

YOU ARE INVITED TO JOIN THE TANZANIA EPIC EXCHANGE WITH SAFARI EXTENSION (exchange #13452) (Revised 11/25/16)

This is the compilation of information to assist you in getting prepared for the Outbound Exchange to Iringa, Tanzania with a Safari Extension.

The information is divided into 13 parts.

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PROSPECTIVE AMBASSADOR LIST

Note: 20 Ambassadors will be selected
Highlighted in yellow have paid earnest money deposit

1.	Bonnie Evans	Stone Mountain	404.771.0010	kbemje@bellsouth.net
2,3.	John & Glenda Wilhelm	Stone Mountain	770.921.4333	jwainc7@bellsouth.net
4,5	Neil & Vivian Nickelsen	Stn Mtn, GA	770.491.3834	nnickels@comcast.net
6,7	Ron & Robin Scott	Norcross, GA	678 360.6279	sronald1@comcast.net
8.	Allen Freedman	Atlanta, GA	404.401.2436	allenfreedman@yahoo.com
9.	Linda Foley	Roswell, GA	770.493,6784	lfoley2002@yahoo.com
10.	Cathy Fike*	Atlanta, GA	404.264.0558	penguin1448@yahoo.com
11,12	William & Juanita Clarke	Conyers, GA	770.648.4479	wgclarkejr@hotmail.com
13,14	Bob & Judy Joyce	Venice, FL	315.729.9757	bobjoyce@gmail.com
15.	Nancy Hourigan*	Syracuse, NY		
16,17	Marcia K Ross * Cindy Paulson*	North CO North CO		mross377@msn.com
18.	Jodi Vicario *	Sacramento, CA		jodi.vicario@gmail.com
19,20	Bob & Judy Palrud *	Eastern WA Northern ID		jmpalrud@gmail.com
21,22	Paulette Edmonston* Dee Wilkerson *	San Diego, CA	714.963.7271	rmedmo@aol.com
23,24	Cheryl Worthy* Steve Beaudoin*	Calgary, CN		cherylwandsteveb@gmail.com
25.	Lyn Hartwig*	NSW, Australia		lynette.hartwig@det.nsw.edu.au

Bonnie Evans and Linda Foley are roommates together.

Allen Freedman solo traveler.

* by name means expressed serious interest in joining exchange

CONTACT AND COMMUNICATION INFORMATION

CONTACT INFORMATION

Bonnie Evans, Exchange Director
1954 Musket Court
Stone Mountain, GA 30087-1702

Cell Phone: 404.771.0010

Email: kbemje@bellsouth.net

COMMUNICATION TIPS

Effective communication is the most important and often the most difficult thing that we will do on this trip. If we all do it well, we should not encounter any serious difficulties. Do it poorly, even if it just one person, then the trip can be wrought with delays, lost ambassadors, anger, frustration and exhaustion. So please pay attention to these important requirements.

1. Listen intently to instructions especially in group meetings. Please respect whomever is speaking by being silent. BUT, speak up if you cannot hear us.
2. If you do not understand something, ask!
3. If you encounter a problem, do not let it fester. Please share it with the Exchange Director as soon as possible.
4. Please make every effort to be on time. Leave plenty of time getting to the next place.
5. Carry communication information with you at all times so you can make contact with the group ED if you become lost. I will provide you with needed contact information.

Friendship Force Ambassador Pledge

As a member of the Friendship Force,

I recognize that I can make a difference.

**I have a mission to be a friend to the people of
the world.**

**As I embark upon this adventure, I know that
others will be watching.**

**I know that through my example to my fellow
citizens and the people of other nations, the
cause of friendship, love and peace can be
advanced.**

I CAN MAKE A DIFFERENCE.

EXCHANGE INFORMATION

#13452

1. Estimate of Tanzania Iringa HomeStay, FFI fees, Administrative Fees, Tips and Safari \$4200 each person (double occupancy) (does not include international air flights)

Estimate on round trip flights from Atlanta to Kilimanjaro \$1360 to \$1727 (based on September 2016 fares). You are responsible for the round trip airfare. More than likely it will take two travel days to get to Kilimanjaro.

