



Rafiki Internship & Volunteering Africa



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# Tanzania Pre- Departure Guide

PRESENTED BY  
RAFIKI INTERNSHIP & VOLUNTEERING AFRICA

Congratulations on your upcoming trip to Tanzania! To help you prepare for your adventure, we have put together this pre-departure guide. Please read through the following information carefully:

### **Travel Documents and Visa Requirements**

1. **Passport:** Ensure that your passport is valid for at least six months beyond your planned departure date from Tanzania.
2. **Visa:** Most visitors to Tanzania require a visa. Check with the Tanzanian embassy or consulate in your country for specific visa requirements and application procedures.
3. **Yellow Fever Vaccination:** A yellow fever vaccination certificate may be required if you are traveling from or transiting through countries with risk of yellow fever transmission.

### **Health and Safety**

1. **Travel Insurance:** It is highly recommended to obtain comprehensive travel insurance that covers medical expenses, emergency evacuation, trip cancellation, and personal belongings.

2. Medical Preparations: Consult with a healthcare professional about necessary vaccinations (such as typhoid, hepatitis A and B), malaria prophylaxis, and any other health precautions based on your individual needs.

3. Safety Guidelines: Familiarize yourself with safety guidelines provided by local authorities and tour operators during activities such as wildlife safaris or climbing Mount Kilimanjaro

## **Currency and Money Matters**

1. The official currency in Tanzania is the Tanzanian Shilling (TZS). It's advisable to carry some cash in small denominations for smaller purchases outside major cities.
2. Credit cards are accepted at most hotels, restaurants, and larger establishments in urban areas; however, it's always good to have some cash available as well.

# Climate and Packing Tips

Climate: Tanzania experiences different climatic regions due to its size but generally has a tropical climate characterized by two seasons: dry season (June–October) and wet season (November–May). 2

.Clothing Essentials:

- Lightweight, breathable clothing for hot and humid conditions.
- Long-sleeved shirts and long pants to protect against mosquitoes in the evenings.
- Comfortable walking shoes or boots for safari or hiking activities.
- A waterproof jacket or poncho for unexpected rain showers.

## Cultural Etiquette

1. Respect: Tanzanians are known for their warm hospitality. Show respect towards local customs, traditions, and cultural norms during your stay.
2. Dress Code: In more conservative areas, it's recommended to dress modestly, particularly when visiting religious sites or rural communities.

# **Communication**

1. Language: Swahili is the official language of Tanzania; however, English is widely spoken in tourist areas and major cities.
2. Internet Access: Most hotels, restaurants, and cafes offer Wi-Fi facilities; however, connectivity may be limited in remote locations.

# **Responsible Travel**

1. Environmental Conservation: Respect wildlife habitats by observing animals from a safe distance and adhere to park rules during safaris.
2. Community Interaction: Engage with local communities respectfully while appreciating their culture and way of life.

We wish you an unforgettable experience exploring the beauty of Tanzania! Safe travels!

If you have any questions or concerns, please do not hesitate to contact us.

## Contact Us

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