

Kenya & Tanzania Factsheet

Passport	Yes	10 year passport is essential; must be valid for at least 6 months after departure from country
Visa	Yes	Kenya - Obtain on arrival at airport US\$25 + 1 passport photo Tanzania - Obtain on arrival US\$50 + 1 passport-sized photo
Currency	Shilling	Not obtainable from UK; US dollars can be used most of the time
Vaccinations	x 5	Tetanus, Polio, Typhoid, Hepatitis A, Yellow Fever*
Time	GMT + 3	i.e. when it is 12 noon in London it is 15.00 in Nairobi & Moshi
Language	Swahili	English is widely understood
Electricity	230v	Round or square three-pin (<u>exactly the same as UK</u>) 

* See Health notes below

VISAS: Obtaining a visa is done quickly and easily on arrival at Nairobi. Take spare passport photos with you to be on the safe side. If you prefer you can get your visa in advance from the Kenyan Embassy in London; current cost £20. Apply in person or by post; allow at least two weeks for the latter. Other nationalities are always responsible for checking with their embassies or consulates for the latest information. Remember to check any regulations for countries you may transit during your flight.

MONEY: US\$ cash is easier to use (prices are widely quoted in dollars) and change than £sterling. However, it is possible to change sterling and you may prefer not to buy US\$ if keeping your spending to a minimum. Travellers cheques are the safest way to carry money but can only be changed in cities so really only useful if you are extending your stay. Damaged or torn notes are very hard to get rid of so try to avoid accepting them. Major credit cards are accepted in larger hotels and some shops. Cash can be withdrawn (Visa/Mastercard only); most sizeable towns have at least one bank with an ATM.

HEALTH:

Malaria: Protection against malaria is strongly recommended for the part of your trip at lower elevations. Contact your GP or travel clinic for the latest information/ advice on the correct prophylactics. Cover up at dawn and dusk in loose-fitting clothing, use a good insect repellent and avoid wearing strongly perfumed toiletries.

Yellow Fever: Vaccination against yellow fever is essential for entry into both Kenya and Tanzania if travelling from an infected area – this includes transit stops during your flight. We therefore strongly recommend you are vaccinated; you must carry the certificate with you at all times.

Please note that you should always check with your GP/travel clinic for the latest health advice, as they are made immediately aware of any updates in World Health Travel requirements

General: On the cycle itself, food is cooked and prepared to very high standards and you can eat with confidence – though adopt good hand-washing procedures to prevent bugs being passed around the group. Elsewhere, be aware of the following general precautions: Do not drink tap water – or clean your teeth in it – and avoid ice cubes in drinks unless you are sure they are made with bottled water. For the same reason avoid salads, raw vegetables and fruit that you cannot peel yourself, as well as unpasteurised dairy products and ice cream. Do not eat a meal if you think it has not been freshly cooked.

There is a risk of sunstroke and dehydration. With the country being so close to the equator, the blazing hot sun is directly overhead and you should use a high factor sun cream or sun block, wear a hat, sunglasses and ensure that you drink plenty of water or energy drinks to replenish your fluid levels.

SAFETY & SECURITY: Theft is relatively common in Tanzania and Kenya, particularly in the cities, but by being vigilant and careful with your belongings you can reduce the risk substantially. It helps to wear a concealed money belt with your flight ticket and cash/travellers cheques inside. Use your common sense and don't flash any valuables around, including your watch and camera. Be careful at night and avoid walking or getting into taxis alone. Crowded areas such as bus stations and markets attract pick-pockets and bag-slashers, so be vigilant for both yourself and your companions.

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WEATHER:

Kenya enjoys an equatorial climate and is largely determined by the band of rain that moves over East Africa, giving two wet seasons and two dry seasons each year. Nairobi has a very pleasant climate throughout the year though due to the strong influence of altitude. In this part of Kenya, dry seasons are generally from late May to early October, when it's dry and cool and then November to early March when it's generally warmer.

Min – Max temperatures and rainfall (mm) in Nairobi in:

Jan: 12 – 25°C; 38mm June: 12 – 21°C; 46mm September: 11 – 24°C; 31mm

Tanzania's rainy seasons are late March to early June and November. For the rest of the year the weather is equatorial and very pleasant, with often a cool breeze on the mountains. Although warm by day, and hot on the valley floor, altitude has a great effect on temperatures and it will get cooler as you climb higher. It will also be cold at night, often below freezing, and very cold as you near the summit.

