

Directory

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ACCOMMODATION

Accommodation in Tanzania ranges from humble cinderblock rooms with communal bucket baths to some of Africa's most luxurious safari lodges. Choice is good in tourist areas and limited off the beaten track. Most upmarket hotels consider July, August and the Christmas and New Year holidays to be peak season, and sometimes levy a peak-season surcharge on top of regular high-season rates. During the March to early June low season, it's often possible to negotiate significant discounts – up to 50% – on room rates. A

residents' permit entitles you to discounts at some hotels.

Sleeping listings in this book are divided into budget, midrange and top-end categories (see inside front cover).

Camping

It's worth carrying a tent for saving money, for flexibility, especially off the beaten track, and when visiting parks (though camping in most national parks costs at least US\$30 per person per night – more than sleeping in most park *bandas* (thatched-roof huts or shelters) and huts, where these are available.

NATIONAL PARKS

All parks have camp sites, designated as either 'public' ('ordinary') or 'special'. Public camp sites have toilets (usually pit latrines), and sometimes have a water source. Most sites are in reasonable condition and some are quite pleasant. Special camp sites are smaller and more remote than public sites, with no facilities at all. The idea is that the area remains as close to pristine as possible. Unlike public camp sites, which don't require bookings, special camp sites must be booked in advance. They are also more expensive. Usually, once you make a booking, the special camp site is reserved exclusively for your group. For either type of site, plan on being self-sufficient, including with drinking water.

PRACTICALITIES

- Tanzania uses the metric system for weights and measures.
- Access electricity (220-250V AC, 50Hz) with British-style three-square-pin or two-round-pin plug adaptors.
- English-language newspapers include: *Guardian* and *Daily News* (dailies); *Business Times*, *Financial Times* and *East African* (weeklies).
- English-language radio stations include: Radio Tanzania (government-aligned); Radio One; Radio Free Africa; BBC World Service; Deutsche Welle

Most parks also have simple huts or *bandas*, several have basic resthouses and many northern circuit parks have hostels (for student groups). For park camping and resthouse prices, see p77.

ELSEWHERE

There are camp sites situated in or near most major towns, near many of the national parks and in some scenic locations along a few of the main highways (ie Dar es Salaam–Mbeya, and Tanga–Moshi); prices average from US\$5 per person per night to more than double this for camp sites near national parks. Camping away from established sites is generally not advisable. In rural areas, seek permission first from the village head or elders before pitching your tent. Camping is not permitted on Zanzibar. Camping prices quoted in this book are per person per night except as noted. For more on fly camps and permanent and luxury tented camps, see right.

Guesthouses

Almost every Tanzanian town has at least one basic guesthouse. At the bottom end of the scale, expect a cement-block room – often small and poorly ventilated, and not always very clean – with a foam mattress, shared bathroom facilities (often long-drop toilets and bucket showers), and sometimes a fan and/or mosquito net. Rates average Tsh3000 to Tsh6000 per room per night. The next level up gets you a cleaner, decent room, often with a bathroom (although not always with running or hot water). Prices for a single/double room with bathroom average from about Tsh10,000/15,000.

For peace and quiet, guesthouses without bars are the best choice. In many towns, water is a problem during the dry season, so don't be surprised if your only choice at budget places is a bucket bath. Also, many of the cheaper places don't have hot water. This is a

consideration in cooler areas, especially during winter, although most places will arrange a hot bucket if you ask. In Swahili, the word *hotel* or *hoteli* does not mean accommodation, but rather a place for food and drink. The more common term used for accommodation is *gesti* (guesthouse), or, more formally, *nyumba ya kulala wageni*.

There are many mission hostels and guesthouses, primarily for missionaries and aid-organisation staff, though some are willing to accommodate travellers, space permitting.

In coastal areas, you'll find *bandas* or bungalows – small thatched-roof structures with wooden or earthen walls – ranging from simple huts on the sand to luxurious en suite affairs.

Hotels & Lodges

Larger towns offer from one to several mid-range hotels with en suite rooms (widely referred to in Tanzania as 'self-contained' or 'self-containers'), hot water, and a fan or an air conditioner. Facilities range from not so great to quite good value, with prices ranging from US\$30 to US\$40 per person.

At the top end of the spectrum, there's an array of fine hotels and lodges with all the amenities you would expect at this price level – from US\$100 or more per person per night. Especially on the safari circuits there are some wonderful and very luxurious lodges costing from US\$150 to US\$500 or more per person per night, although at the high end of the spectrum, prices are usually all-inclusive.

In many park areas, you'll find 'permanent tented camps' or 'luxury tented camps'. These offer comfortable beds in spacious canvas tents, with screened windows and most of the comforts of a hotel room, but with a wilderness feel. Most such tents also have private bathrooms with hot running water, as well as generator-provided electricity for at least part of the evening. In contrast to permanent tented camps, which are designed to stay in the same place from season to season, 'mobile' or 'fly' camps are temporary camps set up for one or several nights, or perhaps just for one season. In the Tanzanian context, fly camps are used for walking safaris away from the main tented camp or lodge, or to offer the chance for a closer, more intimate bush experience. Although fly camps are more rugged than permanent luxury tented camps (ie they may

BOOK YOUR STAY ONLINE

For more accommodation reviews and recommendations by Lonely Planet authors, check out the online booking service at www.lonelyplanet.com/hotels. You'll find the true, insider lowdown on the best places to stay. Reviews are thorough and independent. Best of all, you can book online.

ACCOMMODATION PRICES

Except as noted, accommodation prices in this book include bathroom and continental breakfast (coffee/tea, bread, jam and sometimes an egg). Many lodges and luxury camps around the parks quote all-inclusive prices, which means accommodation and full board plus excursions such as wildlife drives, short guided walks or boat safaris. Park entry fees and airport transfers may be included, though you'll need to check as details can vary. When excursions are included, the standard is two per day, with additional excursions incurring an extra charge. If you're not interested in organised excursions, ask for accommodation-only prices.

not have running water or similar features), they fully cater to their guests, including with bush-style showers (where an elevated bag or drum is filled with solar-heated water). They are also usually more expensive than regular tented camps or lodges, since provisions must be carried to the site.

ACTIVITIES

Bird-Watching

Tanzania is an outstanding birding destination, with well over 1000 species identified thus far, including numerous endemics. In addition to the national parks and reserves, top birding spots include the eastern Usambara Mountains (p168) and Lake Victoria (p240). Useful websites include the **Tanzania Bird Atlas** (www.tanzaniabirdatlas.com), the Tanzania Hotspots page on www.camacdonald.com/birding/africatanzania.htm and <http://birds.intanzania.com>.

Boating, Sailing & Kayaking

Local dhow trips are easily arranged along the coast. They are generally best booked for short sails – a sunset or afternoon sail, for example – rather than longer journeys. Ask your hotel for recommendations of a reliable captain; for more on the realities of dhow travel, see the boxed text, p357. Another option is to contact one of the coastal or island hotels, many of which have private dhows that can be chartered for cruises. For some suggestions, see p357. Catamarans and sailboats can be chartered on Zanzibar, Pemba and Kilwa, and

Dar es Salaam, Tanga and Mikindani have yacht clubs.

Trips down the Rufiji River and across the channel to Mafia island can be arranged by several upmarket Chole Bay hotels (Mafia).

Chimpanzee Tracking

Gombe Stream National Park (p265) and Mahale Mountains National Park (p267) have both hosted international research teams for decades, and are the places to go if you're interested in observing our primate cousins at close range. It's also possible to see chimpanzees at Rubondo Island National Park (p252).

Cycling

For information on cycling in Tanzania, see p356.

Diving

Although pricier than places such as the Red Sea, Tanzania is a popular and rewarding destination for diving and for diving certification courses. The main hubs (all with at least one, and often several, certified dive operators) include Zanzibar, Pemba and Mafia islands; the southeast around Msimbati and Mtwara (Mikindani is the base) and the coast north of Dar es Salaam. In addition to extensive coral reef systems and rich marine life, there's the chance for wreck dives and a favourable mix of conditions, although in many areas dives involve at least a 30 minute boat ride to the sites. For more, see p118. Dive operator contacts are listed in the destination chapters.

Fishing

Mafia, the Pemba channel and the waters around Zanzibar have long been insider tips in deep-sea fishing circles, and upmarket hotels in these areas are the best places to arrange charters. Other contacts include Kilwa Ruins Lodge (p317) in Kilwa Masoko, Game Fish Lodge in Nungwi on Zanzibar (p131) and upper end hotels in most coastal destinations. In Dar es Salaam, anglers can inquire at Msasani Slipway and at the Dar es Salaam Yacht Club. Also see www.fishingtanzania.20m.com/sud.html for an overview.

Inland, Lake Victoria is renowned for its fishing, particularly for Nile perch. The best contacts here are Lukuba Island Lodge (p243), Rubondo Island Camp (p252) and Wag Hill Lodge (p247).

Hiking & Trekking

For an overview of hiking and trekking areas, see the Trekking chapter (p49). Many Cultural Tourism Programs (see p205) also involve walking and light hiking. For most hiking, and for all hiking in national parks, you'll need to be accompanied by a guide. For any extended hiking, get a copy of Lonely Planet's *Trekking in East Africa*.

Horse Riding

Riding safaris are possible in the West Kilimanjaro and Lake Natron areas. Contacts include **Equestrian Safaris** (www.safaririding.com) and Makoa Farm (see p187).

Wildlife Watching

Tanzania is one of Africa's premier wildlife watching destinations, and it is famed for its exceptional variety and concentrations of large animals and a stellar array of national parks and reserves covering almost one-third of the country. See the Safaris chapter (p36), and the Wildlife and Habitat special section (p57).

BUSINESS HOURS

Business hours are listed inside the front cover, with exceptions noted in the individual listings. In addition to regular banking hours, most forex bureaus remain open until 5pm Monday to Friday, and until noon on Saturday. Many shops and offices close for one to two hours between noon and 2pm, and – especially in coastal areas – on Friday afternoons for mosque services. Supermarkets in major cities are often open on Saturday afternoon and Sunday for a few hours around midday.

CHILDREN

Tanzanians tend to be very friendly towards children, and travelling here with young ones is unlikely to present any major problems. The main concerns are likely to be the presence of malaria, the scarcity of decent medical facilities outside major towns, the length and safety risks involved in many road journeys, and the difficulty of finding clean, decent bathrooms outside midrange and top-end hotels.

It's a good idea to travel with a blanket to spread out and use as a make-shift nappy changing area. Processed baby foods, powdered infant milk, disposable nappies and

similar items are available in major towns, but otherwise carry your own wipes, as well as food (avoid feeding your children street food). Informal childcare is easy to arrange; the best bet is to ask at your hotel. Child seats for hire cars and safari vehicles are generally not available unless arranged in advance.

Many wildlife lodges have restrictions on accommodating children under 12; otherwise, most hotels are family friendly. Most places, including all national parks, offer significant discounts for children on entry fees and accommodation or camping rates although you'll need to specifically request these, especially when booking through tour operators. Children under two or three years of age often stay free, and for those up to 12 years old sharing their parents' room you'll pay about 50% of the adult rate. In hotels without special rates, triple rooms are commonly available for not too much more than a double room. Midrange and top-end places often have pools, or grassy areas where children can play, and any of the coastal beach areas are likely to win points with young travellers.

In beach areas, keep in mind the risks of hookworm infestation in populated areas, and watch out for sea urchins. Other things to watch out for are bilharzia infection in lakes, and thorns and the like in the brush.

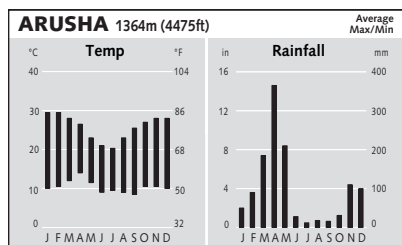
For protection against malaria, it's essential to bring along mosquito nets for your children and ensure that they sleep under them, and to check with your doctor regarding the use of malarial prophylactics. Bring long-sleeved shirts, trousers and socks for dawn and dusk, and ensure that your children wear them – and use mosquito repellent.

Wildlife watching is suitable for older children who have the patience to sit for long periods in a car, but less suitable for younger ones, unless it's kept to manageable doses. Good destinations include anywhere along the coast, Saadani National Park, with its clean beach and generally calm waters, the area around Lushoto (for children old enough to enjoy walking), and the water amusement parks north of Dar es Salaam (p102).

Lonely Planet's *Travel with Children* by Cathy Lanigan has more tips for keeping children and parents happy while on the road.

CLIMATE CHARTS

Tanzania has a generally comfortable, tropical climate year-round, although there are significant regional variations. Along the warmer and humid coast, the climate is determined in large part by the monsoon winds, which bring rains in two major periods. During the *masika* (long rains), from mid-March to May, it rains heavily almost every day, although seldom for the whole day, and the air can get unpleasantly sticky. The lighter *mvuli* (short rains) fall during November, December and sometimes into January. Inland, altitude is a major determinant of conditions. The central plateau is somewhat cooler and arid, while in the mountainous areas of the northeast and southwest, temperatures occasionally drop below 15°C at night during June and July, and it can rain at any time of year. The coolest months countrywide are from June to October and the warmest from December to March.



COURSES

Language

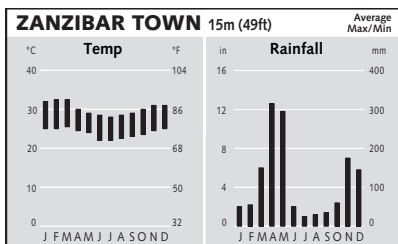
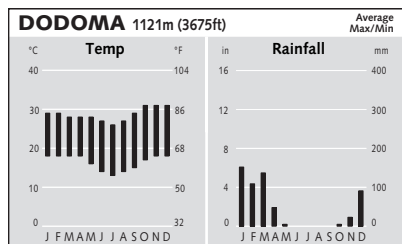
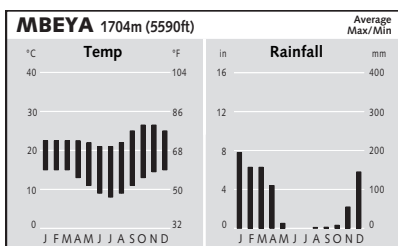
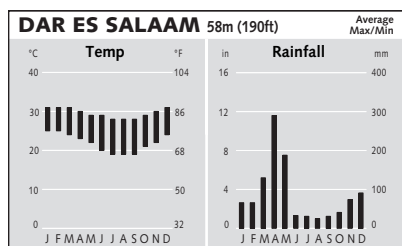
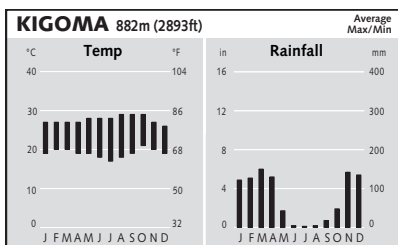
Tanzania is the best place in East Africa to learn Swahili. Schools (many of which can arrange home stays) are listed below. Also see the **Kiswahili Home Page** (www.glcom.com/cyberswahili/swahili.htm) and the **Kiswahili Resource Page** (www.unb.ca/web/civil/dccchair/dmm/swahili.html). Another contact is Riverside Campsite (p283) in Iringa.

ELCT Language & Orientation School (www.study-swahili.com; Lutheran Junior Seminary, Morogoro)

Institute of Swahili & Foreign Languages (Map p113; ☎ 024-223 0724, 223 3337; takiluki@zanlink.com; PO Box 882, Zanzibar, attn: Department of Swahili for Foreigners; Vuga Rd, Zanzibar Town) Also see www.glcom.com/hassan/takiluki.html

KIU Ltd (☎ 022-285 1509; www.swahilicourses.com) At various locations in Dar es Salaam, plus branches in Iringa and Zanzibar.

Makoko Language School (☎ 028-264 2518; swahili.musoma@juasun.net) In Makoko neighbourhood, on the



outskirts of Musoma; also see www.stgertrude.org/frben/makoko/makoko.htm

MS Training Centre for Development Cooperation

(☎ 027-255 3837/8; www.mstcdc.or.tz) About 15km

southside Arusha, near Usa River.

University of Dar es Salaam (☎ 022-241 0757;

www.udsm.ac.tz/kiswahilicourses.html)

CUSTOMS

Exporting seashells, coral, ivory and turtle shells is illegal. You can export a maximum of Tsh2000 without declaration. There's no limit on the importation of foreign currency; amounts over US\$10,000 must be declared.

DANGERS & ANNOYANCES

Tanzania is in general a safe, hassle-free country and can be a relief if you've recently been somewhere like Nairobi. That said, you do need to take the usual precautions. Avoid isolated areas, especially stretches of beach, and in cities and tourist areas take a taxi at night. When using public transport, don't accept drinks or food from someone you don't know, and be sceptical of anyone who comes up to you on the street asking whether you remember them from the airport, your hotel or wherever.

In tourist areas – especially Arusha, Moshi and Zanzibar – touts and flycatchers can be extremely aggressive, especially around bus stations and budget tourist hotels. Do everything you can to minimise the impression that you're a newly arrived tourist. Duck into a shop if you need to get your bearings or look at a map and don't walk around any more than necessary with your luggage. While looking for a room, leave your bag with a friend or reliable hotel rather than walking around town with it. Buy your bus tickets a day in advance (without your luggage) and, when arriving in a new city, take a taxi from the bus station to your hotel. Be very wary of anyone who approaches you on the street, at the bus station or in your hotel offering safari deals, and never pay any money for a safari or trek in advance until you've thoroughly checked out the company.

In western Tanzania, along the Burundi border, there are sporadic outbursts of banditry and political unrest. Things are currently quiet, but it's worth getting an update from your embassy before travelling there.

A few more tips:

- Avoid external money pouches, dangling backpacks and camera bags, and leave

jewellery, fancy watches, personal stereos and the like at home. Carry your passport, money and other documents in a pouch against your skin, hidden under loose-fitting clothing. Or, better, store valuables in a hotel safe, if there's a reliable one, ideally inside a pouch with a lockable zip to prevent tampering.

- Arriving for the first time at major bus stations, especially in Arusha, can be a fairly traumatic experience, as you'll probably be besieged by touts as you get off the bus, all reaching to help you with your pack and trying to sell you a safari. Have your luggage as consolidated as possible, with your valuables well hidden under your clothes. Try to spot the taxi area before disembarking and make a beeline for it. It's well worth a few extra dollars for the fare, rather than attempting to walk to your hotel with your luggage.
- Take requests for donations from 'refugees', 'students' or others with a grain of salt. Contributions to humanitarian causes are best done through an established agency or project.
- Keep the side windows up in vehicles when stopped in traffic and keep your bags out of sight (eg on the floor behind your legs).
- When bargaining or discussing prices, don't do so with your money or wallet in your hand.

DISCOUNT CARDS

A student ID gets you a 50% discount on train fares, and sometimes on museum entry fees.

EMBASSIES & CONSULATES

Tanzanian Embassies & Consulates

Australia Melbourne (☎ 03-9667 0243; www.tanzaniaconsul.com; Level 2, 222 La Trobe St, Melbourne, VIC 3000); Perth (☎ 08-9221 0033; legal@murcia.com.au; 3rd fl, MPH Bldg, 23 Barrack St, Perth WA 6000)

TRAVEL ADVISORIES

Government travel advisories are good sources of updated security information:

- Australia – www.smarttraveller.gov.au
- Canada – www.dfait-maeci.gc.ca
- UK – www.fco.gov.uk
- US – www.travel.state.gov/travel

Burundi (tzrepbj@sina.com; 4 United Nations Rd, Plot 382, Bujumbura)

Canada (☎ 0613-232 1500; tzottawa@synapse.net; 50 Range Rd, Ottawa, Ontario K1N 8J4)

France (☎ 01-53 70 63 66; www.amb-tanzanie.fr; 13 Ave Raymond Poincaré, 75116 Paris)

Germany (☎ 030-303 0800; www.tanzania-gov.de; Eschenallee 11, 14050 Berlin-Charlottenburg)

Italy (☎ 06-334 85801; Viale Cortina d'Ampezzo 185, Rome)

Japan (☎ 03-3425 4531; www.tanzaniaembassy.or.jp; 4-21-9, Kamiyoga, Chome Setagaya-Ku, Tokyo 158-0098)

Kenya (☎ 020-311948; Reinsurance Plaza, 9th fl, btwn Tarifa Rd & Aga Khan Walk, Nairobi)

Malawi (☎ 01-775038, 01-770148; Plaza House, Capital City, Lilongwe 3)

Mozambique (☎ 21-490110; ujamaa@zebra.ume.mz; Ujamaa House, 852 Ave Mártires de Machava, Maputo)

The Netherlands (☎ 0180-312 644; Parallelweg Zuid 215, 2914 LE Nieuwerkerk aan den IJssel)

Rwanda (☎ 756 567; tanzarep@tanzarep.gov.rw; 15 Ave Paul VI, Kigali)

South Africa (☎ 012-342 4371; www.tanzania.org.za; 822 George Ave, Arcadia 0007, Pretoria)

Uganda (☎ 041-256272; tzrepla@imul.com; 6 Kagera Rd, Kampala)

UK (☎ 020-7569 1470; www.tanzania-online.gov.uk; 3 Stratford Place, London W1C 1AS)

USA Washington (☎ 1-202-939 6125; www.tanzania-embassy-us.org; 2139 R St, NW, Washington DC 20008); New York (☎ 1-212-972 9160; 201 East 42nd St, Ste 1700, New York, NY 10017)

Zambia (☎ 01-227698; tzreplsk@zamnet.zm; Ujamaa House, 5200 United Nations Ave, Lusaka)

Tanzania also has diplomatic representation in Belgium (Brussels), China (Beijing), Democratic Republic of Congo (Zaire); (Kinshasa), Egypt (Cairo), Ethiopia (Addis Ababa), India (New Delhi), Nigeria (Lagos), Russia (Moscow), Saudi Arabia (Riyadh), Sweden (Stockholm), Switzerland (Geneva) and Zimbabwe (Harare).

