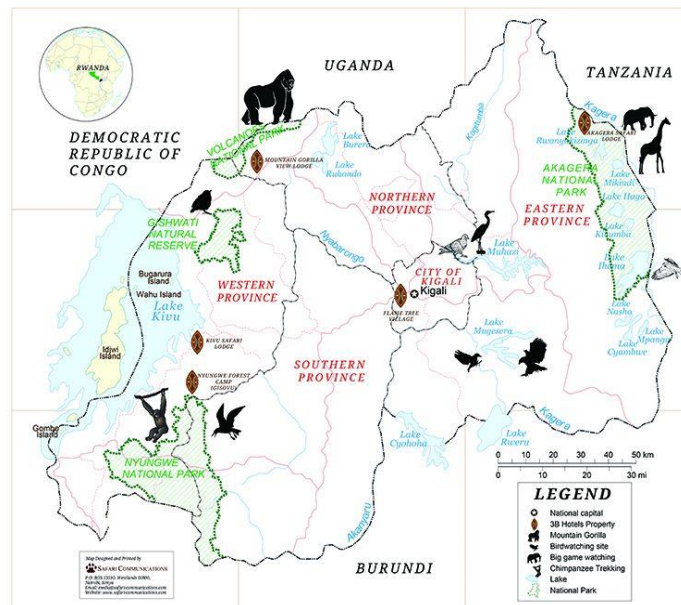
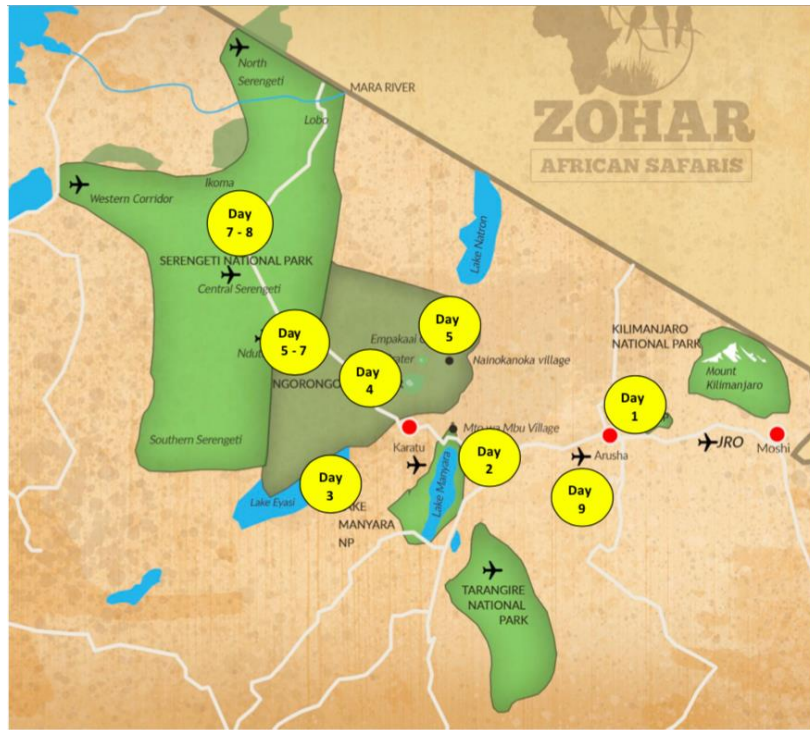


A Steppin' Out Journey to Tanzania & Rwanda



TANZANIA ACCOMMODATIONS

Aug 21st and 22nd

The African Tulip Hotel (Half Board)

Physical Address: 44-1 Serengeti Road, Arusha, 00255, Tanzania

Tel: +255-27-2970717

Email: info@theafricantulip.com

Website: <https://theafricantulip.co.tz/>

1 hr from Kilimanjaro International Airport; 20 min from Arusha Airport

Urban boutique hotel reflecting the warmth and expanse of the majestic natural wonders surrounding the safari capital of Arusha. Spacious, inviting rooms uniquely decorated in safari themes, using colorful local fabrics, finely produced craftwork, and contemporary Tanzanian art. Comfort is assured with the best British-made mattresses, fine bedding, luxurious bathrooms, and modern amenities.

Facility Amenities: Restaurant, bar/lounge, complimentary hot/cold buffet breakfast, outdoor pool with poolside bar, business center, event facilities, dry cleaning/laundry service, complimentary wireless Internet, gift shops/newsstands, common area television, luggage storage

Room Amenities: 29 air-conditioned rooms, free bottled water, coffee/teamaker, minibar, plasma television, complimentary high-speed Wi-Fi, satellite programming, room service, bathrooms with designer toiletries and hair dryers, phone, laptop-compatible safe and desk, daily housekeeping

Aug 23rd

Maramboi Tented Lodge (3 Meals)

Physical Address: Tarangire National Park, Northern Tanzania

Website: <https://www.tarangiretanzania.com/maramboi-tented-camp.html>

Maramboi Tented Lodge is a stunning safari lodge situated near the shores of Lake Manyara. It is located on the wildlife migratory corridor of Manyara and Tarangire, providing excellent opportunities for observing wildlife. The camp features 44 elegant tents, including 4 interconnected rooms that are perfect for families with children. These tents are constructed on raised wooden platforms, each offering a private terrace with breathtaking views of Lake Manyara and the Rift Valley.

The wonderful location of the tented camp offers several opportunities for wildlife viewing and guests can clearly watch the migrating herds of zebras and wildebeests that are usually pursued for predators. Thrilling game drives plus nature walks guided by rangers are as well available in addition to bird watching excursions on Lake Manyara's shore. During the wet season, the pans of Manyara as well as Tarangire fill up with water, which attracts numerous flamingos plus other migratory birds.

Facility Amenities: Central dining room, There is a huge dining area goes out to a huge wooden deck as well as the enjoyable swimming pool area; a perfect place to be and relax in the afternoon. Among the general facilities found here are: A Swimming Pool, Free Internet facilities, A well stocked Library

Enjoy the tasty meals prepared at Maramboi Tented Camp either inside or outside, as you enjoy the breathtaking views of the vast wilderness. In addition, you may opt to enjoy a delicious private dinner on your private deck. Organize to experience the exceptional picnic lunches surrounded by this open African wilderness.

Room Amenities: Every room is fitted with a double or a twin bed covered with mosquito nets, writing desk as well as inside bathrooms supplied with hot water that is heated by solar.

<p>Aug 24th</p>	<p>Manyara’s Secret (3 Meals) Phone: +255 766 141 175 Email: reservations@manyarassecret.com Website: https://manyarassecret.com/</p> <p>Manyara’s Secret is a boutique lodge with personal attention and exquisite service. This exclusive lodge is located at the edge of Lake Manyara National Park with stunning views of Lake Manyara. Manyara’s Secret has eight villas that can accommodate couples, families, and small groups.</p> <p>Facility Amenities: Free WiFi, free breakfast, breakfast in room, restaurant, bar/lounge, special diet menu, complimentary coffee, tea, and welcome drink, massage, pool, pool and beach towels</p> <p>Room Amenities: Bathrobes, room service, safe, private bathrooms, electric kettle, tea/coffee maker, walk-in shower, telephone, bottled water, complimentary toiletries</p>
<p>Aug 25th, 26th, 27th</p>	<p>The Retreat at Ngorongoro (3 Meals) Arusha Office: +255 688 300 600 Lodge Direct #: +255 687 300 500 Cell: +255 687 300 500 / +255 744 851 191 Email: info@theretreatatngorongoro.com Website: https://theretreatatngorongoro.co.tz/</p> <p>Located in an area called Tloma, overlooking the Ngorongoro Forest and some 140km southwest of Arusha, the tourism capital of Tanzania. Conveniently located near Lake Manyara national park, Lake Eyasi area and Ngorongoro crater. The Retreat is a meticulously themed lodge set within 30 acres of land with clear emphasis on nature and birdlife in the area. As you walk around the lodge, you will be amazed at how nature and privacy have been integrated into the development. Due consideration has been made to ensure that space, privacy and close to nature experience is enhanced. as close to a nature experience as possible - without compromising on creature comforts. Enjoy the lodge’s 15-acre immaculate gardens and forest or relax by the lake, enjoying the sights and sounds of nature</p> <p>Facility Amenities: Non- smoking hotel, restaurant utilizing produce grown on-site, bird/nest themed bar/lounge (smoke-free), gym/fitness center, spa, gift shop, outdoor infinity swimming pool with bar and snack bar, concierge, business center, conference facilities, meeting rooms, 1200metres jogging trail, orchard and vegetable garden, amphitheater for private gatherings and cultural events, high speed WiFi across entire lodge, dry cleaning/laundry service, multilingual staff,</p> <p>Room Amenities: Luxurious, spacious rooms and cottages with modern amenities and bathrooms, bathrobes, fireplaces. Lodge promotes corporate social responsibility by supporting projects in education and clean water.</p>
<p>Aug 28th</p>	<p>The Singing Grass Bush Camp (3 Meals) Physical Address: Rongai 3, Serengeti National Park Phone: +255 784 580 518 Ang’Ata Ngorongoro (Crater): +255 655 025 352 Email: welcome@thesinginggrass.com Website: https://www.thesinginggrass.com/</p> <p>Disconnect to reconnect and immerse yourself into the rhythm of the savannah. Fall in sync with nature as you explore the vast plains of the Serengeti and roam with the Big Five at The Singing Grass, an immersive wildlife retreat offering an intimate glimpse into the Tanzanian wilderness.</p> <p>Tent Amenities: These tents are specially designed to provide you with a luxurious</p>

	<p>experience with windows offering a unique view of the natural world outside. With the wood-paneled floors, polished bathtubs, and an outstanding combination of marvelous furniture and designer amenities, we provide the most lavish stay in the middle of nowhere.</p> <p>Each tent in the Singing Grass camp is equipped with running hot and cold water, flush toilets, electric lights, mosquito nets, and a cozy bed. There is 24/7 internet and electricity access with a full-time attendant at your service. Further equipment includes tables, chairs, curtains, fine linen, and an insect-proof luggage rack so that you don't have to worry about anything.</p>
<p>Aug 29th and 30th</p>	<p>Siringit Migration Camp (All Inclusive) Phone: + 255 68 530 7600 Email: reservations@siringit.com Website: https://www.siringit.com/</p> <p>The Siringit Migration Camp embodies the Soul of Classical Safari: Returning to the roots of safari, where sustainable intimate mobile camps move in symbiosis with the great migrations, the Siringit Migration Camp brings five-star luxury to the mobile safari experience.</p> <p>Amenities: Free WiFi, restaurant, wine/champagne, bar/lounge, butler service, bathrobes, walk-in shower, private bathrooms, sofa, clothes rack, extra long beds, complimentary toiletries, hair dryer</p>
<p>Aug 31st</p>	<p>Departure Day to Arusha Airport (ARK) – Hot Lunch at Arusha Coffee Lodge Flight Departs Kogatende Airstrip at 10:00 am Flight Arrives Arusha Airport at 12:30 pm</p>

RWANDA ACCOMMODATIONS

Aug 31st

Heaven Rwanda

Physical Address: No 13KN 29 St, Rwanda
 Phone: +250 787 785 595
 Website: <https://heavenrwanda.com/>

Heaven Boutique Hotel is a popular 4-star hotel with 28 rooms located on 2 separate properties on a peaceful, residential road. Heaven Boutique Hotel features local Rwandan décor, warm hospitality, delicious breakfasts at Heaven Restaurant, and access to a solar-heated saltwater swimming pool, outdoor yoga deck, and fitness center.

