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## Zambia Expedition

Adventure



Relaxation



Culture



**Trip Name:** Zambia Expedition    **Trip Code:** ZAXP    **Duration:** From 48 days

### Trip Highlights

- A two week South to North expedition through Zambia on 4x4
- Victoria Falls and extreme sports on the Zambezi river
- Five day kayak expedition to Kalambo and Isanga bay
- Three day trekking tour to stunning waterfalls
- Five day boat safari within Sumbu National Park
- Explore Kapishya Hot Springs and Shiva N'gandu
- Go on awe-inspiring wildlife safaris and lion walks
- Volunteer on a community project and make a difference
- Feel the atmosphere in lively Livingstone



### Overview

Looking for the biggest adventure that the world has ever seen?! On this 48 day spectacular, you'll be experiencing the best of Zambia by riding the rapids on a white water rafting adventure in Livingstone seeing Victoria Fall, trekking your way through awesome scenery, kayaking on lake Tanganyika and going on 4x4 and boat safaris (amongst so much more!). Not only that, but you'll get the chance to give back to the community by volunteering at a local project too.

The final week of your adventure will end with a boat safari in the remote and unspoiled Sumbu National Park where you stand a chance to see elephant, impala, warthog, hippo, crocodiles, baboons on a walking safari.

**Please note:** The Zambia Expedition is an active program which requires a decent level of fitness.

### Destination Info

Zambia is known as the Land of the legendary African walking safari, one of Earth's biggest waterfalls, the wild

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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



**The itinerary for the Zambia Expedition differs between the dry and green season. Please note that the majority of the trip remains the same, but the changes for the green season will be highlighted in italics!**

**Day 1-** When you've landed into Lusaka Airport, you'll be taken back to the camp where you'll have an orientation. This'll be your chance to ask our awesome in-country team any impending questions about the trip!

**Day 2-** We'll head south early today to reach Livingstone before midday, so you guys can settle in. After lunch, you'll access the gates to one of the world's seven wonders, Victoria Falls! Vicky Falls is 1,1km wide, and as it's so big you'll need a good portion of the day to really take it in. We'll drop you back off at base- and when you get back a short, but amusing surprise will be waiting for you! We'll then go over the next few day's adventures with you.

**Day 3/4/5-** Next we'll be spending three full days in the lively Livingstone, so expect adventure galore! There are so many options in regards to what you could get up to: Whitewater rafting, bungee jumping, george swing over the mighty river Zambezi, a helicopter ride to see the Victoria Falls from the air, canoeing, lion walk, evening boat cruise or a half-day safari within the National park Mosi-oa-Tunya (these are all extras, but we can help you book them up!).

Of course there are there are loads of things to do in Livingstone besides 'adventure' activities; there are fab coffee bars, cool markets to explore, and parks where you can just chill out!

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**Day 6/7-** It's time to move north in order to reach the great East road leading towards the Luangwa Valley. We'll have our lunch break near the Kafue River, which is known to hold one of the world's most diverse wildlife habitats!

We head on and reach the camp in the early afternoon and settle for the night. Get ready for a proper African Braai (BBQ) this evening! Tomorrow we'll reach our next camp, which has a swimming pool and a restaurant. We'll spend just one night here in order to enter the South Luangwa National Park early tomorrow morning.

**Day 6/7- (Green Season)** a hours drive takes us to the Botswana border, where we'll cross the Zambezi River and clear into Botswana. Here we will enjoy a full day Safari within the Chobe National park, and you're sure to see loads of different types of wildlife here! The morning safari is done by boat with professional safari guides and shortly after the lunch buffet you'll jump into open 4x4 jeeps and spend the afternoon photographing wildlife, so make sure you have your camera ready! You'll be back in Livingstone just in time for dinner. The following day we'll prepare our departure from Livingstone and drive north for two hours or so. Along the way we'll stop off at a villages craft centre and workshop, where you'll be able to learn about authentic African craft!

**Day 8-** We'll reach our next camp well before lunch and once we've got settled, lunch will be made for you and straight after, we'll head into the nearby National Park. Then, we'll spend the entire afternoon checking out the park, and if you'd like, we can even rearrange a night drive in open safari jeeps (as evenings give us the best chance to see the rare leopard!).

**Day 8- (Green season)** - It's time to move further north in order to reach our next stop, the reptile farm, where we'll spend the afternoon and night. Here you will see snakes and crocodiles from a safe, but close, distance and your dinner will be an Africian delicacy, it's all about giving it a go!