Special Note: I watch the costs of the flights very closely with alerts from various websites. When it appears there is a good time to buy tickets, I will alert the group via email.

2. **BREAKDOWN of COSTS** based on **DOUBLE OCCUPANCY** (not including international air travel)

\$1425.00 deposit due to **FFGA** by **12/9/16*****
(CHANGE)

\$2610.00 final payment due to **FFGA** by **5/15/17**
\$165.00 Exchange fee to **FFI** by **5/15/17**

TOTAL: **\$4200.00**

BREAKDOWN of COSTS based on **SINGLE OCCUPANCY.**
SINGLE SUPPLEMENT is \$920.
(not including international air travel).

\$1793.00 deposit due to **FFGA** by **12/9/16 (CHANGE)**
\$3162.00 final payment due to **FFGA** by **5/15/17**
\$165.00 Exchange fee due to **FFI** by **5/15/17**

TOTAL: **\$5120.00**

Once we have confirmed single people who have signed on for this exchange, the exchange director will email the single

travelers by the names who are the same sex. You can communicate with each other about becoming a double to save \$920.00 for the single supplement.

The \$165.00 FFI fee can be made on line but there is a service fee. You can mail a check directly to FFI with no service fee added. **The EXCHANGE NUMBER is 13452.**

Cancellation Policies: On a general basis, nearly all deposits are refundable up to 60 days before arrival in Kilimanjaro. Once accepted into the exchange the \$25 administrative fee is non-refundable which is part of the Friendship Force Greater Atlanta Fees.

3. Dates of Exchange and Safari.
Arrival in Kilimanjaro by 8/31/17
Depart Kilimanjaro on 9/18/17

4. Please complete the Friendship Force Ambassador and Agreement for each person and mail along with a check for \$200.00 per person **DUE BY 11/15/16** made out to FFGA to give you a spot..
Mailing Address is
Bonnie Evans
1954 Musket Court
Stone Mountain, GA 30087-1702

Link to Ambassador Application and Agreement:

<http://www3.thefriendshipforce.org/downloads/AMBASSADOR%20APPLICATION%20AND%20AGREEMENT2.16.pdf>

5. Must obtain a \$100 Tanzania Visa which can be obtained at the airport upon arrival. They take CASH only. If you desire to obtain a VISA before the exchange, be aware you can only apply 90 days before the arrival.
6. There will be a 5 night home stay with the Friendship Force in Iringa.
7. A 6 day 5 night Northern Circuit Safari, Tarangire Lake Manyara, Serengeti National Park and Ngorongoro Crater with 3 nights in a lodge and two nights in a tented camp.

Waterfalls and Coffee Plantation tour at base of Kilimanjaro.

Two hour visit and tour of a traditional Massai Boma village.

3 days, 2 nights in Ruaha National Park which is close to Iringa.

www.migrationexpedition.com

8. We will be transported in a 25 passenger bus round trip from Kilimanjaro to Iringa with an overnight stay midway which would be more economical than domestic air flights. Breaking up the drive should make it easier. Also having a separate van for luggage will make it more comfortable and based on recommendations from other FF clubs who have been there.

The big challenge is getting to Iringa from a major airport. The capital of Dar es Salaam to Iringa is an 8 hour drive. The air service between Dar es Salaam and Iringa is only a small aircraft that seats 13 people and cost \$260 one way. It has only limited availability on how many flights a day and if it flies that day. The drive from Kilimanjaro and Iringa is 12 hours which is why we are splitting the drive into two days. Domestic flights are very expensive. An example of a flight from Ruaha to Kilimanjaro is \$467 per person one way.

9. Kilimanjaro is a tourist destination thus there are many Delta Airlines flights as well as other major airlines. It is where an international airport is located and where the prime areas are for a safari.

10. I have read the reviews all the lodging and tent camps provided by Migration & Kili Expeditions and all are good. I also have photos of the safari vehicles and the van vehicles. I have also read the reviews on the safari company which are also very good. I have check many references.

11. The name of the safari company is Migration & Kili Expeditions. They do big group safaris and have been very responsive.

