

elevate™ destinations

TANZANIA

COUNTRY GUIDE



TABLE OF CONTENTS

PURPOSE OF THE COUNTRY GUIDE	3
KNOW BEFORE YOU GO	3
Passport	3
Visa	3
Travel & Medical Insurance	4
Covid Protocols.....	4
Immunizations.....	4
Other Health Considerations.....	5
Communications.....	6
Documentation.....	6
Money	7
IN-COUNTRY INFO	8
Time	8
Electricity.....	8
Toilet Paper	9
Waste Disposal	9
Local Cuisine & Drink	10
Weather Conditions.....	10
CULTURAL CONSIDERATIONS	11
Language.....	11
Human Trafficking in Travel	12
Responsible Travel Tips	13

PURPOSE OF THE COUNTRY GUIDE

In this document you will find a plethora of information that will be useful during your journey to Tanzania. The information listed in this guide includes cultural guidelines, communication tips and tricks, health and safety recommendations, and so much more! Please note that all information specific to your trip, such as inclusions and exclusions, staff contact numbers, flight recommendations, etc. is listed in your Online Trip Portal. For any questions unanswered by either the country guide or the online portal, please don't hesitate to reach out to an Elevate Destinations staff member. We hope that this document proves to be helpful and that you are getting excited for your journey to Tanzania!

KNOW BEFORE YOU GO

Passport

Travelers to Tanzania should ensure that the validity of their passports extends at least 6 months beyond the end of their intended stay, and should have at least 2 blank (unstamped) visa pages in their passport to enter the country. The last 2 amendment pages are unacceptable for visas and immigration stamps. Note that you will need to renew your passport if you are out of Visa pages, as the State Department no longer provides additional pages. If you need to renew your passport, please do so as soon as possible. We also recommend travelers scan a copy of your passport and email it to yourself. This way you always have a copy if something happens to it while traveling.

Visa

Citizens from many countries will require a tourist visa in order to enter Tanzania either at the Julius Nyerere International Airport in Dar es Salaam (DAR) or the Kilimanjaro International Airport (JRO) in Moshi. We recommend all travelers read the guidelines on how to apply for a tourist visa [here](#). You will have the option to apply for a single or multi-entry tourist visa. A single-entry visa is valid for 90 days and a multi-entry visa is valid for 12 consecutive months. Travelers can obtain a visa through the following methods:

- Visa upon arrival
- Online visa application. If the e-visa is approved, applicants will receive a “grant notice” via email. Present a copy of the grant notice to the Immigration Officer upon your arrival.

To apply for a Tanzanian tourist visa, you will need the following:

- Passport valid beyond at least 6 months of your travel
- \$50 USD for a single-entry visa or \$100 USD for a multi-entry visa
- Return flight ticket

If you would like to acquire your visa for Tanzania through a visa-processing center, Elevate Destinations recommends [A1 Passport and Visa](#) in Washington DC. For questions regarding the visa application, you can reach A1 Passport directly at (202) 639-1500.

Travel & Medical Insurance

Elevate Destinations requires travel insurance that covers Covid-related medical expenses and costs associated with quarantine. Proof of your travel and medical insurance is required to participate in this program.

Below are two insurance brokers that Elevate Destinations recommends:

- [Yonder Travel Insurance](#)
Email: hello@insureyonder.com
Phone Number: 855-358-6433 (M-F 8:30-5:00 CT)
- Travel Insurance Center (Dan Drennan)
Email: dan@travelinsurancecenter.com
Phone Number: 1-866-979-6753 (extension 3621)

Guests may acquire travel insurance through Yonder Travel Insurance, Travel Insurance Center, or any other travel insurance company of their choosing. Elevate Destinations recommends that travelers evaluate the insurance options available for their needs, and inquire with providers about insurance that will cover them for all Covid-related expenses including quarantine costs while abroad.