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**Day 9-** After an early start, we'll aim to reach the entrance to the park this at the mega early 06.30am- but don't worry, it's going to be worth it! The tour guide will be stopping a load of times so you can take as many photos as you'd like, which will be perfect for making friends and family jealous when you get back home! We'll stay inside the park until it closes (5:30pm) and then we'll return to the camp for a great sunset (aka, the end to a perfect day!)

**Day 9 (Green Season)** Today we'll leave civilization and head into what the locals call the bush- there are no shops, no traffic lights... only mud-houses and grass roofs. On our way to the Northern Province we pass some huge vegetable markets before reaching the camp where we'll take a walk to see some spectacular views and a beautiful landscape. After an afternoon activity we'll have dins and set up the campfire. (Sure we can squeeze in a little sing song whilst we're out there too!)

**Day 10/11 -** Rise and shine, we'll be heading towards Luambe National Park early this morning! When reaching the Luambe wilderness we'll stop for lunch at a great spot. After some hours we start heading towards another bush camp- which is located right by the Luangwa River. We are now at the gateway to North Luangwa National Park and early tomorrow we'll pass through a good 100km of National park, where you'll get to see an incredible array of wildlife and landscape. We'll arrive at Natwunga bush camp in the early evening, where we can chill out, sit around and discuss all of our adventures so far. It's only day 11, and you'll have already seen so much!

**Day 10/11 (Green Season)** We are just a few hours from the famous Mutinondo wilderness and we'll arrive at some point during the morning. We'll will take a walk within the lodge premises and get orientated about the place. After lunch we go trekking. The route is classed as easy/medium (but there will be a few tougher inclines, so please remember to bring your waling boots/good trainers!). We'll finish off with a refreshing dip in a clear waterfall before dinner- which is the perfect way to cool off before we eat! The following day brings another half-day trek with more spectacular nature and great views. For those who can ride, this will be optional for the afternoon, or we can go to the natural river pool for a lay down in the sun.

**Day 12-** On this day we'll visit the awesome African house, 'Shiva N'gandu' where a guide will fill you in on the history of the site. To chill out in between the tour we'll have lunch in the wild before we head on to the Kapishya hot springs where you can lap up the joys of the natural hot baths and buy cold refreshments a few meters away!

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**Day 13/14** - Heading on from Kapishya, we'll stay in a guest house in Kasama for the night and there will be a chance to cash out at an ATM and do a bit of shopping if you're up for a bit of retail therapy! You will order tonight's dinner at the guesthouse- which we're sure will be scrummy! Our next day will take us to Lake Tanganyika, which is the longest lake in the world. We'll then take a boat across to the lodge which will be your base for the next upcoming adventures. Here you'll settle in and have an afternoon tea along with an orientation so you can get settled in in our new location!



**Day 15** – On this day you'll wake up to a sunrise and an amazing lake view- so be prepared for a stunner of a morning! The project leaders will show you around the facilities of our volunteering project- where you'll be getting stuck in and making a difference to the local community. You'll also be introduced to the nearby villages and receive a 45 minute presentation by a local villager over the "Lungu" tribe traditions and great differences on western and African culture seen with local eyes. We'll have an active afternoon with the kids of the nearby village, and if you'd like- we can go for a quick swim after too!

**Day 16/17** - Over the next few days we'll be getting involved with a load of sporting activities, from fresh water snorkeling, a volleyball tournament, waterskiing and a morning trek for good views. We'll go over the upcoming kayak expedition so you know what's going on, then we'll try and get an early night- as we've got a busy few days ahead of us!

**Day 18/22 (5 days)** – On the first day you'll sail for 2½ hours to Mbeta Island, have a cheeky snack, and after another 2 hours or so we'll be at Crocodile Island where your guide awaits you in the island camp. You'll play football with the local kids if you have the energy! The following day, we'll then kayak for 4½ hours or so and reach our next lodge, a beautiful and isolated white beach! You have lunch and spend the afternoon with beach games and relaxation. On the 3rd day of the kayak expedition you leave the beach at around 09.00 and trek towards Kalambo Falls, the 2nd longest waterfall in Africa. We'll have lunch at the fall and head down when you're ready. We have an early dinner and hit the sack. The following morning we'll get up with the sun and start paddling; the views you'll see will be amazing! We'll reach our next lodge after just 2 hours and we'll experience another paradise on earth. Here is electricity and therefore obviously a bar! Dinner is served in the dining room at 18.00 hours and you'll have the evening free to do as you wish! Paddles up- on the last day on the kayak expedition we'll row around 24 km, it sounds a lot but we'll go at a steady pace and with all the awesome things you'll be seeing, you won't even realise how far you've gone! If you're feeling really hardcore, you start off at 08.00 hours and paddle all the way, but if not, you can be towed half way. As both groups are guided, it's completely up to you. You'll be back at the lodge around 14-15.00 hours, ready for a few hours rest before dinner.

