to take some of the classes too! Near to the school there's a centre for disadvantaged and vulnerable children, where a feeding programme takes place to give qualifiying children a healthy lunch six days of the week. As a volunteer you are invited to visit the feeding programme and observe the fantastic work that is taking place. After school hours, you are welcome to spend time with the children playing games and helping them with their reading; sports are also popular with the children and you are welcome to set up a few games!

Breakfast, lunch and dinner included.

Day 12:

It's an early start today as it is time to head off into Botswana for your awesome safari. You will be using the car ferry at the Kazungula border to cross into Botswana, it is a unique crossing as you will see where Botswana, Zambia, Zimbabwe and Namibia meet. It will take approximately half the day to reach your destination in Botswana, a traditional African Bush camp which is approximately 55km north of Nata. After a long journey, you will have the opportunity to have a hot mineral shower whilst gazing at the spectacular African starry skies; a perfect way to relax after a long day!

Breakfast, lunch and dinner included.

Day 13:
Today you'll be spending the whole day at the bush camp, it covers 25,000 hectares of land and is home to an abundance of game. Sitting on the balcony with a cold drink in hand you may be lucky enough to see Elephants taking a drink less than 7 metres away – a very rare opportunity! There is also an opportunity for you to explore the reserve on a game drive in an open safari vehicle with an experienced guide (approximately US$16 per person for 3.5 hours), don't forget to take your camera! Alternatively you may like to join a bush walk with one of the experienced guides and see the reserve from a completely difference aspect (approximately US$8 per person).

In the evening, dinner will be served around a large fire pit where you can sit and listen to the wonderful sounds of the local wildlife.

Breakfast, lunch and dinner included.

Day 14:
It's a late morning departure from camp today as you head north to Kasane and the Chobe Waterfront where you will be setting up camp with Thebe River Safaris on the banks of the stunning Chobe River. The rest of the day will be your own free time to do as you please, whether it'll be taking a leisurely swim, playing darts in the lapa or simply relaxing with a good book whilst listening to the local Hippos!

Breakfast, lunch and dinner included.

Day 15:
Today you will be exploring Chobe National Park and all the wonders it has to offer; it is home to awesome wildlife as well as approximately 200,000 elephants- so remember to bring your camera along! You'll be taken on a game drive in an open safari vehicle with an experienced guide in the morning. Later, you will head back to camp for lunch before being taken into the nearby town of Kasane where you are welcome to check emails or explore the town. You will also be taken on a Chobe River Safari which is certainly an experience not to be missed.

Breakfast, lunch and dinner included.

Day 16:
It'll be an early start today as you head back to Zambia, on the way you take a drive through Namibia's scenic Caprivi strip in the north east of the country. You should arrive back in Mwandi, Zambia in the early afternoon.

Breakfast, lunch and dinner included.

Day 17-22:

For the final part of your programme you will need to roll up your sleeves and get your hands dirty again as you continue volunteering with the local community in Mwandi. Help build new homes for the most needy using traditional building methods, help the teachers in the local school and visit the feeding programme at the care centre for disadvantaged or vulnerable children. This is a thoroughly rewarding programme and you will be able to leave Zambia safe in the knowledge that you have helped to improve the lives of a local family for years to come.

Breakfast, lunch and dinner included.

Day 23-25:
As your Zambian adventure nears its end, it is time to bid a fond farewell to your new found friends in Mwandi, although it's not time to say goodbye to Zambia just yet. For your final few days in this amazing country you will be staying in Livingstone where you will have free time to relax and perhaps even visit the famous Victoria Falls – one of the seven wonders of the natural world.

There is so much to do at Victoria Falls from White Water Rafting, Jet Boat rides and scenic walks to shopping at the curio markets nearby!

Day 26:
Today your programme comes to end, you are free to continue your travels in Africa or head back home.

Accommodation

On arrival you will be taken to a backpacker hostel in Livingstone for your first nights accommodation. This will be in a shared dormitory style room with other volunteers.

Whilst on the programme in Mwandi village you will be staying in large Canvas Safari tents. These are comfortable and large enough to stand up and move around in. They are waterproof and are fitted with mosquito netting. There is also a large brick kitchen for all meals and hot and cold showers to use.

Whilst on the tour to Botswana, you will be staying in small nylon 4 man tents with 2 volunteers per tent. Sleeping mats and pillows will be provided.

The last three nights of the programme you will stay at a backpacker hostel in an eight bed dorm.

Programme Services and Facilities

Internet

There will be internet access at the backpacker hostel in Livingstone but not always in Mwandi Village. You will have the chance to use the internet when you travel to Kasane for two nights whilst in Botswana. Please make sure you let friends and family at home know that you may not have regular access to emails.

Telephone

The International dialling code for Zambia is +260.

To place an outgoing, direct dialled international call, dial +44 for the UK, followed by the telephone number. For example to call Real Gap Experience dial +44 1892 516164.

There is mobile phone signal at the project if you have international roaming - the local network is 'Zambian Celtel'; therefore we advise that you bring your mobile phone with you. Please make sure that you activate your phone for roaming and it is also a good idea to unlock your phone so that you can buy a local SIM card, making calls and texts cheaper. You can buy a local Zambian sim card for around 15,000.00kw (less than $5), most include Celtel talk time. Phone rates in Zambia are very high, so we recommend that you ask your family/ friends to contact you.