Embassies & Consulates in Tanzania

Embassies and consulates in Dar es Salaam include the following. Except as noted, most are open from about 8.30am to 3pm, often with a midday break. Visa applications for all countries neighbouring Tanzania should be made in the morning. Australians can contact the Canadian embassy (www.embassy.gov.au/).

Belgium (Map p86; ☎ 022-211 2688; daressalaam@diplobel.org; 5 Ocean Rd, Upanga)

Burundi (Map p86; ☎ 022-212 7008; Lugalo St, Upanga;

☎ 8am-3.30pm) Just up from the Italian embassy, and opposite the army compound. Three-month single-entry visas cost US\$50 plus two photos, and are issued in 24 hours. The consulate in Kigoma (p262) issues one-month single entry visas for US\$40 plus two photos within 24 hours.

Canada (Map p90; ☎ 022-216 3300; www.dfait-maeci.gc.ca/tanzania; Umoja House, cnr Mirambo St & Garden Ave)

Congo (Zaire) (Map p86; 435 Maliki Rd, Upanga;

☎ 10am-1pm & 2pm-3.30pm) Three-month single-entry visas cost US\$150 plus two photos and a letter of invitation from someone in Congo. Allow plenty of time for issuing. The consulate in Kigoma (p262) is much easier, issuing single-entry visas for US\$50 (US\$30 for Tanzania residents) plus two photos within two days or less.

France (Map p86; ☎ 022-219 8800; www.ambafrance-tz.org; Ali Hassan Mwinyi Rd)

Germany (Map p90; ☎ 022-211 7409 to 7415; www.dressalam.diplo.de/en/Startseite.html; Umoja House, cnr Mirambo St & Garden Ave)

India (Map p86; ☎ 022-266 9040; www.hcindiatz.org; 82 Kinondoni Rd)

Ireland (Map p86; ☎ 022-260 2355/6; iremb@raha.com; Toure Rd) Opposite Golden Tulip Hotel

Italy (Map p86; ☎ 022-211 5935; www.ambdarees.salaam.esteri.it; 316 Lugalo Rd, Upanga)

Kenya (Map p86; ☎ 022-266 8285; 127 Mafinga St, Kinondoni)

Malawi (Map p90; ☎ 022-213 6951; 1st fl, Zambia House, cnr Ohio St & Sokoine Dr; ☎ 8am-3pm) Many nationalities, including USA, UK and various European countries, do not require visas.

Mozambique (Map p90; ☎ 022-211 6502; 25 Garden Ave; ☎ 8.30am-3pm) One-month single-entry visas cost US\$40 (US\$55 for express service) plus two photos and are issued within three days.

Netherlands (Map p90; ☎ 022-211 0000; www.netherlands-embassy.go.tz; Umoja House, cnr Mirambo St & Garden Ave)

Rwanda (Map p86; ☎ 022-211 5889, 213 0119; 32 Ali Hassan Mwinyi Rd, Upanga; ☎ 8am-noon & 2-4pm) Three-month single entry visas cost US\$60 plus two photos, and are issued within 48 hours. Citizens of the USA, Germany, South Africa, Canada and various other countries do not require visas.

Uganda (Map p86; ☎ 022-266 7009; 25 Msasani Rd, near Oyster Bay Primary School; ☎ 8.30am-3pm) Three-month single-entry visas cost US\$30 plus two photos and are issued the same day.

UK (Map p90; ☎ 022-211 0101; www.britishhighcommission.gov.uk/tanzania; Umoja House, cnr Mirambo St & Garden Ave)

USA (Map p86; ☎ 266 8001; http://usembassy.state.gov/tanzania; Old Bagamoyo & Kawawa Rds)

Zambia (Map p90; ☎ 022-212 5529; Ground fl, Zambia House, cnr Ohio St & Sokoine Dr; ☎ 9am-2pm Mon, Wed

& Fri for visa applications, 2-3.30pm Tue, Thu & Mon for pick-up) One-month single-entry visas cost from Tsh25,000 to Tsh125,000, depending on nationality, plus two photos, and are issued the next day.

FESTIVALS & EVENTS

The best festivals and celebrations in Tanzania are the small-scale ones that aren't announced anywhere, such as being invited to a wedding in a small town or to a rite of passage celebration. Getting away from the tourist haunts and into the villages and mingling with Tanzanians is the best way to find out about these.

FEBRUARY/MARCH

Sauti za Busara (www.busaramusic.com) A three-day music and dance festival centred around all things Swahili, traditional and modern; dates and location vary. See www.busaralive.com for live coverage of the current festival.

Kilimanjaro Marathon (www.kilimanjaronmarathon.com) Something to do around the foothills, in case climbing to the top of the mountain isn't enough; it's held in February or March, starting and finishing in Moshi.

MAY

Bagamoyo Arts Festival (www.sanaabagamoyo.com) A week of traditional music, dance, acrobatics, poetry reading and more, featuring local and regional ensembles. Dates vary.

Music Crossroads Southern Africa (www.jmi.net/activities/crossroads/) A showcase for young musical talent from southern and East Africa; host country and dates vary.

JULY

Festival of the Dhow Countries (www.ziff.or.tz)

A two-week extravaganza of dance, music, film and literature from Tanzania and other Indian Ocean countries, with the **Zanzibar International Film Festival** as its centrepiece; it's held in early July.

Mwaka Kogwa A four-day festival in late July to mark Nairuzim (the Shirazi New Year); festivities are best in Makunduchi (p138) on Zanzibar.

FOOD

For more on Tanzanian cuisine, see Food & Drink (p79).

Eating listings in this book are ordered by price (see inside front cover).

In addition to what you'll find in restaurants there is an abundance of fresh tropical fruits and a reasonably good selection of vegetables at markets countrywide.

GAY & LESBIAN TRAVELLERS

Homosexuality is illegal in Tanzania, incurring penalties of up to 14 years imprisonment. While prosecutions rarely occur, discretion is advised as gay sexual relationships are culturally taboo, and public displays of affection, whether between people of the same or opposite sex, are frowned upon. Traditionally, gay travellers have experienced few particular difficulties. However, in early 2003, a demonstration was staged in Dar es Salaam by an influential Muslim organisation protesting the anticipated arrival of a large group of gay tourists from the USA. The group's visit was ultimately postponed due to other factors and there have been no further incidents on the mainland. Zanzibar has tended to be more tolerant of gay relationships. However, in 2004, the Zanzibari parliament passed a law banning homosexuality and lesbianism, with penalties of up to 25 years in prison for those in gay relationships and seven years for those in lesbian relationships, and in 2006, a protest movement was staged against celebration of Freddie Mercury's 60th birthday on the island, resulting in the cancellation of the event.

The website www.purpleroots.com/africa/tanzaniata.html lists gay and gay-friendly tour companies in the region that may be able to help you plan your trip. For all-inclusive packages, try **Atlantis Events** (www.atlantisevents.com), **David Tours** (www.davidtours.com), **Karibu Mgeni** (☎ in the Netherlands 061-449 3841) and **Gay2Africa** (www.gay2africa.com). Also check the Tanzania link on www.mask.org.za.

HOLIDAYS

Government holidays tend to be quiet affairs, with all businesses closed, but if you're in the right place at the right time, you might catch parades and other events. Christian religious feasts invariably centre on long, beautiful church services and singing. Eid al-Fitr and the other Muslim holidays are colourful anywhere, but particularly on Zanzibar, where you'll be treated to the sight of entire families dressed up and celebrating, processions in the streets and other festivities.

New Year's Day 1 January

Zanzibar Revolution Day 12 January

Easter March/April – Good Friday, Holy Saturday and Easter Monday

Union Day 26 April

Labour Day 1 May

Saba Saba (Peasants' Day) 7 July
Nane Nane (Farmers' Day) 8 August
Independence Day 9 December
Christmas Day 25 December
Boxing Day 26 December

The dates of Islamic holidays depend on the moon and are known for certain only a few days in advance. They fall about 11 days earlier each year and include the following:

Eid al-Kebir (Eid al-Haji) Commemorates the moment when Abraham was about to sacrifice his son in obedience to God's command, only to have God intercede at the last moment and substitute a ram. It coincides with the end of the pilgrimage (*hajj*) to Mecca.

Eid al-Fitr The end of Ramadan, and East Africa's most important Islamic celebration; celebrated as a two-day holiday in many areas.

Eid al-Moulid (Maulidi) The birthday of the Prophet Mohammed.

Ramadan The annual 30-day fast when adherents do not eat or drink from sunrise to sunset.

Approximate dates for these events are shown below. Although Ramadan is not a public holiday, restaurants are often closed during this time on Zanzibar and in other coastal areas.

| Event | 2008 | 2009 | 2010 |
|---|--------|--------|--------|
| Ramadan begins | 2 Sep | 22 Aug | 11 Aug |
| Eid al-Fitr (end of Ramadan, two day holiday) | 2 Oct | 21 Sep | 10 Sep |
| Eid al-Kebir (Eid al-Haji) | 8 Dec | 27 Nov | 16 Nov |
| Eid al-Moulid | 20 Mar | 9 Mar | 26 Feb |

INSURANCE

Travel insurance covering theft, loss and medical problems is highly recommended. Before choosing a policy, shop around, as those designed for short package tours in Europe may not be suitable for the wilds of Tanzania. Be sure to read the fine print, as some policies specifically exclude 'dangerous activities', which can mean scuba diving, motorcycling and even trekking. A locally acquired motorcycle licence isn't valid under some policies. Some policies pay doctors or hospitals directly, while others require you to pay on the spot and claim later. If you have to claim later, keep all documentation. Most importantly, check that the policy covers an emergency flight home.

Before heading to Tanzania, consider taking out a membership with one of the following:

African Medical & Research Foundation (Amref; www.amref.org) Dar es Salaam branch office (Map p90; ☎ 022-211 6610, 211 3673; 1019 Ali Hassan Mwinyi Rd just north of Bibi Titi Mohammed Rd) Nairobi emergency lines (☎ 254-20-315454, 254-20-600090, 254-733-628422, 254-722-314239, satellite 000-873 762 315580) Nairobi head office (☎ 254-20-699 3000). Membership entitles you to emergency regional evacuation by the Flying Doctors' Society of Africa, which operates a 24-hour air ambulance service based out of Nairobi's Wilson airport. A two month membership costs US\$25/50 for evacuations within a 500km/1000km radius of Nairobi. The 1000km membership encompasses the entire East African region, except for southernmost Tanzania around Songea, Tunduru and Mtwara.

First Air Responder (☎ 0754-777073; www.knight support.com) Tanzania-based, with air evacuation units in Dar es Salaam and in Arusha, and offering air evacuation within Tanzania to Dar es Salaam or Nairobi with purchase of a 30-day Tourist Card membership.

INTERNET ACCESS

There are many internet cafés in Dar es Salaam, Arusha and Zanzibar, and at least one in major towns, except in parts of southern and western Tanzania. Prices range from less than Tsh500 per hour in Dar es Salaam to about Tsh2000 per hour in outlying areas. Speed is not necessarily related to price, and varies greatly, though truly fast connections are rare. Reliable and reasonably priced internet cafés tend to fill up and you'll often need to wait for a terminal. A small but increasing number of business-class hotels have wireless access points. Some upmarket safari camps have satellite connections, but it's generally not possible to connect while on safari.

A recommended computer shop in Dar es Salaam is **Imagination Computer Centre** (Map p90; ☎ 022-211 7598; sales@imagination.co.tz; Ground fl; Sukari House; cnr Sokoine Dr & Ohio Sts).

LEGAL MATTERS

Apart from traffic offences such as speeding and driving without a seatbelt (mandatory for driver and front-seat passengers), the main area to watch out for is drug use and possession. Marijuana (*bangi* or *ganja*) is readily available in some areas and is frequently offered to tourists on the street in places like Zanzibar and Dar es Salaam – almost always as part of a setup involving the police or fake police. If you're caught,

expect to pay a large bribe to avoid arrest or imprisonment. In Dar es Salaam, the typical scam is that you'll be approached by a couple of men who walk along with you, strike up a conversation and try to sell you drugs. Before you've had a chance to shake them loose, policemen (sometimes legitimate, sometimes not) suddenly appear and insist that you pay a huge fine for being involved in the purchase of illegal drugs. Protestations to the contrary are generally futile and there's often little you can do other than instantly hightailing it in the opposite direction if you smell this scam coming. If you are caught, insist on going to the nearest police station before paying anything and whittle the bribe down as far as you can. Initial demands may be as high as US\$300, but savvy travellers should be able to get away with under US\$50.

MAPS

Good country maps include those published by Nelles (1:1,500,000) and Harms-ic, both available in Tanzania and elsewhere, and both also including Rwanda and Burundi. Harms-ic also publishes maps for Lake Manyara National Park, the Ngorongoro Conservation Area and Zanzibar.

The **Surveys and Mapping Division's Map Sales Office** (Map p86; cnr Kivukoni Front & Luthuli St, Dar es Salaam; ☎ 8am-2pm Mon-Fri), sells dated topographical maps (1:50,000) for mainland Tanzania, although individual sheets covering popular areas are often out of stock. Topographical maps for Zanzibar and Pemba are available in Stone Town.

An excellent series of attractive, colourful maps, hand-drawn by Giovanni Tombazzi and marketed under the name **MaCo** (www.gtmaps.com), cover Zanzibar, Arusha and the northern parks. They're sold in bookshops in Dar es Salaam, Arusha and Zanzibar Town, and are also available online and internationally.

MONEY

Tanzania's currency is the Tanzanian shilling (Tsh). There are bills of Tsh10,000, 5000, 1000 and 500, and coins of Tsh200, 100, 50, 20, 10, five and one shilling(s). For exchange rates, see the inside front cover. For information on costs, see p12.

Prices can be high in Tanzania, but credit cards are frequently not accepted, even at many upmarket hotels. Where they are ac-

cepted, it's often only with steep commissions, which means that you will need to rely here more heavily on cash, ATMs and (in major centres) travellers cheques.

The best currency to bring is US dollars in a mixture of large and small denominations, plus some travellers cheques as an emergency standby and a Visa card for withdrawing money from ATMs. Euros are also easily changed.

ATMs

ATMs are widespread in major towns, although they are out of service with enough frequency that you should always have some sort of back-up funds. Standard Chartered (with branches in Dar es Salaam, Arusha, Moshi and Mwanza), Barclays (Dar es Salaam, Arusha and Zanzibar), National Bank of Commerce (NBC; major towns countrywide), Stanbic (Dar es Salaam, Arusha, Mbeya, major towns) and TanPay/SpeedCash (Dar es Salaam, Arusha, Zanzibar) all have ATMs that allow you to withdraw shillings with a Visa or MasterCard to a maximum of Tsh300,000 to Tsh400,000 per transaction. (Formerly the limit was per day, but now most machines seem to have no daily limits, other than what your own bank might place.) Visa is by far the most useful card for ATM cash withdrawals (and still the only one possible in many towns – NBC and CRDB machines take only Visa). However, Barclays and Stanbic ATMs also accept MasterCard and cards tied in with the Cirrus/Maestro network, and there are a few machines that only work with MasterCard. All ATMs are open 24 hours, although it's not uncommon to find them temporarily out of service or out of cash. In Arusha especially, lines at ATM machines on Friday afternoons are notoriously long so take care of your banking before then. Also, throughout the country if your withdrawal request is rejected (no matter what reason the machine gives), it could be for something as simple as requesting above the allowed transaction amount for that particular machine, so it's always worth trying again.

Black Market

There's essentially no black market for foreign currency. You can assume that the frequent offers you'll receive on the street to change at high rates are a set-up.

WAYS TO SAVE

- Travel in the low season, and ask about discounted room and safari prices.
- Families: ask about children's discounts at parks and hotels.
- Travel in a group (four is ideal) for organised treks and safaris.
- Watch for last-minute deals.
- Stay outside park boundaries, especially at those parks and reserves where you can do wild-life excursions in border areas, or where the entry fee is valid for multiple admissions within a 24-hour period.
- Enter parks around mid-day: as fees are calculated on a 24-hour basis, you'll be able to enjoy prime evening and morning wildlife viewing hours for just one day's payment.
- Camp whenever possible.
- Focus on easily accessed parks and reserves to minimise transportation costs.
- Use public transport where possible.
- Do Cultural Tourism Programs rather than wildlife safaris.
- Eat local food.
- Stock up on food and drink in major towns to avoid expensive hotel fare and pricey tourist-area shops.
- Offer to pay in cash – sometimes this may result in a discount.
- Focus on off-the-beaten-track areas, where prices are usually considerably lower.

Cash

US dollars, followed by euros, are the most convenient foreign currencies and get the best rates, although other major currencies are readily accepted in major centres. Note that US\$50 and US\$100 note bills get better rates of exchange than smaller denominations. Old-style US bills are not accepted anywhere.

Credit Cards

Several top-end hotels and tour operators, and some midrange establishments accept credit cards – generally with a commission averaging from 5% to 10%. However many don't, including at the upper end of the price spectrum, so always verify in advance that you can pay with a card or carry back-up cash or travellers cheques. Otherwise, credit cards (primarily Visa) are useful for withdrawing money at ATMs.

With the proliferation of ATMs, most banks no longer give cash advances against credit cards.

Exchanging Money

Cash can be changed with a minimum of hassle at banks or foreign exchange (forex) bureaus in major towns and cities; rates and commissions vary, so shop around. Forex

bureaus are usually quicker, less bureaucratic and offer higher rates, although most smaller towns don't have them. The most useful bank for foreign exchange is NBC, with branches throughout the country. Countrywide, banks and forex bureaus are closed from noon on Saturday until Monday morning.

In order to reconvert Tanzanian shillings to hard currency, it's a good idea to save at least some of your exchange receipts, although they are seldom checked. The easiest places to reconvert currency are at the airports in Dar es Salaam and Kilimanjaro. Otherwise, try at forex shops or banks in major towns.

In theory, it's required for foreigners to pay for accommodation, park fees, organised tours, upscale hotels and the Zanzibar ferries in US dollars, though shillings are accepted almost everywhere at the going rate

Taxes

Tanzania has a 20% value-added tax (VAT) that's usually included in quoted prices.

Tipping

Tipping is generally not practised in small, local establishments, especially in rural areas. However, in major towns and in places frequented by tourists, tips are expected. Some

top-end places include a service charge in the bill. Otherwise, depending on the situation, either rounding out the bill, or adding about 10% is standard practice, assuming that the service warrants it. On treks and safaris, it's common practice to tip drivers, guides, porters and other staff. For guidelines on amounts, see p38 for safaris and p193 and p209 for treks.

Travellers Cheques

Travellers cheques can be reasonably easily cashed in Dar es Salaam, Arusha, Zanzibar and Mwanza, but not at all or only with difficulty elsewhere. Exchange rates are slightly lower than for cash, and most hotels and safari operators won't accept them as direct payment. Almost all banks and forex bureaus that accept travellers cheques require you to show the original purchase receipt before exchanging the cheques. Most banks (but not forex bureaus) charge commissions ranging from 0.5% of the transaction amount (at NBC) to more than US\$40 per transaction (Standard Chartered) for exchanging travellers cheques.

PHOTOGRAPHY & VIDEO

Tips & Restrictions

Always ask permission first before photographing people and always respect their wishes. In many places, locals will ask for a fee (usually from Tsh1000 to Tsh5000 and up) before allowing you to photograph them, which is fair enough – if you don't want to pay up, then don't snap a picture.

Don't take photos of anything connected with the government and the military, including army barracks, and landscapes and people anywhere close to army barracks. Government offices, post offices, banks, ports, train stations and airports are also off limits.

For detailed tips and information about photographing your Tanzania travels, get a copy of the highly recommended *Travel Photography* by Richard l'Anson.

POST

Postage via airmail to the USA/Australia/Europe costs from about Tsh800/1000/600 and is reasonably reliable, but don't send valuables.

Major towns have poste restante, with a charge of Tsh200 per received letter. Mail is held for at least one month.