Facility Amenities: Free WiFi, free breakfast, breakfast in room, bar/lounge, restaurant, complimentary coffee, tea, and welcome drink, pool, pool and beach towels, spa, laundry service, ironing service

Room Amenities: Room service, coffee/tea maker, private bathrooms with bath and shower, bottled water, electric kettle, tile/marble floor, flatscreen tv, complimentary toiletries, hair dryer

Sep 1st, 2nd, 3rd, 4th

Buhanga Eco Lodge

Nyakinama, Musanze Rwanda
Phone: +250 796 020 066
Email: reservations@buhangaecolodge.com
Website: <https://www.buhangaecolodge.com/>

Nestled in the serene embrace of nature, Buhanga Eco Lodge offers an unparalleled blend of eco-friendly design and luxurious comfort. The villas are meticulously designed to provide a sanctuary of relaxation and elegance, fully equipped with state-of-the-art amenities to ensure an unforgettable stay.

Amenities: On-site restaurant, room service, pool, fitness center, plush beds, private bathrooms, Free WiFi, flatscreen tv, mini fridge

Sep 5th

Departure Day to Kigali Airport – Breakfast at Buhanga Eco Lodge

Nyakinama, Musanze Rwanda
Phone: +250 796 020 066
Email: reservations@buhangaecolodge.com
Website: <https://www.buhangaecolodge.com/>

DETAILED ITINERARY

	TANZANIA:										
<p>Aug 21st</p> <p>Approximate travel distance and time: 34 miles/1 hr (paved road)</p>	<p>Arrival and Pick Up – Overnight in The African Tulip Hotel</p> <p>You will meet our representative holding a Zohar sign with your name in the public area outside customs. Your safari guides will meet you at the airport and take you to the hotel. It is about an hour drive from the airport.</p> <table style="width: 100%; border-collapse: collapse; margin-top: 20px;"> <thead> <tr> <th style="text-align: left;">First</th> <th style="text-align: left;">Last</th> <th style="text-align: left;">Arrival Date</th> <th style="text-align: left;">Flight #</th> <th style="text-align: left;">Arrival Time</th> </tr> </thead> <tbody> <tr> <td style="height: 40px;"> </td> <td> </td> <td> </td> <td> </td> <td> </td> </tr> </tbody> </table> <p style="margin-top: 20px;">DAY 1 – ARRIVAL DAY – Transfer to Arusha</p> <p>Upon arrival at Kilimanjaro International Airport (JRO), you will be met by our representative or (your safari guide), who will escort you to our office in Arusha for a brief safari briefing. During this briefing, we will provide valuable tips and information to enhance your safari experience. We encourage you to take advantage of this opportunity to ask any questions or address any concerns you may have before the commencement of your safari.</p> <p>After the short briefing, you will drive further to your hotel for evening leisure, dinner, and overnight at The African Tulip Hotel (HB)</p>	First	Last	Arrival Date	Flight #	Arrival Time					
First	Last	Arrival Date	Flight #	Arrival Time							
<p>Aug 22nd</p> <p>Approximate travel distance and time: 38 miles/45 min to Arusha NP + 27 miles/1 hr to Mulala Village + 45 min (rough and partly paved road)</p> <p>Comfortable clothing Always bring water, camera, hat, sunscreen, bug repellent</p>	<p>DAY 2 – Arusha National Park + Walking Safari – Mulala Cultural Visit</p> <p>After breakfast, you will embark on a walking safari which takes 2 hrs-2 hrs 30 min. A walking safari is the ultimate way to experience the African bush on foot and up close! You will spot wildlife in the distance, birds, butterflies, and also visit the waterfalls.</p> <p>Thereafter, you will proceed with game viewing. Arusha National Park is marked by three significant features—Mt. Meru, the second highest mountain in Tanzania; the colorful Momella Lakes, shallow alkaline lakes famous for migratory flamingos and water birds; and the 3-km wide Ngurdoto Crater, often called “Little Ngorongoro Crater”, which was formed nearly fifteen million years ago. The park is home to buffaloes, elephants, waterbucks, giraffes, warthogs, zebras and white colobus monkeys, baboons, and over 450 bird species.</p> <p>Before lunch, you will drive to Mulala Village to meet Mama Anna and the Agape Women’s Group. Upon arrival at the village, you will enjoy a hot lunch, followed by a short briefing before starting a short walk through the village to Lemeka Hill for scenic views including the Meru and Mount Kilimanjaro and Maasai plains surrounding the area. Afterwards, you will leave for a coffee plantation tour where you will learn how they grow and harvest coffee followed by drying the coffee, cook the coffee using the firewood then transform the cooked coffee beans to a powder form. Finally, you will make your own cup of coffee just like the locals.</p>										

	<p>Lastly, you will receive an interesting story about Mama Anna cheese-making business. You will see the cheese-making process and you will do a cheese tasting before returning to your hotel for leisure evening and overnight at The African Tulip Hotel (HB)</p>
<p>Aug 23rd</p> <p>Approximate travel distance and time: 74 miles/2 hrs to your lodge (rough and partly paved roads)</p>	<p>DAY 3 – Arusha Town Tour + Jane Goodall’s Roots & Shoots Arusha – Proceed To Your Hotel Near Tarangire</p> <p>Upon agreed time your safari guide will collect you at your hotel for Arusha Town Tour before proceeding further to your lodging near Tarangire NP. Arusha City is a beautiful place with many attractions, and this tour will give you the opportunity to experience the hustle and bustle of the local people in this safari hub town. The tour starts with a visit to the Arusha Declaration Monument and Museum, where you can learn about Tanzania’s independent history. After that, you will head to the Maasai Market to see handmade ebony carvings, clothes, slippers, handbags, necklaces, paintings, and household items made by friendly Maasai people. Later on, you will visit local food markets followed by a quick stop at the busy bus station (s).</p> <p>Afterward you will drive further to the Cultural Heritage Centre, where you can admire an impressive collection of artwork and jewelry and you will get to visit Jane Goodall's Roots & Shoots site. Later on, you will drive back to Sanaa, a local initiative that combine recycling of materials with employing people with disabilities to create beautiful handmade jewelry, glassware, and homewares. Maramboi Tented Lodge (All Inclusive)</p> <p>PS: If the activity takes too long you will have a lunch break at a typical local restaurant. If not, you will drive to your lodging in Tarangire for a hot lunch.</p>
<p>Aug 24th</p> <p>Approximate travel distance and time: 47 miles/ 1 hr 30 min to your lodge (mostly paved road except inside the park)</p>	<p>DAY 4 – Tarangire National Park & Maasai Cultural Visit</p> <p>After breakfast, your driver-guide will pick you up for a 2 hr leisure drive southwestwards to Tarangire National Park. The Tarangire has the highest concentration of elephants in Northern Tanzania. You will witness an unforgettable natural wonder as you observe exotic mammals such as lions, giraffes, buffaloes, wildebeests, zebras, and various types of antelopes such as gazelles. Tarangire is a paradise for birdwatchers with over 550 different species including the Maasai Ostrich - the world’s largest bird.</p> <p>Later on, you will drive to a Maasai family that is as excited to meet you as you are to meet them. You will spend quality time learning about this tribal group while seeing their manyatas (igloo-like homes). You may also participate in other activities like building a livestock fence or a manyata (igloo-like homes). If time allows, you can go fetch water with the donkeys, collect firewood, or just learn about traditional beadwork with the revered women of the tribe. Singing and dancing are just a small part of Maasai culture!</p> <p>After a rewarding day, you will drive further to your lodging near Manyara for evening leisure, dinner, and overnight at Manyara's Secret (3 Meals)</p>

<p>Aug 25th</p> <p>Approximate travel distance and time: 5 miles/15 min + 25 miles/30-45 min to your lodge in Karatu (mostly paved road except inside the park)</p>	<p>DAY 5 – Lake Manyara + Mto Mbu Biking Safari + Local Lunch – Lake Manyara Game Drive</p> <p>After an early breakfast, you will set off to Mto Wa Mbu village at the bottom of the Great Rift Escarpment for a biking safari. You will bike to the lake with chances to resident wildlife and later through the village through the age-old banana plantation. Along the way it will be explained how these diverse groups cooperate in sharing water and land resources, learn how bananas are planted and harvested for various purposes...you may like to know more about the banana beer and its fermentation process...trying it at one of the local pubs won't harm you!</p> <p>You will also visit the Makonde tribe, famous throughout East Africa for their woodworking skills and craftsmanship. Of course, you cannot leave the village before enjoying genuine Tanzanian hospitality when they offer you a true local lunch. The lunch will be served at a unique venue that is actually the extension of a local resident's kitchen. It combines a form of community economic development served by a local resident who transformed her kitchen into a business with a great variety of local African dishes. All foods are cultivated in the local area, and nothing is imported.</p> <p>After lunch, you will embark on a game drive in Manyara National Park. This park is green throughout the year because of its underground water sources. Its verdant color attracts hundreds of spectacular varieties of migratory and wetland birds flying overhead including Flamingos. Manyara's natural habitat also includes large troops of baboons, velvet & blue monkeys, hippos, giraffes, zebras, buffalos, elephants, warthogs, and many more.</p> <p>After a rewarding day, you will proceed to your lodging in Karatu for evening leisure, dinner, and overnight at The Retreat at Ngorongoro (3 Meals)</p>
<p>Aug 26th</p> <p>Approximate travel distance and time: 47 miles/1 hr per way (2 hrs drive return) (rough and dusty road)</p>	<p>DAY 6 – Lake Eyasi Cultural Visit, Meet the Bushmen & Datoga Tribe</p> <p>Around 5 am, you will leave the lodge with a packed breakfast to meet Hadzabe the Bushmen. Hadzabe are the last hunters and gatherers society in Africa. You will participate in their early mornings' interactive activities including bush trek, hunting, honey/fruit gathering, making a campfire and other interesting activities.</p> <p>Later on, you will drive back to the village to meet the Datoga tribe and participate in their daily activities. Datoga are traditional pastoralists, cattle are the Datooga's most important domestic animal. Similar to the Maasai, they eat meat and depend on milk products. They have also adapted to an agrarian way of life and farm plots of maize, beans, and millet. You will visit Datoga blacksmiths, who have separated, lived, and married independently for over decades. Their main activities are forging knives, arrowheads, and jewelry for the greater Datoga tribe and for the Bushmen.</p> <p>In the afternoon, you will return to your lodge for a hot lunch, leisure afternoon, dinner, and overnight at The Retreat at Ngorongoro (3 Meals)</p>
<p>Aug 27th</p> <p>Approximate travel distance and time: 22.5 miles/1 hr per way to Crater (2 hrs drive return) (partly paved road)</p>	<p>DAY 7 – Ngorongoro Crater Tour Day Trip</p> <p>Following breakfast, you will depart with your packed lunch for a game-viewing excursion on the crater floor at Ngorongoro Crater. Ngorongoro Crater is the world's largest volcano caldera formed three million years ago and is considered one of the Seven Natural Wonders of the World and one of Africa's most remarkable geological sites. The crater has a unique ecosystem that is inhabited by more than 25,000 resident animals. In the grass steppes and acacia forest you can encounter almost every animal species of the East African savanna, including the "Big Five" (rhino, elephant, Cape buffalo, lion,</p>

