

TANZANIA TRAVEL ADVISE

TANZANIA AT A GLANCE

Capital:	Dodoma
Language:	Kiswahili and English
Currency:	Tanzanian Shilling (TZS) 1 USD = 2140 TZS (December 2015) 1 EUR = 2200 TZS (December 2015)
Time Zone:	GMT+3
Population:	49 Mio. (2014)
Religion:	40 % Islam, 40 % Christians, 20 % animist beliefs
Electricity:	Type D and Type G
Dialling Code:	+255
Independence:	9 December 1961
President:	Dr. John Pombe Joseph Magufuli

VISA

Travellers to Tanzania need to have a valid visa (US\$50 for most nationalities, US\$100 for US citizens). Visas can be requested at any embassy or consulate of the United Republic of Tanzania abroad. Please inform yourself on the official sites about requirements of a visa for your nationality. Single entry visas can also be obtained at the following access points upon arrival:

Dar es Salaam International Airport
Zanzibar International Airport
Kilimanjaro International Airport
Namanga Entry Point (Tanzania-Kenya border point)
Tandem Entry Point (Tanzania-Zambia border point)

VISA EXTENSIONS

One month is the normal visa extension. For extensions within the three-month limit, there are immigration offices in all major towns.

LUGGAGE

We ask you to bring your luggage in a flexible travel bag or backpack. Hardcase suitcases are hard to stow in the safari vehicles, so we strongly advise against them. Please have a look at the weight limits of your international and if applicable national flight carrier as these sometimes vary.



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GETTING HERE

The international airport of the Kilimanjaro region is called Kilimanjaro International Airport (JRO). The airport is situated halfway, an 1 hour drive, between Moshi and Arusha.

MONEY

Tanzania's currency is the Tanzanian Shilling (TSH). The Tanzanian Shilling can only be purchased in Tanzania, the import and export of it is illegal. There are bills of Tsh10,000, 5000, 1000 and 500, and coins of Tsh 500, 200, 100 & 50.

Visa or MasterCard are the widest accepted credit cards and are essential for withdrawing money from ATMs and for paying entry fees at most national parks. We advise to bring a good amount of US dollar with you, that you can exchange. US dollar bills dated prior to 2001 are not accepted anywhere.

HEALTH AND VACCINATIONS

Please consult your doctor regarding health measures, vaccinations and components of your first aid kit. Viva Africa Tours is not liable that the listed vaccinations are complete; rather, these are guidelines. In general, the following vaccinations are recommended for Tanzania: In addition to your primary vaccination (Diphtheria, Tetanus, Polio, Whooping Cough) you should get vaccinated against Hepatitis A and Typhoid. Further vaccinations recommended are Hepatitis B; Rabies; Cholera and Yellow Fever.

Please inform yourself about the different Malaria Prophylaxis medicine, which is recommended throughout the whole year for all areas below 1800m.

Visitors from countries with yellow fever must also present a valid yellow fever vaccination upon arrival. If you are planning a trip to Zanzibar from the Tanzanian mainland, you must also have a valid Yellow Fever vaccination.

MEDICAL KIT

- acetaminophen (paracetamol) or aspirin
- adhesive tape
- antibacterial ointment for cuts and abrasions
- antibiotics
- antidiarrhoeal medicine
- bandages, gauze, gauze rolls and tape
- antimalaria pills
- DEET-containing insect repellent
- oral rehydration salts
- digital thermometer
- anti-inflammatory drugs (eg ibuprofen)
- sun block (SPF 30+)
- scissors, safety pins, tweezers



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WEATHER

Tanzania is too close to the Equator to experience a summer and winter as most people are used to in Europe and Northern America. Instead the seasons split into a dry and rainy season. The rainy season is divided into the short rains from November to December and the long rains from March to May. Especially the higher regions of Northern Tanzania are far cooler than most people expect. Places like Ngorongoro Crater rim and the Usambara Mountains can be chilly at night and foggy in the morning. The Serengeti plains and Ngorongoro Crater floor are warmer, but far from hot, temperatures are chilly in the morning and after dawn. Tarangire and Lake Manyara national parks are situated on a lower altitude and are warmer than the other places, especially in the afternoons. The higher areas of Mount Kilimanjaro and Mount Meru have alpine weather and temperatures drop below zero degrees.