SHOPPING

Tanzania has a wide selection of crafts, ranging from basketry and woodcarvings to textiles and paintings, *shukas* (blankets) and jewellery. Craft centres and artist cooperatives in major towns have good variety and reasonable prices. Watch for Makonde carvings (Dar es Salaam and Mtwara); Tingatinga paintings (the best buys are in Dar es Salaam); Singida baskets (in the villages around Singida and at craft shops in Dar es Salaam and Arusha); and *vibuyu* (carved gourds) and Gogo woodcarvings (Dodoma). There are also some wonderful textiles, primarily the *kanga* – the traditional cloth garment worn by many Tanzanian women, with Swahili sayings printed along the edge – and the heavier *kitenge* (Zanzibar Town has some great buys). Dar es Salaam is a good place to shop for textiles, especially batiks. For more unusual choices, look for some of the crafts made by children from recycled wires, soft-drink cans and the like.

When buying woodcarvings, remember most of the pieces marketed as ebony are really *mpingo* (African blackwood), while others are simply lighter wood that has been blackened with dye or shoe polish. Rubbing the piece with a wet finger, or smelling it, should tip you off. When assessing quality, look at the attention given to detail and the craftsmanship. With textiles, spread them out to check for flaws or uneven cuts.

Bargaining

Bargaining is expected by vendors in tourist areas, particularly souvenir vendors, except in a limited number of fixed-price shops. However, at markets and non-tourist venues, the price quoted to you will often be the 'real' price – so in these situations don't immediately assume that the quote you've been given is too high.

There are no set rules for bargaining, other than that it should always be conducted in a friendly and spirited manner. Before starting, it's worth shopping around to get a feel for the 'value' of the item you want. Asking others what they have paid can be helpful. Once you start negotiating, if things become exasperating, or seem like a waste of time, politely take your leave. Sometimes sellers will call you back if they think their stubbornness has been counterproductive. Very few will pass up the chance of making a sale,

however thin the profit. If the vendor won't come down to a price you feel is fair, it means that they aren't making a profit, or that too many high-rolling foreigners have passed through already.

SOLO TRAVELLERS

While solo travellers may be a minor curiosity in rural areas, especially solo women travellers, there are no particular problems with travelling solo in Tanzania, whether you're male or female. The times when it's advantageous to join a group are for safaris and treks – when going in a group can be a significant cost-saver – and when going out at night. If you go out alone at night, take taxis and use extra caution, especially in urban and tourist areas. Whatever the time of day, avoid isolating situations, including lonely stretches of beach.

TELEPHONE

Tanzania Telecom (TTCL) no longer provides a call-and-pay service in many towns (Mwanza and Arusha are notable exceptions). Instead, you'll need to look for a private telecom shop – almost always located at or near the post office/TTCL compound – where you can make your domestic or international calls. International calls are billed at a flat rate of US\$2 per minute. It's slightly cheaper to dial internationally by buying a pre-paid card from TTCL (open business hours only) and using it in the card phones found outside TTCL offices in major towns. Local calls are cheap – about Tsh100 per minute. Costs for domestic long-distance calls vary depending on distance, but average about Tsh1000 for the first three minutes plus Tsh500 per minute thereafter. Calls to mobile phones cost about Tsh500 per minute.

Mobile Phones

Mobile (cell) phones are everywhere. The ever-expanding network covers major towns throughout the country, plus a wide arc encompassing most of the north and northeast. In the south, west and centre, you may not get a signal away from larger towns. Celtel is your best bet for these areas, with a wider network range outside town centres than the other companies. Mobile phone numbers are six digits, preceded by 07XX; the major companies are currently Celtel, Vodacom, Tigo and (on Zanzibar) Zantel. To reach a mobile telephone number from outside Tanzania,

dial the country code, then the mobile phone code without the initial 0, and then the six-digit number. From within Tanzania, keep the initial 0 and don't use any other area code.

All the companies sell pre-paid starter packages for about US\$2, and top-up cards are on sale at shops throughout the country. Watch for frequent specials (Vodacom is currently offering SIM cards for free).

All mobile companies in Tanzania have changed their prefixes since publication of the last edition of this book. If you come across old numbers, the prefixes should be changed as follows: 0741 is now 0713; 0748 (now 0784); 0745 (now 0755); 0747 (now 0777 or 0774). For a full list of prefix changes not listed, see http://www.tcr.go.tz/press/change_in_mndcs.pdf.

Phone Codes

Tanzania's country code is ☎ 255. To make an international call, dial ☎ 000, followed by the country code, local area code (without the initial '0') and telephone number.

All land-line telephone numbers are seven digits. Area codes (included with all numbers in this book) must be used whenever you dial long-distance.

TIME

Tanzania time is GMT/UTC plus three hours. There is no daylight saving. See pp391-1.

Tanzanians use the Swahili system of telling time, in which the first hour is *saa moja* (*asubuhi*), corresponding with 7am. Counting begins again with *saa moja* (*jioni*) (the first hour, evening, corresponding with 7pm). Although most will switch to the international clock when speaking English with foreigners, confusion sometimes occurs, so ask people to confirm whether they are using *saa za kizungu* (international time) or *saa za kiswahili* (Swahili time). Signboards with opening hours are often posted in Swahili time.

TOILETS

Toilets vary from standard long-drops to full-flush luxury conveniences that spring up in the most unlikely places. Almost all midrange and top-end hotels sport flushable sit-down types, although at the lower end of the price range, toilet seats are a rare commodity. Budget guesthouses often have squat-style toilets – sometimes equipped with a flush mechanism, otherwise with a scoop and a bucket of water for flushing things down.

Toilets with running water are a rarity outside major hotels. If you see a bucket with water nearby, use it for flushing. Paper (you'll invariably need to supply your own) should be deposited in the can that's usually in the corner.

Many upmarket bush camps have 'dry' toilets – a fancy version of the long drop with a Western-style seat perched on top – though it's all generally quite hygienic.

TOURIST INFORMATION

The **Tanzania Tourist Board** (TTB; www.tanzaniatouristboard.com) has offices in Dar es Salaam (p88) and Arusha (p197). In the UK, the Tanzania Tourist Board is represented by the **Tanzania Trade Centre** (www.tanzatrade.co.uk).

TRAVELLERS WITH DISABILITIES

While there are few facilities for the disabled, Tanzanians are generally quite accommodating and willing to offer whatever assistance they can as long as they understand what you need. Disabled travel is becoming increasingly common on the northern safari circuit, and Abercrombie & Kent and several other operators listed on p355 cater to disabled travellers. Some considerations:

- While newer lodges often have wheelchair accessible rooms (noted in individual listings), few hotels have lifts (elevators) and many have narrow stairwells. This is particularly true of Stone Town on Zanzibar, where stairwells are often steep and narrow. Grips or railings in the bathrooms are rare.
- Many park lodges and camps are built on ground level. However, access paths – in an attempt to maintain a natural environment – are sometimes rough or rocky and rooms or tents raised, so it's best to inquire about access before booking.
- As far as we know, there are no Braille signboards at any parks or museums, nor any facilities for deaf travellers.
- Minibuses are widely available on Zanzibar and on the mainland and can be chartered for transport and for customised safaris. Large or wide-door vehicles can also be arranged through car-rental agencies in Dar es Salaam and with Arusha-based tour operators. Taxis country-wide are usually small sedans and buses are not wheelchair equipped.

One helpful starting point is **Accessible Journeys** (www.disabilitytravel.com), with a northern circuit safari itinerary for disabled travellers. Other entities – all of which disseminate travel information for the mobility impaired – include **Access-Able Travel Source** (www.accessable.com); **Mobility International** (www.miusa.org); **National Information Communication Awareness Network** (www.nican.com.au); and **Holiday Care** (www.holidaycare.org.uk). For information on the **Tanzania Association for the Physically Disabled** (Chawata; ☎ 0744-587376; chawatahq@hotmail.com) and other organisations in Tanzania, see www.tanzania.disabilityafrica.org and click on Organisations. Another local contact to check out is the **Zanzibar Association of the Disabled** (☎ 024-223 3719; uwz@zanzinet.com) in Zanzibar Town.

VISAS

Almost everyone needs a visa, which costs between US\$20 and US\$50, depending on nationality, for a single-entry visa valid for up to three months. It's best to get the visa in advance (and necessary if you want multiple entry), though visas are currently readily issued at Dar es Salaam and Kilimanjaro airports and at most border crossings (all nationalities US\$50, US dollars cash only, single-entry only). Some embassies require you to show proof of an onward ticket before they'll issue a visa, though a flight itinerary will usually suffice.

Visa Extensions

One month is the normal visa validity and three months the maximum. For extensions within the three-month limit, there are immigration offices in all major towns; the process is free and straightforward. Extensions after three months are difficult – you'll usually need to leave the country and apply for a new visa.

VOLUNTEERING

There are various opportunities for volunteering, generally teaching, or in environmental or health work, and almost always best arranged prior to arriving in Tanzania. Some places to start your search: **Voluntary Service Overseas** (VSO; www.vso.org.uk), which provides placements for young professionals, or the similar US-based **Peace Corps** (www.peacecorps.gov); **Volunteer Abroad** (www.volunteerabroad.com), with a long list of Tanzania opportunities; **Trade Aid** (www.tradeaiduk.org/volunteer.html); **Frontier** (www.frontier.ac.uk); **School of St Jude** (www.schoolofstjude

.co.tz); **Livingstone Tanzania Trust** (www.livingstonetan.zaniatrust.com); **Village Africa** (www.villageafrica.org.uk); and **Foot 2 Afrika** (www.foot2afrika.com). There are also various volunteer holiday opportunities included in the Tanzania listings of **ResponsibleTravel.com** (www.responsibletravel.com). Also check out www.volunteerafrica.org. If you're looking for a way to help out closer to home, see www.books4tanzania.org.uk.

WOMEN TRAVELLERS

Tanzania is a relatively easy place to travel, either solo or with other women, especially when compared with parts of North Africa, South America and certain Western countries. You're not likely to encounter many specifically gender-related problems and, more often than not, you'll meet only warmth, hospitality and sisterly regard, and find that you receive special treatment that you probably wouldn't be shown if you were a male traveller. That said, you'll inevitably attract some attention, especially if you're travelling alone, and there are some areas where caution is essential. Following are a few tips:

- Dress modestly: trousers or a long skirt, and a conservative top with a sleeve. Tucking your hair under a cap or scarf, or tying it back, also helps.
- Use common sense, trust your instincts and take the usual precautions when out and about. Avoid walking alone at night. Avoid isolated areas at any time and be particularly cautious on beaches, many of which can become quickly deserted.
- If you find yourself with an unwanted suitor, creative approaches are usually effective. For example, explain that your husband (real or fictitious) or a large group of friends will be arriving imminently at that very place. Similar tactics are also usually effective in dealing with

the inevitable curiosity that you'll meet as to why you might not have children and a husband, or if you do have them, why they aren't with you. The easiest response to the question of why you aren't married is to explain that you are still young (*bado kijana*), which whether you are or not will at least have some humour value. Just saying *bado* ('not yet') to questions about marriage or children should also do the trick. As for why your family isn't with you, you can always explain that you'll be meeting them later.

- Seek out local women, as this can enrich your trip tremendously. Places to try include tourist offices, government departments or even your hotel, where at least some of the staff are likely to be formally educated young to middle-aged women. In rural areas, starting points include women teachers at a local school, or staff at a health centre.

WORK

Unemployment is high, and unless you have unique skills, the chances of lining up something are small. The most likely areas for employment are the safari industry, tourism, dive masters and teaching, but, in all areas, competition is stiff and the pay is low. The best way to land something is to get to know someone already working in the business. Also check safari operator and lodge websites, some of which advertise vacant positions.

Work and residency permits should be arranged through the potential employer or sponsoring organisation; residency permits normally need to be applied for from outside Tanzania. Be prepared for lots of bureaucracy. Most teaching positions are voluntary and best arranged through voluntary agencies or mission organisations at home.

Transport

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GETTING THERE & AWAY

ENTERING THE COUNTRY

Entering you have a visa (p344), Tanzania is straightforward to enter. There are no vaccination requirements, although there are several worth considering (p362).

Passport

There are no entry restrictions for any nationalities.

AIR

Airports & Airlines

Tanzania's air hub is **Julius Nyerere International Airport** (DAR; ☎ 022-284 2461/2402; www.tanzaniaairports.com) in Dar es Salaam, with a modest array of services, including an internet connection, souvenir shops and forex bureaus. **Kilimanjaro International Airport** (IRO; ☎ 027-255 4252/4707; www.kilimanjaroairport.co.tz), between Arusha and Moshi, also handles international flights, and is the best option for itineraries in Arusha and the northern safari circuit. It has a forex bureau and an internet connection, and shouldn't be confused with the smaller Arusha Airport (ARK), 8km west of Arusha, which handles some domestic flights. There are also international flights to/from Zanzibar International

THINGS CHANGE

The information in this chapter is particularly vulnerable to change. Shop carefully, and check directly with the airline or travel agent to understand how a fare works. Details given in this chapter should be regarded as pointers and aren't a substitute for your own careful research.

Airport (ZNZ), Mwanza Airport (MWZ) and Mtwara Airport (MYW). Kigoma Airport occasionally handles regional flights.

Air Tanzania (TC; ☎ 022-211 8411, 022-284 4239, www.airtanzania.com; hub Julius Nyerere International Airport) is the national airline, with a limited but generally reliable network. Current regional destinations are Moroni (Comoros), Entebbe (Uganda) and Johannesburg (South Africa).

Regional and international carriers include the following (all servicing Dar es Salaam, except as noted):

Air Burundi (8Y; airbdi@cbinf.com; hub Bujumbura)

Air India (AI; ☎ 022-215 2642; www.airindia.com; hub Mumbai)

Air Kenya (REG; ☎ 027-250 2541; www.airkenya.com; hub Nairobi) Affiliated with Regional Air in Arusha (p202).

British Airways (BA; ☎ 022-211 3820; www.britishairways.com; hub Heathrow Airport, London)

Emirates Airlines (EK; ☎ 022-211 6100; www.emirates.com; hub Dubai International Airport)

Ethiopian Airlines (ET; ☎ 022-211 7063; www.ethiopian.com; hub Addis Ababa). Also serves Kilimanjaro International Airport (KIA).

Kenya Airways (KQ; ☎ 022-211 9376/7; www.kenya-airways.com; hub Jomo Kenyatta International Airport, Nairobi)

KLM (KL; ☎ 022-213 9790/1; www.klm.com; hub Schiphol Airport, Amsterdam) Also serves Kilimanjaro International Airport.

Linhas Aéreas de Moçambique (TM; ☎ 022-213 4600; www.lam.co.mz; hub Mavalane International Airport, Maputo)

Precision Air (PW; ☎ 022-216 8000; www.precisionairtz.com; hub Dar es Salaam) In partnership with Kenya Airways.

South African Airways (SA; ☎ 022-211 7044; www.flysaa.com; hub OR Tambo International Airport, Johannesburg)

Swiss International Airlines (LX; ☎ 022-211 8870; www.swiss.com; hub Klotten Airport, Zurich)

Yemenia Yemen Airways (IY; ☎ 022-212 6036; www.yemenairways.net; hub Sana'a International Airport)

Zambian Airways (Q3; ☎ 022-212 8885/6; www.zambianairways.com; hub Lusaka International Airport)

Tickets

Fares from Europe and North America are highest in December/January, and in July/August, but lowest from March to May, except around Easter. London is the main discount hub. You can find discounted fares into Nairobi (Kenya), and then make your way to Tanzania. Recommended online ticket sellers.

Cheapflights (www.cheapflights.co.uk)

Cheap Tickets (www.cheaptickets.com)

Expedia (www.expedia.com)

Flight Centre (www.flightcentre.com)

LowestFare.com (www.lowestfare.com)

OneTravel.com (www.onetravel.com)

Orbitz (www.orbitz.com)

STA Travel (www.statravel.com)

Travelocity (www.travelocity.com)

Africa & The Middle East

Useful airlines and connections:

Air Burundi (airbdi@cbinf.com) Bujumbura (Burundi) to Kigoma.

Air Madagascar (www.airmadagascar.mg) Antananarivo (Madagascar) to Nairobi, with connections to Tanzania.

Air Tanzania (www.airtanzania.com) Moroni (Comoros), Johannesburg and Entebbe to Dar es Salaam.

Emirates (www.emirates.com) Cairo to Dar es Salaam via Dubai.

Ethiopian Airlines (www.flyethiopian.com) Abidjan (Côte d'Ivoire), Lagos (Nigeria), Cairo, Entebbe and Kigali (Rwanda) to Addis Ababa (Ethiopia), and on to Dar es Salaam or Kilimanjaro.

Kenya Airways (www.kenya-airways.com) Abidjan, Bujumbura (Burundi), Cairo, Douala (Cameroon), Harare (Zimbabwe), Johannesburg, Khartoum (Sudan), Kigali, Lilongwe (Malawi), Maputo (Mozambique) and many other African cities to Nairobi, then on to Dar es Salaam or Zanzibar.

Linhas Aéreas de Moçambique (www.lam.co.mz) Maputo to Dar es Salaam via Pemba (Mozambique).

Precision Air (www.precisionairtz.com) Mombasa (Kenya) and Nairobi to Dar es Salaam, Zanzibar, Kilimanjaro and elsewhere in Tanzania. The airline also flies between Dar es Salaam, Lindi, Mtwara and Pemba (Mozambique), and between Kilimanjaro, Mwanza and Entebbe.

Rwandair Express (www.rwandair.com) Kigali to Kilimanjaro.

SAA (www.flysaa.com) Johannesburg to Dar es Salaam.

Zambian Airways (www.zambianairways.com) Lusaka (Zambia) to Dar es Salaam.

CLIMATE CHANGE & TRAVEL

Climate change is a serious threat to the ecosystems that humans rely upon, and air travel is the fastest-growing contributor to the problem. Lonely Planet regards travel, overall, as a global benefit, but believes we all have a responsibility to limit our personal impact on global warming.

Flying & climate change

Pretty much every form of motorised travel generates CO₂ (the main cause of human-induced climate change), but planes are far and away the worst offenders, not just because of the sheer distances they allow us to travel, but because they release greenhouse gases high into the atmosphere. The statistics are frightening: two people taking a return flight between Europe and the US will contribute as much to climate change as an average household's gas and electricity consumption over a whole year.

Carbon offset schemes

Climatecare.org and other websites use 'carbon calculators' that allow travellers to offset the level of greenhouse gases they are responsible for with financial contributions to sustainable travel schemes that reduce global warming – including projects in India, Honduras, Kazakhstan and Uganda.

Lonely Planet, together with Rough Guides and other concerned partners in the travel industry, support the carbon offset scheme run by climatecare.org. Lonely Planet offsets all of its staff and author travel.

For more information check out our website: www.lonelyplanet.com.

DEPARTURE TAX

The departure tax for regional and international flights (US\$30) is included in ticket prices for mainland departures. On Zanzibar it's levied separately at the airport (payable in US dollars or Tanzanian shillings).

Return excursion fares for intra-African flights are frequently significantly cheaper than standard return fares.

Ticket discounters include **Rennies Travel** (www.renniestravel.com) and **STA Travel** (www.statravel.co.za), with offices throughout southern Africa. **Flight Centre** (☎ 0860 400 727, 011-778 1720; www.flightcentre.co.za) has offices in Johannesburg, Cape Town and several other cities. In the Middle East: **Al-Rais Travels** (www.alrais.com) in Dubai; **Egypt Panorama Tours** (☎ 2-359 0200; www.eptours.com) in Cairo; **Israel Student Travel Association** (ISTA; ☎ 02-625 7257) in Jerusalem; and **Orion-Tour** (www.orientour.com) in Istanbul.

Asia

Popular connections are via Singapore and the United Arab Emirates, or via Mumbai (India), from where there are connections to Dar es Salaam on Kenya Airways and Air India (one way about US\$600). Ethiopian Airlines (via Addis Ababa) also flies this route, and Kenya Airways flies from Hong Kong, Bangkok and Guangzhou to Nairobi. A longer but competitively priced option is from Singapore or Hong Kong to Johannesburg, connecting to Dar es Salaam. Discounters include **STA Travel** Bangkok (☎ 02-236 0262; www.statravel.co.th); Singapore (☎ 6737 7188; www.statravel.com.sg); Hong Kong (☎ 2736 1618; www.statravel.com.hk); Japan (☎ 03 5391 2922; www.statravel.co.jp), with branches throughout Asia. In Japan, also try **No 1 Travel** (☎ 03 3205 6073; www.no1-travel.com); in Hong Kong try **Four Seas Tours** (☎ 2200 7760; www.fourseastravel.com/english). **STIC Travels** (www.stictravel.com) Delhi (☎ 11-233 57 468) Mumbai (☎ 22-221 81 431) has offices in many Indian cities.

Australia & New Zealand

There are no direct flights from Australia or New Zealand to East Africa. However, Qantas (from Sydney and Perth) and South African Airways (from Perth) have several flights weekly to Johannesburg, with connections to Dar es Salaam. Other options include: Emirates via Dubai to Dar es Salaam; Qantas or Air India via Mumbai; and Air

Mauritius via Mauritius and Nairobi. **STA Travel** (☎ 1300 733 035; statravel.com.au) and **Flight Centre** (☎ 133 133; www.flightcentre.com.au) have offices throughout Australia. For online bookings, try www.travel.com.au.

