

TRAVELLING TANZANIA



Tourism visa valid for up 90 days:
50 US dollars or 50 Euros



VACCINES
Consult with the vaccination center of
your region (*)



Swahili & English



Tanzanian Shilling, Tsh.
Its also allowed pay with dollars in
many places



Table manners

- Wash hands before & after meals.
- Serve yourself, eat & use utensils with your right hand only.
- Keep left hand in your lap at all times.
- Stay at the dining area until signaled it is fine to leave.

Foods to try



- Ugali
- Curried Fish
- Pilau
- Mchicha Stew
- Samosas
- Fried Plantains
- Konyagi Spirit
- Local Beers

Basic Swahili

HELLO hujambo (hoo-JAHM-boh)	THANK YOU asante (ah_sahn-tay)	ENGLISH? kiingereza (keen-ge-RAY-zah)
GOODBYE kwaheri (kwah-HAIR-ee)	YOU'RE WELCOME karibu (kah_REE-boo)	YES ndio (nDEE-oh)
PLEASE tafadhali (tah-fah-DHAL-ee)	PARDON ME samahani (sah-mah-HAH-nee)	NO hapana (hah-PAHN-ah)

Tipping

 20K TSh Tour Guides/Day	 2K TSh Bartenders
 2K TSh Porters per bag	 5% Waitstaff
 Round up Taxi Drivers	

If your taxi doesn't have a meter, agree on a price before the ride

Weather



Dry season from June to February
Best time for game safaris
Rainy season from March to May
Best prices for safaris

Avoid shows
of affection between
gays in public, as
homosexual activity
is illegal

Haggling is expected
at most markets
Typically you can
reduce the price
by up to half

Health Recommendations

Drink bottled water, using unlotion,
sun glasses and hat



Electric plug
3-pin plug type D and G

(*) Recommended Vaccines Typhoid fever, Hepatitis A and B, Tetanus-diphtheria
Recommendations to prevent Malaria; mosquito repellent and use of light colored
clothing and long sleeves especially at sunrise and sunset to avoid mosquito bites