

Naipenda



safaris

T A N Z A N I A

BEFORE YOU GO:

The first thing you will need is a passport valid for 6 months beyond your planned travel date. Visas will not be issued otherwise. As these are only valid for 3 months, please wait until the proper time before applying. Visas are also available to purchase in immigration at your first point of entry, including the airports. All that's required is a landing card and valid passport. Current rate for US citizens is \$100, most others is \$50.

YOUR HEALTH:

Visit your doctor or country health department. Each health department has a list of recommended shots to take prior to travel. Yellow fever is no longer a mandatory, except if traveling to Zanzibar, or coming in from, or traveling through an infected country such as Kenya. You will be given an International Certificate of Vaccination approved by the World Health Organization, with dates of inoculations. **Make sure to attach it or carry it with your passport.** You must also get a prescription for an anti-malaria drug. They are taken weekly (Larium), starting one week prior to departure, each week while in Africa, and four weeks after your return. There's a new daily drug - Malarone, which purportedly has fewer side effects. If you're concerned about your health while there, tell your doctor. They can pre-prescribe antibiotics to take with you should you be concerned about flu or flu-like symptoms.

Most of the larger lodges/hotels where we'll be staying have a nurse on staff or doctor on call. We subscribe to the flying medical service (Flying Doctors) in case of emergency evacuation. Cost is included in your itinerary.

READ UP:

There are some wonderful travel guides you should investigate before your travel. *Bradt Travel Guide: Tanzania*, is very complete and will give you a realistic view of what to expect and will thoroughly describe our destinations. There are numerous others, *Lonely Planet* has an *East Africa* guide as well as a *Tanzania, Zanzibar & Pemba* version. Also study maps of the area. This will give you an excellent idea of our locations while in Tanzania. *Audobon's Bird Guide to Africa* is another excellent choice. The bird watching is outstanding, and most are one's you've never seen. Your guide will also have a bird and animal reference dictionary. And will help with descriptions of what we'll be seeing. I cannot stress enough the fact that you should purchase and read *A Rough Guide Phrasebook: Swahili*. In it you will find descriptions on customs, greeting other people, proper etiquette, and words to learn before your arrival in Tanzania. While most people in Tanzania speak English, a proper greeting in Swahili goes a very long way, *asante sana!* It is available from Amazon.com. If you are unable to find this book, a good option would be *Lonely Planet's Swahili Phrasebook* with two-way dictionary.

WEATHER WISE:

Depending on what time of year you visit, temperatures can range from the low 40's at night to 90 degrees Fahrenheit during the hottest part of the day. The weather will be warmer in the flat lands, valleys and on the floor of The Ngorongoro Crater. However, it can become quite chilly at night near the Crater. Silk long johns and a fleece jacket are recommended if camping in the area. It will be cooler and more comfortable in the mountains and above the Rift Valley. You could also experience dust in some areas. Please check the temperature forecast before your departure so you can pack accordingly. It's available at yahoo.com as well as many other websites. Seasons are opposite as Tanzania is below the equator.