Reviews:

<https://www.safaribookings.com/reviews/p1957>

Facebook site:

<https://www.facebook.com/migrationkiliexpedition>

<http://www.traveltoeastafrika.com/directory/listing/migration-kili-expedition-tours>

<https://www.linkedin.com/in/migrationexpedition-tours-51b85a113>

12. Links to proposed lodging and tents camps

Bougainvillea Safari Lodge <http://bougainvilleasafarilodge.com>
trip advisor: https://www.tripadvisor.com/Hotel_Review-g790144-d1106345-Reviews-Bougainvillea_Safari_LodgeKaratu_Arusha_Region.html

Osupuko Lodges: www.osupukolodges.com
trip advisor: https://www.tripadvisor.com/Hotel_Review-g608450-d2165368-Reviews-Osupuko_Lodge-Tarangire_National_Park_Arusha_Region.html

Ngorongoro Rhino Lodge: https://www.tripadvisor.com/Hotel_Review-g317085-d1024831-Reviews-Ngorongoro_Rhino_Lodge-Ngorongoro_Conservation_Area_Arusha_Region.html

Mountain Inn: <http://www.mountaininn.co.tz>
trip advisor: https://www.tripadvisor.com/Hotel_Review-g317084-d644480-Reviews-Mountain_Inn-Moshi_Kilimanjaro_Region.html

Ruaha River Lodge: https://www.tripadvisor.com/Hotel_Review-g488126-d480755-Reviews-Ruaha_River_Lodge-Ruaha_National_Park_Iringa_Region.html

Flomi Hotel Morogoro: https://www.tripadvisor.com/Hotel_Review-g806325-d9730561-Reviews-Flomi_Hotel-Morogoro_Morogoro_Region.html

13. Mountain Inn in Moshi has a locked luggage storage area. For cautionary purposes it is a good idea to use a TSA lock.
14. The exchange is limited to 25 people. There is some flexibility on this but pricing is based on having 20 ambassadors.

ITINERARY

DAY ONE: 8/31/17 LODGING: MOUNTAIN INN, MOSHI

The day you must arrive in Kilimanjaro. You will obtain your own transportation from the airport to the lodge in Moshi. Taxi is about \$40. **MEALS NOT PROVIDED** : (suggest an extra night at your expense to be able to rest up from the long travel by arriving on 8/30/17.)

DAY TWO: 9/1/17 LODGING: Mountain Inn, Moshi Waterfalls & Coffee Tour to Materuni Village on the slopes of Mount Kilimanjaro. Meet with Safari Tour Director for Briefing of the Safari in the Northern part of Tanzania. Includes all park fees, guides salary, transport and tips.

Includes: Breakfast, Box Lunch and Water.

NOT INCLUDED: DINNER

DAY THREE: 9/2/17 MIGRATION AND KILI SAFARI EXPEDITION ON THE NORTHERN CIRCUIT STARTS.

After breakfast between 6:30 to 7:00, we will depart to **Tarangire National Park** where we will have a full day game drive. The Park has a diverse landscape with nine vegetation zones. Ancient Baobab trees dot the landscape dwarfing animals that feed beneath them. The Tanangire River meanders through the park which attracts an abundance of wildlife for elephants, leopards, Buffaloes, zebras, giraffes, antelopes to a variety of colorful birds. The park is famous for having the largest elephant population in Tanzania and we will observe many elephant families interacting. We will stop for a picnic lunch in an observatory inside the park where you will be able to view animals drinking water from the river. Many times lions will attack a thirsty zebra or wildebeest. We will continue game viewing and final return to the lodge for dinner.

All meals provided.

LODGING: BOUGAINVILLEA SAFARI LODGE

DAY FOUR : 9/3/17. Lake Manyara National Park. Depart after breakfast and drive across the Great Rift Valley to Lake Manyara National Park for a full day game drive. Although only 205 square miles in size, this enchanting park is noted for its beauty and incredibly lush acacia forest of giant fig and mahogany trees which are home to troops of baboons and blue monkeys. The park is also home to a large numbers of Buffaloes, giraffes elephants, impalas and a Hippo Lake where large number of hippos usually gather. Well known for its birds (over 400 different species). Lake Manyara is one of the few places where you'll be able to see the Ground Hornbill and the Crested Eagle. The park has become famous for the climbing lions and the flamingos at the lake shore. Landscapes are stunning and very different from the Serengeti for example. The games drives are done along the shore of the lake, providing an

incredible view of giraffes and buffaloes in the foreground with the lake with flamingoes and flat plains in the horizon. Great photo opportunities. Lodge for Dinner and overnight stay.