	leopard). Later in the day, you will ascend the crater and return to your lodge for evening leisure, dinner, and overnight at The Retreat at Ngorongoro (3 Meals)
Aug 28th Approximate travel distance and time: 91 miles/3.5 hrs (rough and dusty road)	DAY 8 – Ngorongoro Crater Rim Walking – Central Serengeti After breakfast, you will set off for a walking safari on the rim of Ngorongoro Crater. The walk follows the western rim of the Crater, passing by the stunning Oloirobi viewpoint. There are forested areas at the start, which later open up into grasslands. As you walk, you will be treated to breathtaking views of the Crater on your right, and stunning vistas. This is an easy hike, with no steep climbs and only a few gentle slopes. It takes around 1.5-2.5 hours to complete and can be enjoyed at any time of day, although we recommend avoiding the mid-day heat. After the walking safari, you will proceed to Central Serengeti. Central Serengeti offers an everyday opportunity to spot Tanzania’s most impressive wildlife. Seronera River Valley is a ‘must see’ game area on each safari to Serengeti regardless. This area is dominated by an incredible number of resident wildlife including the “Big Five”. Your day is dedicated to seeing the best of Serengeti wildlife activities with its endless plains rolling into the distance as far as the eyes can see; arrive at the camp for evening leisure, dinner, and overnight at The Singing Grass Bush Camp (3 Meals)
Aug 29th Approximate travel distance and time: 96 miles/3 hrs 30 min (rough and dusty road)	DAY 9 – Northern Serengeti & Great Migration After an early breakfast, you will depart with your packed lunch and proceeding further to the Northern Serengeti for an exciting game drive tracking Wildebeest Migration. North Serengeti features gorgeous landscapes of green rolling hills, granite outcrops and acacia woodlands dotting open savanna, incredible wildlife, and most importantly, with massive herds of wildebeest and zebra between Late June – October. The Great Migration includes more than 2.5 million wildebeest driven by ancient rhythms and natural instincts following water sources in a clockwise rotation traveling 1,600 miles per year. Later in the evening, you will proceed to your lodging for dinner and overnight at Siringit Migration Camp (All Inclusive)
Aug 30th Approximate travel distance and time: Unlimited game (rough and dusty road)	DAY 10 – Northern Serengeti & Great Migration Enjoy a nourishing breakfast at your camp before embarking on a full day of game drive in Northern Serengeti. Your entire day is dedicated to seeing the best of Northern Serengeti including tracking Wildebeest Migration on the Northern Serengeti plains and the Mara River. You will witness giant herds of Wildebeests - with the chance of seeing more than 2.5 million Wildebeests, zebras, and gazelles crossing the famous Mara River to the Maasai Mara Reserve. The big five (lion, leopard, rhino, elephant & buffalos) are commonly spotted in northern Serengeti. After a rewarding day in Northern Serengeti, you will return to your lodging for a leisurely evening dinner and overnight at Siringit Migration Camp (All Inclusive)
Aug 31st Approximate travel distance and time: Flight departs Kogatende Airstrip at 10:00 am Flight arrives Arusha Airport at 12:30 pm	DAY 11 – Fly To Arusha With Auric Air – Hot Lunch at Gran Melia/Arusha Coffee Lodge – Transfer to JRO After breakfast, you will depart for the final game drive in Serengeti en route to Kogatende Airstrip in time for your flight to Arusha with Auric Air. Upon arrival, our representative will collect you and transfer you to Gran Melia

	Arusha Rooftop Restaurant or Arusha Coffee Lodge for a hot lunch. Later on, you will drive further to the airport (JRO) in time for your outbound flight to Rwanda. It's an emotional day as we bid goodbye but only with hope to see you return!
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Frequently Asked Questions	
What happens if I get seriously sick on safari?	Most camping sites, lodges, and hotels have on site physicians and if your condition is serious, we are in constant contact with the Flying Doctors Service that can evacuate you to a nearby medical facility.
What kind of camera do you recommend I bring?	For clear and comprehensible pictures in the bush, a long-fixed lens camera is recommended. Small cameras are okay for normal pictures like a view of the city, market etc. All these technologies can be bought while in Africa, but the price may be two times more than in the US or Europe due to import fees.
What do we do if our flight is delayed?	If there is any change earlier or at last-minute, inform both Robin and Lilian right away. If we are not informed in time, you will have to arrange your own transportation to Arusha. Shuttles and taxis are available at the airport. Just give us a call upon your arrival and we will connect you.
What do I do if my luggage arrives late or gets lost?	If your luggage arrives late or get lost, you will need to fill a lost luggage form and give this to Solomon who will follow up and bring the luggage to you at the hotel later when it arrives.
Is the water safe to drink?	Bottled water is always safe water to drink, so we highly recommend drinking that. Make sure the seal is not broken. Do not drink tap water because the water may be of lesser quality/unbalance pH. Bottled water can be purchased within the lodge you are accommodated, restaurants or shops around you. We provide safe mineral water throughout the program.
Which currency is accepted?	US dollars or Euros are accepted in hotels, large supermarket, and shops. The local currency is accepted everywhere. You can exchange money and get the local currency in banks, the airport bureau of change or the bureaus of change around town. ATM machines are placed in all airports or around town.
Can I use cash, credit cards, or checks?	Cash is accepted everywhere. You can use major credit cards in some shops/supermarket and hotels. Checks are not accepted in Tanzania. If you bring cash, it will be a lot easier to make purchases.
What is the local food?	The most common local foods are potatoes, chicken, rice, pasta, corn meal (ugali), beans, various green vegetables, eggs, and seasonal fruits. Detailed special dietary requests must be communicated upon booking.
Can I use my phone / iPhone while on safari?	Yes. You should unlock your phone / iPhone (if locked) before you leave for your safari and just buy a SIM card for about \$1 as soon as you arrive. The local SIM card will enable you to communicate locally and internationally (make calls; send text messages, read emails, etc.). Additionally, most upscale lodges and hotels have Wi-Fi and allow you to use this.
What communication technologies do you propose I should bring?	Unlocked phone, camera, binoculars, and tablet. Please remove them from their packaging as customs officers might consider them "imports" if you don't, incurring an additional fee.
What kind of electrical sockets are used in Tanzania?	A converter (220V) is needed when you bring any electrical appliance. Square plug power adapters are highly recommended. Most of the electrical outlets in Tanzania are like the outlets used in the UK (type D and G). We highly recommend a strong and high-quality universal adapter, which can be purchased at any good electronics retailer. Additionally, many hotels and lodges will have an adapter that you may use.
How many people are in a safari jeep?	There are 2 types of safari jeeps. One kind is an extended jeep with 7 window seats and the other is a normal size land cruiser jeep with 5 window seats. Every seat in the jeep has a large clear window that opens. All jeeps have roofs that can be opened so you can stand and have a clear view in every direction.

I love getting near to animals, but I'm scared of wild animals potentially hurting me?

Our guides are professionally trained to know how close you can get to the diverse species of wild animals that live in the African bush. You are advised *not* to get outside the jeep while in the bush and if it happens you get outside the jeep you will need to ask for the guides permission and stay as close as possible. Silence and as few movements as possible are highly needed when wild animals are close so as not to scare the animals away. Wild animals can get inches from the jeep, at that moment you are advised to close your window and remain silent while watching them through the open roof of your jeep. AT ALL TIMES: please follow the instructions of your guide, he knows the animals and can judge the threats better than you as these are still wild animals capable of hurting you.

RWANDA	
Aug 31st	DAY 1 - ARRIVAL in Kigali
<p>Approximate travel distance: 25 min</p>	<p>On arrival at Kigali International Airport, you will be met by your driver/guide and be transferred to your hotel in Kigali arriving for check in and later overnight at Heaven Rwanda (Lunch, Bed & Breakfast)</p>
Sep 1st	DAY 2 - KIGALI CITY TOUR + DEPART FOR RUHENGERI
<p>Approximate travel distance: 2 hrs</p> <p>You will cover tracks and roads in comfortable vehicles. Cold lunches, warm and varied dinners. Equatorial type of climate (25 - 30°C), some nights can be fresh, mostly at high altitudes. Can be muddy- if you have gaiters.</p> <p>It often rains (it is a rainforest, after all) so bring a light rain jacket with a hood. Only take essentials in a small backpack – two bottles of water, maybe a snack if you're a hungry hiker, camera, hat, and sunscreen.</p>	<p>After breakfast, your day starts with a tour of the city and a possible Jewish community tour. Named in 1907 by Dr. Richard Kandt, the first colonial resident governor of Rwanda, Kigali city is surrounded by lush hills of green and is referred to as the land of a thousand hills. Get to visit interesting spots which may include the craft market, Gisozi genocide memorial site, and Kigali Museum. Have your lunch in Kigali then depart for a 2 hours' drive to Ruhengeri, the second largest town in Rwanda, with its stunning backdrop of five volcanic mountains – The Virungas – Arriving at your hotel for check in then later dinner and overnight at Buhanga Eco Lodge (Full Board)</p>
Sep 2nd	DAY 3 – GOLDEN MONKEYS TRACKING IN VOLCANOES NATIONAL PARK
<p>Approximate travel distance: Depends on the family you are allocated to visit</p> <p>You will cover tracks and roads in comfortable vehicles Cold lunches, warm and varied dinners. Equatorial type of climate (25°C - 30°C), some nights can be fresh, mostly at high altitudes. Can be muddy if you have gaiters. It often rains (it is a rainforest after all) so bring a light rain jacket with a hood. Only take essentials in a small backpack</p>	<p>This day is set out for Golden Monkey tracking in the Volcanoes National Park. Entering dense stands of bamboo interspersed with open glades; you will make your way deep into golden monkey territory. Guides lead visitors to the habitat of groups of 'habituated' golden monkeys – monkeys that have become accustomed to human presence. Though viewing is kept to a maximum of one hour, travelers can get an up-close look at the golden monkey in its natural habitat. Adult monkeys frolic in plain view, feeding on bamboo leaves, and leaping from perch to perch. Females carry their young, completely comfortable among onlookers. Return to the lodge for lunch then drive to Redrocks intercultural exchange center to participate in their weeklong festival. After a tour of the center, we will have a special opportunity to attend an environmental conservation debate between</p>

