



GENERAL TRAVEL INFO TANZANIA

Tanzania is an East African country known for its vast wilderness areas. They include the plains of Serengeti National Park, a safari mecca populated by the “big five” game (elephant, lion, leopard, buffalo, rhino), and Kilimanjaro National Park, home to Africa’s highest mountain. Offshore lie the tropical islands of Zanzibar, with Arabic influences, and Mafia, with a marine park home to whale sharks and coral reefs.

The **best time to visit Tanzania** is from July to October when the country is at its driest. This coincides with the migration river crossings, however, all the parks offer amazing wildlife sightings at this **time** as the grasses and bush are at their least dense.

CURRENCY:

The Tanzanian Shilling is the official currency of Tanzania, but US dollars are also widely accepted in tourist areas. Dollar notes printed before 2009 are usually not accepted. You can exchange money at many authorised dealers, banks and bureaux de change. Get a receipt after each transaction.

Most banks in major cities have ATMs, but they are not always reliable and sometimes break down or run out of money. To minimise the risk of card cloning, only use ATMs located within the bank. Travellers cheques are not widely accepted and non-Bank of England sterling notes may be subject to less favourable exchange rates.

Credit cards are widely accepted throughout Tanzania, Mastercard and Visa are preferred - American Express and Diners Card are not widely accepted. But bear in mind that payment can be a little time consuming in remote areas as occasionally they have connection problems.

Travelers’ cheques are valid at banks, hotels, restaurants and some tourist-orientated shops. To avoid additional exchange rate charges, you are advised to take traveller's cheques in Pounds Sterling or US Dollars.

Banking hours: Mon-Fri 0830-1530/1600 or 17/00.

DRIVING INFO:

Northeastern Tanzania

By East African standards, the road conditions in the northeast of Tanzania are very good. All of the primary roads connecting Arusha to Ngorongoro in the west, Moshi/Kilimanjaro in the east and Lushoto/Dar es Salaam in the far east are smooth asphalt. You can expect a lot of speed bumps and the occasional pothole. Usually, the last stretch of your daily trip requires some driving on gravel roads to get to your lodge or park entrance gate. Inside the parks it's off-road driving on dirt roads. The conditions of these gravel and dirt roads tend to be variable from one season to the next and most difficult during the rainy season. Driving in the national parks of the northern safari circuit is not technical, except for the Serengeti and the road to Lake Natron.



Self-drive safari in the Serengeti

The main road running from the Ngorongoro Crater Road to Naabi Hill gate (entrance to the Serengeti), from Naabi Hill gate to Seronera (the centre of the park), and from Seronera radiating to the East and West, is notorious among all tour guides in Tanzania for its condition. It's a challenging road due to its rocky surface with washboard ribbons. We do allow self-drive safaris into the Serengeti but a **Land Cruiser is required**. Drive at LIMITED SPEED (25 km/h), otherwise you will lose control instantly, with a single vehicle rollover as a result - this is NOT covered by the insurance.

Driving times to the Serengeti are as follows:

- Loduare Gate (Ngorongoro entrance) to Ngorongoro Crater Road: 1.5 hours
- Ngorongoro Crater Road to Naabi Hill Gate (Serengeti): 2.5 hours
- Naabi Hill Gate to Seronera: 1 hour

Self-drive in the national parks of Southern Tanzania

The longest gravel sections are the gateways to the safari parks in the South: from Kibiti to Selous (90 km), Morogoro to the Selous Matembwe Gate (90 km) and from Iringa to Ruaha (110 km). The driving time between Dodoma and Babati is approximately 2.5 hours. Off-road driving in Selous Game Reserve can get technical during the rainy season, so a Landcruiser is required.