From New Zealand, try Emirates via Dubai, or Qantas or South African Airways via Sydney and Johannesburg. Both **Flight Centre** (☎ 0800 243 544; www.flightcentre.co.nz) and **STA Travel** (☎ 0508 782 872; www.statravel.co.nz) have branches throughout the country. Try www.travel.co.nz for online bookings.

UK & Continental Europe

Return tickets between London and Dar es Salaam cost from about £400 return. From Continental Europe, low-season return fares start from about €600. Prices are often better to Nairobi. Charter flights, especially from London, are also worth investigating.

European airlines to check include Swiss, KLM and British Airways – all fly to Dar es Salaam, and KLM also services Kilimanjaro. Non-European carriers include Kenya Airways (via Nairobi), Ethiopian Airlines (via Addis Ababa), Emirates (via Dubai) and Yemen Airways (via Sana'a).

In the UK, travel agency ads appear in the travel pages of the weekend broadsheet newspapers, in *Time Out*, the *Evening Standard* and in the free online magazine *TNT* (www.tntmagazine.com). Discount ticket agencies in the UK:

Bridge the World (☎ 0870 444 7474; www.b-t-w.co.uk)

Flightbookers (☎ 0870 814 4001; www.ebookers.com)

Flight Centre (☎ 0870 890 8099; flightcentre.co.uk)

North-South Travel (☎ 01245 608 291; www.northsouthtravel.co.uk)

Quest Travel (☎ 0870 442 3542; www.questtravel.com)

STA Travel (☎ 0870 160 0599; www.statravel.co.uk) For travellers under the age of 26.

Trailfinders (www.trailfinders.co.uk)

Travel Bag (☎ 0870 890 1456; www.travelbag.co.uk)

For discounted fares from Continental Europe:

Airfair (☎ 020 620 5121; www.airfair.nl) Netherlands

Barcelo Viajes (☎ 902 116 226; www.barceloviajes.com) Spain

CTS Viaggi (☎ 06 462 0431; www.cts.it) Italy

Expedia (www.expedia.de) Germany

Just Travel (☎ 089 747 3330; www.justtravel.de) Germany

Lastminute (☎ 01805 284 366; www.lastminute.de) Germany

Nouvelles Frontières (☎ 90 217 09 79; www.nouvelles-frontieres.es) Spain

Nouvelles Frontières (☎ 0825 000 747; www.nouvelles-frontieres.fr) France

OTU Voyages (www.otu.fr) France

STA Travel (☎ 01805 456 422; www.statravel.de) Germany; for travellers under the age of 26.

Voyageurs du Monde (☎ 01 40 15 11 15; www.vdm.com) France

USA & Canada

Most flights from North America are via Europe; there are few bargain deals. Expect to pay from US\$1300 (for tickets through consolidators or discount agencies) to over US\$2500 return, depending on the season and your starting point. Fares offered by Canadian discounters tend to be around 10% more expensive than those sold in the USA.

The cheapest routing is generally to London on a discounted transatlantic ticket, where you can then purchase a separate ticket on to Tanzania. Most airlines listed for the UK & Continental Europe (opposite) also offer direct fares from North America.

A roundabout, but occasionally cheaper, alternative is South African Airways from New York or Washington DC to Johannesburg, from where you can connect to Dar es Salaam (from about US\$1100 return for the transcontinental portion of the trip). Other options include Ethiopian Airways between New York and Dar es Salaam or Zanzibar via Rome and Addis Ababa, and Kenya Airways together with **Virgin Atlantic** (www.virgin-atlantic.com) from New York to Dar es Salaam via London and Nairobi. For online bookings, see the agencies listed under Tickets (p347). In Canada, also try **Travel Cuts** (☎ 800-667-2887; www.travelcuts.com), Canada's national student travel agency.

LAND

Bus

Buses cross the borders between Tanzania and Kenya, Malawi, Uganda and Zambia. Apart from sometimes lengthy waits for passport checks, there are usually no hassles. At the border, you'll need to disembark on each side to take care of visa formalities, then reboard and continue on. Visa fees aren't included in bus ticket prices for trans-border routes. It's also possible to travel to/from all of Tanzania's neighbours by minibuses. Most main routes go direct; otherwise you'll need to walk across the border and change vehicles on the other side.

Car & Motorcycle

Entry requirements include the vehicle's registration papers and your driving licence (p359), as well as a temporary import permit (Tsh20,000 for one month, purchased at the border), third-party insurance (Tsh50,000 for one year – purchased at the border or in the nearest large town) and a one-time fuel levy (Tsh5000). You'll also need a *carnet de passage en douane*, which acts as a temporary waiver of import duty. The carnet – arranged in advance through your local automobile association – should also specify any expensive spare parts that you are carrying.

Most rental companies don't permit their vehicles to cross international borders; if you find one that does, arrange the necessary paperwork with it in advance.

Most border posts don't have petrol stations or repair shops; you'll need to head to the nearest large town.

Burundi

The main crossing is at Kobero Bridge between Ngara (Tanzania) and Muyinga (Burundi), with other crossings at Manyovu, north of Kigoma, and at Kagunga (south of Nyanza-Lac).

For Kobero Bridge: the trip is done in stages via Nyakanazi (the junction village where the unpaved road southwest to Kigoma branches off from the tarmac road southeast to Kahama and Nzega) and Lusuhunga (from where there's regular transport north towards Biharamulo and Lake Victoria and southeast via Kahama towards Nzega or Shinyanga). There are several direct buses weekly between Mwanza and the border. Otherwise, take a Kigoma-bound bus, disembark at Lusuhunga and get onward transport from there. The road from Nzega to the Burundi border via Ngara is mostly tarmac and in good condition.

For the Manyovu crossing, *dalla-dallas* (minibuses) leave Kigoma from behind Bero petrol station (Tsh5000, three hours). Once through the Tanzanian side of the border, you can sometimes find cars going to Bujumbura (Tsh5000, three to four hours). Otherwise, you'll need to take one of the many waiting vehicles across the border and on to Makamba (about 70km from Manyovu), where the Burundian immigration post is located, and then from there get another vehicle on to Bujumbura.

Kenya

With the exception of the Serengeti–Masai Mara crossing, there is public transport across all Tanzania–Kenya border posts.

BORDER CROSSINGS

The main route to/from Kenya is the sealed road connecting Arusha (Tanzania) and Nairobi (Kenya) via the popular Namanga border post (open 24 hours). There are also border crossings at Horohoro (Tanzania), north of Tanga; at Holili (Tanzania), east of Moshi; at Illassit (Tanzania), northeast of Moshi; at Bologonya in the northern Serengeti; and at Sirari (Tanzania), northeast of Musoma.

TO/FROM MOMBASA

Buses between Tanga and Mombasa depart daily in the morning in each direction (Tsh6500, four to five hours).

The road is well sealed between Dar es Salaam and Tanga, potholed between Tanga and the border at Horohoro, and in good condition from the border to Mombasa. There's nowhere official to change money at the border. Touts here charge extortionate rates, and it's difficult to get rid of Kenyan shillings once in Tanga, so plan accordingly.

TO/FROM NAIROBI

Bus

Scandinavia Express goes daily between Dar es Salaam and Nairobi via Arusha (Tsh39,000, 14 hours from Dar, Tsh15,000 from Arusha, departing Dar at 6am and Arusha at 4pm), as does Akamba (Tsh35,000). Both bus lines also have daily services between Mwanza and Nairobi (Tsh20,000, 12 to 14 hours), departing from Mwanza about 2pm and Nairobi at about 10pm.

Between Arusha and Nairobi, a good option is one of the daily shuttle buses, departing daily at 8am and 2pm in each direction (five hours). Following are the main companies – both of which also have one bus daily to/from Moshi:

Impala Arusha (☎ 027-250 7197; www.impalashuttle.com, Impala Hotel, cnr Moshi & Old Moshi Rds, Arusha); Nairobi (☎ 020-273 0953; Silver Springs Hotel)

Riverside Arusha (☎ 027-250 2639, 027-250 3916; www.riverside-shuttle.com; Sokoine Rd, Arusha); Nairobi (☎ 020-229618, 020-241032; riverside_shuttle@hotmail.com; Pan African Insurance House, 3rd fl, Room 1, Kenyatta Ave)

Both charge about US\$25 one way, and with a little prodding, it's easy enough to get the resi-

BORDER HASSLES

At the Namanga border post watch out for touts – often claiming they work for the bus company – who tell you that it's necessary to change money, pay a fee or come over to 'another building' to arrange the necessary payments to enter Tanzania–Kenya. Apart from your visa, there are no border fees, payments or exchange requirements for crossing, and the rates being offered for forex are sub-standard.

dents' price (US\$10). In Arusha, drop offs are at the bus company offices. In Nairobi, drop offs are at centrally located hotels and at Jomo Kenyatta International Airport. For Nairobi pick-ups, if you book in advance, they'll meet your flight. Otherwise, contact the shuttles through the tourist information desk in the international arrivals area. Confirm the drop-off point when booking, and insist on being dropped off as agreed. Also watch out for touts who board the bus at the New Stanley Hotel (Nairobi) and say that it's the end of the line to drum up business for waiting taxis.

Regular buses also link Arusha and Nairobi daily (Tsh11,000, six to seven hours), departing between 6.30am and 8am. Departures in Arusha are from the bus station; in Nairobi most leave from Accra Rd.

Taxi

Not recommended, but shared taxis go between the Arusha bus station and the Namanga border throughout the day, from 6am. Most are nine-seater sedans that do the journey at hair-raising speeds. At Namanga, you'll have to walk a few hundred metres across the border and then catch one of the frequent *matatus* (Kenyan minibuses) or share taxis to Nairobi (about US\$7). From Nairobi, the *matatu* and share-taxi depots are on Ronald Ngala St, near the River Rd junction.

TO/FROM VOI

Dalla-dallas go daily between Moshi and the border town of Holili via Himo junction (Tsh1000, one hour). At the **border** (☎ 6am–8pm), you'll need to hire a *piki-piki* (motorbike; Tsh500) or bicycle to cross 3km of no-man's land before arriving at the Kenyan immigration post at Taveta. From Taveta, sporadic minibuses go to Voi along a rough road (KSh300), where

you can then find onward transport to Nairobi and Mombasa. If you're arriving/departing with a foreign-registered vehicle, the necessary paperwork is only done during working hours (8am to 1pm and 2pm to 5pm daily).

TO/FROM MASAI MARA

There's no public transport between the northern Serengeti and Kenya's Masai Mara Game Reserve, and only East African residents and citizens can cross here. If you're a resident and are exiting Tanzania here, take care of immigration formalities in Seronera, to the south. Entering Tanzania from Masai Mara, park fees should be paid at the Lobo ranger post, between the border and Seronera.

TO/FROM KISII

Bus

Minibuses go daily between Musoma and the Sirari-Isebania border post, where you can get Kenyan transport to Kisii, and then on to Kisumu or Nairobi. Scandinavian Express and Akamba also pass Kisii on their daily runs between Mwanza and Nairobi (Tsh20,000, 12 to 14 hours between Mwanza and Nairobi), with some buses continuing on to Arusha and Dar es Salaam.

Car

The road is good tarmac from Mwanza to the border, and into Kenya.

Malawi

BORDER CROSSINGS

The only crossing is at **Songwe River bridge** (☎ 7am-7pm Tanzanian time, 6am-6pm Malawi time), southeast of Mbeya (Tanzania).

BUS

Buses go several times weekly between Dar es Salaam and Lilongwe (27 hours), though they are overcrowded (even if you have a ticket, it's often not possible to board midroute in Mbeya) and often greatly delayed. It's better to travel from Dar es Salaam to Mbeya and get onward transport there. From Mbeya, buses depart in the afternoons several times weekly, arriving in Lilongwe the next day (Tsh28,000). Coming from Malawi, the best option is to take a minibus from the border to Mbeya, and then get an express bus from there towards Dar es Salaam. This entails staying overnight in Mbeya, as buses to Dar es Salaam depart from Mbeya between 6am and 7am.

There are also daily minibuses and 30-seater buses (known as 'Coastals' or *thelathini*) connecting both Mbeya (Tsh3000, two hours) and Kyela with the border. In Mbeya, look for buses going to Kyela (these detour to the border) and verify that your vehicle is really going all the way to the border, as some that say they are actually stopping at Tukuyu (40km north) or at Ibanda (7km before the border). Asking several passengers (rather than the minibus company touts) should get you the straight answer. Your chances of getting a direct vehicle are better in the larger *thelathini*, which depart from Mbeya two or three times daily and usually go where they say they are going. The buses stop at the transport stand, about a seven-minute walk from the actual border, so there's no real need for the bicycle taxis that will approach you. If you get stuck at the border, try **Mala Green** (☎ 0752-029010; camping per person Tsh5000, r Tsh7000), with clean rooms and food on order. Coming from Mbeya, it's on the left (south) side of the main road, before the small Kiriwa River bridge and about 2km before the border. It's poorly signposted – watch instead for the Celtel sign.

Once across the Tanzanian border, there's a 300m walk to the Malawian side, and minibuses to Karonga. There's also one bus daily between the border and Mzuzu (Malawi), departing the border by mid-afternoon and arriving by evening. Many vehicles and trucks ply between Mbeya and Karonga, so it's easy to find a lift.

CAR

The road from Mbeya to Karonga is good tarmac, and rough from Karonga south towards Chiweta. There's a petrol station at the Ibanda junction.

Mozambique

BORDER CROSSINGS

There are no bridges over the Ruvuma River border (yet). The main crossing is at Kilambo (south of Mtwara, Tanzania), where there is a ferry. It's also possible to get your passport stamped between Newala (Tanzania) and Moçimboa do Rovuma (Mozambique). Travelling by boat, there are immigration officials at Msimbati (Tanzania) and at Palma and Moçimboa da Praia (Mozambique). You can also use the crossing between Songea (Tanzania) and Nova Madeira (Mozambique), although there's no immigration office on the

Tanzanian side, so you'll need to get stamped in/out in Songea. Mozambique visas are not issued anywhere along the Tanzania border, so arrange one in advance.

BUS

Buses depart daily from Mtwara between 7am and 9am to the Kilambo border post (Tsh2500, one hour) and on to the Ruvuma, which is crossed via dugout canoe (Tsh2000, 10 minutes to over an hour, depending on water levels, and dangerous during heavy rains). If you happen to be at the river when the vehicle ferry is departing, this is a better alternative. On the Mozambique side, there are usually two pick-ups daily to the Mozambique border post (4km further) and on to Moçimboa da Praia (US\$9, four hours), with the last one departing by about noon. If you get stuck, there's a makeshift and bedbug-ridden guesthouse on a sandbank in the middle of the river; camping on the Mozambique side is a better option.

The Ruvuma crossing is notorious for pick-pockets. Watch your belongings, especially when getting into and out of the boats, and keep up with the crowd when walking to/from the river bank.

The rarely used border crossing south of Newala entails long walks on both sides (up to 25km in Tanzania, and at least 10km in Mozambique). The main Mozambique town is Moçimboa do Rovuma, from where there's a daily vehicle to Mueda.

Further west, one or two 4WDs or trucks depart daily from Songea's Majengo C area by around midday, reaching the Ruvuma in the evening (Tsh10,000, six hours plus). Try to get a seat in the cab, rather than with the cargo load. Cross the river via dugout canoe (Tsh2000) and spend the night on the river banks before continuing the next morning to Lichinga (Tsh24,000, eight to 10 hours) via Segundo Congresso (where you'll need to change vehicles) to Macalogue. There's no accommodation on the Tanzanian side of the border, nor any official immigration post (take care of formalities in Songea). On the Mozambique side there are basic rooms near the immigration post, a short walk from the river. The whole journey is rugged and hardcore. It's best to pay in stages, rather than paying the entire Tsh34,000 Songea-Lichinga fare in Songea, as is sometimes requested.

CAR

The road from Mtwara to the border is in reasonably good condition. There's a vehicle ferry at Kilambo, operating at high tide (per person/vehicle Tsh200/25,000). Especially during the August to November dry months, the boat can only cross at high spring tides, so you'll need to coordinate your trip accordingly. To avoid long waits at the river, get an update first at the Old Boma or Ten Degrees South Lodge (both in Mikindani, p326), or at **Russell's Place** (Cashew Camp; ☎ in Mozambique 82-686 2730; www.pembamagic.com) in Pemba, or try contacting the **ferryman** (☎ 0754-869357).

In Mozambique, the road is unsealed, but in reasonable condition from the border to Palma, a mix of tarmac and good dirt from Palma to Moçimboa da Praia, and tarmac from there to Pemba.

Work has started on the Unity Bridge over the Ruvuma, well southwest of Kilambo, near the confluence of the Lugenda River.

Rwanda

BORDER CROSSINGS

The main crossing is at Rusumu Falls, southwest of Bukoba (Tanzania).

BUS

Daily minibuses go from Kigali to Rusumu (Rwanda; US\$6.50, three hours), where you'll need to walk across the Kagera river bridge. Once across, there are pick-up taxis to the tiny town (and former refugee camp) of Benako (marked as Kasulo on some maps; Tsh2500, 25 minutes), about 20km southeast. In Benako, there's **Silent Night Guest House** (d Tsh5000), with a helpful proprietor who is a good source of information on travel onwards to Kigoma and points east. Daily buses go from Benako to Mwanza (Tsh17,000, eight hours), though it's often easier to go in stages via Kahama and Shinyanga along the tarmac road. There are also daily connections from Benako to Nyakanazi junction, where you can try hitching a lift or squeezing into a bus on to Kibondo, Kasulu and Kigoma (Tsh4500 and two hours from Benako to Nyakanazi, plus Tsh9000 and about seven hours from there to Kigoma).

Uganda

BORDER CROSSINGS

The main post is at Mutukula (Tanzania), northwest of Bukoba (although you actually get stamped in and out of Tanzania at Kyaka,

30km south of the Mutukula border), with good tarmac on both sides. There's another crossing further west at Nkurungu (Tanzania), but the road is bad and sparsely travelled.

BUS

Scandinavian Express goes daily between Dar es Salaam and Kampala via Nairobi (Kenya) (Tsh62,000, 27 hours) and Arusha (Tsh38,000 from Arusha to Kampala), departing from Dar in the morning, Arusha at 4pm and Kampala at midday. Dolphin and Jaguar lines go daily between Bukoba and Kampala, departing from Bukoba about 7am (Tsh11,000, five to six hours). Departures from Kampala are at 7am and usually again at about 11am. Tawfiq/Falcon goes several times weekly along this route, continuing on to Nairobi (Tsh27,000) and Dar es Salaam, though if you're headed to Nairobi, it's better to sleep in Kampala and continue the next day.

From Mwanza, Akamba goes Wednesday, Friday and Sunday to/from Kampala (Tsh25,000, 19 hours), departing from Mwanza at 2pm.

Zambia

BORDER CROSSINGS

The main border crossing (🚗 7.30am–6pm Tanzania time, 6.30am–5pm Zambia time) is at Tunduma (Tanzania), southwest of Mbeya. There's also a crossing at Kasesya (Kasesha, Tanzania), between Sumbawanga (Tanzania) and Mbala (Zambia).

BUS

Scandinavian Express is planning to imminently resume its Dar es Salaam–Mbeya–Lusaka routing, departing from Dar es Salaam four times weekly at 5am (Tsh70,000, 30 hours to Lusaka). Departures from Lusaka are at 5pm. Otherwise, minibuses ply between Mbeya and Tunduma (Tsh3000, two hours), where you walk across the border for Zambian transport to Lusaka (US\$20, 18 hours). The road from Dar es Salaam into Zambia is good tarmac.

For the Kasesya crossing, there are pick-ups from Sumbawanga to the border, where you'll need to change to Zambian transport.

TRAIN

The Tanzania–Zambia (Tazara) train line links Dar es Salaam with Kapiri Mposhi in Zambia (1st/2nd/economy class Tsh55,000

/40,000/33,000, about 40 hours) twice weekly via Mbeya and Tunduma. Prices between Mbeya and Kapiri Mposhi are Tsh28,900/21,600/17,100 for 1st/2nd/economy class. Departures from Dar es Salaam are at 3.50pm Tuesday and 3pm Friday, and from Kapiri Mposhi at about 3pm on the same days. Departures from Mbeya to Zambia are at 2.30pm Wednesday and Saturday. Students with ID get a 50% discount. From Kapiri Mposhi to Lusaka, you'll need to continue by bus.

Tazara also has one slower ordinary train weekly between Dar es Salaam and Mbeya (p361).

CAR

If driving from Zambia into Tanzania, note that vehicle insurance isn't available at the Kasesya border, but must be purchased 120km further on in Sumbawanga.

SEA & LAKE

There's a US\$5 port tax for travel on all boats and ferries from Tanzanian ports.