<p>– two bottles of water, maybe a snack if you're a hungry hiker, camera, hat, and sunscreen.</p>	<p>Conservationist, Philanthropist, Volunteers, and Communities on the current of the volcanoes national park tourism, conservation, and sustainable development. Your input and ideas will be welcomed. We will head back to the lodge for dinner, as we have another early morning. Overnight at Buhanga Eco Lodge (Full Board)</p>
<p>Sep 3rd</p> <p>Approximate travel distance: <i>Depends on the family you are allocated to visit</i> here are some things to keep in mind:</p> <ul style="list-style-type: none"> • When you approach gorillas, and while you're around them, make a grunting sound (your guide will show you how) to reassure them that you are a friend. They may even communicate with you! • Don't stare straight into gorillas' eyes – this can be seen to be aggressive. • Don't ever run from a gorilla – if one approaches you just act submissive and crouch down. • Don't go gorilla tracking if you're sick –if one gorilla in the group catches flu from you, the entire group could die. • If you sneeze or cough, turn your head away from the gorillas so as not to spread your germs. • Don't eat or drink in front of gorillas. • You get very close to the gorillas – within a few meters. Don't push this though – don't try and get too close. 	<p>DAY 4 – GORILLA TRACKING IN VOLCANOES NATIONAL PARK</p> <p>After an early breakfast, you will proceed to the National Park headquarters – Kinigi to meet your guides for the day. After completing our park formalities, embark on a once in a lifetime experience of tracking mountain gorillas. Once you spot them, you are allowed to spend an hour watching your closest long lost cousin. This is perhaps one of the most breath-taking wildlife experiences on earth!!! You get so close to these awesome giant primates. You stare at each other blankly not knowing who to break the long silence first. Tracking the gorillas through the light mountain forest on the slopes of the Virunga is a magical experience. These massive primates are extremely rare, with less than 700 living today. You will get within meters of the family and be privileged to spend an hour amongst them. The trekking may be strenuous; up to six hours or longer at a relatively high altitude. We encourage for your own enjoyment to make sure that you are perfectly fit and healthy. (We've had people as old as 70 years old do gorilla tracking so this should not be a problem; all you need is to ask your driver guide to request a shorter group for you if you cannot trek far).</p> <p>It is important to bring good hiking boots, long trousers, gloves for protection against stinging nettles, some snacks & sweets (for you, not the gorillas) as well as sufficient water as the rain forest gets hot and humid during the day. You will spend one hour with the gorillas, but it is an hour you will never forget. Return to the lodge for lunch then drive to Redrocks Intercultural exchange center and if time permits, we can hopefully partake in the soccer and other sports in the visitor versus the community competitions. We'll stay for dinner and the live traditional show that evening then check in at the Buhanga Eco Lodge (Bed & Breakfast) for overnight.</p>
<p>Sep 4th</p>	<p>DAY 5 – COMMUNITY & CONSERVATION + INTERCULTURAL EXCHANGE</p> <p>OPTION 1: After breakfast, we return to Redrocks and our day starts with a hike as well as tree planting activities on Mukungwa Riverbanks to conserve our environment and natural resources - plant a tree for the benefit of mitigating the effects of climate change and global warming. This Initiative showcases the acts we can take to protect our planet, create habitat for biodiversity and make a positive impact on the wellbeing of the people. Planting, and creating awareness of the advantages of planting trees. We will then give a try at making our own banana beer. After lunch we will have time to learn how to make our own drums followed by learning some songs to play on the drums and participate in the music and dance activities with the rest of the communities. Have dinner at Redrocks, then later be transferred to Buhanga Eco Lodge (Bed & Breakfast) for overnight.</p> <p>OPTION 2: Mount Bisoke Hike and Dian Fossey Grave. For both Dian Fossey or Bisoke Hike the trek involves a 30-minute drive from the park</p>

	<p>headquarters to the trailhead in a rough road then a 25 - minute stroll to the park boundary and you will be at an altitude of 2,400 M from where you will start the hike. Then ready to make the 3000 Meters to the Dian Fossey Hike Site and this is where the primatologist Dian Fossey lived in her hut on her time of her conservation research during the 1980's. And up to 3,711M to Mount Bisoke.</p> <p>Hiking the Bisoke is organized as a one Day hike and starts early in the morning. However, it might take you around 3-4 hours getting up to the summit depending on how physically fit you are. A park ranger will escort you to the top of the volcano. On a clear day you will enjoy the beautiful crater lake and the views of the other Virunga volcanoes. Fantastic views in all directions, lushly forested slopes, shady lobelia forest and an exhilarating climb! Sometime even lucky to meet some primates on the way such as the golden Monkeys, the gorillas as it is a home range for more than one Gorilla family (Amahoro and umubano group). The Bisoke with an altitude of 3.711 m is the fourth highest mountain of the virunga chain and has a beautiful lake on the top. The crater lake is the greatest of the virunga chain. It straddles the border of Rwanda and the Democratic Republic of the Congo, but the summit is located in Rwanda. The steep slopes of the peak are densely covered with equatorial rainforest and alpine meadows.</p> <p>Bisoke is one of the mountains considered habitat for the Endangered mountain gorilla, and the Karisoke Research Center founded by Dian Fossey is located in the valley to the west. After the hike retrace back to the starting point</p>
<p>Sep 5th</p> <p>Approximate travel distance: 2.5 hrs</p>	<p>DAY 6 – DEPARTURE DAY</p> <p>After breakfast, you will depart for a 2 ½ hour drive to Kigali. Engage in last minute shopping in one of the friendliest African capitals, before returning to the airport for your onward international flight back home.</p>

TRAVEL DETAILS

PASSPORT INFO:

A valid passport is required for travel to Tanzania and Rwanda.

- Please make sure your passport expiration date is at least 6 months beyond the date of return.
- Also make sure you have 3 full blank pages in your passport. (For Tanzania and Rwanda) **If you do not have enough pages, you may need to get a new passport.

If you do not have a passport, you will need to acquire one for international travel. United States citizens can usually apply for a passport at several facilities including many federal, state and probate courts, many local post offices, some libraries, and many county and municipal offices. APPLY EARLY! Depending on the agency used, you will receive your passport within 5-6 weeks. If expedited service is necessary, you must apply in person at one of 13 passport agencies found in most major cities. You must present your airline tickets or airline generated itinerary and the other required items for the application. You need to make an appointment with your passport agency for expedited service. If you do not live near a passport agency, you can use an overnight delivery service and your local passport acceptance facility. Further information and your local passport processing facility can be found on the website of the U.S. Department of State:

<https://travel.state.gov>
<https://iafdb.travel.state.gov>

VISAS:

TANZANIA: Visas for U.S. citizens traveling to Tanzania are mandatory and cost **\$100 USD**. They used to charge Americans \$100 because that is what the US charges them. But everyone else pays \$50 for a single entry.

If you are landing or flying out of another port, you should get the multi entry, but those flying into The U.S. Embassy recommends U.S. citizens obtain visa before traveling to Tanzania, but it isn't necessary. I don't remember it taking a very long time at the airport.

If you are going to get your visa at the airport, make sure that you have enough US cash to purchase it—while it is possible they will take credit cards, it is also likely that the machines don't work.

To pay by credit card beforehand, I recommend that you do the online visa

<https://www.us.tzembassy.go.tz/services/category/visa-information>

Online visa application for Tanzania can be found: Apply 3 months prior to travel.

<https://visa.immigration.go.tz/>

- Visa applicants are advised to make their applications through the Official Tanzania Immigration website (www.immigration.go.tz) ONLY and Not through any other links;
- Any applicant of Visa is assumed to have read, understood and agreed to the terms and conditions stipulated in the

	<p>Disclaimer and Visa Guideline ;</p> <ul style="list-style-type: none"> • Applicants must ensure that their passports have a validity of at least six months and at least one unused visa page before submitting their application; • Applicant is expected to apply for a right category of visa. If the applicant is not sure about the type of visa he/she requires, he/she is advised to seek guidance through the e-mail info@immigration.go.tz • Any visa wrongly applied or which lacks sufficient attachment may be rejected; • No refund will be made in respect of any rejected visa application; • The Visa applications will be processed within ten days, therefore applicants are strongly advised to observe the stipulated time frame while making their applications; • After making payments, applicants are required to wait for approval of their Visa before they start their journey. Approval notification will be sent to their e-mail. Or they can access the Visa Grant Notification by checking the Status of their Visa online; • The Tanzania Immigration Services Department may give or withhold reasons for rejection of Visa to the applicant; <p>RWANDA: Visas for U.S. citizens traveling to Rwanda are mandatory and cost \$70 USD and can be obtained at any Rwandan entry point/border (i.e., Kigali International Airport or at land border crossings. Credit cards are generally accepted at the Kigali International Airport but are not accepted at some land borders. But because the machines may not work, the U.S. Embassy recommends that travelers arrive at the Kigali International Airport travel with sufficient cash in U.S. dollars to pay for the visa in case credit card transactions are not possible at the time of your arrival. Information may be obtained here: https://www.migration.gov.rw/visa/visitors-visa</p> <p>Online visa application for Rwanda can be found: https://irembo.gov.rw/home/citizen/all_services https://irembo.gov.rw/user/citizen/service/dgie/request_a_visa</p> <p>Visitors entering on visas must present a roundtrip ticket and may need to demonstrate they have sufficient funds for their stay.</p> <p>They say that they take your picture at the airport for your visa, but you may want to bring a passport photo or two (2x2 inches) if you plan to obtain Visas upon arrival in Tanzania and Rwanda.</p>
<p>Arrivals and Departures</p>	<p><u>Passenger Arrivals</u></p> <p><u>INTO KILIMANJARO:</u> Kilimanjaro International Airport is efficient and trouble-free entry. Passengers are escorted off the aircraft and taken directly to the arrival's hall. Here they will first be processed through Tanzanian Immigration. There are multiple arrival desks which allow the immigration formalities to be concluded with minimum delay. Passengers will then immediately find themselves in the baggage</p>

reclaim area. Currently this has two conveyer belt systems which are within 200m of the apron and therefore baggage waiting time is minimal.