EMERGENCY NUMBERS:

Police

Emergency	112
Dar es Salaam	+255 22 2117362
Dar es Salaam Traffic Police	+255 22 2111747
Arusha	+255 27 2503641
Moshi	+255 27 2755055
Zanzibar	+255 24 2235669

Ambulances

Emergency	112
AAR	+255 754 760790 (Dar es Salaam)
AAR	+255 27 2701121 (Arusha)

Fire

Emergency112

Hospitals

IST Clinic – 24hr doctor	+255 754 783393 (Dar es Salaam)
Aga Khan Hospital	+255 22 2115151 (Dar es Salaam)
Selian Lutheran Hospital	+255 27 2509974 (Arusha)
Kilimanjaro Christian Medical Centre	+255 27 2750748 (Moshi)

Fazal Memorial Hospital +255 27 2646895 (Tanga)
Mnazi Mmoja Hospital +255 24 2231071 (Zanzibar)

Flying Doctor (AMREF)

Emergency +254 20 315454 (Kenya)
+254 20 600090 (Kenya)

First Air Responder [Knight Support](#)

+255 22 2760087 (Dar es Salaam)
+255 754 777100 (Dar es Salaam)

Security Companies

Ultimate Security +255 713 123911 (Dar es Salaam)

Immigration

Dar es Salaam +255 22 2118637
Arusha +255 27 2503569
Moshi +255 27 2751557

CREDIT CARD EMERGENCY NUMBER:

We suggest to keep the emergency number which is on the pack of your Credit Card separate in case the card gets lost or stolen so that you can contact your bank directly.

LANGUAGES / HOSPITALITY:

Tanzania is a multilingual country. There are many **languages** spoken in the country, but no one **language** is spoken natively by a majority or a large plurality of the population. Swahili and English, the latter of which was inherited from colonial rule (see Tanganyika Territory), are widely spoken as lingua francas.

Indo-European languages in **Tanzania** include Hindustani, Portuguese, **French**, and Gujarati.

Key Swahili phrases:

1. **“Hello”**: “Hujambo”, often shortened to “jambo”. You can also use “habari” which roughly translated means “What’s the news about....?”. ...
2. **“How are you?”**: “Habari gani?”. ...
3. **“Please”**: “Tafadhali”
4. **“Thank you (very much)”**: “Ahsante (sana)”
5. **“Goodbye”**: “Kwaheri”



THE FOOD / DRINK OF TANZANI:

Regions in Tanzania's mainland consume different foods. Some typical mainland Tanzanian foods include wali (rice), **ugali** (maize porridge), nyama choma (grilled meat), mshikaki (marinated beef), samaki (fish), pilau (rice mixed with a variety of spices), biriyani, and ndizi-nyama (plantains with meat).

Ugali. Considered Tanzania's national dish, **Ugali** is a must-eat for anyone wanting to explore the culture. It is a stiff dough prepared with cornmeal, cassava flour, sorghum or millet. Serve this dish with **fish, meat**, cooked vegetables or bean sauce.

Tea is the most popular drink in Tanzania with the locals preferring **chai tea**. Coffee is another favourite and is often sold by street vendors. Local beers include Kibo Gold, Serengeti Lager and Tusker, while **mbege** is a beer made from bananas.

Tipping:

Restaurants:

At restaurants in **Tanzania**, especially in major cities, it is customary to **tip** 5%, if a service charge is not included. Alternatively, if you are satisfied with the service you can round the bill up to an even amount. Don't worry about **tipping** too much thought: locals tend to not **tip** at restaurants.

Safari Guide:

A general rule of thumb on **safari** is to **tip** your **guide** USD10 and your tracker USD5 per person per day. This **tip** is given at the end of the **safari**, not on a daily basis. This amount can be adapted according to the number of people on the **safari**, and a 'per day per car' amount may be more suitable for bigger parties.

Driver:

It is customary to leave a **tip** for your guide/**driver** at the end of your trip. What you choose to give is entirely up to you, but our advice is to **tip** your guide around \$8-10 per person, per day.

Safari Lodges:

Most **safari lodges** also have a general **staff gratuity** box (for waiters, chambermaids etc) and R50–150 (US\$3–10) per guest per day **is** a suggested **tip** guideline.

Hotel Staff:

Leave a note in your room with the money indicating it is for housekeeping. Tip \$1 or \$2 per person, per night in most hotels. In higher end hotels, \$3 to \$5 per person per night is typical. In a motel, tips are generally not necessary for a one-night stay.