Burundi

The regular passenger ferry service between Kigoma and Bujumbura is currently suspended. Previously, there had been a weekly service on the MV *Liemba* (1st/2nd/economy class US\$30/20/15, 11 hours) and on the MV *Mwongozo*. Inquire at the port in Kigoma for an update. However, it's possible to take a lake taxi from Kibirizi (just north of Kigoma) or from Gombe Stream National Park to Kagunga (the Tanzanian border post). Once there, look for passage in one of the frequent small cargo boats going on to Nyanza-Lac, from where there is regular transport on to Bujumbura.

It's also sometimes possible to arrange passage on one of the regular cargo ferries between Kigoma's Ami port and Bujumbura; ask at the port for the Alnorak office.

Congo (Zaire)

Cargo boats go two to three times weekly from Kigoma's Ami port, departing from Kigoma about 5pm and reaching Kalemie before dawn (US\$20, deck class only, seven hours). Check with the Congolese embassy in Kigoma about sailing days and times. Bring food and drink with you, and something to spread on the deck for sleeping.

Kenya

DHOW

Dhows sail sporadically between Pemba, Tanga and Mombasa; the journey can be long and rough. Ask at the ports in Tanga, or in Mkoani or Wete on Pemba for information on sailings. In Kenya, ask at the port in Mombasa, or better, at Shimoni.

FERRY

There's no passenger ferry service on Lake Victoria between Tanzania and Kenya. Occasionally cargo boats depart from Mwanza for Kenya and are sometimes willing to take passengers. Inquire at the Mwanza South port about sailings.

Malawi

The MV *Songea* sails between Mbamba Bay and Nkhata Bay, in theory departing from Mbamba Bay on Friday morning and Nkhata Bay on Friday evening (1st/economy class US\$10/4, four to five hours). The schedule is highly variable and sometimes cancelled completely.

Mozambique

DHOW

Dhows between Mozambique and Tanzania (12 to 30 or more hours) are best arranged at Msimbati and Moçimboa da Praia (Mozambique).

FERRY

The official route between southwestern Tanzania and Mozambique is via Malawi on the MV *Songea* between Mbamba Bay and Nkhata Bay, and then from Nkhata Bay on to Likoma Island (Malawi), Còbuè and Metangula (both in Mozambique) on the MV *Ilala*. Unofficially, there are small boats that sail along the eastern shore of Lake Nyasa between Tanzania and Mozambique. However, Lake Nyasa is notorious for its severe and sudden squalls, and going this way is risky and not recommended.

See the Malawi section (above) for schedule information for the MV *Songea*. The MV *Ilala* departs from Monkey Bay (Malawi) at 10am Friday, arriving in Metangula (via Chipoka and Nkhotakota in Malawi) at 6am Saturday, reaching Còbuè around midday, Likoma Island at 1.30pm and Nkhata Bay at 1am Sunday morning. Southbound, departures are at 8pm Monday from Nkhata Bay and at

6.30am Tuesday from Likoma Island, reaching Còbuè at 7am and Metangula at midday. The schedule changes frequently; get an update from **Malawi Lake Services** (✉ in Malawi 01-587311; ilala@malawi.net). Fares are about US\$40/20 for 1st-class cabin/economy class between Nkhata Bay and Còbuè. There's an immigration officer at Mbamba Bay, Mozambique immigration posts in Metangula and Còbuè, and immigration officers on Likoma Island and in Nkhata Bay for Malawi. You can get a Mozambique visa at Còbuè, but not at Metangula.

Uganda

There's no passenger-ferry service, but it's relatively easy to arrange passage between Mwanza and Kampala's Port Bell on cargo ships (about 16 hours). On the Ugandan side, you'll need a letter of permission from the train station director (free). Ask for the managing director's office, on the 2nd floor of the building next to Kampala's train station. In Mwanza, a letter isn't required, but check in with the immigration officer at the South Port. Expect to pay about US\$20, including port fees. Crew are often willing to rent out their cabins for a negotiable extra fee.

Zambia

The venerable MV *Liemba* has been plying the waters of Lake Tanganyika for the better part of a century on one of Africa's classic adventure journeys. It connects Kigoma with Mpulungu in Zambia weekly (1st/2nd/economy class US\$55/45/40, US dollars cash only, at least 40 hours), stopping en route at various lake shore villages, including Lagosa (for Mahale Mountains National Park), Kalema (southwest of Mpanda), Kipili and Kasanga (southwest of Sumbawanga). Departures from Kigoma are on Wednesday at 4pm, reaching Mpulungu Friday morning. Departures from Mpulungu are on Friday afternoon at about 2pm, arriving back in Kigoma on Sunday afternoon. Food is available, but bring supplements and drinking water. First class is surprisingly comfortable, with two reasonably clean bunks, a window and a fan. Second-class cabins (four bunks) and economy-class seating are poorly ventilated and uncomfortable – it's better to find deck space than pay for economy-class seating. Keep watch over your luggage, and book early for a cabin – Monday morning is your best bet.

There are docks at Kigoma and Kasanga, but at many smaller stops you'll need to disembark

in the middle of the lake, exiting from a door in the side of the boat into small boats that take you to shore. While it sounds adventurous, it can be rather nerve-racking at night, if the lake is rough or you have a heavy pack.

The smaller MV *Mwongozo*, which used to ply between Kigoma and Mpulungu, is currently being used to transport refugees to Democratic Republic of Congo (Zaire) and Burundi.

Elsewhere in the World

FREIGHTERS & CRUISES

Several cargo shipping companies sailing between Europe and East Africa have passenger cabins. Contacts include **Strand Voyages** (www.strandtravel.co.uk) and **Freighter World Cruises** (www.freighterworld.com), which is currently not servicing East African ports, though may resume doing so in the future. **Cruise Lines International Association** (www.cruising.org) is a good contact for cruise ships that stop at Zanzibar. For route and shipping-line information, check the quarterly **Reed Travel Group** (☎ in the UK 01582-600111) *OAG Cruise & Ferry Guide*. Durban (South Africa) is a good place to look for a lift on private yachts sailing up the East African coast, including to Tanzanian ports.

TOURS

For Tanzania-based operators, see p44 and p54.

Australia & New Zealand

African Wildlife Safaris (☎ 03-9249 3777, 1300-363302; www.africanwildlifesafaris.com.au) Customised trips to the northern circuit parks and Zanzibar.

Classic Safari Company (☎ 1300-130218, 02-9327 0666; www.classicsafaricompany.com.au) Upmarket customised itineraries, including to the south and west.

Peregrine Travel (☎ 03-8601 4444, 1300-854444; www.peregrine.net.au) Northern circuit treks and safaris for all budgets; also family itineraries.

South Africa

Wildlife Adventures (☎ 021-702 0643; www.wildlifeadventures.co.za) Northern circuit and southern/East Africa combination itineraries.

Wild Frontiers (☎ 011-702 2035; www.wildfrontiers.com) A range of itineraries, including to Kilwa and elsewhere in the south and west.

UK

Abercrombie & Kent (☎ 0845-070 0611; www.abercrombiekent.co.uk) Customised tours and safaris, including to the southern and western parks.

Africa-in-Focus (☎ 01803-770956; www.africa-in-focus.com) Overland tours.

African Initiatives (☎ 0117-915 0001; www.african-initiatives.org.uk) Fair-traded safaris in northern Tanzania.

Baobab Travel (☎ 0870-382 5003; www.baobabtravel.com) A culturally responsible operator with itineraries countrywide.

Camps International (☎ 0870-240 1843; www.campsinternational.com) Community-focused budget itineraries in the northern circuit and on Zanzibar.

Discover Tanzania (☎ 01908-221114; www.discover-tanzania.org) Small-group itineraries focusing on the southern parks and Zanzibar.

Dragoman (☎ 01728-861133; www.dragoman.com) Overland tours.

Expert Africa (☎ 020-8232 9777; www.expertafrica.com) A long-standing operator with itineraries countrywide.

Explore Worldwide (☎ 0870-3334001; www.exploreworldwide.com) Small-group tours, treks and safaris.

Gane & Marshall (☎ 020-8445 6000; www.ganean-dmarshall.co.uk) Customised itineraries, including to the west and south.

Guerba (☎ 01373-826611; www.guerba.com) Overland tours and Kilimanjaro treks.

Responsible Travel (☎ 01273-600030; www.responsibletravel.com) Matches you up with ecologically and culturally responsible tour operators to plan an itinerary

Safari Drive (☎ 01488-71140; www.safaridrive.com) Self-drive safaris, primarily in northern Tanzania.

Simply Tanzania (☎ 020-8986 0615; www.simplytanzania.co.uk) Offbeat community-oriented cultural tours run by a former VSO director.

Tribes Travel (☎ 01728-685971; www.tribes.co.uk) Fair-traded safaris and treks, including in the south and west.

USA & Canada

Abercrombie & Kent (☎ 630-954 2944, 800-554 7016; www.abercrombiekent.com) Customised tours and safaris.

Africa Adventure Company (☎ 954-491 8877; www.africa-adventure.com) Upscale specialist safaris, including in southern and western Tanzania, and Kilimanjaro treks.

African Environments (www.africanenvironments.com) Top-end treks organised by one of the pioneering companies on Mt Kilimanjaro. Also luxury northern circuit vehicle safaris, and walking safaris in Ngorongoro Conservation Area and in Serengeti border areas.

African Horizons (☎ 877-256 1074, 847-256 1075; www.africanhorizons.com) A small operator offering various packages, including in the south and west.

Big Five Tours & Expeditions (☎ 800-244 3483, 772-287 7995; www.bigfive.com) Upmarket tours and safaris in the north and south.

Born Free Safaris (☎ 800-372 3274, 818-981 7185; www.bornfreesafaris.com) Northern circuit itineraries, including a women's-only tour.

Deeper Africa (☎ 888-658 7102; www.deeperafrica.com) Socially responsible, upmarket northern circuit safaris & treks.

Explorateur Voyages (☎ 514-847 1177; www.explorateur.qc.ca in French) Northern circuit treks and safaris.

Good Earth (☎ 813-929 7232; www.goodearthtours.com) Northern circuit safaris.

International Expeditions (☎ 800-633 4734, 205-428 1700; www.ietravel.com) Naturalist-oriented northern circuit safaris.

Mountain Madness (☎ 206-937 8389; www.mountainmadness.com) Upmarket Kilimanjaro treks.

Naipenda Safaris (☎ 888-404-4499; www.naipenda.com) Northern circuit safaris, including for families.

Thomson Family Adventures (☎ 800-262 6255, 617-923 2004; www.familyadventures.com) A range of itineraries, and especially recommended for family safaris.

GETTING AROUND

AIR

Airlines in Tanzania

The national airline, **Air Tanzania** (www.airtanzania.com) Arusha (☎ 027-250 3201/3); Dar es Salaam (Map p90; ☎ 022-211 8411, 022-284 42930); Zanzibar (☎ 024-223 0213) has flights connecting Dar es Salaam with Mwanza, Mtwara and Kilimanjaro. Following is a list of other airlines flying domestically, all of which also do charters:

Air Excel (☎ 027-254 8429, 027-250 1597; reservation@airexcelonline.com) Arusha, Serengeti, Lake Manyara, Dar es Salaam, Zanzibar.

Chimpanzee Safaris (☎ 022-213 0553; www.chimpanzeesafaris.com) Shared twice-weekly charter between Arusha, Katavi and Mahale Mountains National Parks

Coastal Aviation (☎ 022-284 3293, 022-211 7959; www.coastal.cc) A recommended contact for travellers, with flights to many parks and major towns, including Arusha, Dar es Salaam, Dodoma, Kilwa Masoko, Lake Manyara NP, Mafia, Mwanza, Pemba, Ruaha NP, Rubondo Island NP, Saadani GR, Selous GR, Serengeti NP, Tanga, Tarangire NP and Zanzibar.

Precision Air (☎ 022-216 8000; www.precisionairtz.com) Flights to most major towns, including Bukoba, Dar es Salaam, Kigoma, Kilimanjaro, Lindi, Mtwara, Musoma, Mwanza, Shinyanga, Tabora and Zanzibar.

Regional Air Services (☎ 027-250 4477/2541; www.regional.co.tz) Arusha, Dar es Salaam, Kilimanjaro, Lake Manyara NP, Ndutu, Serengeti NP (Serонера, Sasakwa, Grumeti and Klein's Camp) and Zanzibar.

Safari Airlink (☎ 0773-723274; www.safariaviation.info) Affiliated with Foxes African Safaris (see p47), with flights linking the coast with the southern and western parks in a network, including Bagamoyo, Dar es Salaam, Iringa, Katavi NP, Kipili, Mahale Mountains NP, Mbeya,

DEPARTURE TAX

Airport departure tax for domestic flights is Tsh5000. It's sometimes included in the ticket price on the mainland (though not for smaller flights leaving from Terminal 1). On Zanzibar, it's payable separately at the airport.

Mikumi, Mufindi, Pangani, Ruaha NP, Saadani, Selous GR and Zanzibar. Also flights linking Ruaha with Arusha and the northern parks.

ZanAir (☎ 024-223 3670/8; www.zanair.com) Reliable connections between Arusha, Dar es Salaam, Lake Manyara NP, Mafia, Pangani, Pemba, Saadani NP, Selous GR, Serengeti NP, Tarangire NP and Zanzibar.

BICYCLE

Main sealed roads aren't good for cycling, as there's often no shoulder and traffic moves dangerously fast. Secondary roads are ideal, and a small but steady trickle of cyclists are exploring the country – either on longer point-to-point rides, generally part of longer transregional journeys, or from a fixed base (eg the western Usambaras around Lushoto, anywhere on Pemba etc). For point-to-point journeys, carry basic supplies, including water (at least 4L), food, a water filter, at least four spare inner tubes, a spare tyre and plenty of tube patches.

Throughout the country, cycling is best in the early morning and late afternoon, and in the drier winter season (June to August/September). Plan on taking a break from the midday heat, and don't count on covering as much territory as you might in a northern European climate.

Mountain bikes should be brought from home, although it's possible to rent them from several operators; see the following listings. Local rental bicycles (about Tsh500 per hour, check at hotels and markets) are usually heavy single speeds or beat-up mountain bikes.

Other considerations include rampaging motorists (a small rear-view mirror is worthwhile), sleeping (bring a tent) and punctures (thorn trees are a problem). Cycling isn't permitted in national parks or wildlife reserves.

In theory, bicycles can be transported on minibuses and buses, though many drivers are unwilling. For express buses, make advance arrangements to stow your bike in

the hold. Bicycles can be transported on the Zanzibar ferries and any of the lake ferries for no additional cost. The highly recommended **International Bicycle Fund** (www.ibike.org/bikeafrica) organises cycling tours in Tanzania and provides information. Another recommended contact is **AfriRoots** (www.afirroots.co.tz), which organises cycling trips in various areas of the country, including in the Usambara Mountains and in the southern highlands. Hoopoe Safaris (p44) and Summits Africa (p55) are both highly recommended for up-market adventure cycling in the northern circuit. **Green Footprint Adventures** (www.greenfootprint.co.tz) organises upmarket rides around Lake Manyara. Also try **Tanzanian Bike Safaris** (www.tanzaniabiking.com).

BOAT Dhow

Main routes connect Zanzibar and Pemba with Dar es Salaam, Tanga, Bagamoyo and Mombasa; Kilwa Kivinje, Lindi, Mikindani,

Mtwara and Msimbati with other coastal towns; and Mafia and the mainland.

However, foreigners are officially prohibited on non-motorised dhows, and on any dhows between Zanzibar and Dar es Salaam; captains are subject to fines if they're caught, and may be unwilling to take you. Coastal hotels that arrange charters (many with their own dhows) include The Tides (p163), Peponi Holiday Resort (p162), Kilwa Seaview Resort (p317), Ten Degrees South Lodge (p326), The Old Boma (p326), Fundu Lagoon (p148) and any of the Chole Bay lodges on Mafia (p308). Safari Blue (p119) and **SwahiliSail** (www.swahilisail.com) are other good contacts.

Ferry

Ferries operate on Lake Victoria, Lake Tanganyika and Lake Nyasa, and between Dar es Salaam, Zanzibar and Pemba. There's a US\$5 port tax per trip. While all of the lake ferries are slow and crowded, travelling with them offers an authentic glimpse into local

DHOW TRAVEL

With their billowing sails and graceful forms, these ancient sailing vessels have become a symbol of East Africa for adventure travellers. Yet, despite their romantic reputation, the realities can be quite different.

If winds are favourable and the water calm, dhow travel can be enjoyable, and will give you a better sense of the centuries of trade that shaped East Africa's coastal communities. If you're becalmed miles from your destination, or in a leaky, overloaded boat on rough seas, if it's raining, or if the sun is very strong, the experience will be considerably less pleasant.

Before undertaking a longer journey, test things out with a short sunset or afternoon sail. Coastal hotels are also generally good contacts for arranging reliable dhow travel. If you do decide to give a local dhow a try:

- Be prepared for rough conditions. There are no facilities on board, except possibly a toilet hanging off the stern. As sailings are wind and tide dependent, departures are often during predawn hours.
- Journeys can take much longer than anticipated; bring plenty of extra water and sufficient food.
- Sun block, a hat and a covering are essential, as is waterproofing for your luggage and a rain jacket.
- Boats capsize and people are killed each year. Avoid overloaded boats and don't set sail in bad weather.
- Travel with the winds, which blow from south to north from approximately July to September and north to south from approximately November to late February.

Note that what Westerners refer to as dhows are called either *jahazi* or *mashua* by Tanzanians. *Jahazi* are large, lateen-sailed boats. *Mashua* are smaller, and often with proportionately wider hulls and a motor. The *dau* has a sloped stem and stern. On lakes and inland waterways, the *mtumbwi* (dugout canoe) is in common use. Coastal areas, especially Zanzibar's east-coast beaches, are good places to see *ngalawa* (outrigger canoes).

life. The Lake Tanganyika and Lake Nyasa routes are also very scenic, sliding slowly past mountains and lake-shore villages. For details of ferries between Dar es Salaam and Zanzibar, see p99.

LAKE VICTORIA

The MV *Victoria* departs from Mwanza at 10pm on Tuesday, Thursday and Sunday (1st class/2nd-class sleeping/2nd-class sitting/3rd class Tsh20,500/16,500/13,500/12,500 plus port tax, nine hours). Departures from Bukoba are at 9.30pm Monday, Wednesday and Friday. First class has two-bed cabins and 2nd-class sleeping has six-bed cabins. Second-class sitting isn't comfortable, so if you can't get a spot in 1st class or 2nd-class sleeping, the best bet is to buy a 3rd-class ticket. With luck, you may then be able to find a comfortable spot in the 1st-class lounge. First- and 2nd-class cabins fill up quickly in both directions, so book as soon as you know your plans. Food is available on board. Sailing in both directions, the ferry stops also at Kemono Bay (just south of Bukoba).

Weekly connections on the MV *Butiama* between Mwanza and Nkome, and between Mwanza and Nyamirembe via Maisome island, are currently suspended.

For information on connections to/from Ukerewe island, see p251.

LAKE TANGANYIKA

For the MV *Liamba* schedule between Kigoma and Mpulungu (Zambia), see p354. See p353 for boat connections between Kigoma and Bujumbura.

LAKE NYASA

In theory, the MV *Songea* departs from Itungi port about noon on Thursday and makes its way down the coast via Lupingu, Manda, Lundu, Mango and Liuli (but not via Matema) to Mbamba Bay (1st/economy class Tsh15,000/8500, 18 to 24 hours). It continues to Nkhata Bay in Malawi, before turning around and doing the return trip.

The smaller MV *Iringa* services lake-side villages between Itungi and Manda (about halfway down the Tanzanian lake shore), departing from Itungi by about midday on Monday and stopping at Matema, Lupingu and several other ports before turning back again on Tuesday for the return trip. Schedules for both boats are highly unreli-

able and change frequently. For an update, ask in Kyela (p298), or at one of the Matema hotels (p299).

BUS

Bus travel is an inevitable part of the Tanzania experience for many travellers. Prices are reasonable for the distances covered, and there's often no other way to reach many destinations.

On major long-distance routes, there's a choice of express and ordinary buses. Express buses make fewer stops, are less crowded and depart on schedule. Some have toilets and air-conditioning, and the nicest ones are called 'luxury' buses. On secondary routes, the only option is ordinary buses, which are often packed to overflowing, stop often and run to a less rigorous schedule (and often not to any recognisable schedule at all).

For popular routes, book in advance. You can sometimes get a place by arriving at the bus station an hour prior to departure. Scandinavian Express and Royal Coach bus lines fill up quickly on all routes: book at least one day in advance. Each bus line has its own booking office, at or near the bus station.

Express buses have a compartment below for luggage. Otherwise, stow your pack under your seat or at the front of the bus near the driver.

Prices are basically fixed, although overcharging happens. Most bus stations are chaotic, and at the ones in Arusha and other tourist areas you'll be incessantly hounded by touts. Buy your tickets at the office and not from the touts, and don't believe anyone who tries to tell you there's a luggage fee, unless you are carrying an excessively large pack.

For short stretches along main routes, express buses will drop you on request, though you'll often need to pay the full fare to the next major destination.