There is free wifi, so at that point we should all be connected by What's App and you can connect with us. You can keep your phone on airplane mode and connect with Wifi (Kia Hotspot) and communicated.

Finally, passengers move out of the Arrivals area and straight out into the greeting area where they can link up with the party awaiting them.

There will be someone at the Airport from Zohar Safaris with a sign that has your name on it.

INTO KIGALI:

Passengers arriving at Kigali International Airport will find it to be a relatively simple airport. There is also free wifi here so you can connect to our guide and info. When you exit customs and are facing the front door, look to the right for a person with a sign with your name on it. We are being picked up by Steppin' Out Adventures

Passenger Departures—

The check - In counters are open three (3) hours before departure and close one (1) hour before international departure and forty five (45) minutes before domestic departure. A passenger flight coupon shows the reporting time and the departure time of the flight. All passengers are advised to bring their confirmed booking and all necessary travel documents with them when traveling.

Passengers are kept informed by a modern PA and flight information display system as to flight departures and will be escorted to the aircraft once it is ready.

PLASTIC BAG BAN

RWANDA & TANZANIA:

Please refrain from bringing plastic bags to Rwanda. Banned by law since 2008, any plastic bags in your luggage will be confiscated at the airport or other point of entry. As a country, they strive to protect, safeguard, and promote the environment – a matter which is written into their constitution and carefully observed by their citizens, who all participate in a community service called Umuganda on the last Saturday of every month. Rwanda respectfully requests that all visitors help keep Rwanda the cleanest country in Africa and dispose of all litter responsibly.

In Tanzania: In a continued and renewed effort of the Tanzanian government, all disposable plastic bags (regardless of thickness) are banned from importation, exportation, manufacturing, sale and usage, effective June 1, 2019. **There will be special collection points at the major airports to dispose of the plastic bags any tourist might have but we highly recommend you do not bring plastic bags with you in your (hand) luggage, even if they are originating from duty-free shops from other airports, as this attracts a hefty fine of \$15 per bag.** Zip lock bags, plastic wrapping for medication or foodstuffs requiring plastic containers or plastic wrappings are still allowed.

<p>TRIP INCLUSIONS</p>	<p>TANZANIA:</p> <ul style="list-style-type: none"> • Airport pickup and drop off. • Accommodations and meals as specified in itinerary. • Private 4x4 wheel drive vehicle with a roof hatch and sliding windows for 360-degree view of the wildlife surrounding you. Our vehicles are equipped with: <ul style="list-style-type: none"> ○ First aid kit - Every safari vehicle comes standard with a fully stocked first aid kit - Our guides are all trained in providing basic first aid. ○ Spare tires - for any unforeseen issues that may arise on bumpy African outback ○ Charging station - Each car includes a charging station so you can charge your phone, camera battery while on the road. ○ Binocular – 1 pair binocular per vehicle ○ Mini fridge – to cool off mineral waters and any other drinks. • Professional and experienced English speaking driver guide. • Unlimited mineral water & hot drinks - every safari departs with a box including coffee and tea that can be enjoyed at any point during your safari. • Park entry fees, crater fee, and taxes (VAT inclusive). • Mulala Cultural Visit. • Ngorongoro Crater Rim Walk. • Mto Wa Mbu Biking excursion and hot local lunch • Lake Eyasi Cultural Visit. • All airport transfers. • Domestic flight from Serengeti to Arusha with Auric Air • Flying doctors rescue insurance for time on safari <p>RWANDA:</p> <ul style="list-style-type: none"> • All meals from Breakfast. • Transfers in 4x4 vehicle (s) • English speaking driver/guide (s) • 1 golden monkey permit • 1 gorilla permit • Mineral water in the vehicle and during the trackings • All inter-cultural exchange programs mentioned • Kigali city tour & Genocide Museum • Flying doctors rescue insurance
<p>TRIP EXCLUSIONS</p>	<ul style="list-style-type: none"> • International flights and related costs such as personal travel insurance, visas, and vaccinations. • Any increase in government taxes or fees that occur prior to the start of your trip. • Any optional activities or cost of any itinerary modifications while the safari is in progress. • Any expenses of a personal nature such as extra beverages, laundry, etc. • Gratuity for your guide (recommend \$20+ per person per day) • Please review much money to bring
<p>TRAVEL INSURANCE:</p>	<p>Ensure that you have sufficient medical coverage for the duration of your trip. Please make sure that you have purchased the Allianz or Travelex insurance.</p>

	<p>Travel insurance from Travelex sent to: John Rachlin Jessica Feltman Arthur Goldstein Lisa Kattan</p>
<p>IMMUNIZATIONS AND HEALTH RISKS:</p>	<ul style="list-style-type: none"> • Check with your healthcare provider and/or visit a travel immunization clinic (COVID testing no longer required). • Make sure you are up to date on your tetanus shot (every 10 years). • A negative PCR test must be presented for visiting primates in Rwanda.—No longer required <p>CDC Traveler’s Health sites with vaccines and medicines list:</p> <p>Tanzania: https://wwwnc.cdc.gov/travel/destinations/traveler/none/tanzania?s_cid=ncezid-dgmq-travel-single-001</p> <p>Rwanda: https://wwwnc.cdc.gov/travel/destinations/traveler/none/rwanda?s_cid=ncezid-dgmq-travel-single-001</p> <p>There are no required vaccinations for entry into Tanzania or Rwanda. However, if you are traveling to Tanzania or Rwanda from a country that has risk of yellow fever (does not include the US) – then Tanzania and Rwanda governments require proof of yellow fever vaccination upon arrival. Precautions are still recommended. It is advised that you seek medical advice regarding travel at least 6 weeks prior to departure. Ask your healthcare provider for recommendations on vaccines and other preventive measures you can take to avoid illness. Vaccines should be planned and not rushed days before trip departure.</p> <p>For travel to Tanzania and Rwanda, the CDC recommends Hepatitis A, Hepatitis B, Typhoid, and Rabies vaccines (not really necessary) Additionally, for Tanzania, the CDC recommends Cholera vaccine.</p> <p>The CDC does not recommend yellow fever vaccine for most travelers to Tanzania or Rwanda but recommends considering this vaccine if you are staying a long time or will be heavily exposed to mosquitos. Yellow fever vaccine availability in the US is currently very limited.</p> <p>The CDC recommends being up to date on all routine vaccines before every trip. Routine vaccinations in the US include: Tetanus-Diphtheria-Pertussis (Tdap), Measles-Mumps-Rubella (MMR), Polio, Varicella (chickenpox), Shingles, Pneumococcal, Hepatitis A, Hepatitis B, Meningococcal, and annual Flu vaccine.</p> <p>While on safari, you need to protect yourself from tsetse flies. These flies can transmit African trypanosomiasis, also known as sleeping sickness. It's best to wear light-color clothing; tsetse flies are attracted to dark colors, especially shades of blue. Unfortunately products containing DEET usually don't discourage tsetse flies from biting, so try to find a natural insect repellent containing eucalyptus oil.</p>

The CDC recommends **Malaria prevention (prophylaxis) medications for travel to both Tanzania and Rwanda.**

Malaria is a significant problem in Tanzania, considered one of the highest risk countries in the world; all areas at altitudes below 1800 m (about 5,900 feet) are at risk. Malaria is also a problem in Rwanda.

That being said, you can take precautions to prevent it.

- Pay special attention to mosquito protection between dusk and dawn. This is when the type of mosquito whose bite transmits malaria is active. The only real protection is to avoid being bitten in the first place, so cover up!

- Wear long-sleeved shirts – preferably buttoned at wrists, long pants, and hats.
- Use insect repellents containing DEET (diethylmetatoluamide) or Lemon Eucalyptus spray.
- Read and follow directions and precautions on product label.
- Apply insect repellent to exposed skin.
- See your doctor for a preventative prescription- some available drugs are:
 - atovaquone/proguanil (brand name: Malarone™) ** I think there has been fewer complaints about this one.
 - doxycycline (many brand names)
 - mefloquine (brand name: Lariam™)- Avoid

When beginning a course of anti-malarials, it is very important to begin taking them before you go, so the drug is established in your system by the time you set foot on African soil and will also give you a chance to see if the drug is going to cause a reaction or allergy. Once started, complete the full course, which usually runs for several weeks after you return home. Which anti-malarial you need depends on your previous medical history. Your healthcare provider will advise you on what drug is best for you. Most clients who have taken Malarone have a better reaction (or no reaction), and while it is more expensive, you don't have to take as many. We have not had good feedback from those who have taken Lariam.

OTHER HEALTH INFORMATION:

Information on vaccinations and other health precautions may be obtained from the **Centers for Disease Control and Prevention (CDC)**.

Phone: 1-800-CDC-INFO (1-800-232-4636)

CDC Website:

<http://www.cdc.gov>

Traveler's Health Website:

<https://wwwnc.cdc.gov/travel/>

Website form to contact CDC:

<https://www.cdc.gov/DCS/ContactUs/Form>

MONEY/CASH:

What about Money/Cash:

We recommend USD CASH in a variety of bills. Singles can be used for tips here and there and preferred in Rwanda, but you get a better rate for bigger notes- 50's and 100's (and preferred in Tanzania) Remember, when you give tip a local in foreign currency (USD) they have to go through the hassle of exchanging it (and losing its value) so it's better to give tips in their currency. Note: USD notes printed PRIOR to 1994 are often not accepted – ensure your cash is NEW eg post 2006 to be safe.

Money should only be changed with licensed moneychangers. For our trip, it will probably be best to change at the airport or at the ATM since going to a bank takes time and our schedule doesn't really allow for it. Best though to wait until you meet with the guide and ask where the best place to change money is. If landing at JRO, there is a bank there with a good rate ATM machines are at the airport and Visa and Mastercard are usually accepted, but some ATM machines do not have the ability to accept both.

Visitors can change their foreign currency at any of the Bureaux de Change, which give better rates than the banks changing money "on the streets" in the black market- illegal and risky. Banks are generally open from 9 am to 2 pm, Monday to Friday. Some are also open Saturdays until noon. You can change money at hotels - the rate of exchange is often less than at a bank. When you change money, the moneychanger must give you a receipt.

All monies (above a value of a few dollars) should be changed back into foreign currency upon departure, at the airport bank. To do this you must have **the receipts from your original transactions** - be aware- this can be very time-consuming, so try to change only sufficient monies for your needs.