All meals provided,

LODGING: BOUGAINVILLEA SAFARI LODGE

DAY FIVE: 9/4/17 Serengeti National Park: Today we are off to the famous Serengeti National Park, home of the Great Migration. Your drive today is spectacular as you drive up the crater highlands, stopping at the rim for a bird's eye view of spectacular Ngorongoro Crater. Continuing on, as you crest the hillside, spread out before you, as far as you can see, is the vast Serengeti which means "endless plains" in Kiswahili. The park is inhabited by more than 2 million large animals including more than a million wildebeest, hundreds of thousands of plains zebras and Thomson's gazelles. Large predators include lions, cheetahs, and hyenas are drawn to the area by this abundance of prey which migrate throughout the park. Many smaller animals like rock hyrax, bat eared foxes, mongoose, honey badger, jackals, monkeys, baboons and African hares also inhabit the area along with nearly 500 species of birds.

On the way into the Serengeti we will stop at the famous **Oldupal Gorge**, where Dr. Louis and Mary Leakey made their discovery of the first step of man who walked the earth. After attending a short lecture describing the archeological dig and geology of the gorge, we will have time to visit a small museum. After enjoying lunch, we will depart on an afternoon game drive in the Serengeti. Overnight at tented camp.

All meals provided.

LODGING; OSUPUKO TENTED CAMP SERENGETI

DAY SIX: 9/5/17. After breakfast a full day in **Serengeti National Park** with morning and afternoon game drives. There is an option of an early morning Balloon Safari with an extra cost of \$600 per person. Overnight at a tented camp.

All meals provided

LODGING; OSUPUKO TENTED CAMP SERENGETI

DAY SEVEN : 9/6/17. Serengeti to Ngorongoro: We will wake up early to do an early morning safari before breakfast so we can spot the animals when they are more active and also to have a fantastic sunrise in front of you. Sunrise in the African Savannah is one of the most beautiful experiences one can have. After the game drive, we return to camp for brunch. In the afternoon, we transfer to **Ngorongoro Crater** the 8th wonder of the world with its 2000 foot high walls and a crater floor that spreads for 102 square miles. The crater is a virtual Noah's Ark inhabited by almost every species of wildlife indigenous to East Africa including the rare black rhino. In fact the crater has the greatest concentration of wildlife on planet Earth. It contains a river, several swamps, a soda lake that, from the top, looks like steam, full of flamingoes and open plains. The large bull elephants that reside here have extremely large tusks, due to the rich mineral content of the volcanic soil and its grasses. They will be the most incredible elephants you'll ever see in your life.

Special two hour visit to a **TRADITIONAL MAASAI BOMA VILLAGE**
Tour a traditional Maasai Boma village and learn about the proud and fascinating Maasai culture. A village chief will provide a tour of the Boma and explain their beliefs and way of life. You may watch or take part in a traditional dance. The tribe charges a fee per car that is included. It is paid directly to the village chief to purchase supplemental grain. Pictures are welcome inside the Boma. There are several Maasai Bomas that our guides have relationships with that are located approximately twenty minutes from the main road at Olduvai Gorge. The location provides for convenient access but is still far enough off the beaten path to avoid the main tourist circuit.

The Maasai are pastoralists and they live off their herds of cattle, sheep, goats, and donkeys. Traditionally, the Maasai move nomadically with their herds to find pasture and water; however, in recent years some of them have made more permanent settlements. It is becoming more and more common for Maasai to supplement their diet of milk, blood, and meat with grain. The Maasai live in peaceful coexistence with the surrounding wildlife. The Maasai are legendary for their independence, physical courage, and their ferocity as warriors.

In some ways similar to the Amish, a handful of tribes in Tanzania have resisted modernization and for the most part remain traditional.

All meals provided

LODGING: RHINO LODGE NGORONGORO

DAY EIGHT: 9/7/17. Ngorongoro Crater: Very early in the morning we descend down to the crater floor for a day of wildlife viewing in one of the most incredible places on earth. After a stop for a picnic lunch near the hippo lake with more wildlife viewing in the afternoon. We drive up the steep road out of the crater and return to Moshi.