FOOD AND DRINKS

Arusha and Moshi offer a wide selection of eateries with a multitude of Indian restaurants. There is also a good selection of continental food such as pizza, pasta, Mexican and Thai. Seafood is an excellent choice for the coastal region and islands. Tanzania's local dishes are very heavy in meat and come with either one of these five staples: rice, chapati, ugali, chips or cooked plantains. The most common meat are chicken, goat and beef. Very popular dishes are Chipsi Mayai (french fries in an omelette), Pilau (a rice dish with meat and flavoured with a lot of spices), Ndizi Nyama (a stew made out of vegetable, cooked plantains and meat) and Wali na Maharage (rice with beans). Tanzanians love their chai, a tea cooked with all sort of spices such as ginger, served black or with milk. Besides that sodas such as Coca-Cola, Sprite and Fanta are widely spread. Stoney Tangawizi is a very delicious ginger beer by The Coca-Cola Company. Sodas are fairly inexpensive and cost less than 1 USD. Travellers should avoid the tap water and instead use bottled water. Beer and Konyagi are the main alcohol beverages. There are around 10 different lager beer available in Tanzania of which Kilimanjaro, Serengeti, Safari, Castle and Tusker are the most popular. The price for a beer in a local bar is around 2500 to 3000 TZS (1,5 USD). Konyagi is a spirit made out of sugar cane. Unmixed you won't be too pleased about it, but blended with soda such as tonic water it is quite tasty and very cheap.

PHOTOGRAPHY AND FILMING

Please always ask beforehand if you want to photograph or film people, and accept it, if they reject (e.g. for religious reasons). The Maasai on the way to the Serengeti in general charge a small fee for taking a picture of them. Please ask for the price beforehand. Pictures and videos of border stations, military and police posts as well as government buildings are forbidden.



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INSURANCES

We strongly recommend travel health insurances as you will otherwise have to cover doctor and hospital costs with your own expenses, if you are not insured. Travel insurance is available from World Nomads <https://vivaafricatours.com/travel-insurance/>. Please carry with you the insurance number and the telephone number of the emergency hotline.

Especially recommended are insurance companies that offer a 24-hour hotline and reimburse the cost of medically necessary repatriation by plane. In addition to your travel health insurance, you might want to think about a travel cancellation insurance.

WELCOME TO MOSHI

Welcome to Moshi, on the foothills of Mount Kilimanjaro. The word Moshi means "Smoke" in Swahili, the national language of Tanzania. This is because the clouds that constantly surround Kilimanjaro resemble smoke. Moshi has a permanent population of around 170,000 inhabitants, mostly from the Chagga tribe, who live on the foothills of Mount Kilimanjaro. This number fluctuates daily, as people flock to town from the surrounding areas to do business in the markets. Unlike other major towns in Tanzania, Moshi has kept its charm and has been relatively unaffected by the 55,000 visitors who come every year to climb Kilimanjaro. It's worth taking a walk down the main street to get a sense of the town. There are also quite a few shops and stalls where you can buy woodcarving, jewellery and souvenirs to take back home with you. Be sure to bargain well.

THINGS TO DO IN MOSHI

Activities can be arranged in Moshi with Viva Africa Tours or beforehand like a day trip to the Waterfalls & Coffee tour, day hikes to Kilimanjaro, Lake Chala, Hot Springs, Arusha National Park, Tarangire National Park or the Marangu Cultural Tour.

Once you are in town, we recommend you take a stroll over the market, it is one of the most colourful and active places in Moshi. Be sure to leave your valuables at the hotel as there are many pickpockets around. There are several coffee shops such as the Kilimanjaro Coffee Lounge, Coffee Shop and Union Cafe. There is also the large Nakumatt supermarket with a souvenir shop next door.

MEALS IN MOSHI

Breakfast will be at your hotel. Viva Africa Tours' guide can pick you up from the hotel and take you out for lunch (optional). This gives you a great chance to sample a variety of foods around town. To avoid stomach problems, please be cautious about the type of food you eat. We suggest you follow some simple smart rules while dining in restaurants: 1. Eat food that can be peeled or has been cooked 2. Wash your hands regularly 3. Drink only bottled water.



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ACCOMMODATION IN MOSHI

RAFIKI BACKPACKERS

A small and cosy hostel in Moshi. Popular among travellers as pre and post stay for safaris and Kilimanjaro. Prices start from 10 USD per person per night and include breakfast, laundry and wifi.

PARK VIEW INN

Park View Hotel is in the centre of Moshi town. Rooms are spacious and they have a pool to relax. Air-conditioned and mosquito nets. Rooms start from 75 USD for a single room per night.