Laundry

One of the kitchen staff at the project will be able to do your laundry for you for a low price based on per piece basis- they are very experienced at getting mud out of volunteers clothing! You will need to supply the soap (available in Mwandi). Alternatively, you can bring travel wash with you and hand wash your clothing yourself.

Your clothes will inevitably get dirty doing project work and we recommend that you do not bring clothing that you are too concerned about being damaged/dirty.

Electricity

Zambia uses 220V – 240V 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.

There are three different types of plug sockets that you might come across in Zambia. These are the European two round prongs, the British three flat prongs and three round prongs.

Taxis

Taxis in Livingstone are blue cars in the streets; they are everywhere so no trouble finding them. Bargain with them, BEFORE you get into the car, the charge should be between 10,000.00kw to 35,000.00kw if going far, per taxi not per person. Please note Livingstone is a tourist town and that means there is a certain amount of crime

including past cases of muggings. In the day time you are quite safe to walk around, just watch yourself and best to go with someone, not alone. At night, PLEASE if you wish to go out ask one of the staff from the hostel to get a taxi for you and ensure that you travel in one at all times, even in a group, at night.

Lockers

Valuables such as passports, money belts etc can be kept either in a locker with your own lock (can purchase at Jollyboys) or the office who will put in their safe, but you would only have access to it during business hours. In Mwandi it is safe as there is someone at the camp at all times. Your tents are large proper canvas Safari tents with locking wooden doors on them.

Meals

Breakfast, Lunch and Dinner are included throughout the programme except on the last 3 days, where no meals are provided. During these last 3 days, you will be able to purchase food cheaply at the hostel from $2.

What's Included

- Arrival airport transfer
- Arrival orientation
- Project related transport
- Accommodation
- 3 meals per day except for the last 3 days
- Assistance from in-country co-ordinator
- 24 hour support form your local co-ordinator

What's Not Included

- Personal travel insurance
- International flights
- Food on the last 3 days
- Items of a personal nature including snacks, drinks and optional excursions
- Visas
- Return airport transfer

Is This Trip For You?

You may be the only volunteer at your chosen project at any one time. However, you will still have the full support of your in-country team and those at the project. If you are looking for a group volunteering experience we have plenty of options for you to consider.

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.

Also, please be aware that the weather can change considerably from winter to summer. In winter the evenings can get very cold, the temperature sometimes falling below freezing. Therefore please look at the climate chart for the period that you are travelling and ensure that you should pack accordingly, for example in the colder period you will need jumpers and a warm coat for the nights.

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 in US$ cash
- Proof of inoculations (please speak to your Doctor about necessary immunisations)
- Yellow Fever certificate if you are travelling via or transiting through South Africa (Refer to 'Medical' section in Zambia country guide for further information)
- Secure, waterproof bag for documents and money: sealable plastic bags will do

General

- Personal hygiene kit, toiletries and towel
- Sleeping bag
- 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)
- Sun hat / Bandana
- Good quality torch
- Headtorch for evening reading
- Diary and writing pens
- Camera/batteries/film or memory card
- Water bottle – at least 75cl
- Day pack/rucksack for everyday use
- Sewing kit and pocket knife for general use
- Travel Guide, such as Lonely Planet or Rough Guide
- The evenings can be quiet so bring books, cards, board games etc to play

Clothing

- Sets of outdoor loose fitting cotton clothes with full arm and leg cover for cooler mornings and evenings
- Old clothes for project work (that you don't mind leaving behind as rags)
- Boots or sturdy trainers for project work
- Gloves for project work
- Hat
- Casual clothes for the weekends and evenings
- Flip flops / sandals
- Swimwear and beach towel
- Underwear - enough for at least seven days, possibly more
- Pyjamas/nightwear
- A couple of lightweight fleeces or jumpers, especially in the colder months
- Lightweight waterproof jacket - especially in November to April
- Warm clothing: jacket, jumpers, gloves, woolly hat, scarf for Winter (May – August)
- Khaki, or similar neutral coloured lightweight bush wear (Note: Not with a camouflage design)

Medical Kit

- Hand sanitiser and wet wipes
- Anti-malarial tablets
- Personal First Aid Kit including insect bite cream and rehydration powders
- Personal medication e.g. anti malarial tablets/prescription drugs/inhalers
- Painkillers
- Contact lenses & 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

Please Note: We recommend you take some shirts/blouses, trousers/long skirts and a good pair of shoes or sandals for your work placement in the village. Mwandi is a traditional village and your clothing should show respect of African culture and gain respect from the locals. You can wear casual clothing in your spare time, though these must be appropriate.

Minimum Age

Minimum age 17 years with parental consent, maximum decided on health and fitness of participant.

Minimum Numbers

There are no minimum numbers on the trip.

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

Flights

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

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 is the average age of people on this trip?**
   The minimum age is 18 years and the maximum decided on potential participants' health. Please be prepared that you may be working with volunteers of all ages.

2. **Will I be the only person travelling by myself?**
   No, the majority of our travellers are solo travellers and you will meet lots of people on each programme!

3. **How much spending money would you recommend I take?**
   We generally recommend that you take around £50-£60 per week.

4. **Do I need any vaccinations?**
   As we are not medically trained we cannot give you medical advice. You must make an appointment to see your GP or travel nurse who will be able to give you the best and most up to date travel health advice and more information about vaccinations.

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

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 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
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
- 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 you 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 counties 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.

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Language Guide

Botswana

The official language of Botswana is the Bantu language of Setswana which is spoken at 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 climes 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

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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 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 reommended 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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