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**Day 23** - This morning you'll have the chance to put your feet up and relax- you'll have the whole morning at your disposal, and after the amazing kayak expedition, we're sure you'll need a bit of a rest! In the afternoon we'll introduce you to the volunteer project and you'll get to know the project staff ahead of your time over the next few days.

**Day 24/31** (8 days) - We focus on the project and all hands are occupied until we complete our mission and finalise the chosen village project. Volunteering is incredible rewarding, and although it can be hard work, we're sure you'll have a fantastic time getting to know everybody, and making a difference.

**Day 32-** Meat-processing-day. A proper BBQ starts with gathering the food. We gather at 07.30 ready to secure our own steaks for the evening "braai". If you're not comfortable with this you don't have to get involved, but we do kill, clean and cut the meat into wanted offcuts which we'll marinate and cold-smoke to our taste. We have a quick lunch, prepare the dinner tables and start up the big grill... as the sun sets around 17.30 we have a feast on our hands!

**Day 33-** Before lunch your guides will orientate you about the upcoming trekking trip to 'Eventure Falls'. You'll pack and prepare so that you're ready for take off early tomorrow. We'll have afternoon tea later on (guess what time of day?!) and we'll take it easy for the rest of the day.

**Day 34/35/36-** The trekking starts a bit rough since the first 4km is mostly upwards. There are spectacular views over the longest lake in the world and the islands where you visited during your kayak expeditions- but this time you'll be seeing it from above! We'll reach our first campsite at the top of the 110m falls after 6 hours of trekking and have a dip in the private lagoon. The following day will only be a 1½ hour trek to the base of the falls however you'll take part in a series of activities at the falls in order to truly experience the nature at this stunning place in Africa. On the third day you walk through the wilderness and reach the home base in time for some food!



**Day 37-** Together with guides and tour leaders, we'll prepare for all details for a sports tournament. You can choose which sport you want the tournament to revolve around- from basketball, football, beach volleyball or creative games- so make sure you get stuck in! The tournament is held from 15:00-17.30 this afternoon.

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**Day 38-** the final trip which takes place from your Tanganyika base to the boat safari to Sumbu National Park. Today you're orientated and totally ready for more action. The boat is packed with the tour gear and left ready for take off tomorrow morning.

**Day 39/43** (5 days) The boat safari starts early and we'll have breakfast on board. We'll reach the mouth of the Lufubu River at midday, the river from the border between the mainland and the Sumbu National Park. We'll be based on a huge beach where fishing and a short 1-hour hike is on the menu. Next morning we'll depart early in order to spend a full day inside the national park at Kasaba bay area. Here we go on a walking safari accompanied by ZAWA scouts who will inform us about the park and its wildlife. The night is spent in the sand dune which covers an area of 1sq km. The following day our boat safari takes us to Nkamba bay which is considered the heart of Sumbu NP. The bay itself is spectacular and the plains of Nkamba Bay are also experienced on a walking safari. Hippos, warthogs, baboons, elephants, sitatunga and crocodiles are among the common seen animals here in this region, not to forget the amazing abundance of birdlife. The night is spent at the mouth of the bay with scenery to remember. On our fourth day we'll sail to a peninsula of amazing blue water and white beaches, and here we'll take a peek at the balancing rocks and enjoy the silence. We spend the last night in the open around the bonfire and the following morning we'll head back to our main basecamp for lunch.

**Day 44/45/46-** During the next three days you'll say your goodbyes to Lake Tanganyika, to your new "home" in Africa, to some of your guides, the staff, the villagers and Zambia in general. Not going to lie- it's going to be a sad time for you lot, but don't fret, we'll still have a few days left yet! Through various activities and a farewell bash arranged by your guides you'll be sure to leave a place with lovely memories and unforgettable experiences. We'll also arrange for a Disney cartoon of choice to be displayed on a big screen with a projector where more than 100 village children will come to watch. This is a VERY big event for the children and an experience to remember! The last day on the base we'll have an orientation and then prepare for your return back to Lusaka airport.

**Day 47/48-** We'll cross the lake to Mpulungu and head for Lusaka. Your guide has lunch-packs and snacks for the trip (so don't worry about your stomachs, you won't go hungry!). Dinner you can buy at a cafeteria on the way (approx 5 GBP incl. drinks). As you arrive to Lusaka you will go to a hostel where you can wash or shower and store your bags for the day. Taxis for the airport will be arranged from here and for those leaving in the evening lunch will be served before your afternoon taxi takes you to Lusaka Airport!