DINNER NOT PROVIDED

LODGING: MOUNTAIN INN MOSHI

DAY NINE: 9/8/17. Breakfast from 6:30 to 7:00. We board the Travel Van from Moshi to Morogoro (6 hours)

Box Lunch, 2 bottles of water included.

DINNER NOT PROVIDED

LODGING: FLOMI HOTEL MOROGORO

DAY TEN: 9/9/17. Breakfast from 6:30 to 7:00. We will board the Travel Van traveling from Morogoro to Iringa (6 hour drive)

Box Lunch provided. 2 bottles of water included.

START HOMESTAY WITH IRINGA Friendship Force Club. They will meet us at a central location in Iringa and take us to their homes.

DAY ELEVEN 9/10/17 IRINGA Friendship Force Homestay program being developed

DAY TWELVE 9/11/17 IRINGA Friendship Force Homestay

DAY THIRTEEN 9/12/17 IRINGA Friendship Force Homestay

DAY FOURTEEN 9/13/17 IRINGA Friendship Force Homestay

DAY FIFTEEN 9/14/17 RUAHA NATIONAL PARK. Migration and Kili Expeditions will pick us up at a central point in Iringa. They will deliver us to RUAHA RIVER LODGE. We will have a late afternoon game drive till dinner time headed by Migration and Kili Expeditions.

All meals provided.

LODGING: RUAHA RIVER LODGE

DAY SIXTEEN 9/15/17 RUAHA RIVER LODGE . We will be provided two safari drives.

All meals provided.

LODGING: RUAHA RIVER LODGE

DAY SEVENTEEN 9/16/17 Early safari walk then breakfast. Migration and Safari Expedition picks us up to head out to Morogoro.

Drive from RUAHA River Lodge to Morogoro (6 hours)

Box Lunch and two bottles of water included.

DINNER NOT INCLUDED.

LODGING: FLOMI HOTEL MOROGORO

DAY EIGHTEEN 9/17/17 Breakfast from 6:30 to 7:00. We drive 6 hours from Morogoro to Moshi.

Box Lunch provided. Two bottles of water included.

DINNER NOT PROVIDED.

LODGING: MOUNTAIN INN MOSHI

DAY NINETEEN 9/18/17 Breakfast provided. LEISURE DAY AT HOTEL. FLY BACK TO USA. Make own arrangements to get from Moshi to Kilimanjaro International Airport.

AMBASSADOR GUIDELINES

1. Must be a member in with Friendship Force at time of reservation.
2. Ambassadors must be physically and mentally able to join in activities such as extensive walking, bumpy vehicle rides, wear appropriate clothing (upper arms and legs covered and no exposed midriffs outside the hotel or resort) and wear insect repellent, be adventurous, adapt to non-western type bathrooms, long bus rides, adaptable to third world customs and culture.
3. Comply with the Ambassador Pledge and complete the Ambassador Application and Agreement.

<http://www3.thefriendshipforce.org/downloads/AMBASSADOR%20APPLICATION%20AND%20AGREEMENT2.16.pdf>
4. Passport must not expire six months after the exchange starts. Make sure you have at least one blank page required for the visa and entry permit.
5. Tanzania would be difficult for individuals with disabilities since one may find accessibility and accommodation very different than the USA. Sidewalks are non-existent and there are frequent power outages.
6. If you have chronic health problems, you should consider the risks before joining this exchange where emergency medical help may not be readily available. If the ED has concerns, a letter from your health care provider indicating that you will be able to meet the requirements of the exchange.
7. **Travel and Health insurance is mandatory.** If you have adequate insurance to cover you for accidents, illness, hospitalization, and transport to your home city, you will need to sign a waiver form prior to departure.

Here are some suggestions for travel/trip insurance that you can consider. I know of people who had serious accidents that required their immediate departure from their trips.

To cover pre-existing health conditions you must purchase the insurance policy within 15 to 21 days of the deposit due date thus

you will have till 12/30/16. You can purchase it later but it would not cover pre-existing conditions.