When changing your money over to the local currency ask for some smaller denomination notes, as change is often scarce in the rural areas.

Tanzanian Shillings.

The easiest way to access money while travelling in Tanzania is at ATMs using a Visa card.

Tanzania's currency is the Tanzanian shilling (Tsh). 2280.10 Shillings per dollar. There are bills of Tsh500, Tsh1000, Tsh5000 and Tsh10,000, and coins of Tsh1, Tsh5, Tsh10 (although these three are rarely encountered), Tsh20, Tsh50, Tsh100 and Tsh200.

A Visa or MasterCard is essential for accessing money from ATMs. US dollar bills dated prior to 2006 are not accepted anywhere. Post-2006 US dollars are generally accepted by larger establishments. For smaller, local places, you'll need to exchange them for Tanzania shillings.

ATMs are widespread in major towns, and all are open 24 hours. But they are occasionally out of service or out of cash, so you should have back-up funds. All internationally linked machines allow you to withdraw shillings with a Visa or MasterCard. Withdrawals are usually to a maximum of Tsh300,000 or Tsh400,000 per transaction (ATMs in

	<p>small towns often have a limit of Tsh200,000 per transaction) and with a daily limit of Tsh1.2 million (less in small towns). Some machines also accept other cards linked to the Cirrus/Maestro/Plus networks.</p> <p>In large cities, queues at ATM machines on Friday afternoons are notoriously long; take care of your banking before then.</p> <p>If your ATM 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; it's always worth trying again. Entering your PIN number erroneously three times results in a captured card.</p> <p>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.</p> <p>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. To reconvert Tanzanian shillings to hard currency, save at least some of your exchange receipts, although they are seldom checked.</p> <p>RWANDA Money & ATMs:</p> <p>Rwanda has a cash-based economy. Cash transactions can be made in either U.S. dollars or local currency. U.S. dollars should be recently issued bills in smaller denominations. Major credit cards are accepted on a very limited basis, mainly in the largest shops, hotels and lodges. Access to ATM machines is available in larger cities such as Kigali but limited in rural areas.</p> <p>The Rwandan franc (Rfr) is the principal currency, although US dollars are widely accepted.</p> <p>Expect to pay for local services in cash, in Rwandan francs. The greater the amount, the more likely US dollars or other hard currencies are preferred, such as gorilla tracking and upmarket hotels.</p> <p>A growing number of places accept credit and debit cards, with Visa being more widely accepted than Mastercard. It's best to check when making a booking.</p> <p>ATMs can be found in Kigali and nearly all major cities.</p> <p>Cash can be exchanged at banks and private forex bureaux (bureau de change). Both are closed on Sundays and public holidays.</p> <p>Traveler's Cheques are rarely accepted as viable currency in Africa.</p>
<p>How Much Money To Bring:</p>	<p>Food and accommodations are paid for. Incidentals, tips, drinks, and souvenirs are extra.</p> <p>You need \$50-\$100 for Tanzania visa</p>

You need \$50 for Rwanda visa

Tipping: For most porters, safari guides and drivers, tips make up a significant percentage of their salary

Staff Guide: \$20 per person per day (\$300 for both Rwanda and Tanzania)

Gorilla Tracking Staff: \$30 per person

Personal Rwanda Trek porter: \$25 pp (total)

Porterage: \$2.00 per bag

Dining Room Staff: \$1.00 per person

Hotel Staff: \$2 per night

Bush Lodges and Permanent Tented Camps \$10 pp per day there

Local Guide (Greg's staff) : \$15.00 pp per day.

Restaurant- tip about 10-15%

Tipping is discretionary and appreciated. Cash is usually preferred. If you want to all contribute at the beginning and we have a little fund, I can take care of all the tips.

Of course, if your crew has done an excellent job and you would like to offer more, they will gladly accept!

DRINKS AND PURCHASED ITEMS ETC

On safari, drinks are EXCLUDED. Expect to pay around \$3 for a beer and 50 cents for soft drinks. We'll have bottled water available

Wine in East Africa is extremely expensive, and selection is often limited. If you enjoy wine and are staying at camps/lodges, then take your own bottle/s along- you may be charged a corkage, but that is often still cheaper than paying inflated prices for wine.

Spirits- local spirits eg. gin, are reasonably priced and acceptable, however imported spirits like whiskey can be expensive. When ordering drinks, always specify if you want a SINGLE tot, and also local vs imported- otherwise you may be served a double of the imported brand! If buying from the roadside, check that seal has not been broken.

Curios can be found throughout Tanzania- on the roadside, as well as at markets and most lodges. Prices vary considerably- and it is best to negotiate when purchasing on the roadside etc. Discuss with your guide the best place to purchase the curio/s you want.

I'd say with the Visas, you should have a minimum of \$900 to cover tips, visas, any drinks, little souvenirs, etc.

Visas: \$170

Tanzania Only

Main Guides \$180

Activity Guides (\$10 each) \$70

Hotel Porters: \$ 12

TIPPING:

Rwanda and Tanzania

Main Guide: \$280

Activity Guides: \$170 (more for golden monkey/gorilla guides)

Hotel Porters : \$25

Red Rock Staff: \$50

<p>ELECTRONICS, CHARGERS AND TECHNOLOGY:</p>	<p>Don't forget batteries, chargers and adapters. Remember that even if you buy a plug adapter for your instrument, it won't work if the instrument is not 230 voltage adaptable. Then you would need a converter. A converter is different than an adapter. These on Amazon will cover Tanzania and Rwanda: click here https://amzn.to/3A3INNV or this one https://amzn.to/43x3qiV (this one has two USB ports so you don't have bring USB chargers as well)</p> <p>Tanzania uses 220 watts AC and if you are bringing 110 appliances you will need a converter as well as the proper plug configuration (not recommended) Tanzanian outlets accommodate three prong UK style plugs. Tanzania is powered by a 250V, 50 cycles, AC network. 230 volts, 50 cycles AC. Most of the electrical outlets in Tanzania are similar to the outlets used in the UK the "Type G" British BS-1363 and the "Type D" Indian (old British BS-546 5 amp "small") sockets. See here for image.</p> <p>Travel plug adapters simply change the shape of your appliance's plug to match whatever type of socket you need to plug into. If it's crucial to be able to plug in no matter what, bring an adapter for both types. But travel plug adapters <i>do not change the voltage</i>, so the electricity coming through the adapter will still be the same 220-240 volts the socket is supplying. North American sockets supply electricity at between 110 and 120 volts, far lower than in most of the rest of the world.</p> <p>In Rwanda, the primary electrical outlet type is the Type C European CEE 7/16 Europlug and Type J Swiss SEV 1011, while the standard voltage used by electronic gadgets and appliances is 220-240 volts. See here for image</p> <p>You can get a converter here (https://amzn.to/3KF72Xd) but remember that you need to make sure that you have an adaptor plug to fit it. My advice is not to bring anything that is not 220-110 converted. Phones, computers, etc., are all 220-110 convertible.</p> <p>Those bringing electrical items from home may wish to invest in a power breaker: Tanzania's electricity supply can be erratic on occasions, and power surges could seriously impair the efficacy of your electrical instruments, if not melt them altogether. However, because the lodges are run on generators, the electrical current is not as strong as traditional electrical currents. Some lodges turn off their generators at midnight.</p>
<p>PHONES</p>	<p>Believe it or not, Rwanda is one of the most and best internet connected country in Africa and they make things very easy. It's not quite as easy in Tanzania, but it works. You can use your iphone in East Africa (I have to check on other phones) Make sure it unlocked before you leave so you can put a local SIM card in. You can get one for just a few dollars. But in addition, call your cell phone service and see what your plan charges. You can also rent a cell phone from companies like http://www.cellularabroad.com/rentals-tanzania.php</p>
<p>CAMERA AND BINOCULARS & Photography</p>	<p>For clear pictures in the bush, long fixed lens camera is recommended. There will be unparalleled opportunity for photography. If you have one lens in addition to your normal lens, consider a 200mm telephoto or an 80-200 mm zoom for close-up shots of animals. It is generally considered that you need a tripod or</p>

Etiquette

a lens rest (small bean-bag on window ledge on a still vehicle) for stronger lenses. 300mm is great, but 200mm is sufficient. A UV/Skylight is highly recommended. Make sure to bring sufficient batteries and any other items to be self-sufficient

When taking photographs of local people please ask their permission first and respect their wishes. All you need do is hold up your camera first and wait for a response. Whilst most people are extremely good-natured, they are generally rather camera-shy and may respond angrily to having their photographs taken without permission if they don't know you. You may be asked to pay local people to take their photo, if so ensure that you negotiate a final price that is acceptable to both parties. This may be their only employment. If a price is negotiated make sure you pay, but try not to encourage this habit. Instead, share the photo, offer to mail it, show it on your digital screen.

No photographs should be taken of border posts, airports, government or military vehicles or buildings.

For binoculars, exceptional views can be seen with an Alpen 10X42, or for good views take an Alpen 8x42

FOOD AND WATER

Food is generally safe to eat if well-cooked and hot. If in doubt, veer towards larger restaurants in cities and those aimed at tourists, which will have undergone government safety checks. Avoid buying food from the side of the road and don't drink tap water. Use bottled water or otherwise boil or sterilize. That means no ice in water. Brush your teeth with bottled water.

Don't eat food that is not cooked. Milk is unpasteurized and should be boiled. Powdered or tinned milk is available and is advised. Avoid dairy products likely to have been made from unboiled milk. Only eat well-cooked meat and fish, preferably served hot. Vegetables should be cooked and fruit peeled.

Common local food is potatoes, chicken, rice, pasta, corn meal, beans, eggs and seasonal fruits.

Water: Bottled water is always safe water to drink. Do not drink tap water because the water may be contaminated. Most of the lodgings provide complimentary treated drinking water.

That includes **BRUSHING YOUR TEETH**. Buy bottled water. All the places we went to were aware that Americans don't drink the water, **sometimes you may have to remind them that means no ice as well**. The guides may tell you that it is ok to drink, and it probably is ok, but they don't realize the difference in American stomachs. In Bhutan, they still don't quite understand that. In Nepal at the Cottage, they do filter everything.

Plan on drinking a lot of water. It helps with the altitude as well as the sun. To prevent dehydration, especially in the mountains, it is recommended to drink three liters of liquids daily - water, tea. Bring a sufficient water carrier. I personally like the backpack ones, leaving my hands free and can grab a drink at any time.