## Accommodation

The accommodation varies night on night, and you will be staying at a variety of locations during your stay. Accommodation will range from lodge, camps, tents and hostels. Camping and staying in tents is a big part of the trip so make sure you bring a decent sleeping mat!

## Meals

165 of the 169 meals will be included within your itinerary! BBQ on the top of a mountain, anyone?

## What's Included

- Accommodation: Lodge, camps, tents, hostels throughout Zambia
- Most meals throughout the Expedition
- Arrival and farewell parties
- All travel according to the program itinerary in 4x4 vehicles, buses and jeeps
- Village development project
- Pickup at Lusaka Airport
- Free use of tennis, basketball and beach volley court
- English speaking guides
- Waterskiing
- Pre-Arrival Online Account



## What's Not Included

- Flights and Visa
- 4 meals throughout the trip
- Taxi from hostel to Airport on day of departure (6 GBP/person)
- Optional extras stated in the itinerary



## Is This Trip For You?

If you like getting under the skin of a country by exploring, having a go at adventure sports, interacting with locals and getting stuck in to volunteering and community projects, then this mega adventure is for you!

**Please note:** The Zambia Expedition is an active program which requires a decent level of fitness.

## What to Pack

We've put together this kit list for you, but bare in mind that it's just a guide! A 65-80 litre bag should be about right...

- **Important equipment and other things to bring:**
- Head Torch (good quality e.g. Petzl)
- Sleeping bag (no need to buy an expensive one - the temperature doesn't drop below 15c at any time)
- Sleeping mat - here the quality is more important for a good nights sleep
- Knife, fork, spoon and deep plate for camping in the outdoors
- Bottle of sunscreen factor 40-50, important for the first 14 days and all the cruises



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- Bottle of sunscreen factor 20 (for sunbathing on the beach) and sunblock for lips
- A good pair of hiking boots or shoes (no running shoes)
- Sheet (avoid white!), size 90 by 200cm to use on the beds
- If travelling from November to March you will need a good rain cover/poncho that can cover the large backpack while its on your back

## **Clothing:**

- Swimwear (possibly 2 sets)
- T-shirts - thin cotton
- Shirt with long sleeves - again thin fabric
- Thin long trousers (nylon)
- Shorts
- Socks
- A few dresses and a sarong
- Underwear
- A fleece
- Working gloves for soft hands
- A pair of trainers (old, they will get very dirty!)
- Sandals/flip flops
- Cap and sunglasses
- 1-2 towels
- Toilet gear

## **Nice to have but not necessary:**

- Water bottle
- A small pillow just like the one you get on the plane on the way to Zambia!
- Cargo bag
- Wet wipes and alko-gel to clean face and hands
- Sports tape and medicine
- If you wear contact lenses it's a good idea to bring extra pairs

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- Books - we try to create a small library on site, so if you have room bring a book!
- Working clothes including sturdy shoes to use during your village project

## Other good stuff:

- Diving mask and snorkel but no need to bring flippers. Snorkelling is included in the program and is possible to do on your own several times during the trips

**In your money belt:** Passport, credit card (visa), insurance policy, currency (about 200USD for visa and misc.)

**In your small backpack (30L):** Diary/notebook, camera, memory card, memory stick to your digital photo album, USB connector to get other pictures at the end of your trip

## Minimum Age

Minimum age 17 years old. Recommended upper age limit of 30 years old.

## Minimum Numbers

This trip requires minimum numbers so please do not book any flights until we have contacted you to confirm that the trip is running.

## Flights

Your flight to Zambia should arrive at Lusaka Airport (airport code: LUN) before 3pm on your programme start date. Your return flight or onward travel should be arranged for after 10am on your programme end date.

To book your flights, please contact us on 01273 647219. 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.

This trip requires minimum numbers so please do not book your flights until this has been confirmed.

## FAQs

### 1. How much spending money should I take with me?

We'd recommend that you take about US\$1000-1200 worth of Zambian Kwacha on your adventure. You won't be able to spend money whilst you're on site, but during your time in Livingstone/during times of travel you will need spending money for extra activities. Most meals are included, however you will have to pay for four. You can't pay with US\$ inside Zambia. The best thing to do is bring a VISA card.

## 2. Do I need a mosquito net?

No, you don't need to bring your own mosquito net with you as these are provided 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

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

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

### 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.

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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

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.

### 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

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

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

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

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

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

## Weather

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

Zambia is two hours ahead of GMT and does not have daylight savings.

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’.

## Electricity

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.



# Zambia Expedition

Any itinerary featured is correct at time of release. However, our itineraries may change as we 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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