Covid Protocols

Covid Vaccination: Elevate Destinations requires that all travelers are fully vaccinated and up to date on any doses of the the Covid-19 vaccine they are eligible for. This means many travelers will need a booster. You will need to submit a copy of your vaccination card to Elevate Destinations prior to departure.

Entry Requirements and Updates: As Covid is continually evolving, please check your Online Trip Portal for the most up to date information regarding entry requirements and health and safety precautions.

Immunizations

Prior to travel, Elevate Destinations strongly recommends that you look into recommended immunizations for your time in Tanzania. Given that we are not a licensed Health Care provider, we cannot advise travelers on which immunizations they may need. We recommend that all travelers do the following:

- a) Consult with a travel clinic or your personal physician regarding immunizations and other precautions you may need to take in order to participate in this journey. You will need to

do this well in advance of your trip as some vaccinations require time to take effect, and you may need to allow time between a series of shots.

b) Visit the [CDC Website for Tanzania](#) to view recommended vaccines and medicines, travel health notices for the region, and other tips for staying healthy and safe.

Other Health Considerations

This will be an amazing journey, but as with all travel, a spirit of adventure and a degree of flexibility will enhance your enjoyment of this program.

Travel in Tanzania can be physically demanding. You must be able to enter and exit a wide variety of vehicles including jeeps and vans. Dust and other air impurities may be present in heavy concentrations, and colds, nasal congestion and sore throat may occur. Tanzania is a large country and although air travel is often scheduled to reduce travel times between long distances, some extended road journeys are often required.

We recommend a medium level of physical agility, as some of the drives may be long, with sections of unpaved, bumpy roads. For the most satisfying experience, and in fairness to your fellow travelers, please note that this trip requires the following:

- Ability to walk at least one mile without difficulty
- Ability to spend extended periods of time on your feet
- Ability to climb sets of stairs without assistance
- Ability to keep pace with an active group of travelers and to be on time for all scheduled activities
- Ability to ride comfortably in a vehicle on unpaved, bumpy roads for extended periods of time

Safety Recommendations

Your guide will give you current briefings on safety while in-country, but here are some basic ground rules for safety while traveling:

- Keep all valuables in the hotel safe.
- Avoid flashing money. Be mindful of your belongings at all time. Keep bags in front of you in crowds, and on your lap when at restaurants.
- Pay attention: avoid walking around with your smartphone in hand.
- Be vigilant when crossing roads.
- Stick with the group.
- Always make sure that others know of your whereabouts and movements.
- Avoid street protests or large gatherings.
- Do not wear expensive or sentimentally valuable jewelry while traveling.
- Let your guide know if you have any safety concerns.

Communications

The country code for Tanzania is +255. To call numbers in Tanzania from the U.S. dial 011 + 255 + area code + seven-digit local number

Wifi: In most places you will visit in Tanzania, wifi will be available. Speed, bandwidth, and availability will likely be less reliable than you are used to. Oftentimes, connection is stronger in the lobby of hotels than in individual rooms.

International Calls: If you are in Tanzania and trying to reach a number in the US, dial 011 before dialing the country code and local number.

Staying connected: Here are the most common methods for making local/international calls:

1. **Smart Phone apps:** Apps such as Skype, WhatsApp, and Viber (when Wifi is available). We recommend that travelers download and create a [WhatsApp](#) account prior to their travel.
2. **Getting an international calling package:** Setting up international coverage from your cell phone provider for the duration of your trip is often the simplest option and the best to avoid roaming charges.
3. **Use a local phone / SIM card:** SIM cards are recommended for international travelers as for making calls within Tanzania as international calls can get expensive. Please be aware of any requirements your phone has in order to accept the local SIM cards (i.e. size of SIM card, jailbroken, etc). Please also let us know in advance if you would like assistance purchasing a local phone. To purchase a local SIM card, you will need to provide a copy of your passport.
4. **Call from hotel or internet café:** Please be advised that some hotels impose a surcharge that can be more than double the cost of international calls. Be sure to check the hotel policy before placing an international call from a hotel.

