



*Terra Nova Tours - Your ultimate African DMC partner  
with unmatched expertise in Southern Africa*

## Travel Advice - Tanzania

### Table of Content

1. Intro
2. Languages & Local Lingo
  - a. Languages
  - b. Local Lingo
3. Food & Beverages
4. Money
  - a. Currency
  - b. Average Expenses
  - c. Gratuity / Tips
5. Safety & Health
  - a. Safety
  - b. Health
  - c. Travel Insurance
6. Entry Requirements
7. Accommodations
  - a. Accommodation Types
  - b. Check-in / Check-out
8. Transportation & Luggage Restrictions
  - a. Transportation
  - b. Luggage Restrictions
9. Stay Connected
  - a. Electricity
  - b. Internet Availability
  - c. Important Telephone Numbers
  - d. Terra Nova Contact
10. Travelling with children
11. Travel Responsible
12. Sunset / -rise
13. Time Zone / Time Difference
14. Public Holidays
15. Taking pictures of local people



## Travel Advice - Tanzania

### Intro

Tanzania is an excellent safari destination - due to its superb game-spotting opportunities - and home to some of the best and biggest parks in Africa and some of the most unusual and diverse landscapes you will ever see. Tanzania offers some fantastic sightseeing opportunities and photo-hunting opportunities, with its grasslands, woodlands, rock formations, and mountain peaks. The varied ecosystems in these areas also provide ideal conditions for one of the essential elements of any great safari: African wildlife. An African safari would not be complete without the chance to glimpse some of the "Big Five" or some lesser-known but equally fascinating animals. Tanzania's Great Wildebeest Migration, which takes place each year, showcases millions of animals making their way across the country searching for water and fresh grass. Wildebeest, zebra, and gazelle make the arduous journey and brave the raging Mara River, filled with waiting crocodiles.

## Languages & Local Lingo

### Languages

Tanzania's official language is Swahili, but hundreds of other dialects exist. The national language is English, which is also the country's commercial language. The country's higher education institutions all teach in English. Almost all of the people you come into contact with have an excellent command of English and are fluent in it.

### Local Lingo

|                 |                                     |
|-----------------|-------------------------------------|
| Pesa            | Money                               |
| Kushoto / Kulia | Left / Right                        |
| Jisaidia wapi?  | Where can I find the restrooms?     |
| Jambo           | Good morning / Good evening         |
| Sembe           | Another term for Ugali (maize meal) |
| Maisha marefu   | Cheers!                             |

## Food & Beverages

Food in Tanzania varies significantly depending on which area you are in the country. On the mainland, away from the coast, most restaurants serve meats, stews and grilled chicken accompanied by green beans, chips or ugali. Maize meal porridge is eaten all over Africa.

- Nyama Choma: Barbequed meat

- Mandazi: A fried dough ball that resembles a savoury doughnut
- Kachumbali: Spicy tomato relish served with meat
- Wali wa nazi: Rice cooked with coconut milk
- Matoke: Plantains, generally boiled and served with food

#### Tanzania Beverages:

- Konyagi: A popular, cheap and strong gin
- Chai: Tanzanian tea, usually served sweet, with milk, and very hot in small glasses

## Money

### Currency

The official currency of Tanzania is the Tanzanian Shilling.

In the tourist areas, the dollar is even often preferred over the local currency. For small amounts however, the shilling is more likely to be used, so it makes sense to have at least a few shillings in your pocket.

VAT is imposed on all taxable goods and services supplied or imported into the United Republic of Tanzania. The standard rate of VAT is 18% in Mainland Tanzania and 15% in Tanzania Zanzibar, but the export of goods and certain services are eligible for zero-rating. VAT on goods and services that are consumed cannot be refunded.

### Average Expenses

95% of all Game Lodges in Mainland Tanzania are Fully Inclusive of meals and drinks. Therefore, there are very little additional costs for you to any of our Terra Nova itineraries.

If you are in Zanzibar or in any of the towns, all of this depends on where you go, but these are the average expenses:

- 3-course meal for two people – TZS 115,700 (EUR/USD/GBP 50) (depending on the local restaurant, excluding drinks)
- Domestic beer (0.5 litre) – TZS 4,628 (EUR/USD/GBP 2)
- Cappuccino – TZS 3,471 (EUR/USD/GBP 1.5)
- Soft Drinks (eg. Coke/ Pepsi) (0.33 bottle) – TZS 3,471 (EUR/USD/GBP 1.5)
- Still water (0.33 bottle) – TZS 2,314 (EUR/USD/GBP 1)



## Gratuuity / Tips

Most Southern and Eastern African employees are paid a low base salary and are therefore reliant on tips. You are welcome to leave a tip for the good service received during your Terra Nova visit. But how much is appropriate? This is what we would recommend our Terra Nova clients:

- Overland Guides and Safari Guides based in Lodges: TZS 23,000 p/p and per day (EUR/USD/GBP 10)
- Private Guides: TZS 46,000 p/p and per day (EUR/USD/GBP 20)
- Trackers and/or Butlers: TZS 11,500 p/p and per day (EUR/USD/GBP 5)
- Lodge staff: TZS 34,500 p/p and per day (EUR/USD/GBP 15)
- Luggage Porter: TZS 1,100 per luggage (EUR/USD/GBP 0,50)

We include as many fees and expenses as possible in your Terra Nova program, so you do not have to worry about them while travelling. It's important to note, though, that some fees and levies are not pre-bookable and must be covered at the time of entry to a park, etc.