You can chose any travel/trip insurance company you want but here are a few suggestions. Read the policies.

Here is the link for **The new Friendship Force Travel Insurance vendor**. You can also go to the FFI main page where there are several links whether you are a US Citizen traveling aboard or a Multinational traveling aboard. I have asked for a quote from FFI.

<http://www3.thefriendshipforce.org/downloads/FriendshipForceTravelProtectionPlan.pdf>

Travelguard is another trip insurance company that we have used in the past. There are others to. I got a quote using \$6000 as my total trip cost and the premium was \$961.00.

**[http://www.travelguard.com/agentlink.asp?
ta_arc=122525&pcode=](http://www.travelguard.com/agentlink.asp?ta_arc=122525&pcode=)**

Travelguard through Costco for the same \$6000 was only \$216.95

My advice is shop around then let the group know the details of what you were able to obtain.

9. Check the Department of State website for travel warnings and other important information.

<https://travel.state.gov/content/passports/en/country/tanzania.html>

10. You should be up to date on routine vaccinations. Please visit the CDC site for vaccine recommendations for Tanzania.

Link:

<http://wwwnc.cdc.gov/travel/destinations/clinician/none/tanzania>

11. Yellow Fever vaccination is required for all travelers arriving from or having transited through, yellow fever endemic countries. Direct arrivals from non-endemic countries, including all countries in Europe and North America, are not required to show the certificate.

12. You should talk to your doctor about how to prevent malaria while traveling. You may need to take prescription medicine before, during and after your trip to prevent malaria.
13. Zika is endemic in Tanzania and the CDC believes the risk is low to travelers. Because of the risk of birth defects to women who were infected with Zika while pregnant or planning to be pregnant should discuss their travel plans with their doctor
14. Food poisoning is possible so ask your doctor for an antibiotic to take with you.

HISTORICAL WEATHER INFORMATION

NOTE: It is considered DRY season at this time of year with moderate temperatures during the day. It can get very cool since we will be at a higher altitudes.

Historical Weather Links

IRINGA: <https://www.wunderground.com/history/airport/HTIR/2016/10/1/PlannerHistory.html?dayend=0&monthend=0&yearend=0&activity=Golf>

KILIMANJARO: https://www.wunderground.com/history/airport/HTKJ/1972/10/8/PlannerHistory.html?req_city=HTKJ&req_state=&req_statename=Tanzania&reqdb.zip=00000&reqdb.magic=4&reqdb.wmo=63791

MOROGORO; <http://www.myweather2.com/City-Town/Tanzania/Morogoro/climate-profile.aspx?month=10>

SERENGETI: <http://www.myweather2.com/City-Town/Tanzania/Serengeti-National-Park/climate-profile.aspx?month=10>

NGORONGORO: https://www.wunderground.com/history/airport/HTAR/2016/10/21/MonthlyCalendar.html?req_city=Ngorongoro&req_state=&req_statename=Tanzania&reqdb.zip=00000&reqdb.magic=25&reqdb.wmo=63789

What is included?

Transportation to and from Iringa including two overnight hotel stays at Flomi Hotel Morogoro with breakfast and box lunch included. with two bottles of drinking water. Using two travel vans. One for the members and one for luggage to assure comfort.

Four nights at Mountain Inn includes breakfast

Waterfalls and Coffee Tour at Mt Kilimanjaro with transportation, box lunch and water.

All meals included during SAFARI (breakfast, lunch, dinner) as well as drinking water.

Safari accommodations and game drives

Entrance fees to National Parks

Private 4 x 4 custom built safari vehicles (three vehicles)

Knowledgeable driver/guide

Ngorongoro Crater bird watching and game drives

Tips to guides/drivers

What is NOT included?

International Flights

Transportation from and to Kilimanjaro International Airport to Hotel (taxi about \$40 USD)

Travel and Health Insurance

Visa for Tanzania

Beverages

Personal things like silk cocoons for sleeping, rucksack, footwear and other things like clothing. (since we are not staying in tents for camping, a sleeping bag is not needed.)

Personal expenses such as laundry and communications.