SAFETY:

Tanzania is in general a **safe**, hassle-free country. That said, you do need to take the usual precautions and keep up with government travel advisories. Avoid isolated areas, especially isolated stretches of beach. In cities and tourist areas take a taxi at night.



VISA REQUIREMENT/S / BORDER POSTS:

A passport valid for a minimum of six months beyond **visa** issuance and/or date of **entry**, and at least one blank **visa** page, is required. Visitors who enter on **visas** must present a roundtrip ticket and demonstrate they have sufficient funds for their stay.

VISA FREE DESTINATIONS FOR A TANZANIAN:

- Africa. Botswana – **No Visa required** for a maximum of 90 days. ...
- Americas. Antigua & Barbuda – **No Visa required**. ...
- Asia. Bangladesh – **No Visa required** for 90 days maximum stay. ...
- Europe. Georgia – **Visa** on arrival for 3 months maximum stay.
- Oceania. Cook Islands – **No Visa required** for maximum 6 months.

There are number of ways for travelers to cross into **Tanzania** when entering the country for a holiday. As it is surrounded by a large number of neighboring African countries, including Malawi, Mozambique, Uganda, and Zambia, there is a variety of land **border** crossings to **Tanzania** that travelers can choose from.

More Information under: <https://immigration.go.tz/index.php/en/>

HEALTH / OTHER RISKS / INSURANCE:

Most expats opt to use private doctors and **hospitals** in Tanzania. However, options for private healthcare are generally limited to a few facilities in Dar es Salaam. For emergency or specialized treatment, medical evacuation to Kenya or South Africa will often be recommended to expats.

Most travelers to **Tanzania** will **need vaccinations** for hepatitis A, typhoid fever, yellow fever, and polio, as well as medications for **malaria** prophylaxis and travelers' diarrhea.

Tourists are also vulnerable to theft or mugging and the usual precautions apply – keep jewellery, cameras, handbags and other valuables out of sight, do not carry large sums of money, and avoid walking at night or along isolated beaches and streets. Motorists should park in well-lit areas, be alert when waiting for traffic lights to change, and if a hijacking does occur, keep your hands where the attackers can see them and do not try to resist.

A Medical and Travel insurance is highly recommended prior to the start of the holiday.

WHAT TO PACK:

Tanzania is deeply conservative, so both men and women should cover their knees and shoulders in public. Traditionally, women only **wear** skirts, but it's fine for foreign women to **wear** jeans or trousers – as long as they aren't too form-fitting.

Throw out high fashion and throw in useful, comfy clothes. Here's our essential clothes list:

- Light suitcase or backpack – make sure it's easy to carry.
- Light daypack with lot of pockets.



- A light waterproof – what, you think it doesn't rain in Tanzania?
- A warm jumper or sweatshirt, and warm trousers.
- Light clothes: t-shirt, shorts, vests.
- Swimwear.
- Pyjamas. You try nipping to the loo in a dark campsite. Dressed is best!
- Comfortable sneakers or walking shoes.
- Sandals / flipflops.
- Towel.
- Don't forget your underwear! And some really high quality socks.
- Hat, cap and sunglasses
- A pashmina or scarf to cover your shoulders if you're visiting temples and churches.

Health Essentials:

- First aid kit, including aspirin or paracetamol, antiseptic wipes and plasters.
- Anti-diarrhoea pills like Imodium, and rehydration powders like Dioralyte.
- Antibacterial gel, for when there's no soap.
- Your own medication.
- Warning bracelet if you have a condition like epilepsy.
- Malaria prophylaxis.
- Insect repellent : there are bugs galore but many of them are pretty!
- Suncare stuff: high factor sunscreen – at least factor 30, plus sunblock; after-sun moisturiser, sunglasses and sunhat (it's Africa! It's hot!)
- Contact lenses and solution.
- Travel sickness tablets or wristband.
- Toiletries and shaving equipment, unless you're growing a beard. You, too, ladies!
- A roll of toilet paper (just in case).

For game drives aim for reasonable neutral colours – think of the movie “Out of Africa”. A windbreaker or hoddie is ideal too. For evening we suggest something more formal at more up market and exclusive lodges/hotels. DO NOT FORGET the binoculars for the game viewing!

camping
Africa