We generally exclude:

- Additional meals not specified in the itinerary
- Additional Entrance fees and Conservation Levies
- Fuel & toll fees (for self-drive tours)
- Personal extras such as tips, laundry services, Roaming etc.
- Private Expenses
- International and/or domestic flights (we of course ensure that all necessary flights are included in all of our Fly-in programs)
- Visa and Visa Fees (if applicable)
- Travel Insurance
- Any new government taxes, levies or industry increases that are beyond Terra Nova's control.

## Safety & Health

### Safety

Although Tanzania is a developing country, there are areas with world-class attractions. Hotels and shopping malls are either located in upmarket areas with modern airports or in rundown areas of small towns. Across the country, one can find extreme wealth and extreme poverty.

In Tanzania, it is important to be sensible. However, let's not sugarcoat it! Tanzania has a high crime rate, which makes it necessary to be aware of your surroundings at all times. The



majority of violent crimes occur in "no go" areas for tourists, so international tourists are not at risk.

## Health

When visiting Tanzania, you can expect to find top-quality healthcare facilities and highly trained medical staff. Private hospitals are second to none and will be happy to assist you, providing you take out travel insurance. If not, you will have to pay a lump sum upfront.

Please keep in mind that tourism in Mainland Tanzania is focused around National Parks and Game Lodges, and many, if not all of them, have emergency medical procedures in place. Whether it is immediate medical attention on-site or helicopter access to nearby world-class health facilities.

It is essential to stay up to date on your vaccinations when you travel, such as Polio, Diphtheria, Tetanus, Hepatitis A/B, etc. You should consult your doctor, pharmacist, or travel clinic to determine what precautions and/or vaccinations you need when travelling. Contact them before departing as preventative measures may take a while.

The country recommends antimalarials year-round. Tanzania has high malaria risks, yet the country is not concerned as malaria medication prescribed by doctors should be taken by travellers. It may be necessary to take this medicine for several days during preparation, use, and after returning from your trip.

## Travel Insurance

Generally, travel insurance is not mandatory. However, it's a good idea to look into insurance - in the event that you must cancel or interrupt your trip due to illness, or medical expenses occur whilst travelling and/or your luggage gets damaged, etc. Travel insurance for a year may be the best option if you are a frequent traveller. We are sure you will find the best option for you to ensure a memorable Terra Nova trip. You might also want to check with your bank. Travel insurance is included in most credit cards nowadays.

## Entry Requirements

The validity of your passport must remain valid for at least six months after the return date.

## Visa

By providing us with your nationality (which is why we ask for it), we can correctly inform you about the documentation specifications you need for your Terra Nova experience. Upon your arrival, Tanzania is likely to grant a tourist visa, but please check with your Embassy or Department of Home Affairs to ensure what you need to obtain the visa in advance. It is generally necessary to have a minimum of two consecutive free pages for entry into each



country you are travelling to, including the visa and stamp. If your itinerary includes more than one country, your passport must always have enough blank visa pages (not endorsement pages) for all required visas, excluding the country of departure and return. A passport with insufficient blank pages could prevent entry into a country. If a visa payment is needed at arrival, a cash payment will usually be requested. It is sometimes necessary to know the exact amount payable as change may not be readily available. Travellers' Cheques and Credit Cards are not usually accepted for this purpose. Be sure you check with the Department of Home Affairs before travelling to avoid any disappointments.

## Accommodations

### Accommodation Types

We have prepared an overview of the various Terra Nova accommodations for your convenience:

Frequently used accommodations:

- Boutique Hotel (mainly Zanzibar)
- Guest House (mainly Zanzibar)
- Bed & Breakfast (mainly Zanzibar)
- (Game/Safari) Lodge (Mainland Tanzania)
- Tented Camp / Safari Camp (Mainland Tanzania)
- Hotel
- Resort (mainly Zanzibar)
- Self-Catering (mainly Zanzibar)
- Villa

#### Boutique Hotel

Most boutique hotels are four to five-star establishments that offer all the amenities and features of a standard hotel with a unique and exclusive design. They are generally small, feature top class service and are marketed to affluent travellers.