Lunch and Dinners that are not part of the Safari (see itinerary)

Gift for your Iringa host

Optional Balloon Safari \$600 per person

LINKS

LINK:

<http://www3.thefriendshipforce.org/downloads/AMBASSADOR%20APPLICATION%20AND%20AGREEMENT2.16.pdf>

Travel guard Brochure Link

http://www2.thefriendshipforce.org/forms/exchanges/Travel_Guard_Insurance_Coverage_Brochure.pdf

Link to purchase Travelguard Insurance:

<https://buy.travelguard.com/TGI2/proc/stateselector.aspx?br=agentlink&arc=122525&agentlinkasp=yes>

Pay Exchange Fees on line to FFI

https://www2.thefriendshipforce.org/payments/pay_fees.aspx

25 Ways to Stay Well Abroad in Pictures

<http://www.webmd.com/vaccines/ss/slideshow-travel-health>

RECOMMENDED CLOTHING and ITEMS TO BRING

You will be allowed one duffel type bag, approximately 36 inches by 18 inches with a maximum weight of 50 pounds. Check with your airline on their weight restrictions. A personnel effects bag can go on your lap keep all your documents and money in your personal bag.

Binoculars are an essential item. You get what you pay for. Pick a lightweight pair.

Take THREE changes of clothing for an entire trip. Many lodges have laundry facilities on site.

Drip Dry fabrics are highly desirable since they need no ironing.

You will wear tops and bottoms over and over again.

Bring enough underwear for a week.

You will need light walking shoes or boots in most cases durable sneakers suffice for this option.

Bring a white garbage bag for laundry

AVOID AT ALL COSTS. Any blue or black since tsetse flies love that color. KHAKI and BROWN Colors are best.

Do NOT wear WHITE which reflects sunlight and startles the animals.

Do NOT wear camouflage. They will think you are army. It is a big NO NO.

Do NOT wear perfume.

NO HEELS.

Three cotton T-shirts.

Two long sleeve light colored cotton shirts.

Two pairs of light colored shorts or two skirts.

Two pairs of long light colored pants. Cargo pants are a great option since they can hold belongings.

Optional sweatshirt and sweatpants which we double as sleepwear (It can get quite cool at night)

One smart casual dinner outfit

Leave your diamonds and gold jewelry at home

Socks

Sandals

Bathing Suit

Light weight jacket and sweater. It can get cold on the crater.

Windbreaker or poncho

Camera equipment, extra batteries, charger and memory cards

Contact lenses including extras

Spare pair of glasses

Small flashlight

Personal toiletries

Malaria tablets (start them before you arrive, follow the instructions)

Sunscreen and lip balm. With SPY 30 or higher, moisturizer and hair conditioner

Antihistamine cream

Lots of insect repellent like DEET, get 20% with sweat resistant they suggest OFF since it has 25% DEET and comes in 3 ounce spray bottles

Basic First Aid kit

Tissues and premoistened wipes

Warm hat, scarf and gloves

Sun hat with a string to hold it on. The TILLY HAT is what is recommended by Fodors.

Sunglasses Polaroid UV protected ones

Documents and money (cash, credit cards) US Dollars is welcomed but make sure they are 2006 or younger, no rips or tears. You need to have a supply of small bills. such as \$1, \$5, \$10

Notebook and pen

Travel and field guides

Ziplock bags

Silk cocoon for sleeping (found on [amazon.com](https://www.amazon.com))

NEED TO KNOW

CURRENCY: Tanzanian shilling (Tsh) USD widely accepted. Credit cards probably not be accepted in small towns and villages.

LANGUAGES; Swahili and English

VISAS: Required. US Citizens it is \$100 cash in USD and can be gotten at the airport upon arrival. You only need proof of yellow fever vaccinations if you had travel though an inflicted area,

MONEY : ATM's are in all major towns, most take VISA or MASTERCARD only. Credit Cards are not widely accepted for payment. Most national parks however require Visa or MasterCard for payment.

US \$1.00 equals Tsh 1691

SEPTEMBER is considered **HIGH SEASON**. The weather is cooler and dry. Hotels are popular and full with high season prices. Annual spotting is easiest, as foliage is sparse and animals congregate around the dwindling water supplies.