Smart Traveler Tip!

We recommend that all travelers from the U.S. sign-up for the [State Department's Smart Traveler Enrollment Program](#)! This is a free service provided by the U.S. Government to U.S. citizens who are traveling to, or living in, a foreign country. STEP allows you to enter information about your upcoming trip abroad so that the Department of State can better assist you in case of an emergency. Enrolling in this program has enormous benefits in case of an emergency while abroad:

- You will receive information from the Embassy about safety conditions in your destination
- Enrolling lets the U.S. Embassy in that country know that you are there and helps them contact you in an emergency, whether natural disaster, civil unrest, or family-related.

Documentation

In case of emergency, it is advisable to record all of your important information on one sheet of paper, photocopy it, and distribute a few copies in your luggage, your money belt, and amongst relatives or friends at home. Also email a scanned copy to yourself to have available online anywhere.

These are the documents you should have printed and with you during your travel:

- A photocopy of your passport
- Covid Vaccination Card; both the original copy and a photocopy International flight itinerary or e-tickets
- [Public Health Surveillance Form](#): Print out your completed form and take a screenshot of it to have on your phone. Travelers must complete this form no more than 24 hours before departure.
- E-Visa grant notice if applicable
- Address and phone numbers of the hotels where you are staying
- Travel insurance policy details and 24-hour emergency number
- Details of relatives/friends and your primary care physician to be contacted in an emergency
- Bank and credit card details, camera serial numbers etc.

Money

The local currency in Tanzania is the Tanzanian Shilling (TSH). The Tanzanian Shillings comes in denominations of TSH 500, TSH 1,000, TSH 5,000, TSH 10,000. Coins are issued in denominations of TSH 50, TSH 100, TSH 200, and TSH 500.

For your extra personal costs and shopping, bringing USD \$30-\$50 per day is a good rule of thumb.

Smart Traveler Tip!

Be sure to notify your bank and credit card companies of your travel plans, in case they view your activity as fraudulent and put a block on your card.

The small amount of local currency you may need during your stay in Tanzania can be obtained at authorized facilities (such as ATMS, hotels and banks).

Cash & Exchanging Money: Tanzania is a primarily cash economy, so you will need to have cash in the local currency throughout your journey. Local currency is recommended for most places, especially smaller stores and markets. Ask for smaller bills when getting cash or change as some smaller vendors may not carry change for bigger bills.

If you exchange money, do so only at authorized outlets such as banks and hotels, and exchange only what you think you will spend in-country. Reconversion on departure may be difficult. Coins cannot be reconverted. To see what the current exchange rate is, check online at <https://www.xe.com/currencyconverter/>.

We recommend bringing \$200 - \$300 in USD cash in case of emergency and for personal spending. If you bring USD, your bills should be:

- **New** (printed in the last 5 years)
- **In pristine condition** (no rips, tears, smudges, markings, creases, etc)

Banks, and ATMs are available in most major cities, and your guide can generally help with withdrawing cash throughout your trip. There is usually a small fee per transaction on top of what your own bank charges for withdrawing cash at an ATM.

*Note: You will need your passport to exchange money at a bank or Bureau.

Credit Cards: Credit cards (mainly Visa and MasterCard) are accepted in larger establishments and hotels. Cash is more appropriate everywhere else. Most merchants will typically charge an additional fee for a credit card transaction.

ATM/Debit Cards: You can use your debit card to withdraw money from ATMs.

Note: ATMs in remote areas can be finicky, and may not work on a given hour or day. We recommend traveling with 2 or 3 crisp \$100 bills stored safely in your carry-on luggage to be exchanged in the case that ATMs are not working for you.

IN-COUNTRY INFO

Time

Tanzania follows GMT + 3:00. Therefore, time in the locations of your visit will be 8 hours ahead of East Coast time, and 11 hours ahead of West Coast time.

Smart Traveler Tip!