#### Guest House

Guest Houses are typically private homes that have been converted exclusively for the use of visitors. Guests have exclusive access to the establishment's public areas. Unlike Bed and Breakfasts, a Guest House typically caters to all meals. Owners or managers usually live off-site or in a separate area of the property.

#### Bed & Breakfast

Typically, a Bed and Breakfast's (B&B) is a private home where guests can be accommodated in private bedrooms. Not all Bed & Breakfast accommodations come with private bathrooms. However, we only deal with suppliers who provide private facilities, and there is usually a resident owner or manager living on the property. Several of the house's public areas are either restricted to guests or shared with the host family in some way, such



as the kitchen and living room. Breakfast is included in the Price (usually continental or FULL-ENGLISH). However, additional meals can be arranged upon request.

### Lodge

A lodge is an accommodation facility designed and situated to enhance the sense of being close to nature. Various natural materials such as wood, stone and thatch are often used as building materials. Lodges usually provide outdoor experiences, such as guided hikes and game drives.

### Hotel

In general, a hotel is the largest type of accommodation. Typically, there is a common reception area, and rooms often open straight into a passageway. There is usually a restaurant and other facilities on-site that are easily accessible to the public. In addition to the standard amenities, there may be room service and spa's available. Some hotels belong to larger hotel groups, and the experience may be similar across all the locations. The hotels we work with usually range from 3 to 5 stars.

### Self-Catering

This establishment provides all self-catering facilities. For maximum comfort, the units have a fully equipped kitchen (including a refrigerator, stove, cutlery, crockery, cooking utensils, and cleaning supplies).

### Check-in / Check-out

Check-in at your Terra Nova accommodation typically takes place between 14h00 and 15h00. On the day of departure, check-out is generally between 10h00 and 11h00. In case of a late check-in, please notify the property. Lodges sometimes schedule shuttle services from the park entry into the Reserve. To avoid delays, please arrive at the meeting point at the time indicated on your travel documents.

## Transportation & Luggage Restrictions

### Transportation

Travel itineraries in Tanzania generally operate as Guided Tours or so called “Fly-in Safaris”. For Fly-ins, propeller driven light aircraft transfer you from camp to camp, where professional guides lead you through the parks and game activities. This is a form of luxury enjoyed by tourists visiting the country. However, this is partly due to some lodges being far apart with roads travelling between them not always suitable for driving. We at Terra Nova do not offer self-drive tours in Tanzania as road conditions are difficult for the ones not used to. However, we are more than happy to organize a Driver/Guide for you who will take care of you on this private trip.



Tanzania's transportation networks include roads, rails, airways, and seaways. The road network is 86,472 kilometres long, of which 12,786 kilometres are classified as dirt road and 21,105 kilometres as regional road. The rail network consists of 3,682 kilometres of track. The city of Dar es Salaam is the only one to offer commuter rail. With 28 airports, Julius Nyerere International is the largest and busiest. Ferries connect Mainland Tanzania with the Zanzibar Islands. There are also a few other ferries operating on the country's rivers and lakes.

### Luggage Restrictions

The amount of luggage you can carry on an international flight depends on the airline. Typically, a flight's maximum allowance is listed in the booking confirmation. The standard amount is 20-23kg, excluding your hand luggage. National / domestic flights might have a slightly more restrictive luggage allowance, only permitting 20kg per person. This is important to keep in mind before your Terra Nova trip. Occasionally, charter flights allow only 15kg per person in soft bags, and luggage has to be added to the booking. Don't worry about this too much because we, at Terra Nova, always guarantee ticket fares that include at least one checked luggage bag per person. For all flights booked through Terra Nova, we will provide you with information regarding baggage allowance and other air travel-related matters.

### Stay Connected

#### Electricity

In Tanzania, the power plugs and sockets are of type D and G. The standard voltage is 230V, and the standard frequency is 50Hz.

#### Internet Availability

In general, finding a fast internet connection is a challenge in Tanzania. Almost every area will have a restaurant, cafe or hotel with free WIFI though. It is better to have a sim card with 4G as a backup. Locals recommend Zantel as it is the provider with the best coverage. However, free, fast internet and WIFI are available at most Game Lodges.

### Important Telephone Numbers

#### EMERGENCY NUMBERS

Police Emergency: 122

General Emergency number from landline: 999

Ambulance (road): 122



## Terra Nova Contact

We have your back! Our Emergency / Service Phone is available 24/7, Monday through Sunday. Depending on who is on shift, we can also help you in Afrikaans, German, and/or Spanish. You can find all Terra Nova contact details in your Travel Documents. Our team is happy to assist you with this, and we will also provide all of the contact details for the services you have booked with your Travel Documents.