BRISTOL COTTAGES

A little country haven in the centre of Moshi town. Rooms are air-conditioned, equipped with mosquito nets, wifi is available.

NYUMBANI HOTEL

Inexpensive hotel with no frills.

SAL SALINERO HOTEL

Hotel with a beautiful big garden and pool. Perfect to relax after a safari or Kilimanjaro trek. Wifi is available.

TANZANITE GEM STONE

These famous gemstones are only mined here in Tanzania. They are found in a variety of colours and come in all sorts of sizes and shapes. The price is much higher if you were to purchase them from abroad rather than locally. If you would like to know more about Tanzanite gems stones please contact us.

DELAYED LUGGAGE

Sometimes luggage can be delayed by air lines. The luggage most likely shows up on the next flight, which is normally the following day. Give your coordinator the baggage delay form issued by the airlines. He will investigate and follow up on the missing luggage. If your luggage does not show up on time for your climbing departure, we will assist you with equipment required and clothing from Viva Africa Tours gear supply.



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SAFARI VEHICLES

Our safari vehicles are 4x4 all-wheel cars with a pop-up roof. These provide space for the driver and up to 5-7 travellers. They are not air conditioned. The pop-up roof is closed during long overland trips, so that the wind does not bother. For game drives in the national parks, it is opened. You then have the choice to watch the animals through the sliding windows or the pop-up roof.

MOUNTAIN GUIDES

Viva Africa Tours mountain guides have years of experience on Meru and Kilimanjaro. Most of them have made quite a career on the mountain. Starting as porters, became assistant guide and are now senior guides. All our climbs are accompanied by senior guides only. Your guides will communicate in English with you, any other foreign language speaking guide can be requested for additional costs.

DRIVER GUIDES

Driver guides are typical for safaris in Tanzania. He is the driver of the safari truck and your tour guide in one, hence the name "Driver Guide". He will amaze you with his skills, primarily trekking animals and knowledge about flora and fauna. Please feel free to ask you guide as much questions as possible while you are on safari. He will be pleased about your interest in the country and animals. Your driver guide will speak English, any other foreign language speaking driver guide can be arranged on request for additional cost.

TIPPING GUIDELINES

Tip is not included in your tour price. Please find below our guidelines for tipping your mountain & safari crew. The tip is shared amongst all travellers.

- 1 Mountain Guide- \$20.00 per day
- 1 Porter / Waiter- \$7.00 to \$10.00 per day
- 1 Mountain Cook- \$15.00 per day
- 1 Safari Guide- 20.00 USD per day
- 1 Safari Chef- 20.00 USD per day

FOOD ON TOUR

Our meals are balanced and include meat, fish, carbonates (such as noodles, rice and potatoes); salad and fruits. We kindly ask you to inform us in advance if you have any special dietary requirements for your meals.



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WHAT TO PACK

Please make yourself familiar with our safari and/or trekking equipment list on your itinerary. You have the possibility to rent items in Moshi. If you have questions regarding items, please contact us and we will be happy to help.

VALUABLES

We recommend you leave all valuables at the hotel reception the day before your climb/safari. The hotel staff will make a list of everything, put them in an envelope and you will get a receipt. Make sure you keep some cash handy to take on your trek/safari to purchase drinks or souvenirs.

DEPARTURE FOR THE MOUNTAIN

On the first day of your climb, please bring your bag to the loading area in front of reception before 8:15 a.m. You will leave in the vehicle soon after. You will not have access to your bag until you reach the camp at the end of the day.

- Write down your passport number as we will need to provide it on the mountain
- Any children less than 15 years old need to have a photocopy of their passport on hand to show the park-authority
- Tips to crew occur after your climb at the hotel or office

DIAMOX FOR ALTITUDE ADJUSTMENTS

It has been shown that the use of Diamox assists in altitude acclimatisation. We recommend that you use Diamox on your climb. This drug will vastly decrease your problems with the altitude by speeding up the acclimatisation process. The dose recommendation is 125 mg twice daily while exercising and not during the evening. You should start two days before your climb to see if you have any adverse effects to the drug. If you do, discontinue using it. We have seen a significant decrease in altitude problems and greater summit success rate amongst those who use Diamox. This is a prescription drug in the U.S, Canada and Europe, however it can be bought at most Tanzanian pharmacies over the counter. Once you summit, you can discontinue the use of Diamox. We do not carry this drug in our medical kits, therefore if you wish to use, you must bring your own. NOTE: Diamox can cause severe diarrhoea and stomach problems. If these symptoms occur, discontinue the use of Diamox.



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