Major lines along the Dar-Arusha route include Dar Express, Royal Coach and Scandinavian Express. Scandinavian Express is also good for destinations between Dar and Mbeya, and to Njombe and Songea. Although Scandinavian is still generally regarded as the best company in the south, its fleet is ageing, and you'll generally need to pay for its luxury buses for a reasonably comfortable ride.

Minibus & Shared Taxi

For shorter trips away from the main routes, the choice is often between 30-seater buses

PERILS OF THE ROAD

Road accidents are probably your biggest safety risk while travelling in Tanzania, with speeding buses being among the worst offenders. Road conditions are poor and driving standards leave much to be desired. Overtaking blind is a problem, as are high speeds. Your bus driver may, in fact, be at the wheel of an ageing, rickety vehicle with a cracked windshield and marginal brakes on a winding, potholed road. However, he'll invariably be driving as if he were piloting a sleek racing machine coming down the straight – nerve-wracking to say the least. Impassioned pleas from passengers to slow down usually have little effect, and pretending you're sick is often counterproductive. Many vehicles have painted slogans such as *Mungu Atubariki* (God Bless Us) or 'In God we Trust' in the hope that a bit of extra help from above will see them safely through the day's runs.

To maximise your chances of uneventful travels, stick with more reputable companies such as Scandinavian Express and Royal Coach. Also, if you have a choice, it's usually better to go with a full-sized bus than a minibus or 30-seater bus.

Buses aren't permitted to drive at night and, on most routes, the last departure is generally timed so that the bus should reach its destination by evening (assuming that all goes well). For cross-border routes, departures are usually timed so that night driving will be done once outside Tanzania.

('Coastals' or *thelathini*) and *dalla-dallas*. Both options come complete with chickens on the roof, bags of produce under the seats, no leg room and schedules only in the most general sense of the word. *Dalla-dallas*, especially, are invariably filled to overflowing. Shared taxis are rare, except in northern Tanzania near Arusha and several other locations. Like ordinary buses, *dalla-dallas* and shared taxis leave when full, and are the least safe transport option.

CAR & MOTORCYCLE

Unless you have your own vehicle and are familiar with driving in East Africa, it's relatively unusual for travellers to tour mainland Tanzania by car. More common is to focus on a region and arrange local transport through a tour or safari operator. On Zanzibar, however, it's easy and economical to hire a car or motorcycle for touring, and self-drive is permitted.

Bringing Your Own Vehicle

For requirements on bringing your own vehicle, see p349.

Driving Licence

On the mainland you'll need your home driving licence or (preferable) an International Driving Permit (IDP) together with your home licence. On Zanzibar you'll need an IDP plus your home licence, or a permit from Zanzibar (p127), Kenya, Uganda or South Africa.

Fuel & Spare Parts

Petrol costs about Tsh1400 per litre (Tsh1250 for diesel). Filling and repair stations are found in all major towns, but are scarce elsewhere, so tank up whenever you get the opportunity and carry a range of spares for your vehicle. In remote areas and in national parks, it's essential to carry jerry cans with extra fuel.

Hire

In Dar es Salaam, daily rates for 2WD start at about US\$45, excluding fuel, plus US\$20 to US\$30 for insurance and tax. Prices for 4WD are US\$70 to US\$200 per day plus insurance (US\$30 to US\$40 per day), fuel and driver (US\$15 to US\$35 per day). There's also a 20% value added tax.

Outside the city, most companies require 4WD. Also, most will not permit self-drive outside of Dar es Salaam, and none presently offer unlimited kilometres. Charges per-kilometre are around US\$0.50 to US\$1. Try to clarify what the company's policy is in the event of a breakdown. See p100 for hire agencies.

Elsewhere in Tanzania, you can hire 4WD vehicles in Arusha, Karatu, Mwanza, Mbeya, Zanzibar Town and other centres through travel agencies, tour operators and hotels. See the individual sections for hire agency listings. Except on Zanzibar, most come with driver. Rates average US\$80 to US\$150 per day plus fuel, less on Zanzibar.

Insurance

Unless you're covered from other sources, such as your credit card, it's advisable to take the full coverage offered by hire companies.

Road Conditions & Hazards

Around 20% of Tanzania's road network is sealed (although roadworks are underway at an impressive pace), including the roads from Dar es Salaam to Arusha via Chalinze, and from Dar es Salaam to Mbeya via Iringa. Secondary roads range from good to impassable, depending on the season. For most trips outside major towns you'll need 4WD.

If you aren't used to driving in East Africa, watch out for pedestrians, children and animals on the road or running into the road. Especially in rural areas, many people have not driven themselves and aren't aware of necessary braking distances and similar concepts. Avoid driving at night, and be particularly alert for vehicles overtaking blind on curves. Tree branches on the road are the local version of flares or hazard lights and mean there's a stopped vehicle, crater-sized pothole or similar calamity ahead.

Road Rules

Driving is on the left (in theory), and traffic already on roundabouts has the right of way. Unless otherwise posted, the speed limit is 80km per hour; on some routes, including Dar es Salaam to Arusha, police have radar. Tanzania has a seat-belt law for drivers and front-seat passengers. The traffic-fine penalty is Tsh20,000.

Motorcycles aren't permitted in national parks except for the section of the Dar es Salaam-Mbeya highway passing through Mikumi National Park and on the road between Sumbawanga and Mpanda via Katavi National Park.

HITCHING

Hitching is generally slow going. It's prohibited inside national parks, and is usually fruitless around them. That said, in remote areas, hitching a lift with truck drivers may be your only option. Expect to pay about the same or a bit less than the bus fare for the same route, with a place in the cab costing about twice that for a place on top of the load. To flag down a vehicle, hold out your hand at about waist level, palm to the ground, and wave it up and down.

Expat workers or well-off locals may also offer you a ride. Payment is usually not ex-

pected, but still offer some token of thanks, such as a petrol contribution for longer journeys.

As elsewhere in the world, hitching is never entirely safe, and we don't recommend it. Travellers who hitch should understand that they are taking a potentially serious risk. If you do hitch, it's safer doing so in pairs and letting someone know your plans.

LOCAL TRANSPORT

Dalla-Dalla

Local routes are serviced by *dalla-dallas* and, in rural areas, pick-up trucks or old 4WDs. Prices are fixed and inexpensive – Tsh100 to Tsh200 for town runs. The vehicles make many stops and are extremely crowded. Accidents are frequent, particularly in minibuses. Many accidents are caused when the drivers race each other to an upcoming station in order to collect new passengers. Destinations are either posted on a board in the front window, or called out by the driver's assistant, who also collects fares. If you have a large backpack, think twice about getting on a *dalla-dalla*, especially at rush hour, when it will make the already crowded conditions even more uncomfortable for the other passengers.

Taxi

Taxis, which have white plates on the mainland and a '*gari la abiria*' (passenger vehicle) sign on Zanzibar, can be hired in all major towns. None have meters, so agree on the fare with the driver before getting in. The standard rate for short town trips is Tsh1000 to Tsh2000. In major centres, many drivers have an 'official' price list, although rates shown on it – often calculated on the basis of Tsh1000 per 1km – are generally significantly higher than what is normally paid. If you're unsure of the price, ask locals what it should be and then use this as a base for negotiations. For longer trips away from town, negotiate the fare based on distance, petrol costs and road conditions, plus a fair profit for the driver.

TOURS

For safari and trekking operators, see p44 and p54. For local tour operators, see the regional chapters.

TRAIN

We wish we could say that train travel was a classic Tanzania experience, watching the landscapes roll by and getting a snapshot of local

life, but the country's rail lines are so under-maintained these days, and so often beset by delays and breakdowns, that it would be too much of a stretch – but if you get lucky, you're likely to enjoy the ride. Once planned privatisation and upgrading programmes are implemented, the situation is bound to improve.

There are two lines: **Tazara** (☎ 022-286 5137, 022-286 0340/4, 0713-225292; www.tazara.co.tz; cnr Nyerere & Nelson Mandela Rds, Dar es Salaam), linking Dar es Salaam with Kapiri Mposhi in Zambia via Mbeya and Tunduma; and the Tanzanian Railway Corporation's **Central Line** (Map p90; ☎ 022-211 7833; www.trctz.com; cnr Railway St & Sokoine Dr, Dar es Salaam), linking Dodoma with Kigoma and Mwanza via Tabora (service between Dodoma and Dar es Salaam is suspended). Central Line branches also link Tabora with Mpandara, and Dodoma with Singida.

Tazara is more comfortable and efficient, but on both lines, breakdowns and long delays – up to 12 hours or more – are common. If you want to try the train, consider shorter stretches – eg from Dar es Salaam into the Selous, or between Tabora and Kigoma.

Classes

There are three classes: 1st class (two- or four-bed compartments); 2nd-class sleeping (six-bed compartments); and economy class (benches, usually very crowded). Some trains also have a '2nd-class sitting section', with one seat per person. Men and women can only travel together in the sleeping sections by booking the entire compartment. At night, secure your window with a stick, and don't leave your luggage unattended even for a moment.

Reservations

Tickets for 1st and 2nd class should be reserved at least several days in advance, although occasionally you'll be able to get a seat on the day of travel. Economy-class tickets can be bought on the spot.

Schedules & Costs

Both lines are undergoing management changes, so expect schedule and price changes.

TAZARA

Tazara runs three trains weekly: two 'express' trains between Dar es Salaam and Kapiri Mposhi in Zambia via Mbeya; and an 'ordinary' train between Dar es Salaam and Mbeya.

For express train schedule information, see p353. Express train fares between Dar es Salaam and Mbeya are Tsh24,500/18,000/14,800 for 1st/2nd/economy class. Ordinary trains depart from Dar es Salaam at 9am Monday, reaching Mbeya about 10am the next day (1st/2nd/economy class Tsh20,700/14,500/12,000, 24 hours); departures from Mbeya are at 1.30pm Tuesday.

CENTRAL LINE

Central Line trains depart from Dodoma at 7pm Monday, Wednesday, Thursday and Saturday for both Kigoma and Mwanza (splitting at Tabora). Both journeys take about 24 hours, though it's often much longer. Trains to Dar es Salaam depart at 7.30am (from Kigoma) and 8am (from Mwanza) on Monday, Wednesday, Friday and Saturday, arriving at Tabora at about 6pm. Travelling between Mwanza and Kigoma, you'll need to stay overnight in Tabora. Departures from Tabora are at 9pm Monday, Wednesday, Friday and Saturday for Dodoma, and at 7.30am on Sunday, Tuesday, Thursday and Friday for Kigoma.

Trains between Tabora and Mpanda (about 14 hours) depart from Tabora at 9.30pm Monday, Wednesday and Friday, and Mpanda at 1pm Tuesday, Thursday and Saturday.

Trains depart from Dodoma for Singida (about seven hours) at 10am Wednesday, Friday and Sunday. Departures from Singida are at 8am Monday, Thursday and Saturday.

| Destination | 1st class | 2nd-sitting class | Economy class |
|-------------------|-----------|-------------------|---------------|
| Dodoma to Tabora | Tsh21,900 | Tsh16,700 | Tsh7500 |
| Tabora to Kigoma | Tsh22,700 | Tsh17,300 | Tsh7800 |
| Dodoma to Mwanza | Tsh37,000 | Tsh27,400 | Tsh12,000 |
| Mwanza to Tabora | Tsh21,200 | Tsh16,200 | Tsh7300 |
| Tabora to Mpanda | Tsh19,700 | Tsh15,100 | Tsh6900 |
| Dodoma to Singida | - | - | Tsh4800 |

Health

Dr Caroline Evans

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As long as you stay up-to-date with your vaccinations and take basic preventive measures, you're unlikely to succumb to most of the health hazards covered in this chapter. While Tanzania has an impressive selection of tropical diseases on offer, it's more likely you'll get a bout of diarrhoea or a cold than a more exotic malady. The main exception to this is malaria, which is a real risk throughout the country.

BEFORE YOU GO

A little predeparture planning will save you trouble later. Get a check-up from your dentist and your doctor if you have any regular medication or chronic illness, such as high blood pressure or asthma. You should also organise spare contact lenses and glasses (and take your optical prescription with you), get a first-aid and medical kit together and arrange necessary vaccinations.

Travellers can register with the **International Association for Medical Advice to Travellers** (IAMAT; www.iamat.org), which provides directories of certified doctors. If you'll be spending much time in remote areas (ie anywhere away from Dar es Salaam, Arusha and Zanzibar), consider doing a first-aid course (contact the Red Cross or St John Ambulance) or attending a remote medicine first-aid course, such

as that offered by the **Royal Geographical Society** (www.wildernessmedicaltraining.co.uk).

If you bring medications with you, carry them in their original (labelled) containers. A signed and dated letter from your physician describing all medical conditions and medications, including generic names, is also a good idea. If carrying syringes or needles, be sure to have a physician's letter documenting their medical necessity.

INSURANCE

Find out in advance if your insurance plan will make payments directly to providers or reimburse you later for overseas health expenditures. Most doctors in Tanzania expect payment in cash. It's vital to ensure that your travel insurance will cover any emergency transport required to get you at least as far as Nairobi (Kenya), or – preferably – all the way home, by air and with a medical attendant if necessary. It's worth taking out a temporary membership with the **African Medical & Research Foundation** (Amref; www.amref.org; Nairobi emergency lines ☎ 254-20 315454, 254-20 600090, 254-733 628422, 254-722 314239, satellite ☎ 000-873 762 315580; Nairobi head office ☎ 254-20-699 3000; Dar es Salaam branch office ☎ 022-211 6610, 211 3673; 1019 Ali Hassan Mwinyi Rd just north of Bibi Titi Mohammed Rd). See p339 for further details.

RECOMMENDED VACCINATIONS

The **World Health Organization** (www.who.int/en/) recommends that all travellers be covered for diphtheria, tetanus, measles, mumps, rubella, polio and hepatitis B, regardless of their destination. The consequences of these diseases can be severe and outbreaks do occur.

According to the **Centers for Disease Control and Prevention** (www.cdc.gov), the following vaccinations are recommended for Tanzania: hepatitis A, hepatitis B, rabies and typhoid, and boosters for tetanus, diphtheria and measles. While a yellow-fever vaccination certificate is not officially required to enter the country unless you're coming from an infected area, carrying one is also advised; check with your doctor before travelling, and also see p367.

MEDICAL CHECKLIST

It's a very good idea to carry a medical and first-aid kit with you, to help yourself in the case of minor illness or injury. Following is a list of items to consider packing:

- Acetaminophen (paracetamol) or aspirin
- Acetazolamide (Diamox) for altitude sickness (prescription only)
- Adhesive or paper tape
- Antibacterial ointment (eg Bactroban) for cuts and abrasions (prescription only)
- Antibiotics eg ciprofloxacin (Ciproxin) or norfloxacin (Utinor)
- Antidiarrhoeal drugs (eg loperamide)
- Antihistamines (for hay fever and allergic reactions)
- Anti-inflammatory drugs (eg ibuprofen)
- Antimalaria pills
- Bandages, gauze, gauze rolls and tape
- DEET-containing insect repellent for the skin
- Digital thermometer
- Iodine tablets (for water purification)
- Oral rehydration salts
- Permethrin-containing insect spray for clothing, tents and bed nets
- Pocket knife
- Scissors, safety pins, tweezers
- Self-diagnostic kit that can identify from a finker prick if malaria is in the blood
- Sun block
- Sterile needles, syringes and fluids if travelling to remote areas

INTERNET RESOURCES

A good place to start is the **Lonely Planet website** (www.lonelyplanet.com). The World Health Organization publishes the helpful *International Travel and Health*, available free at www.who.int/ith. Other useful websites include **MD Travel Health** (www.mdtravelhealth.com) and **Fit for Travel** (www.fitfortravel.scot.nhs.uk).

Government travel-health websites:

- Australia: www.smartraveller.gov.au
- Canada: www.phac-aspc.gc.ca/tmp-pmv/index.html
- UK: www.dh.gov.uk/PolicyAndGuidance/HealthAdviceForTravellers/fs/en
- USA: www.cdc.gov/travel

FURTHER READING

- *A Comprehensive Guide to Wilderness and Travel Medicine* by Eric A Weiss (1998)
- *Healthy Travel* by Jane Wilson-Howarth (1999)
- *Healthy Travel Africa* by Isabelle Young (2000)
- *How to Stay Healthy Abroad* by Richard Dawood (2002)
- *Travel in Health* by Graham Fry (1994)
- *Travel with Children* by Cathy Lanigan (2004)

IN TRANSIT

DEEP VEIN THROMBOSIS (DVT)

Deep vein thrombosis (DVT) occurs when blood clots form in the legs during plane flights, chiefly because of prolonged immobility. Although most of these blood clots are reabsorbed uneventfully, some of them may break off and travel through the blood vessels to the lungs, where they may cause life-threatening complications.

The chief symptom of DVT is swelling or pain of the foot, ankle or calf, usually but not always on just one side. When a blood clot travels to the lungs, it may cause chest pain and difficulty in breathing. If you are travelling and have any of these symptoms listed above you should immediately seek medical attention.

In order to help to prevent the development of DVT on long airline flights you should walk about the cabin, perform isometric compressions of the leg muscles (ie contract the leg muscles while sitting), drink plenty of fluids and avoid alcohol and tobacco.

MOTION SICKNESS

Eating lightly before and during a trip will reduce the chances of motion sickness. If you are prone to motion sickness try to find a place that minimises movement – near the wing on aircraft, near the centre on buses and next to a window if possible. Fresh air usually helps; reading and cigarette smoke don't.

Commercial preparations for motion sickness, which can cause drowsiness, have to be taken before the trip commences. Ginger (available in capsule form) and peppermint (including mint-flavoured sweets) are natural preventatives.

IN TANZANIA

AVAILABILITY & COST OF HEALTH CARE

Good, Western-style medical care is available in Dar es Salaam. However, for serious matters, you'll need to go to Nairobi (Kenya), which is the main destination for medical evacuations from Tanzania, or return home. Elsewhere, reasonable-to-good care is available in Arusha, Moshi, Zanzibar and in some mission stations, including Kigoma and Songea. If you have a choice, try to find a private or mission-run clinic, as these are generally better equipped than government ones. If you fall ill in an unfamiliar area, ask staff at a top-end hotel or resident expatriates where the best nearby medical facilities are, and in an emergency contact your embassy. All towns have at least one clinic where you can get an inexpensive malaria test and, if necessary, treatment.

Pharmacies in Dar es Salaam and major towns are generally well stocked for commonly used items, and usually don't require prescriptions; always check expiry dates. In villages, selection is limited, although you can get chloroquine (for malaria) and paracetamol almost everywhere. Antimalarials are also relatively easy to obtain, although antimalarials in general, as well as drugs for chronic diseases, should be brought from home. Some drugs for sale in Tanzania might be ineffective: they might be counterfeit or might not have been stored under the right conditions. The most common examples of counterfeit drugs are antimalaria tablets and expensive antibiotics, such as ciprofloxacin. Also, the availability and efficacy of condoms cannot be relied upon; they might not be of the same quality as in Europe or Australia and might have been incorrectly stored.

There is a high risk of contracting HIV from infected blood transfusions. The **BloodCare Foundation** (www.bloodcare.org.uk) is a good source of safe blood, which can be transported to any part of the world within 24 hours.

INFECTIOUS DISEASES

Following are some of the diseases that are found in Tanzania, though with a few basic preventive measures, it's unlikely that you'll succumb to any of these.

Cholera

Cholera is usually only a problem during natural or artificial disasters, such as war, floods or earthquakes, although small outbreaks can also occur at other times. Travellers are rarely affected. It is caused by a bacteria and spread via contaminated drinking water. The main symptom is profuse watery diarrhoea, which causes debilitation if fluids are not replaced quickly. An oral cholera vaccine is available in the USA, but it is not particularly effective. Most cases of cholera could be avoided by close attention to good drinking water and by avoiding potentially contaminated food. Treatment is by fluid replacement (orally or via a drip), but sometimes antibiotics are needed. Self-treatment is not advised.

Diphtheria

Diphtheria is spread through close respiratory contact. It usually causes a temperature and a severe sore throat. Sometimes a membrane forms across the throat and a tracheotomy is needed to prevent suffocation. Vaccination is recommended for those likely to be in close contact with the local population in infected areas, but is more important for long stays than for short-term trips. The vaccine is given as an injection, alone or with tetanus, and lasts 10 years. Self-treatment: none.

Filariasis

Filariasis is caused by tiny worms migrating in the lymphatic system and is spread by a bite from an infected mosquito. Symptoms include localised itching and swelling of the legs and/or genitalia. Treatment is available. Self-treatment: none.

