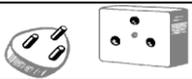


Tanzania Factsheet – Kilimanjaro

Passport	Yes	10/5-year passport essential (for adults); must be valid for at least 6 months after departure from Tanzania
Visa	Yes	Obtain on arrival US\$50 + 1 passport-sized photo / £38 in advance
Currency	Tanzanian Shilling	Not obtainable in advance 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 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 Kilimanjaro International Airport. Take spare passport photos with you to be on the safe side. If you prefer you can get your visa in advance from London's Tanzanian High Commission £38.00 – 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 notes are easier to use (prices are widely quoted in dollars) and change than £sterling – do not take any US dollars issued before 2006 as they will not be accepted. However, it is possible to change sterling in Moshi and at hotels and you may prefer not to buy US dollars, especially if keeping your spending to a minimum. Travellers cheques are the safest way to carry money, but can only be changed in Moshi 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 Cash can be withdrawn (Visa/Mastercard only); any sizeable town now has at least one bank with an ATM.

HEALTH:

Malaria: While you are above 1000m it is unlikely that you will encounter any mosquitoes, but protection against malaria is strongly recommended for the parts 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 only essential for entry into Tanzania if travelling from an infected area or country – this does not include transit stops under 12 hours in duration where you have not left the airport, which is usually the case on our trips. Most people taking our group flights will therefore not need to be vaccinated.

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.

Acute Mountain Sickness (AMS) or 'Altitude Sickness': This occurs when you ascend to high altitude quickly, and the best way to avoid it is to allow time for the body to adjust, and to avoid alcohol and smoking. Problems usually begin at heights of around 3500m - 4500m. Most travellers experience no more than headaches and shortness of breath (typical symptoms of being at altitude, which is not the same as having AMS.) More severe symptoms are usually quickly remedied by descending to a lower altitude and taking more time to acclimatise. *Refer to our Effects of Altitude Factsheet for further information.*

General: On the trek 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, 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.

Tanzania Factsheet – Kilimanjaro

WEATHER: Late March to early June and November are Tanzania's rainy seasons. 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: Tanzania speaks Swahili (Kiswahili) but English is 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

1 – moja

2 – mbili

3 – tatu

4 – nne

5 – tano

6 – sita

7 – saba

8 – nane

9 – tisa

10 – kumi

20 – ishirini

50 – hamsini

Yes / No – Ndiyo / Hapana

How much? – Ngapi?

Sorry – Pole

100 – mia moja

1000 – elfu moja

FOOD AND DRINK: The choice of food is fantastic; being a tropical country, fruits and vegetables of every variety are in abundance. The local food in Tanzania is usually very cheap and very filling – often a stew with rice or plantain or more often, a maize meal porridge known as *ugali*.

CULTURE:

People: The main tribe around Kilimanjaro are the Chagga. They have their own dialect but use Swahili as their overall tongue; their English is often sparse but the guides are much more conversant in English, German and French. There is a ranking system that they all work to; to become a guide you work through from porter to cook to assistant guide and finally guide. All men on Kilimanjaro have small plots of land they work to feed their families. Being a porter is extra work, which they do to supplement their incomes.

Tiping: Not so long ago people trekking Kilimanjaro would be approached for a tip and intimidated before a pack had even been lifted. This is no longer the case, but tips are still part of the system and porters on all East African mountains expect them for good service (which you won't deny: you will be amazed at the strength and good character of the Chagga men!) We work closely with a local Porters' Association, ensuring that wages and general standards for all members of our local team meet or exceed their guidelines. These guidelines also form the basis of the recommended amount to tip that we give you.

Religion: 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. Men should wear a top at all times. By dressing thoughtfully you not only experience minimum hassle but do not offend the local people. Those extending their stay, especially women, should dress in order to draw as little attention to themselves as possible.

Haggling: It is expected in Tanzania, 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 READING:

Travel Guides (especially useful if extending your stay)	Fiction / Autobiography
<ul style="list-style-type: none"> - Trekking Guide to East Africa - Lonely Planet - East Africa - Rough Guides - Kilimanjaro: A Photographic Journey to the Roof of Africa – M. Moushabeck - Swahili phrasebook - Lonely Planet 	<ul style="list-style-type: none"> - The Shadow of Kilimanjaro: On Foot through East Africa – Rick Ridgeway - Don't Run, Whatever You Do – Peter Ellison - The White Masai – Corinne Hofmann - A Grain of Wheat – Ngugi wa Thiong'o