	<p>The hotels can only serve tourists if they have passed a certain test, so you shouldn't have any issues and that goes for tourist restaurants as well. In general, Unclean food and water can cause travelers' diarrhea and other diseases.</p> <p>Reduce your risk by sticking to safe food and water habits:</p> <p>Eat</p> <ul style="list-style-type: none"> • Food that is cooked and served hot • Hard-cooked eggs • Fruits and vegetables you have washed in clean water or peeled yourself • Pasteurized dairy products <p>Don't Eat</p> <ul style="list-style-type: none"> • Food served at room temperature • Food from street vendors • Raw or soft-cooked (runny) eggs • Raw or undercooked (rare) meat or fish • Unwashed or unpeeled raw fruits and vegetables • Unpasteurized dairy products • "Bushmeat" (monkeys, bats, or other wild game) <p>Drink</p> <ul style="list-style-type: none"> • Bottled water that is sealed • Water that has been disinfected • Ice made with bottled or disinfected water • Carbonated drinks • Hot coffee or tea • Pasteurized milk <p>Don't Drink</p> <ul style="list-style-type: none"> • Tap or well water • Ice made with tap or well water • Drinks made with tap or well water (such as reconstituted juice) <p>Unpasteurized milk</p>
<p>ROAD CONDITIONS:</p> <p>Bring DRAMIMINE if you get motion sickness</p>	<p>Be aware that roads are rough and bumpy. Most travel in Tanzania will be on dirt roads- they are extremely rough and dusty but unfortunately cannot be avoided. The vehicles we travel in are usually diesel and do therefore tend to be a little slower on the road. Please note there are some long distances to be travelled, through beautiful scenery, so some long days will be spent in the vehicle.</p>

PACKING: WHAT AND HOW TO BRING

WEATHER and PREPARATION:

Tanzania lies so close to the equator that seasonal variations in temperature are not extreme. The elevation in the north is such that it doesn't ever get too hot.

Temperatures are pleasant with an average high of 83 degrees and an average low of 60 degrees. However, the rim of the Ngorongoro Crater can get quite cold at night and in the early morning. Tanzania is a land without winter. Temperatures in northern Tanzania range between 60F-70F during the day and 40F-50F at night, from May to October.

August is the dry season. Be sure to pack warm clothing/layers for morning game drives.

Rwanda is more elevated but the temperatures are about the same.

TIPS FOR PACKING

- Pack as light as possible. Remember to leave space for souvenirs and gives
- Pack in Waterproof soft-sided bag up to 33 lbs
- Always pack essential items such as your passport, money, eyewear, a change of clothing, hiking boots and medications in your carry-on baggage, in case your luggage is delayed.
- Please check your equipment carefully to make sure that it fits well and is in good working condition before arriving for your trip. We will supply all group equipment, including food, support vehicle, and emergency medical supplies.
- Cotton is wonderful in warm weather. However, once it becomes wet, (sweat or other) it will drain your body heat. Bring synthetics such as Capilene®, MTS® and Thermax®.
- The key to staying comfortable on an active trip is layering. To get maximum comfort with minimum weight, you need versatile layers that mix and match to create the right amount of insulation, ventilation and weather protection. This gear list was created to help you choose your clothing and gear for this trip. Try to bring only what is necessary,
- Always test your layers before a trip. Your outer layer should fit easily over the inside ones without bunching up.
- Make sure shoes or hiking boots are broken-in. Bring moleskin for foot treatment. Thin liner socks worn under regular hiking socks may minimize the risk of blisters. The liner sock should be synthetic, not cotton. But cotton and breathable socks are good too. Test your sock combination before you go on the trip.
- You need to cover your shoulders and your legs when we visit villages-- so no shorts or short sleeves. A Sorang is great for both.
- Although they don't allow plastic bags in Rwanda, you can still pack in them. Always good to have large plastic bags for your laundry or dirty boots. I know that some clients like the packing cubes.

FIRST AID KIT: You need to be self

You need to bring your own basic medical supplies and especially a supply of any specific medicines you might need as you will not be

sufficient

able to get replacements once we go on safari.

Medical kit

Bring sufficient quantities of specific prescriptions/medications you require, but with general medicines don't over-cater as most are readily available in Tanzania.

Consult your healthcare provider before departure so they know the conditions under which you will be taking the medications. Advise someone else in the group of any side effects of any medication you take, and of any dietary requirements related to taking them.

Consider bringing for your own use:

- A general antibiotic treatment, particularly if you are prone to a recurring infection that requires antibiotics; discuss with your healthcare provider.
- Antacid tablets
- Antidiarrheal tablets- talk to your healthcare provider
- Cold suppressant
- Throat lozengers
- Stematil (prochlorperazine)/Maxalon (metoclopramide) for nausea/vomiting
- Dramamine or similar for motion sickness; or motion sickness bracelets
- Cream for itches and rashes (i.e. Benedryl itch relief stick)
- Paracetamol (acetaminophen) or equivalent ache/headache remedy
- Anti-Inflammatory medication (aspirin, ibuprofen)
- Antihistamine tablets for allergies/allergic reactions (day and night)
- Eurax cream for irritation from bites (most pharmacies have this)
- Antiseptic solution
- Sunburn cream/sunblock
- Lip balm with sunblock
- Band-Aid strips
- Blister prevention strips or cream
- Prescription medications clearly marked in their original containers,
- Insect repellent ("RID" or any repellent containing di-ethyl toluamide - DEET). Roll-on, cream or pump spray. Beware of possible limitations on aerosol cans on aircraft.
- Insect spray- "Knock Down" (brand) type Beware of flight limitations for aerosols or buy in town.
- Nail scissors and tweezers. Not in aircraft hand luggage.
- Eye drops- it is really dry in the bush
- Moleskin for blisters/blister prevention
- Gauze, bandage tape
- Oral rehydration packets such as Electrolade or powder gatorade
- Antibacterial cream/ointment
- Aloe gel- for sunburns/sores
- Women- vaginal yeast infection treatment, urinary tract infection treatments
- If you use an inhaler or epipen
- Mild Laxative
- Sedative/sleeping pills
- Malaria pills

EQUIPMENT & THINGS

- Valid passport and copy of passport
- 3 passport photos (extra)
- Wrap your toiletries in plastic bags separately, so if anything spills, it doesn't get over everything. Bring extra plastic bags (wet bathing suits, etc.)
- Hiking daypack to carry items such as a camera, sunscreen, chapstick, snacks and rain gear. — to hold water, layers of clothing, snacks, camera
- Hand sanitizer gel or wipes
- Lip balm
- Moisturizer
- Power bars/granola. It's bound to happen, you're hungry when others aren't.
- Purse or pouch to carry your passport and money
- safety pins, tweezers and some duct tape for the just in case situations
- Moleskin – great for blisters or some type of blister medication – sore feet can ruin a trip.
- Woolite packets in case you need to do quick wash in the sink. Clothesline and pins, piece of rubber or universal stopper for sink
- Bar of soap or small bottle of liquid soap for overnight and some lodges. (There is soap there, but some of them did not smell so nice)
- Flashlight or Headlamp with extra batteries (
- A Roll or two toilet paper /a packet of facial tissue
- A small towel
- Travel alarm or phone
- Camera and /memory cards with extra batteries for your camera and binoculars
- Batteries/chargers and adapters for your cameras/video cameras. Make sure that your charger can be used with an adapter to the electrical outlets in Rwanda and Tanzania
- UK plug adapter and transformer/voltage converter
- Spare Batteries for everything
- Cleaning cloths for lens camera
- Mini tripod (optional)
- Pocket knife (optional, but sometimes handy)
- Extra copy of your prescription for any medication...written in **generic drug terms (take pictures of them)**
- Extra pair of glasses and/or contact lenses
- Prescription glasses
- Water bottle/Water bottle holder. Refillable water bottle. At least two, 1 liter, water bottles or a *Camelback*. Camelbacks carry 70 or 100 oz. water bladders and larger camelbacks may double as a daypack. Or Nalgene bottles. It's nice to have your hands free though.
- Insect repellent with high % of Deet
- Sunscreen—High factor
- Sunglasses (maybe prescription as well)
- Binoculars (we have some but it's better if you have your own)

	<ul style="list-style-type: none"> • Low-suds detergent for washing small items • Earplugs - especially if you're a light sleeper and will be matched with another traveler. • Bandana, 1 or 2 in case the dust picks up, sweat • Optional: compass, star chart, foldable walking stick • Bring pictures of your family and/or postcards of your city to show the people where you come from. For donation:Pens, pencils, notebooks • Journal and/or books • Playing cards, games • Travel pillow
<p>CLOTHING:</p>	<p>DRESS ON A CAMPING SAFARI</p> <p>When you are packing your clothing, pack as little as possible. The climate in sub-sahraha Africa is moderate to warm throughout the year. Most people make the mistake of taking along too much clothing. Bring comfortable, casual and semi-casual, "wash and wear" clothes. Hiking pants and T-shirts are commonly used during the day, complemented by sweaters, fleeces and waterproof jackets. It is convenient to have light rain gear available in the daypack (rain poncho or jacket and/or rain pants) as the weather could change. Try to find the type of clothes that are quick drying, and wick sweat away. Stay away from cotton. It doesn't dry. Go to an REI or Eastern Mountain Sport for some recommendations. A windbreaker/gortex jack</p> <ul style="list-style-type: none"> • Casual and loose fitting clothing. • You should pack both long and short pants, Lightweight breathable pants • Please avoid clothes resembling army uniforms, ie jackets. Dress appropriately when crossing borders and when visiting villages and markets (no bare chests, no bare feet, no bikini tops) • warm clothing such as a light sweater and trousers for the evenings and nights and a fleece, scarf. Nights spent in lodges/hotels are fairly casual. When on a camping safari, please note the emphasis is on comfort and durability of gear. • While in the bush, you are advised to wear colorless clothing that provides camouflage in the natural environment. The most preferred colors are gray, , light green, light brown. shorts, t-shirts, good hat, scarf for the dust • walking shoes and 'slops/sandals.' Kikoi is handy (traditional African rectangular woven fabric- can be used as a sarong). Pants and shirts with pockets are great. <p>IN RWANDA:</p> <p>The rainforest is full of horrible stinging nettles. It hurts to get stung. Protect yourself by bringing a pair of thick gloves (gardening gloves would be perfect), wearing knee-high hiking gaters, a long-sleeved lightweight shirt and wearing fairly thick pants (although it is quite warm so don't wear your</p>