Hepatitis A

Hepatitis A is spread through contaminated food (particularly shellfish) and water. It causes jaundice and, although it is rarely fatal, it can cause prolonged lethargy and delayed recovery. If you've had hepatitis A, you shouldn't drink alcohol for up to six months afterwards, but once you've recovered, there won't be any long-term problems. The first symptoms include dark urine and a yellow colour to the whites of the eyes. Sometimes a fever and abdominal pain are present. Hepatitis A vaccine (Avaxim, VAQTA, Havrix) is given as an injection: a single dose will give protection for up to a year, and a booster after a year gives 10-year protection. Hepatitis A

ANTIMALARIAL A TO D

- **A** – Awareness of the risk. No medication is totally effective, but protection of up to 95% is achievable with most drugs, as long as other measures have been taken.
- **B** – Bites: avoid at all costs. Sleep in a screened room, use a mosquito spray or coils and sleep under a permethrin-impregnated net at night. Cover up at night with long trousers and long sleeves, preferably with permethrin-treated clothing. Apply appropriate repellent to all areas of exposed skin in the evenings.
- **C** – Chemical prevention (ie antimalarial drugs) is usually needed in malarial areas. Expert advice is needed as resistance patterns can change and new drugs are in development. Not all antimalarial drugs are suitable for everyone. Most antimalarial drugs need to be started at least a week in advance and continued for four weeks after the last possible exposure to malaria.
- **D** – Diagnosis. If you have a fever or flu-like illness within a year of travel to a malarial area, malaria is a possibility and immediate medical attention is necessary.

and typhoid vaccines can also be given as a single-dose vaccine, hepatyrix or viatim. Self-treatment: none.

Hepatitis B

Hepatitis B is spread through sexual intercourse, infected blood and contaminated needles. It can also be spread from an infected mother to her baby during childbirth. It affects the liver, causing jaundice and sometimes liver failure. Most people recover completely, but some people might be chronic carriers of the virus, which could lead eventually to cirrhosis or liver cancer. Those visiting high-risk areas for long periods, or those with increased social or occupational risk, should be immunised. Many countries now routinely give hepatitis B as part of childhood vaccination. It is given singly or can be given at the same time as hepatitis A.

A course will give protection for at least five years. It can be given over four weeks or six months. Self-treatment: none.

HIV

Human immunodeficiency virus (HIV), the virus that causes acquired immune deficiency syndrome (AIDS), is a major problem in Tanzania, with infection rates averaging about 6.5%, and much higher in some areas. The virus is spread through infected blood and blood products, by sexual intercourse with an infected partner and from an infected mother to her baby during childbirth and breastfeeding. It can be spread through 'blood to blood' contact, such as with contaminated instruments during medical, dental, acupuncture

and other body-piercing procedures, and through sharing used intravenous needles. At present there is no cure; medication that might keep the disease under control is available, but these drugs are too expensive, or unavailable, for the overwhelming majority of Tanzanians. If you think you might have been infected with HIV, a blood test is necessary; a three-month gap after exposure and before testing is required to allow antibodies to appear in the blood. Self-treatment: none.

Malaria

Malaria is endemic throughout most of Tanzania and is a major health scourge (except at altitudes higher than 2000m, where the risk of transmission is low). Infection rates are higher during the rainy season, but the risk exists year-round and it is extremely important to take preventive measures, even if you will be in the country for just a short time.

Malaria is caused by a parasite in the bloodstream spread via the bite of the female anopheles mosquito. There are several types, falciparum malaria being the most dangerous and the predominant form in Tanzania. Unlike most other diseases regularly encountered by travellers, there is no vaccination against malaria (yet). However, several different drugs are used to prevent malaria and new ones are in the pipeline. Up-to-date advice from a travel-health clinic is essential, as some medication is more suitable for some travellers than others (see p366). The pattern of drug-resistant malaria is changing rapidly, so what was advised several years ago might no longer be the case.

SYMPTOMS

The early stages of malaria include headaches, fevers, generalised aches and pains, and malaise, which could be mistaken for flu. Other symptoms can include abdominal pain, diarrhoea and a cough. Anyone who develops a fever in Tanzania or within two weeks after departure should assume malarial infection until blood tests prove negative, even if you have been taking antimalarial medication. If not treated, the next stage could develop within 24 hours, particularly if falciparum malaria is the parasite: jaundice, then reduced consciousness and coma (also known as cerebral malaria) followed by death. Treatment in hospital is essential, and the death rate might still be as high as 10% even in the best intensive-care facilities.

SIDE EFFECTS & RISKS

Many travellers are under the impression that malaria is a mild illness, that treatment is always easy and successful and that taking antimalarial drugs causes more illness through side effects than actually getting malaria. Unfortunately, this is not true. Side effects of the medication depend on the drug being taken. Doxycycline can cause heartburn and indigestion; mefloquine (Larium) can cause anxiety attacks, insomnia and nightmares and (rarely) severe psychiatric disorders; chloroquine can cause nausea and hair loss; and proguanil can cause mouth ulcers. These side effects are not universal and can be minimised by taking medication correctly, eg with food. Also, some people should not take a particular antimalarial drug, eg people with epilepsy should avoid mefloquine, and doxycycline should not be taken by pregnant women or children younger than 12.

If you decide that you really don't want to take antimalarial drugs, you must understand the risks and be obsessive about avoiding mosquito bites. Use nets and insect repellent, and report any fever or flu-like symptoms to a doctor as soon as possible. Some people advocate homeopathic preparations against malaria, such as Demal200, but as yet there is no conclusive evidence that this is effective, and many homeopaths do not recommend their use. Malaria in pregnancy frequently results in miscarriage or premature labour and the risks to both mother and foetus during pregnancy are considerable. Travel in Tanzania when pregnant should be carefully considered.

STAND-BY TREATMENT

If you will be away from major towns, carrying emergency stand-by treatment is highly recommended, and essential for travel in remote areas. Seek your doctor's advice before setting off as to recommended medicines and dosages. However, this should be viewed as emergency treatment only and not as routine self-medication, and should only be used if you will be far from medical facilities and have been advised about the symptoms of malaria and how to use the medication. If you do resort to emergency self-treatment, seek medical advice as soon as possible to confirm whether the treatment has been successful. In particular, you want to avoid contracting cerebral malaria, which can be fatal within 24 hours. Self-diagnostic kits, which can identify malaria in the blood from a finger prick, are available in the West and are worth investing in.

Meningococcal Meningitis

Meningococcal infection is spread through close respiratory contact and is more likely in crowded places, such as dormitories, buses and clubs. While the disease is present in Tanzania, infection is uncommon in travellers. Vaccination is recommended for long stays and is especially important towards the end of the dry season. Symptoms include a fever, severe headache, neck stiffness and a red rash. Immediate medical treatment is necessary.

The ACWY vaccine is recommended for all travellers in sub-Saharan Africa. This vaccine is different from the meningococcal meningitis C vaccine given to children and adolescents in some countries; it is safe to be given both types of vaccine. Self-treatment: none.

Onchocerciasis (River Blindness)

This disease is caused by the larvae of a tiny worm, which is spread by the bite of a small fly. The earliest sign of infection is intensely itchy, red, sore eyes. It's rare for travellers to be severely affected. Treatment undertaken in a specialised clinic is curative. Self-treatment: none.

Poliomyelitis

This disease is generally spread through contaminated food and water. It is one of the vaccines given in childhood and should be boosted every 10 years, either orally (a drop on the tongue) or else as an injection. Polio can be carried asymptotically (ie showing

no symptoms) and could cause a transient fever. In rare cases it causes weakness or paralysis of one or more muscles, which might be permanent. Self-treatment: none.

Rabies

Rabies is spread via the bite or lick of an infected animal on broken skin. It is always fatal once the clinical symptoms start (which might be up to several months after an infected bite), so post-bite vaccination should be given as soon as possible. Post-bite vaccination (whether or not you've been vaccinated before the bite) prevents the virus from spreading to the central nervous system. Consider vaccination if you'll be travelling away from major centres (ie anywhere where a reliable source of post-bite vaccine is not available within 24 hours). Three preventive injections are needed over a month. If you have not been vaccinated you'll need a course of five injections starting 24 hours, or as soon as possible, after the injury. If you have been vaccinated, you'll need fewer post-bite injections, and have more time to seek medical help. Self-treatment: none.

Schistosomiasis (Bilharzia)

This disease is a risk throughout Tanzania. It's spread by flukes (parasitic flatworm) that are carried by a species of freshwater snail, which then sheds them into slow-moving or still water. The parasites penetrate human skin during swimming and then migrate to the bladder or bowel. They are excreted via stool or urine and could contaminate fresh water, where the cycle starts again. Swimming in suspect freshwater lakes (including Lake Victoria) or slow-running rivers should be avoided. Symptoms range from none to transient fever and rash, and advanced cases might have blood in the stool or in the urine. A blood test can detect antibodies if you might have been exposed, and treatment is readily available. If not treated, the infection can cause kidney failure or permanent bowel damage. It's not possible for you to infect others. Self-treatment: none.

Trypanosomiasis (Sleeping Sickness)

This disease is spread via the bite of the tsetse fly. It causes headache, fever and eventually coma. If you have these symptoms and have negative malaria tests, have yourself evaluated by a reputable clinic in Dar es Salaam, where you should also be able to obtain treatment for

trypanosomiasis. There is an effective treatment. Self-treatment: none.

Tuberculosis (TB)

TB is spread through close respiratory contact and occasionally through infected milk or milk products. BCG vaccination is recommended if you'll be mixing closely with the local population, especially on long-term stays, although it gives only moderate protection against TB. TB can be asymptomatic, only being picked up on a routine chest X-ray. Alternatively, it can cause a cough, weight loss or fever, sometimes months or even years after exposure. Self-treatment: none.

Typhoid

This is spread through food or water contaminated by infected human faeces. The first symptom is usually a fever or a pink rash on the abdomen. Septicaemia (blood poisoning) can sometimes occur. A typhoid vaccine (typhim Vi, typherix) will give protection for three years. In some countries, the oral vaccine Vivotif is also available. Antibiotics are usually given as treatment, and death is rare unless septicaemia occurs. Self-treatment: none.

Yellow Fever

Although Tanzania (including Zanzibar) no longer officially requires you to carry a certificate of yellow-fever vaccination unless you're arriving from an infected area (which includes Kenya), it's still sometimes asked for at some borders and is a requirement in some neighbouring countries. When trying to decide whether to get jabbed or not, remember that yellow fever exists in Tanzania, and the vaccine is recommended for almost all visitors by the **Centers for Disease Control and Prevention** (www.cdc.gov/travel/content/YellowBook.aspx).

Yellow fever is spread by infected mosquitoes. Symptoms range from a flu-like illness to severe hepatitis (liver inflammation), jaundice and death. The yellow-fever vaccination must be given at a designated clinic and is valid for 10 years. It is a live vaccine and must not be given to immunocompromised or pregnant travellers. Self-treatment: none.

TRAVELLERS' DIARRHOEA

It's not inevitable that you'll get diarrhoea while travelling in Tanzania, but it's certainly likely. Diarrhoea is the most common travel-related illness, and sometimes can be triggered

simply by dietary changes. To help prevent diarrhoea, avoid tap water, only eat fresh fruits or vegetables if cooked or peeled and be wary of dairy products that might contain unpasteurised milk. Although freshly cooked food can often be a safe option, plates or serving utensils might be dirty, so be selective when eating food from street vendors (make sure that cooked food is piping hot all the way through). If you develop diarrhoea, be sure to drink plenty of fluids, preferably an oral rehydration solution. A few loose stools don't require treatment, but if you start having more than four or five stools a day you should start taking an antibiotic (usually a quinolone drug, such as ciprofloxacin or norfloxacin) and an anti-diarrhoeal agent (such as loperamide) if you are not within easy reach of a toilet. If diarrhoea is bloody, persists for more than 72 hours or is accompanied by fever, shaking chills or severe abdominal pain, seek medical attention.

Amoebic Dysentery

Contracted by eating contaminated food and water, amoebic dysentery causes blood and mucus in the faeces. It can be relatively mild and tends to come on gradually, but seek medical advice if you think you have the illness as it won't clear up without treatment (which is with specific antibiotics).

Giardiasis

This, like amoebic dysentery, is caused by ingesting contaminated food or water. The illness usually appears a week or more after you have been exposed to the offending parasite. Giardiasis might cause only a short-lived bout of typical travellers' diarrhoea, but it can also cause persistent diarrhoea. Seek medical advice if you suspect you have giardiasis. If you are in a remote area you could start a course of antibiotics, with medical follow-up when feasible.

ENVIRONMENTAL HAZARDS

Altitude Sickness

Reduced oxygen levels at altitudes above 2500m affects most people. The effect may be mild or severe and occurs because less oxygen reaches the muscles and the brain at high altitudes, requiring the heart and lungs to compensate by working harder. Symptoms of Acute Mountain Sickness (AMS) usually develop during the first 24 hours at altitude but may be delayed for up to three weeks. Mild

symptoms include headache, lethargy, dizziness, sleeping difficulties and loss of appetite. AMS may become more severe without warning and can be fatal. It is a significant risk for anyone – no matter what their fitness level – who tries to ascend Mt Kilimanjaro or Mt Meru too rapidly. Severe symptoms include breathlessness; a dry, irritative cough (which may progress to the production of pink, frothy sputum); severe headache; lack of coordination and balance; confusion; irrational behaviour; vomiting; drowsiness; and unconsciousness. There is no hard-and-fast rule as to what is too high: AMS has been fatal at 3000m, although 3500m to 4500m is the usual range.

Treat mild symptoms of AMS by resting at the same altitude until recovery, which usually takes a day or two. Paracetamol or aspirin can be taken for headaches. If symptoms persist or become worse, however, immediate descent is necessary; even descending just 500m can help. Drug treatments should never be used to avoid descent or to enable further ascent.

The drugs acetazolamide and dexamethasone are recommended by some doctors for the prevention of AMS; however, their use is controversial. They can reduce the symptoms, but they may also mask warning signs and cause severe dehydration; severe and fatal AMS has occurred in people taking these drugs. In general we do not recommend them for travellers.

To prevent AMS, try the following:

- Ascend slowly – have frequent rest days, spending two to three nights at each rise of 1000m. If you reach a high altitude by trekking, acclimatisation takes place gradually and you are less likely to be affected than if you fly or drive directly to an area of high altitude.
- It is always wise to sleep at a lower altitude than the greatest height reached during the day, if possible ('climb high, sleep low'). Also, once above 3000m, care should be taken not to increase the sleeping altitude by more than 300m per day.
- Drink lots of fluids. Mountain air is dry and cold and moisture is lost as you breathe. Evaporation of sweat may occur unnoticed and result in dehydration.
- Eat light, high-carbohydrate meals for more energy.
- Avoid alcohol as it increases the risk of dehydration.
- Avoid sedatives.

Heat Exhaustion

This condition occurs after heavy sweating and excessive fluid loss with inadequate replacement of fluids and salt, and is primarily a risk in hot climates when taking unaccustomed exercise before full acclimatisation. Symptoms include headache, dizziness and tiredness. Dehydration is already happening by the time you feel thirsty – aim to drink sufficient water to produce pale, diluted urine. Self-treatment: fluid replacement with water and/or fruit juice, and cooling the body with cold water and fans. The treatment of the salt-loss component consists of consuming salty fluids (as in soup) and adding a little more table salt to foods than usual.

Heatstroke

Heat exhaustion is a precursor to the much more serious condition of heatstroke. In this case there is damage to the sweating mechanism, with an excessive rise in body temperature; irrational and hyperactive behaviour; and, eventually, loss of consciousness and death. Rapid cooling by spraying the body with water and fanning is ideal. Emergency fluid and electrolyte replacement is usually also required by intravenous drip.

Hypothermia

Too much cold can be just as dangerous as too much heat. If you are trekking at high altitudes, such as on Mt Kilimanjaro or Mt Meru, you'll need to have appropriate clothing and be prepared for cold, wet conditions. Even in lower areas, such as the Usambara Mountains, the rim of Ngorongoro Crater or the Ulugurus, conditions can be wet and quite chilly.

Hypothermia occurs when the body loses heat faster than it can produce it and the core temperature of the body falls. It is surprisingly easy to progress from being very cold to being dangerously cold due to a combination of wind, wet clothing, fatigue and hunger, even if the air temperature is above freezing. It is best to dress in layers; silk, wool and some of the new artificial fibres are all good insulating materials. A hat is important, as a lot of heat is lost through the head. A strong, waterproof outer layer (and a 'space' blanket for emergencies) is essential. Carry basic supplies, including food that contains simple sugars to generate heat quickly, and fluid to drink.

Symptoms of hypothermia are exhaustion, numb skin (particularly of the toes and fingers), shivering, slurred speech, irrational or violent behaviour, lethargy, stumbling, dizzy spells, muscle cramps and violent bursts of energy. Irrationality may take the form of sufferers claiming they are warm and trying to take off their clothes.

To treat mild hypothermia, first get the person out of the wind and/or rain, remove their clothing if it's wet and replace it with dry, warm clothing. Give them hot liquids – not alcohol – and high-kilojoule, easily digestible food. Do not rub victims: allow them to slowly warm themselves instead. This should be enough to treat the early stages of hypothermia. The early recognition and treatment of mild hypothermia is the only way to prevent severe hypothermia, which is a critical condition.

Insect Bites & Stings

Mosquitoes might not always carry malaria or dengue fever, but they (and other insects) can cause irritation and infected bites. To avoid these, take the same precautions as you would for avoiding malaria (see boxed text, p365). Bee and wasp stings cause real problems only to those who have a severe allergy to the stings (anaphylaxis), in which case, carry an adrenaline (epinephrine) injection.

Scorpions are found in arid areas. They can cause a painful bite that is sometimes life-threatening. If bitten by a scorpion, seek immediate medical assistance.

Bed bugs are often found in hostels and cheap hotels. They lead to very itchy, lumpy bites. Spraying the mattress with crawling insect killer after changing the bedding will get rid of them.

Scabies is also frequently found in cheap accommodation. These tiny mites live in the skin, particularly between the fingers. They cause an intensely itchy rash. The itch is easily treated with Malathion and permethrin lotion from a pharmacy; other members of the household also need to be treated to avoid spreading scabies, even if they do not show any symptoms.

Snake Bites

Basically, avoid getting bitten! Don't walk barefoot or stick your hand into holes or cracks. However, 50% of those bitten by

TRADITIONAL MEDICINE MARY FITZPATRICK

According to some estimates, at least 80% of Tanzanians rely in part or in whole on traditional medicine, and close to two thirds of the population have traditional healers as their first point of contact in the case of illness. The *mganga* (traditional healer) holds a revered position in many communities, and traditional medicinal products are widely available in local markets. In part, the heavy reliance on traditional medicine is because of the comparatively high costs of conventional Western-style medicine, and because of prevailing cultural attitudes and beliefs, but also because it sometimes works. Often, though, it's because there is no other choice. In northeastern Tanzania, for example, it is estimated that while there is only one medical doctor to over 30,000 people, there is a traditional healer for approximately every 150 people. While the ratio is somewhat better countrywide (one medical doctor to about 20,000 people), hospitals and health clinics are concentrated in urban areas, and most are limited in their effectiveness because of insufficient resources and chronic shortages of equipment and medicines.

While some traditional remedies seem to work on malaria, sickle-cell anaemia, high blood pressure and some AIDS symptoms, most traditional healers learn their art by apprenticeship, so education (and consequently application of knowledge) is often inconsistent and unregulated. At the centre of efforts to address problems arising from this is the **Institute of Traditional Medicine** (www.muchs.ac.tz; Muhimbili Medical Centre, Dar es Salaam). Among other things, the institute is studying the efficacy of various traditional cures, and promoting those that are found to be successful. There are also local efforts to create healers' associations, and to train traditional practitioners in sanitation and various other topics. On a broader scale, the Organisation of African Unity has declared 2001 to 2010 the Decade of Traditional Medicine in Tanzania and across the continent.

venomous snakes are not actually injected with poison (envenomed). If bitten by a snake, do not panic. Immobilise the bitten limb with a splint (such as a stick) and apply a bandage over the site, with firm pressure – similar to bandaging a sprain. Do not apply a tourniquet, or cut or suck the bite. Get medical help as soon as possible so an antivenin can be given if needed. Try to note the snake's appearance to help in treatment.

Water

Unless your intestines are well accustomed to Tanzania, don't drink tap water that hasn't been boiled, filtered or chemically disinfected (such as with iodine tablets). Also avoid drinking from streams, rivers and lakes unless you've purified the water first. The same goes for drinking from pumps and wells – some do bring pure water to the surface, but the presence of animals can still contaminate supplies.

Language

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Along with English, Swahili is the official language of Tanzania. Standard Swahili is based on the variety of the language spoken in Zanzibar Town, although there are several other dialects. Written Swahili – the language of newspapers, textbooks and literature – usually conforms to that spoken on the East African coast.

Although Swahili may seem a bit daunting at first, its structure is fairly regular and pronunciation uncomplicated. You'll soon discover that just a handful of basic words will go a long way, and will rapidly break down barriers between you and the many people you meet on your travels in Tanzania.

If your time is limited, concentrate first on the greetings (of critical importance in Tanzanian society), and then on numbers (very useful when negotiating with market vendors, taxi drivers etc). The words and phrases included in this chapter will help you get started. For a more comprehensive guide to the language, get hold of Lonely Planet's *Swahili Phrasebook*. Good luck and *Safari njema!* (happy travels).