Consider downloading a conversion app for things like currency, temperature, time, and distance while traveling. Here are some apps that we like: Units - Free Unit Converter, Convert Units for Free, Converter+, GlobeConvert

Electricity

Tanzania uses a standard of 240V, 50Hz, and plug Type G. The following images show the type of plugs, sockets, and adapters you can use while traveling in Tanzania. To keep your electronics up and running, we suggest purchasing a universal plug.



Water & Food Safety

Tap water is not safe to drink in Tanzania. We strongly recommend not drinking tap water anywhere in Tanzania unless boiled. Elevate Destinations encourages travelers to pack a reusable water bottle to fill up with clean drinking water. Some people also choose to brush their teeth with bottled water, but this is up to personal preference based on how hardy you feel your stomach is. Do not use ice unless you know it was made from bottled water. Clean drinking water and soft drinks will be supplied at all meals and water will be available in the van. Be wary of fruits and vegetables that may have been washed in tap water.

Similarly, we recommend travelers eat foods that have been cooked well. Fresh vegetables and fruits bear the risk of having been washed in contaminated water. Fruits you can peel are usually safe (e.g. bananas).

Toilet Paper

We recommend carrying toilet paper or tissues with you as some bathrooms, especially in more remote areas or restaurants, may not have any. Please also remember that in remote parts of the country, you may be encouraged to throw the toilet paper into the bin provided and **not into the toilet** itself, as this can cause problems with the delicate sewage system.

Waste Disposal

Keep in mind that other parts of the world, waste disposal systems are not as advanced as you might be used to. Oftentimes, landfills are adjacent to conservation land or trash is burned. Recycling is often unavailable. To minimize your impact on the country you are visiting, please consider the following guidelines:

- Leave no trace — everything that you bring with you should go home with you.
- If you plan on shopping, make sure that you have extra room in your luggage or an extra bag to check on your way home (don't dump items to make room!)
- Avoid packing with plastic baggies and instead purchase reusable packing cubes, cloth bags, and reusable toiletry bags
- Bring a reusable water bottle that you can refill
- Remove packaging or tags of any newly purchased items before you go

Smart Traveler Tip!

Tanzania has banned plastic bags. It is illegal to produce, sell and use plastic bags. Please back reusable, eco-friendly bags for your trip. Please note the ziplock bags are only allowed to use to carry toiletries.

Local Cuisine & Drink

Most fruits and vegetables in Tanzania are grown locally. These include pineapple, papaya, mangoes, bananas, avocados, green beans and leafy greens. Given that tap water is not safe to drink, we recommend that travelers eat only fruits that can be peeled and do not eat raw or uncooked vegetables due to contaminated water.

Traditional Tanzanian meals include the following:

- Starch - rice, pilau - spiced rice, ugali, chips - french fries, or chapatti
- Protein - chicken, fish, beef or beans
- Cooked green leafy vegetables such as cassava leaves, pumpkin leaves, spinach, cabbage
- Delicious condiments and salads including kachumbari, which is a salad of tomatoes, red onion, bell peppers, ginger and garlic as well as hot sauce (pili pili, in Swahili)
- Fresh fruit

Other popular Tanzanian foods include:

- Maandazi - a sweet doughnut, typically eaten at breakfast
- Chipsimayai - an egg omelet cooked with potatoes.
- Mshikaki - beef kebabs

You will notice the distinct influence of Indian spices mixed with continental and traditional African cuisine. On the coast and islands of Tanzania, there is a wide variety of fresh seafoods and curries due to its Asian and Arabic influence.

Tanzanian coffee and tea is excellent, and many varieties of soda and fruit juice are available and inexpensive. The local beers are quite good too. Wine and liquor are nearly all imported, mainly from South Africa and are heavily taxed, making them

Weather Conditions

The weather in Tanzania varies dramatically between regions and seasons. Generally, coastal areas of Tanzania tend to be hotter and more humid than inland areas. The northern part of Tanzania, most noticeably Ngorongoro Crater and the Highlands area is cooler as altitude increases. In this part of the country, it is cool enough to warrant a sweater or jacket in the evenings.