Banks and Government offices. 8am to 3pm, Monday to Friday

Restaurants: 7 am to 9 am, Noon to 2:30pm, 6:30 pm to 9:30 pm

Shops: 8:30 to 6pm Monday to Friday 9am to 1 pm Saturday often closed on Friday afternoon

Supermarkets: 9am to 6 pm Monday to Friday, 9am to 4pm Saturday, 10am to 2 pm Sunday

FACTS TO KNOW

The people are typically native Africans who mostly live in the countryside and work on farms.

The average life expectancy for men is 50 years old and women 52 years old.

There are 40.2 million Tanzanian residents,

95% are speakers of Bantu languages. The national language is Swahili. English is considered an official language and is the primary language of commerce, administration and higher education.

It is a patriarchal society where the male has the wealth and the power.

Tanzanians pride themselves as being calm and rational which may make it seem like they are cool and distant. They are adverse on showing strong emotion in public

SPACE INVADERS: Tanzanians have a different perspective of personal space from Westerners. There is typically less distance between people than you are used to and Tanzanians tend to stand even closer when talking. Keeping your distance from someone sends a signal that they are not welcome.

In crowded places they bump into you but are not likely to apologize.

Handshakes:

The most simple and informal handshake, typical among young people, features "bumping fists." This is followed by tapping the thumb side of your clenched fist to your chest.

The semiformal handshake, which can be used in almost every situation, involves the two opposing hands coming together, palms facing- identical to a Western handshake. Then in one smooth movement, the palms slide forward and up as each person briefly grasps the other's thumb in their fist. Then the hands slide back down to the original western style handshake.

If your right hand is busy, wet or dirty when a hand is offered, you are expected to proffer your wrist or any other part of your right arm in return.

Kissing, holding hands, hugging in public is not acceptable. It is regarded as boasting.

In Tanzania, homosexuality is not only considered taboo here. It is also illegal. So exercise extreme caution,

Tanzanians are warm friendly people who sometimes welcome strangers with acts of enormous kindness.

Sometimes you will be made to feel like a celebrity and you are called out but they are trying to sell you something. Westerners are perceived as having bottomless bank accounts and exalted life styles.

You need to be aware of "Swahili Time." It is a clock that is 6 hours behind. In Swahili time dawn coincides with twelve o'clock . Dusk is the same as sunset: sunset is at 12 o'clock --- 18:00. So when you are setting a time, make sure you get it right. Confusing, I know!

Always ask a Tanzanian permission to take their photo. Some will see it as an easy source of money.

Tanzanian women will sometimes compliment each other on weight gain. In Africa being larger is a visual sign of success: it means they are eating well and enjoying free time. So if someone says something about your weight, just say "Thank you!"

You will hear the word "KARIBU" used often which means welcome.

Haggling is a way of life. One must haggle for a taxi, guide, organizing a trek or buying souvenirs or art. The first price is an opener since some visitors will pay the opening price cause they do not want to haggle. It is expected that you will make a counteroffer. The negotiating will go back and forth till you agree on a price.

No haggle zones are supermarkets and restaurants.

Always count your change.

Asking for money will come in all kinds of shapes and forms even from well dressed able bodied people as well as beggars. Perhaps in part because of "undugu" there is never a wrong time to ask someone for a donation or a little money for food or family. It might come from a waiter before the meal or a maintenance manager at a hotel or in the middle of a busy intersection while waiting for the lights to change. How you react depends on personal preference, but even the most philanthropic will likely balk at the relentlessly repeated "give me money" that follow foreigners down the streets and through the markets of many towns. Many native Africans give to the genuinely needy (which is difficult to discern) when they have the money. If not, it's simply a matter of saying "no."

If your hosts ask for money, you should refer it to me or just say No with a smile.

Standing at a distance from a speaker is sometimes considered a sign that they are not welcomed.

Eye contact carries great importance especially during official conversations and any transactions involving trust.

It is not polite to interrupt even if they are speaking a long time.

Cell phone service is reliable but very expensive. Cell phone theft is a hot ticket in Tanzania. Text messaging is the preferred method of reducing the cost of calls.

Municipal water is not recommended even for brushing teeth. Use bottle water. Steer clear of Ice in your drink unless you are sure it was made from purified water.

It is considered polite to leave a little food on your plate to show your hosts that you are satisfied