PRONUNCIATION

Perhaps the easiest part of learning Swahili is the pronunciation. Every letter is pronounced, unless it's part of the consonant

combinations discussed in the 'Consonants' section below. If a letter is written twice, it is pronounced twice – *mzee* (respected elder) has three syllables: *m-ZE-e*. Note that the 'm' is a separate syllable, and that the double 'e' indicates a lengthened vowel sound.

Word stress in Swahili almost always falls on the second-to-last syllable.

Vowels

Correct pronunciation of vowels is the key to making yourself understood in Swahili. If the following guidelines don't work for you, listen closely to how Swahili speakers pronounce their words and spend some time practising. There's also a useful audio pronunciation guide available on the Kamusi website: www.kamusiproject.org/.

Remember that if two vowels appear next to each other, each must be pronounced in turn. For example, *kawaida* (usual) is pronounced *ka-wa-EE-da*.

| | |
|----------|-----------------------|
| a | as in 'calm' |
| e | as the 'ey' in 'they' |
| i | as the 'ee' in 'keep' |
| o | as in 'go' |
| u | as the 'oo' in 'moon' |

Consonants

Most consonants in Swahili have equivalents in English. The only one that might be a bit unusual for an English speaker is the sound **ng**. It can be a bit tricky at first, but with a little practice it should come easily – say 'sing along' a few times and then drop the 'si', and that's how it sounds at the beginning of a word. The sounds **th** and **dh** occur only in words borrowed from Arabic.

| | |
|-----------|---|
| r | Swahili speakers make only a slight distinction between r and l ; use a light 'd' for 'r' and you'll be pretty close. |
| dh | as 'th' in 'this' |
| th | as 'th' in 'thing' |
| ny | as the 'ni' in 'onion' |
| ng | as in 'singer' |
| gh | like the 'ch' in Scottish <i>loch</i> |
| g | as in 'get' |
| ch | as in 'church' |

ACCOMMODATION

| | |
|-----------------------|-------------------|
| Where's a ...? | ... iko wapi? |
| camping ground | uwanja wa kambi |
| guesthouse | gesti |
| hotel | hoteli |
| youth hostel | hosteli ya vijana |

Can you recommend cheap lodging?

Unaweza kunipendekezea malazi rahisi?

What's the address?

Anwani ni nini?

Do you have

a ... room?

| | |
|---------------|-----------------------------|
| single | mtu mmoja |
| double | watu wawili, kitanda kimoja |
| twin | watu wawili, vitanda viwili |
| triple | watu watatu |

How much is it per day/person?

Ni bei gani kwa siku/mtu?

Can I see the room?

Naomba nione chumba?

Where's the bathroom?

Choo iko wapi?

Where are the toilets?

Vyoo viko wapi?

I'll take it.

Nataka.

I'm leaving now.

Naondoka sasa.

CONVERSATION & ESSENTIALS

Greetings are probably the most important vocabulary for a traveller to Tanzania. It's worth taking the time to familiarise yourself with the few we include here.

Jambo is a pidgin Swahili word, used to greet tourists who are presumed not to understand the language. There are two possible responses: *Jambo* (meaning 'Hello, now please speak to me in English'), and *Sijambo* (or 'Things aren't bad with me, and I'm willing to try a little Swahili').

If people assume you can speak a little Swahili, greetings may involve one or a number of the following exchanges:

| | |
|-------------------------|------------|
| How are you? | Hujambo? |
| (to one person) | |
| I'm fine. | Sijambo. |
| How are you all? | Hamjambo? |
| We're fine. | Hatujambo. |

The word *habari* (meaning 'news') can also be used for general greetings. You may hear the word *salama* substituted for *habari*, or the *habari* may be dropped altogether.

| | |
|-----------------------------------|--------------------|
| How are you? | Habari? |
| How are you all? | Habari zenu? |
| What's the news? | Habari gani? |
| Good morning. | Habari za asubuhi? |
| Good day. | Habari za leo? |
| Good afternoon. | Habari za mchana? |
| Good evening/night. | Habari za jioni? |
| What's happening with you? | Habari yako? |

By memorising these three simple words, you can reply to almost anything:

| | |
|---------------|---------|
| Good. | Nzuri. |
| Fine. | Salama. |
| Clean. | Safi. |

There is also a respectful greeting for elders:

| | |
|-------------------|-----------|
| Greetings. | Shikamoo. |
| (response) | Marahaba. |

Once you've dealt with all the appropriate greetings, you can move onto other topics:

| | |
|----------------------------|-------------------|
| What's your name? | Jina lako nani? |
| My name is ... | Jina langu ni ... |
| Where are you from? | Unatoka wapi? |
| I'm from ... | Nataka ... |
| I like ... | Ninapenda ... |
| I don't like ... | Sipendi ... |

Farewells are generally short and sweet:

| | |
|------------------------|--------------|
| Goodbye. | Kwa heri. |
| Until tomorrow. | Kesho. |
| Later on. | Baadaye. |
| Good night. | Usiku mwema. |

And a few basics never hurt ...

| | |
|-------------------------------|----------------|
| Yes. | Ndiyo. |
| No. | Hapana. |
| Please. | Tafadhali. |
| Thank you (very much). | Asante (sana). |
| You're welcome. | Karibu. |
| Excuse me. | Samahani. |
| Sorry. | Pole. |
| Just a minute. | Subiri kidogo. |

SIGNS

| | |
|--------------------------|-------------|
| Mahali Pa Kuingia | Entrance |
| Mahali Pa Kutoka | Exit |
| Maelezo | Information |
| Imfunguliwa | Open |
| Imfungwa | Closed |
| Ni Marufuku | Prohibited |
| Polisi | Police |
| Choo/Msalani | Toilets/WC |
| Wanaume | Men |
| Wanawake | Women |

DIRECTIONS

Where's ...? ... iko wapi?
It's straight ahead. Iko moja kwa moja.

Turn ... Geuza ...
at the corner kwenye kona
at the traffic lights kwenye taa za barabarani
left kushoto
right kulia

behind nyuma ya
in front of mbele ya
near karibu na
next to jirani ya
opposite ng'ambo ya

EMERGENCIES

Help! Saidia!
There's been an accident! Ajali imetokea!
Call the police! Waite polisi!
Call a doctor! Mwrite daktari!
I'm lost. Nimejipotea.
Leave me alone! Niache!

HEALTH

I'm sick. Mimi ni mgonjwa.
It hurts here. Inauma hapa.

I'm allergic to ... Nina mzio wa ...
antibiotics viuavijasumu
aspirin aspirini
bees nyuki
nuts kokwa
peanuts karanga

antiseptic dawa ya kusafisha jeraha
condoms kondom
contraceptives kingamimba

insect repellent dawa la kufukuza wadudu
iodine iodini
painkillers viondoa maumivu
thermometer pimajoto
water purification tablets vidonge vya kusafisha maji

LANGUAGE DIFFICULTIES

Do you speak (English)?

Unasema (Kiingereza)?

Does anyone speak (English)?

Kuna mtu yeyote kusema (Kiingereza)?

What does (asante) mean?

Neno (asante) lina maana gani?

Yes, I understand.

Ndiyo, naelewa.

No, I don't understand.

Hapana, sielewi.

Could you please write ... down?

Tafadhali ... andika?

Can you show me (on the map)?

Unaweza kunionyesha (katika ramani)?

NUMBERS

| | |
|-------------|-------------------|
| 0 | sifuri |
| 1 | moja |
| 2 | mbili |
| 3 | tatu |
| 4 | nne |
| 5 | tano |
| 6 | sita |
| 7 | saba |
| 8 | nane |
| 9 | tisa |
| 10 | kumi |
| 11 | kumi na moja |
| 12 | kumi na mbili |
| 13 | kumi na tatu |
| 14 | kumi na nne |
| 15 | kumi na tano |
| 16 | kumi na sita |
| 17 | kumi na saba |
| 18 | kumi na nane |
| 19 | kumi na tisa |
| 20 | ishirini |
| 21 | ishirini na moja |
| 22 | ishirini na mbili |
| 30 | thelathini |
| 40 | arobaini |
| 50 | hamsini |
| 60 | sitini |
| 70 | sabini |
| 80 | themanini |
| 90 | tisini |
| 100 | mia moja |
| 1000 | elfu |

PAPERWORK

| | |
|----------------|---------------------------|
| name | <i>jina</i> |
| nationality | <i>raia</i> |
| date of birth | <i>tarehe ya kuzaliwa</i> |
| place of birth | <i>mahali pa kuzaliwa</i> |
| sex/gender | <i>jinsia</i> |
| passport | <i>pasipoti</i> |
| visa | <i>viza</i> |

QUESTION WORDS

| | |
|--------|------------------|
| Who? | <i>Nani?</i> |
| What? | <i>Nini?</i> |
| When? | <i>Lini?</i> |
| Where? | <i>Wapi?</i> |
| Which? | <i>Gani?</i> |
| Why? | <i>Kwa nini?</i> |
| How? | <i>Namna?</i> |

SHOPPING & SERVICES

| | |
|------------------|-----------------------------------|
| department store | <i>duka lenye vitu vingi</i> |
| general store | <i>duka lenye vitu mbalimbali</i> |

| | |
|-------------------------|--------------------------------|
| I'd like to buy ... | <i>Nataka kununua ...</i> |
| I'm just looking. | <i>Naangalia tu.</i> |
| How much is it? | <i>Ni bei gani?</i> |
| Can I look at it? | <i>Naomba nione.</i> |
| I don't like it. | <i>Sipendi.</i> |
| That's too expensive. | <i>Ni ghali mno.</i> |
| Please lower the price. | <i>Punguza bei, tafadhali.</i> |
| I'll take it. | <i>Nataka.</i> |

| | |
|--------------------|-------------------------|
| Do you accept ...? | <i>Mnakubali ...?</i> |
| credit cards | <i>kadi ya benki</i> |
| travellers cheques | <i>hundi ya msafiri</i> |

| | |
|------|---------------------|
| more | <i>zaidi</i> |
| less | <i>chache zaidi</i> |

| | |
|----------------------|----------------------------|
| Where's (a/the) ...? | <i>... iko wapi?</i> |
| bank | <i>benki</i> |
| market | <i>soko</i> |
| tourist office | <i>maarifa kwa watalii</i> |
| ... embassy | <i>ubalozi ...</i> |
| hospital | <i>hospitali</i> |
| post office | <i>posta</i> |
| public phone | <i>simu ya mtaani</i> |
| public toilet | <i>choo cha hadhara</i> |
| telecom centre | <i>telekom</i> |

TIME & DATES

| | |
|---------------------|----------------------|
| What time is it? | <i>Ni saa ngapi?</i> |
| It's (ten) o'clock. | <i>Ni saa (nne).</i> |
| morning | <i>asubuhi</i> |
| afternoon | <i>mchana</i> |

| | |
|-----------|--------------|
| evening | <i>jioni</i> |
| today | <i>leo</i> |
| tomorrow | <i>kesho</i> |
| yesterday | <i>jana</i> |

| | |
|-----------|-----------------|
| Monday | <i>Jumatatu</i> |
| Tuesday | <i>Jumanne</i> |
| Wednesday | <i>Jumatano</i> |
| Thursday | <i>Alhamisi</i> |
| Friday | <i>Ijumaa</i> |
| Saturday | <i>Jumamosi</i> |
| Sunday | <i>Jumapili</i> |

| | |
|-----------|-------------------------------|
| January | <i>mwezi wa kwanza</i> |
| February | <i>mwezi wa pili</i> |
| March | <i>mwezi wa tatu</i> |
| April | <i>mwezi wa nne</i> |
| May | <i>mwezi wa tano</i> |
| June | <i>mwezi wa sita</i> |
| July | <i>mwezi wa saba</i> |
| August | <i>mwezi wa nane</i> |
| September | <i>mwezi wa tisa</i> |
| October | <i>mwezi wa kumi</i> |
| November | <i>mwezi wa kumi na moja</i> |
| December | <i>mwezi wa kumi na mbili</i> |

TRANSPORT**Public Transport**

What time is the ... leaving?
... inaondoka saa ngapi?

Which ... goes to (Mbeya)?

| | |
|-------------------------|-----------------|
| ... ipi huenda (Mbeya)? | |
| bus | <i>basi</i> |
| minibus | <i>daladala</i> |
| plane | <i>ndege</i> |
| train | <i>treni</i> |

When's the ... (bus)?

| | |
|----------------------------|------------------|
| (Basi) ... itaondoka lini? | |
| first | <i>ya kwanza</i> |
| last | <i>ya mwisho</i> |
| next | <i>ijayo</i> |

A ... ticket to (Iringa).

| | |
|-------------------------------------|-------------------------|
| Tiketi moja ya ... kwenda (Iringa). | |
| 1st-class | <i>daraja la kwanza</i> |
| 2nd-class | <i>daraja la pili</i> |
| one-way | <i>kwenda tu</i> |
| return | <i>kwenda na kurudi</i> |

| | |
|---------------|--------------------------|
| cancelled | <i>imefutwa</i> |
| delayed | <i>imeche leweshwa</i> |
| platform | <i>stendi</i> |
| ticket window | <i>dirisha la tiketi</i> |
| timetable | <i>ratiba</i> |

Private Transport

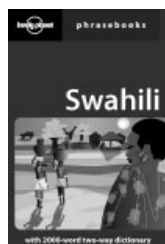
| | |
|----------------------------------|--------------------------|
| I'd like to hire a/an ... | <i>Nataka kukodi ...</i> |
| bicycle | <i>baisikeli</i> |
| car | <i>gar i</i> |
| 4WD | <i>forbaifor</i> |
| motorbike | <i>pikipiki</i> |

Are you willing to hire out your car/motorbike?*Unaweza kunikodisha gari/pikipiki yako?***(How long) Can I park here?***Naweza kuegesha hapa (kwa muda gani)?***Is this the road to (Embu)?***Hii ni barabara kwenda (Embu)?***Where's a petrol station?***Kituo cha mafuta kiko wapi?***Please fill it up.***Jaza tangi/tanki.***I'd like ... litres.***Nataka lita ...*

| | |
|--------------------------------|-------------------------------|
| diesel | <i>dizeli</i> |
| leaded/unleaded | <i>risasi/isiyu na risasi</i> |
| I need a mechanic. | <i>Nahitaji fundi.</i> |
| I've had an accident. | <i>Nimepata ajali.</i> |
| I have a flat tyre. | <i>Nina pancha.</i> |
| I've run out of petrol. | <i>Mafuta yamekwisha.</i> |

The car/motorbike has broken down (at Chalinze).*Gari/pikipiki ime haribika (Chalinze).***The car/motorbike won't start.***Gari/pikipiki haiwaki.***Could I pay for a ride in your truck?***Naweza kulipa kwa lifti katika lori lako?***Could I contribute to the petrol cost?***Naweza kuchangia sehemu ya bei ya mafuta?***Thanks for the ride.***Asante kwa lifti.***TRAVEL WITH CHILDREN**

| | |
|--------------------------------------|------------------------------------|
| I need a/an ... | <i>Nahitaji ...</i> |
| Is there a/an ...? | <i>Kuna ...?</i> |
| baby change room | <i>chumba cha kuvalia mtoto</i> |
| baby seat | <i>kiti cha kitoto</i> |
| child-minding service | <i>anayeweza kumlea mtoto</i> |
| children's menu | <i>menyu kwa watoto</i> |
| disposable nappies/diapers | <i>nepi</i> |
| (English-speaking) babysitter | <i>yaya (anayesema Kiingereza)</i> |
| highchair | <i>kiti juu cha mtoto</i> |
| potty | <i>choo cha mtoto</i> |
| stroller | <i>kigari cha mtoto</i> |



Also available from Lonely Planet:
Swahili Phrasebook

Glossary

ASP – Afro-Shirazi Party

banda – thatched-roof hut with wooden or earthen walls

bangi – marijuana

baobab – a board game widely played in East Africa, especially on Zanzibar

baraza – the stone seats seen along the outside walls of houses in Zanzibar's Stone Town, used for chatting and relaxing

boma – a fortified living compound; in colonial times, an administrative office

bui-bui – black cover-all worn by some Islamic women outside the home

Bunge – Tanzanian Parliament

chai – tea

chakula – food

Chama Cha Mapinduzi (CCM) – Party of the Revolution (governing party)

choo – toilet

Cites – UN Convention on International Trade in Endangered Species

Civic United Front (CUF) – main opposition party

dada – sister; often used as a form of address

dalla-dalla – minibus

Deutsch-Ostafrikanische Gesellschaft (DOAG) – German East Africa Company

dhow – ancient Arabic sailing vessel

duka – small shop or kiosk

fly camp – a camp away from the main tented camps or lodges, to enjoy a more authentic bush experience

flycatcher – used mainly in Arusha and Moshi to mean a tout working to get you to go on safari with 'his' particular operator, from whom he knows he can get a commission. The name may come from a comparison with the sticky-sweet paper used to lure flies to land (and then get irretrievably stuck) – similar to the plight of a hapless traveller who succumbs to a flycatcher's promises and then is 'stuck' (ie with their money and time lost in a fraudulent safari deal. If any readers have a better explanation, let us know.)

forex – foreign exchange (bureau)

ganja – see *bangi*

gongo – distilled cashew drink

hodi – called out prior to entering someone's house; roughly meaning 'may I enter?'

hotel/hoteli – basic local eatery

jamaa – clan, community

kahawa – coffee

kaka – brother; used as a form of address, and to call the waiter in restaurants

kanga – printed cotton wrap-around worn by many Tanzanian women; Swahili proverbs are printed along the edge of the cloth

kanzu – white robe-like outer garment worn by men, often for prayer, on the Zanzibar Archipelago and in other Swahili areas

karanga – peanuts

karibu – Swahili 'welcome'; heard throughout Tanzania

kidumbak – an offshoot of *taarab* music, distinguished by its defined rhythms and drumming, and hard-hitting lyrics

kikoi – cotton linen wraparound traditionally worn by men in coastal areas

kitenge – similar to a *kanga*, but larger, heavier and without a Swahili proverb

kofia – a cap, usually of embroidered white linen, worn by men on the Zanzibar Archipelago and in other Swahili areas

kopjes – rocky outcrop or hill

kwaya – church choir music

maandazi – doughnut

majaji – tuk-tuk

makuti – thatch

marimba – musical instrument played with the thumb

mashua – motorised dhow

masika – long rains

matatu – Kenyan minivan

matoke – cooked plantains

mbege – banana beer

mgando – see *mtindi*

mihrab – the prayer niche in a mosque showing the direction to Mecca

mishikaki – meat kebabs

mnada – auction or market

moran – Maasai warrior

mpingo – African blackwood

mtete – a traditional Swahili sailing vessel made without nails, the planks held together with only coconut fibres and wooden pegs

mtindi – cultured milk product similar to yogurt

mvuli – short rains

Mwalimu – teacher; used to refer to Julius Nyerere

mzungu – white person, foreigner (pl *wazungu*)

nazi – fermented coconut wine
NCA – Ngorongoro Conservation Area
NCAA – Ngorongoro Conservation Area Authority
ndugu – brother, comrade
ngoma – dance and drumming
northern circuit – the northern safari route, including Serengeti, Tarangire and Lake Manyara National Parks and the Ngorongoro Conservation Area

papasi – literally 'tick'; used on Zanzibar to refer to street touts

piki-piki – motorbikes

potwe – whale shark

public (ordinary) camp site – type of national park camp site, with basic facilities, generally including latrines and a water source

pweza – octopus, usually served grilled, at night markets and street stalls

shamba – small farm plot

shehe – village chief

shetani – literally, demon or something supernatural; in art, a style of carving embodying images from the spirit world

shikamoo – Swahili greeting of respect, used for elders or anyone in a position of authority; the response is 'marahaba'

shuka – blanket

special camp site – type of national park camp site, more remote than *public camp sites*, and without facilities

TAA – Tanganyika Africa Association, successor of the African Association and predecessor of *TANU*

taarab – Zanzibari music combining African, Arabic and Indian influences

Tamofa – Tanzania-Mozambique Friendship Association

Tanapa – Tanzania National Parks Authority

TANU – Tanganyika (later, Tanzania) African National Union

TATO – Tanzanian Association of Tour Operators

Tazara – Tanzania-Zambia Railway

tilapia – Nile perch

Tingatinga – Tanzania's best-known style of painting, developed in the 1960s by Edward Saidi Tingatinga; traditionally in a square format with colourful animal motifs against a monochrome background

TTB – Tanzania Tourist Board

ugali – maize and/or cassava meal pap

uhuru – freedom; also the name of Mt Kilimanjaro's highest peak

ujamaa – familyhood, togetherness

umoja – unity

Unguja – Swahili name for Zanzibar island

vibuyu – carved gourds

vitambua – rice cakes

wali – cooked rice

zeze – one-stringed violin

ZIFF – Zanzibar International Film Festival

ZNP – Zanzibar Nationalist Party

ZPPP – Zanzibar & Pemba People's Party

ZTC – Zanzibar Tourist Corporation

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