Climate statistics for Moshi below:

	Jan	Feb	Mar	Jun	Sep	Oct	Nov
Rainfall in mm	33	49	110	29	10	21	72
Max – Min temp °C	33-18	34-18	32-19	27-17	28-16	30-17	31-18

LANGUAGE: Swahili is the national language of Kenya and Tanzania but English is the official language and widely understood. It's quite easy to pick up and having a few basic phrases up your sleeve will go a long way in forming good relationships with the people you meet and having some fun interaction!

Hello/Goodbye – *Jambo /Kwaheri*

Thank you (very much) – *Asante (sana)*

I don't understand swahili – *Sijui Kiswahili*

Yes/No – *Ndiyo / Hapana*

How much? – *Ngapi?*

Sorry – *Pole*

1 – *moja*

5 – *tano*

9 – *tisa*

100 – *mia moja*

2 – *mbili*

6 – *sita*

10 – *kumi*

1000 – *elfu moja*

3 – *tatu*

7 – *saba*

20 – *ishirini*

4 – *nne*

8 – *nane*

50 – *hamsini*

FOOD AND DRINK: The choice of food is fantastic; being a tropical country fruits and vegetables of every variety are often in abundance. The local food is usually very cheap and very filling - often a stew with rice or plantain, or more often a maize meal porridge known as ugali. Snacks are available everywhere and are usually served with a cup of tea! The most common one is *mandazis / ndaz*, this is a deep fried dough ball, similar to a doughnut when fresh; another popular choice is samosas – *sambusas*.

CULTURE:

People: Kenya is a multicultural society. Somalis dwell in the north as do the nomadic Hamitic peoples (Turkana, Rendille and Samburu.) The south and eastern lowlands are home to Kamba and Masai and the Luo live around Lake Victoria. The largest group is the Kikuyu who live in the central highlands and have traditionally been dominant in commerce and politics, although this is now changing. There are many other smaller groups and although Kenya emphasises nationalism, tribal and cultural identity is a factor. A small European settler population remains in the highlands, involved in farming and commerce.

Religion: In Kenya a large percentage of the population practice traditional beliefs but there is a sizeable Christian population (both Catholic and Protestant) and a small Muslim community too.

In Tanzania Christians, Muslims and people who practice traditional beliefs each make up about a third of the population. There are various Christian groups, including Catholics, Protestants and several local African faiths. Islam is particularly widespread on the coast and in the large towns.

Dress: Remember that what you would wear on a hot day in the UK is not necessarily acceptable in other countries; at Discover Adventure we expect our groups to be sensitive to other cultures – remember that even in the most remote locations, we have local crew with us and they also deserve your respect. Women travellers in particular should be modest in dress - avoid tight or 'strappy' tops in favour of regular T-shirts. Shorts should not be too short and loose trousers are preferable in rural areas. By dressing thoughtfully you not only experience minimum hassle but do not offend the local people. Men should wear a top at all times. Those extending their stay, especially women, should dress in order to draw as little attention to themselves as possible.

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Haggling: It is expected, as in all African countries, that you will haggle over price. You are not ripping locals off if you knock their prices down, but you can damage the structure of local customs and economy if you do not. Haggling is also great fun and a good way of interacting with local people. A good rule of thumb is to offer a third of the asking price and meet somewhere in the middle. However, while the intention is to knock the price down, remember that a dollar means a lot more to the seller than it will to you once you get home.

RECOMMENDED BOOKS:

Travel Guides (especially useful if extending your stay)	Fiction / Autobiography
<ul style="list-style-type: none"> - Kenya - Lonely Planet - Trekking Guide to East Africa - Lonely Planet - The Rough Guide to Kenya - East Africa - Rough Guides - Swahili phrasebook - Lonely Planet - Kilimanjaro: A Photographic Journey to the Roof of Africa – M. Moushabeck 	<ul style="list-style-type: none"> - No picnic on Mount Kenya – Felice Benuzzi - Don't Run, Whatever You Do – Peter Ellison - Things Fall Apart – Chinua Achebe - The White Masai – Corinne Hofmann - A Grain of Wheat – Ngugi wa Thiong'o - The Shadow of Kilimanjaro: On Foot through East Africa – Rick Ridgeway