## Travelling with Children

African destinations are great for children, such is Tanzania. Considering we are mothers, fathers, and sisters as well, we would not recommend taking children anywhere if we had even the slightest doubt. However, Tanzania is known as a high-end tourism destination as the main attraction in the country is its Game Lodges and National Parks. Due to the remote location of many of the Game Lodges, Fly-ins in small aircrafts is the recommended way to travel in Tanzania. This way of travel is more suited to couples or parents wanting to travel with their teenagers. Game Drives in open vehicles as well as some of the lodges are not always recommended for small children/kids.

Some advice while travelling with kids/teens:

- Aim to arrive at your destination before noon to allow your children to burn off their excess energy.
- Even in the middle of winter, it is warm enough to go swimming during the day.
- Our recommendations are to include fewer destinations, providing you with more time to enjoy the activities.
- If you are interested in conservation, consider places that have educational facilities, rehabilitation programs, or other conservation efforts.

## Travel Responsible

### How can I travel responsibly?

Be conscious of your carbon footprint:

This is where it all starts. Travel provides an estimated 8% of global carbon emissions each year, making it one of the worst contributors. Flying is the only way to get to Africa. So, understanding your carbon footprint and how to offset it is important when planning your travel. If you want to be more precise, you can use a free online carbon emissions calculator, such as Carbon Footprint. The easiest way to offset your flight is by contacting the airline directly when booking. Several airlines have carbon offset programs where travellers can pay an additional fee on top of the flight cost to support carbon offsets. These



airlines include Qantas, KLM, Air Canada, and Austrian Airlines. Put yourself on the road to responsible travel by doing this.

#### Be Waterwise:

- You probably already know that plastic water bottles are a no-no. Instead, fill up your stainless steel or glass bottle whenever you can.
- Rather than throwing out hot water after a day of travelling, decant it somewhere valuable (like in a garden) or re-purpose it for something else (like washing your hands, clothes, etc.).
- Make sure you take a shower rather than a bath to save the environment. Be sure to turn it off while you lather up with soap, shampoo, or shave.
- Reduce the amount of toilet flushing. Depending on the type of toilet, a flush can use between 6 and 14 litres.
- As opposed to running the tap while brushing your teeth, use a cup instead.

#### Say no to plastic bags and straws:

We live in a culture where plastic is everywhere. It's convenient, fast, and inexpensive. Nonetheless, it also ranks among the most pressing environmental problems. Plastics kill millions of animals every year, so reducing how much we use is imperative. Use reusable bags while shopping, carry your water bottle rather than buying water, and avoid plastic straws.

### Sunset /-rise

|            |                |
|------------|----------------|
| January:   | 06:30 – 19:00  |
| February:  | 06:40 – 19:00  |
| March:     | 06:40 – 18:50  |
| April:     | 06:35 – 18:35  |
| May:       | 06:40 – 18:30  |
| June:      | 06:40 – 18:30  |
| July:      | 06:50 – 18:40  |
| August:    | 07:00 – 17:25  |
| September: | 06:35 – 17:00  |
| October:   | 06:10 – 17: 40 |
| November:  | 06:00 – 18:10  |
| December:  | 06:00 – 18:10  |

(Please note that National Park's self-drives times differ throughout the year depending on the season and the sun, as you need to be back at your lodge before sunset.)

## Time Zone/ Time Difference

Central African Standard Time (CAST) is the time zone used by Tanzania and most Southern African countries. The zone is two hours ahead of GMT (GMT+02:00) and is the same as South African Standard Time.

Summer: From the first Sunday in September to the first Sunday in April – two hours in advance of GMT.

Winter: From the first Sunday in April to the first Sunday in September – one hour in advance of GMT.

## Public Holidays

|                               |               |
|-------------------------------|---------------|
| Revolution Day                | 12 January    |
| Karume (first presidents) Day | 7 April       |
| Union Day                     | 26 April      |
| Eid al-Fitr                   | 3 May         |
| Saba Saba Day                 | 7 July August |
| Tanzania Independence Day     | 9 December    |

## Taking pictures of local people

### May I take pictures of local people?

- To take pictures of people in their environment, it is always best to have a local guide accompany you in order to communicate with the locals and overcome the barriers between you and them.
- Before taking someone's picture, be sure to ask. By doing so, you can avoid any conflict when taking photographs.
- It is common for people to expect payment for their pictures. Among these people are those still wearing traditional clothing, such as the Himba and Herero.
- Even though young children enjoy having their pictures taken, asking their guardians or parents first is always a good idea.
- It's important to show someone your digital photo after you take it. Most people are not familiar with cameras but are amazed at what they can do.
- Photographing men and women in uniform is illegal, except for situations such as public parades.
- Most photo opportunities are arranged ahead of time on organized tours, allowing you to take photos at your leisure and allowing your guide to handle the formalities. Be sure to discuss this with your guide ahead of time.