Due to its proximity to the Equator, there are some climatic variations at different times of the year.

- *October - February*: The summer months in Tanzania, characterized by high temperatures. Depending on what part of the country you are visiting, it can cool down considerably in the mornings and evenings. The short rains are typically in November.
- *March - May*: The long rains fall somewhere in this timeframe and are characterized by heavy, intermittent rains. Many areas become flooded during this season. It remains fairly warm, but starts to cool down during the transition to winter in June.
- *Late June - October*: This is winter in Tanzania, and while it starts to get quite warm in October, the other months are cool and dry. It can be quite dusty this time of year, especially in September with strong winds.

CULTURAL CONSIDERATIONS

Experiencing different cultures is one of the joys of traveling. Please take note of the information below to better understand and respect these cultural differences in Tanzania.

- **Formal Greetings:** Formal, lengthy greetings are an important part of the Tanzanian culture and as a visitor, it's important that you follow suit. Asking about one's home, health, family, etc is a typical way to start a conversation. It's considered rude and abrasive to dive into a conversation without having formerly greeting. Handshakes are often part of these introductions and people tend to hold each other's hands for an extended period of time. A smile and a warm welcome of "Jambo" can go a long way!
- **Respecting Elders:** Tanzania is a very hierarchical society, with elders being at the top of the pyramid. When greeting someone older than you, the appropriate greeting is "Shikamoo," the literal translation of which is "I am under your feet" or "I touch your feet." In response, the elder would say "Marahaba," meaning "Welcome."
- **Social Norms:** It is important to *remain calm* in your interactions, regardless of any frustrations, in Tanzania as anger is not well received. Also important to note is that displaying public affections in public can be offensive, particularly affection between members of the opposite sex. Holding hands and embracing each other publicly is considered distasteful and something that is private.
- **Bargaining:** Gentle bargaining is generally acceptable, and often expected, in markets in Tanzania. Vendors sometimes will open with a high price they don't actually expect you to pay. Counter their offer with a lower number, and reach an agreement somewhere in between. You can usually negotiate the price down by about 15% to 25%. Throughout your interaction, keep a light-hearted attitude. Remember that this should be fun! It can be a great way to connect with locals.

Language

In Tanzania, the official language is Swahili. Each tribe, however, has its own traditional language as well - over 100 in all. English is spoken all over the country.

Although many of the locals you will be interacting with will speak English, it's always considerate and may be helpful to learn a few phrases in Swahili. Below are some examples to get you started:

<i>English</i>	<i>Swahili</i>
Hello	Mambo (informal, meaning "what's up") Poa (informal, response to "mambo," meaning cool)
How are you? (informal)	Hujambo
I'm fine	Sijambo
See you later	Badaai

Goodbye	Kwa heri
Sorry	Pole
Thank you	Asante
Welcome or you're welcome	Karibu
Please	Tafadhali
Yes	Ndiyo
No	Hapana
No thank you	Hapana asante
Excuse me	Samahani
My name is _____.	Jina langu ni _____
Nice to meet you	
-----	-----
Have a good journey!	Safari njema
-----	-----
Good morning / afternoon / evening	Asubuhi / mchana / usiku njema
-----	-----
I don't understand	Sielelwi
-----	-----
What is your name?	Jina laku ni nani?
-----	-----
Where are the restrooms?	Iko wapi choo?

Photography

Tanzania is a beautiful country, and you will want to take lots of pictures. When photographing people, always ask permission first - this is a sign of respect. You can do this with gestures or ask your guide to translate. The only exception to this is when you are photographing a public scene with a lot of people in it, aiming at no one in particular. Because so many local people are asked for permission to be photographed, many will expect a tip or an outright fee for this. (In fact, some "professional posers" make a living this way.) Always be considerate of anyone's desire not to be photographed. There are some places where photography is prohibited, and these areas are usually marked. If you are uncertain about whether or not photography is permitted, your guide will be there to advise you.