<p>Clothing</p>	<p>thermals)</p> <ul style="list-style-type: none"> • 1 Pair of jeans/trousers; • Light pair of pants • Heavy pair of pants for Rwanda or rain pants to protect you from nettles • Hiking Pants. I highly recommend the convertible pants that zip off into shorts. (you may want biking shorts, but not long ride) • 2 or 3 pairs of shorts- long shorts (convertible pants are best-ones that go to shorts) • Fast-wicking and quick to dry top and bottom base layer • Sun hat- with brim (one that ties around the neck best) • Knee high gaitors for Rwanda for the mud • Thick garden gloves for Rwanda • Fleece jacket or sweater for morning temperatures • Wind breaker / rain jacket • short and long sleeved t-shirt • Long-sleeved light weight shirt • Multiple pairs of synthetic blend hiking socks (The number of pairs may be altered depending upon the number of days that you will be hiking.) • Pairs of polypropylene or capilene liner socks for use while hiking • Pairs of cotton socks for evenings • pajamas • Sarong versatile use as scart to cover shoulders, or skirt for legs • Broken-in hiking boots preferable water proof(Ankle-supportive hiking boots with a gripping, lugged sole that are <i>already broken in</i> are a necessity. Smooth bottomed tennis shoes are not recommended, as they are not comfortable for extended hikes.) • Pair of sandals/flip flop • Comfortable shoes other than hiking boots but good for walking or biking (gym shoes_ • Toiletries: Make sure you are self-sufficient with toiletries and personal hygiene items <ul style="list-style-type: none"> toothbrush/toothpaste shampoo and conditioner deodorant comb/hair brush razor/blades tampons contact lens cleaning solution soap body lotion comb and small mirror • Bathing suit • scarf(to protect from wind & cold) • Quick drying underwear (ExOfficio has good brand • HIGH GATORS
<p>FOOTWEAR</p>	<p>To prevent injury and discomfort, here are some guidelines:</p> <ul style="list-style-type: none"> • Wear comfortable, well fitting shoes. • Always wear good hiking socks. Keep your feet clean and dry

- If you start to notice irritation or start to feel pain or a "hot spot" forming on your feet, this is usually an indication that a blister is forming. It is best to treat a problem area before blisters form and increased pain develops. Depending on the severity and type of irritation, you can:
 - Cover the entire irritated area with **moleskin**; make sure the moleskin lies flat on your foot.
 - Cut a doughnut out of the moleskin and place it around a blister that is forming.
- Use a piece of second skin to cover the problem area.

RWANDA: GORILLA TIPS

KEEPING THE GORILLAS SAFE

After trauma, respiratory illness is the biggest cause of death in wild gorillas. Stricter gorilla watching guidelines are a very positive thing. They were needed before the pandemic, and we hope that they'll last long after the pandemic. On average, even if a tour follows the rules, gorillas used to humans will come into close quarters with 7-23 people every day. From what we now know about Covid-19, social distance (that phrase of 2020), duration and the number of interactions we have with others are all things we can manage to reduce our chance of catching coronavirus. That also goes for our interactions with gorillas. Tourists are particularly prone to being carriers of Covid-19, thanks to travel stresses and our increased exposure to germs on public transport. Symptoms like fatigue and coughing can be confused with jetlag and dehydration. You'll also only be trekking for 2-3 days; Covid-19 usually doesn't cause symptoms until the fourth day onwards. Often, it doesn't cause symptoms at all, so self-analysing whether we feel ill isn't enough of a safety precaution.

GORILLA WATCHING GUIDELINES

- Get vaccinated from Covid-19. Get all other recommended jabs, too, including yellow fever, tetanus, hepatitis A and B, polio and MMR. The flu vaccine isn't always on the recommended list, but there's no such thing as being too cautious when protecting gorillas.
- Don't go if you feel ill.
- Bring face masks and wear them properly. The World Health Organisation shows you how. The International Union for Conservation of Nature (IUCN) strongly recommends wearing a N95 mask, which filters almost all airborne particles. Cloth face masks are more environmentally friendly, but aren't held up to as exacting scientific standards. They'll do if you can't get hold of a N95, however, which can be in short supply.
- Wash your hands thoroughly before trekking.
- Avoid touching your eyes, nose and mouth.
- Take distancing seriously. Scrap the 2m rule. In fact, scrap the previous 5-7m rule that applied to gorilla trekking and stay at least 10m away from gorillas. That's a bit more than the length of a bus. Over 60 percent of gorillas have lost their fear of humans, so it's up to you to keep that distance (which is almost painfully tricky when you have baby gorillas gambolling towards you).
- Turn away from the gorillas if you need to cough or sneeze.

	<ul style="list-style-type: none"> Rwanda has introduced mandatory PCR tests and requires a negative Covid-19
MAKE THE MOST OF YOUR ONE HOUR	You are only allowed one hour with gorillas. This is so that gorilla groups don't get stressed by too much contact with tourists (to be honest, more than an hour with a bunch of ogling camera-toting tourists would be enough for me, too). Make the most of the hour! It goes by so fast – it really was the shortest hour of my life. While you'll want to take a thousand photos and shoot video, you also need to take time to just appreciate being in the presence of these animals, without viewing them through your camera.
READ WATCH: Gorillas in the MIST	<i>Gorillas in the Mist</i> is about Dian Fossey's experience of living with and studying mountain gorillas in the DRC and Rwanda. The film was shot in Rwanda, so you can excited for the beautiful landscapes before you arrive in the country, and get extremely excited about being able to see mountain gorillas (although don't expect them to hold your hand like they do in the movie with Dian).
COUNTRY INFORMATION: Tanzania	
TIME:	Tanzania is 2 hours ahead of GMT or 7 hours ahead of Eastern standard time Rwanda is 6 hours ahead of Eastern Standard Time
CULTURAL DIFFERENCES:	<p>Bear in mind you will be travelling in some rural areas where the people have had little contact with foreigners. Never tip children, even if they have helped you find your way. The minute you tip a child, the temptation (or even family pressure) for them to not attend school can become too appealing. If a child is obviously very poor and you wish to help in exchange for a kind act, buy the child a meal directly but do not give money. If you experience an act of spontaneous kindness (and you most likely will many times) then ask your guide if it's appropriate to tip. If you don't have a guide to ask, an offer to buy lunch, or "help with school fees" or something of that nature, may be appropriate. Whatever you decide to bring or buy, hand it to the head of school, not the children directly.</p> <p>Bringing Candy and Trinkets There is nothing wrong with sharing sweets if you're eating them, but don't bring them with the purpose of handing them out to local kids. Rural African children have little access to dental care. Also, you would never just hand out candy to kids you don't know at home. They may have dietary issues, or their parents may not want you to give their kids sweets. You will turn kids into beggars and rob them of their self-esteem. There are plenty of villages around Africa where at the first sight of a tourist, the yells for "bon bons" or "give me pen" are deafening. It's not a great relationship.</p> <p>Tanzanians are well known for their friendly, laid-back attitude. In most cases you will be humbled by their hospitality despite the fact that most people are a lot poorer than you. As you travel in touristy areas, you will probably attract your fair share of souvenir hawkers and beggars. Remember that these are poor people who are trying to</p>

	earn money to feed their families. If you aren't interested, then say so, but remain polite.
<p>LANGUAGE:</p>	<p>The official language of Rwanda is English, but the national language is Kinyarwanda; French and Swahili are also spoken in Rwanda.</p> <p>Swahili is the official language in Tanzania. Most locals speak Swahili. There are many other tribal languages spoken in various areas. In hotels, staff will speak English and in the larger cities, most people involved with tourists speak English.</p> <p>Basic Swahili Course</p> <p>Greetings</p> <ul style="list-style-type: none"> <input type="checkbox"/> Jambo - Hi/hello <input type="checkbox"/> Habari (How are you?) – Nzuri (fine) <input type="checkbox"/> Shikamoo (a young person greeting an elder) – Marahaba <input type="checkbox"/> Habari za asubuhi (Good morning) – Nzuri (fine) or Mbaya (not good) <input type="checkbox"/> Habari za mchana (Good afternoon) - Nzuri (fine) or Mbaya (not good) <input type="checkbox"/> Habari za jioni (Good evening) - Nzuri (fine) or Mbaya (not good) <input type="checkbox"/> Usiku mwema (Goodnight) - Na wewe pia (you too) <input type="checkbox"/> Later – (Baadaye) <p>Casual Greetings on the Streets (Mostly used with young people)</p> <ul style="list-style-type: none"> <input type="checkbox"/> Mambo (What’s up?) – Safi (fine), Poa (cool) or Freshi (Fresh – Slang of English fresh) <input type="checkbox"/> Vipi (How? Or How are you?) - Safi (fine) or Poa (cool) <input type="checkbox"/> Sema (Speak?) – Poa (cool) <p>Appreciation, show concern and other courtesies</p> <ul style="list-style-type: none"> <input type="checkbox"/> Thanks/Thank you – Asante <input type="checkbox"/> Thank you - Asanteni (to more than 1 person) <input type="checkbox"/> Thank you very much – Asante sana <input type="checkbox"/> Uko sawa? (Are you okay?) – Ndiyo (Yes), Nipo Sawa (I am fine) or Hapana (No) <input type="checkbox"/> Please – Tafadhali <input type="checkbox"/> Sorry – Pole <input type="checkbox"/> Very Sorry – Pole sana <input type="checkbox"/> No worries – Hakuna matata/Usijali <input type="checkbox"/> No problem – Hamna shida <input type="checkbox"/> Welcome – Karibu <input type="checkbox"/> Welcome – Karibuni (to more than one person) <input type="checkbox"/> Excuse me – Samahani <input type="checkbox"/> Jina lako nani (what is your name) – Jina langu ni XX (My name is XX) <input type="checkbox"/> Nice to meet you – Ninafuraha kukutana na wewe <p>Agreement Disagreement</p> <p>Ok/Okay - Sawa No - Hapana Yes - Ndiyo I don’t Understand - Sielewi I understand - Naelewa I like it (a lot/very much) – Napenda (sana)</p>
<p>PERSONAL SAFETY:</p>	<p>Tanzania is a friendly country. However, as with any city/town, please be VERY careful when shopping, do not wander around at night in towns (use taxis), and do not leave valuables in hotel rooms</p>

etc.

Passports and valuables should be stored in safety deposit boxes or safes in the hotels where available. While travelling, theft is always a possibility- precautions should be taken accordingly. A money belt or pouch is a good idea.

Rwanda:

Rwanda is generally safe but there have been recent incidents of street crime. Exercise caution at night.

There is a threat of terrorism. But you should be aware of the global risk of indiscriminate terrorist attacks which could be in public areas, including those frequented by expatriates and foreign travelers.

US Embassy in Rwanda

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PO Box 28 Kiali, Rwanda

Tel: (+250) 252 596 400

Fax: (+250) 252 580 325

Website: <https://rw.usembassy.gov>

US Embassy in Tanzania

686 Old Bagamoyo Road, Msasani

PO Box 9123, Dar es Salaam, Tanzania

Tel: [255] 22-229-4000 Emergency After-Hours- dial '1' for emergency operator

Tel: [255] 22-229-4122

Fax: [255] 22-229-4721

Email: drsacs@state.gov

Website: <https://tz.usembassy.gov>