If you are interested in learning how to engage in ethical photography during your travels, check out our blog post, ["Nine questions to help decolonize your photography"](#).

Human Trafficking in Travel

Elevate Destinations has signed *the Code of conduct for the protection of children from sexual exploitation in travel and tourism* and expects all of its partners to refuse involvement, both direct and indirect, in the

commercial sexual exploitation of children. A “child” is defined as a person younger than 18 years of age, according to the UN Convention on the Rights of the Child.

We encourage our travelers and suppliers to report the sexual exploitation of children. Information, even the smallest amount, can represent the missing piece of an ongoing investigation by law enforcement. If you are uncomfortable with leaving your name and contact information, you can report anonymously to law enforcement or NGOs. Report a concern [using this form](#); alternatively, you can email protect@ecpat.net to report sexual exploitation of children.

Read about Elevate’s values & vision, our [sustainability commitment](#), our programs that give back, and more on our website at www.elevatedestinations.com. Our team members are always excited to share more on this topic. We acknowledge that to maintain truly sustainable travel products takes ongoing commitment. We continue to monitor our programs on the ground in order to improve them, and welcome your thoughts, feedback, and encouragement!

Responsible Travel Tips

Elevate Destinations takes pride in its leadership in the field of responsible travel. We take care in selecting our local partners that share our environmental and social values and are avid supporters of locals working in the tourism industry as they are both the most impacted and impactful players at the local level. All of your ground costs on this trip are carbon offset using [SouthPole Flight’s Carbon Calculator](#), and we encourage you to offset your international flights as well.

Here are a few tips that can help enrich your experience as a responsible traveler:

- **Keep an open mind:** Try to observe local customs and respect traditional cultures and people.
- **Language:** Learn a few basic greetings and “thank you” in the local language.
- **Local economy:** Support locally owned businesses, restaurants, and other services. Shop from local artisans to promote traditional crafts and encourage contemporary arts.
- **Pay a fair price:** Bargaining is acceptable on this trip and a great way to engage with locals. Try to have fun and not be overly aggressive in bargaining for souvenirs.
- **Respect:** It is important to acknowledge the privacy and dignity of others and ask before photographing or filming people. Ask permission before entering sacred places, homes or private land, and take heed of local customs (i.e. remove shoes, hats, cover hair with shawl, etc). Please ask your guide if you are unsure; they are there to support your introduction to the culture!
- **Community and environment:** Contribute to organizations that support traditional cultures and protect the natural environment. Keep to designated trails, and do not disturb plants and animals or their natural habitats.
- **Animal products:** Avoid purchasing crafts, clothing, furniture or other products that are derived from members of protected or endangered animal species.

- **Properly dispose of trash:** Avoid using plastic bags and try to minimize the use of other disposables. When traveling in areas away from cities, make sure to take out what you take in. Try using a reusable water bottle and treating your own drinking water when possible – check out what our friends at [Travelers Against Plastic](#) are doing!
- **Don't feel pressured to give away money or material items:** You will likely encounter instances of poverty and people asking for donations. We try to discourage giving away money or items as it can actually accentuate an unequal relationship between visitors and locals. Additionally, children that receive money, gifts, and sweets from you are encouraged to stick around for more, rather than to be in school. As difficult as it can be to turn down direct requests, sometimes giving your friendship and respect to locals can be the best gift of all. If you want to help, consider giving to a trustworthy charity, non-profit, or local school.
- **Tip your housekeeping staff:** Many of the the staff cleaning hotel rooms are on the bottom of the economic pyramid. Please consider leaving a tip before you checkout. The equivalent of \$2 dollars a day is appropriate. This is an easy way to ensure some of your money reaches the hands that need it the most.

Smart Traveler Tip!

In travel, especially in remote parts of the world, things happen. Expect the unexpected! Keep an open mind, be flexible, and enjoy the moment. Sometimes the best memories come out of the unplanned.