

Overseas Adventure Travel[®]

THE LEADER IN CUSTOMIZED SMALL GROUP ADVENTURES SINCE 1978

Your O.A.T. Adventure Travel Planning Guide[®]



Safari Serengeti: Tanzania Lodge & Tented Safari
2026

Overseas Adventure Travel®

347 Congress Street, Boston, MA 02210

Dear Traveler,

I am thrilled that you are considering exploring the world with O.A.T. There are so many wonderful destinations to discover, and the itinerary described inside is a perfect way to fulfill a travel dream.

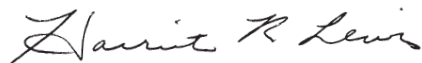
When you join us, you will slip seamlessly into local life as you explore off the beaten path in your small group. Like all our itineraries, this one is designed to give you an intimate understanding of your destination, not just a superficial view. You will get to know community leaders and try your hand at local trades during your *A Day in the Life* experience, share traditional fare and lively conversation during a Home-Hosted Visit, discuss the Controversial Topics impacting everyday life, and visit sites supported by Grand Circle Foundation. And if you choose to travel solo, you will enjoy all these cultural experiences at an unmatched value, with our FREE Single Supplements—just one of the reasons we continue to be the leader in solo travel.

To ensure you experience the true culture and feel supported every step of the way, we provide the services of a local Trip Experience Leader from the beginning of your adventure to the end. Along with introducing you to the history and culture of their homeland, these friendly experts will gladly help you out with any special requests to make your trip even more special. You can also rely on the seasoned team at our regional office, who are ready to help 24/7 in case any unexpected circumstances arise.

Plus, you can put your own personal stamp on your trip, like the **87% of our travelers who customize their experience**. Perhaps you will choose to see more of your destination by adding an optional trip extension to your itinerary. You can also arrive a few days early to explore independently and get acclimated, customize your air itinerary, and more.

I hope you find this Travel Planning Guide helpful. If you have any further questions, do not hesitate to contact one of our Travel Counselors at **1-800-955-1925**.

Warm regards,



Harriet R. Lewis

Chair

Overseas Adventure Travel

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Serengeti, Tanzania

Safari Serengeti: Tanzania Lodge & Tented Safari Small Group Adventure

Tanzania: Arusha, Tarangire National Park, Ngorongoro Highlands & Crater, Serengeti National Park, Karatu

Small groups of no more than 16 travelers, guaranteed

13 days starting from \$6,195

including international airfare

Single Supplement: **FREE**

For departure dates & prices, visit www.oattravel.com/unx2026pricing

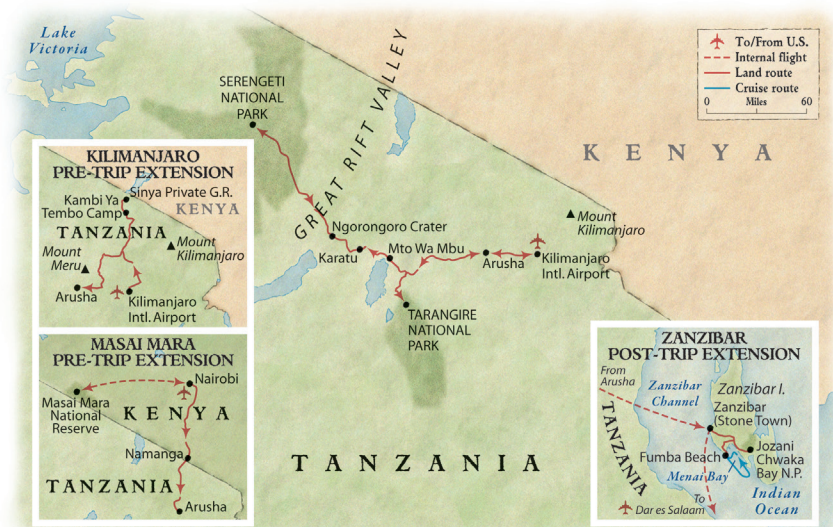
Join us in Tanzania and witness giant herds of elephants and iconic baobab trees in Tarangire National Park ... visit Ngorongoro Crater, an extinct volcanic caldera whose towering natural walls contain magnificent wildlife like a modern-day Garden of Eden ... spend 4 nights in an O.A.T. private tented camp in the Serengeti, whose legendary plains teem with one of the densest concentrations of wildlife on Earth, and much more. This is the game-viewing safari adventure of your dreams.

IT'S INCLUDED

- 11 nights accommodation, plus 1 day room
- International airfare, airport transfers, government taxes, fees, and airline fuel surcharges unless you choose to make your own air arrangements
- 33 meals—11 breakfasts, 11 lunches, and 11 dinners
- 15 small group activities, including up to 8 game-viewing drives
- Services of a local O.A.T. Trip Experience Leader and driver-guides
- Gratuities for local guides, drivers, lodge and camp staff, driver-guides, and luggage porters
- Complimentary O.A.T. safari duffel bag and water bottle
- 5% Frequent Traveler Credit toward your next adventure

Prices are accurate as of the date of this publishing and are subject to change.

Safari Serengeti: Tanzania Lodge & Tented Safari



ITINERARY SUMMARY

DAYS	DESTINATION
1	Fly to Kilimanjaro, Tanzania
2-3	Arusha
4-5	Tarangire National Park
6	Ngorongoro Highlands
7-10	Serengeti National Park
11-12	Ngorongoro Crater • Karatu
13	Return to U.S.

PERSONALIZE YOUR ADVENTURE

OPTIONAL EXTENSIONS

Foothills of Mount Kilimanjaro:
Maasai Visits & Game Drives
PRE-TRIP: 3 nights from **\$1,195**

Kenya's Masai Mara National
Reserve
PRE-TRIP: 4 nights from **\$2,395**

The Spice Island of Zanzibar
POST-TRIP: 5 nights from **\$1,995**

ARRIVE EARLY

We recommend that you relax after a long flight or explore more in depth before your trip. Prices shown include accommodations and private airport transfer.

- Arrive early in **Nairobi** before your Kilimanjaro pre-trip extension from **\$190** per room, per night
- Arrive early in **Arusha** before your Masai Mara pre-trip extension or before your main adventure from **\$170** per room, per night

WHAT TO EXPECT

① ② ③ ④ ⑤ Moderately Easy

Pacing: 5 locations in 12 days

Physical requirements: Travel over very bumpy, dusty terrain during overland transfers and game-viewing drives, and camp in tents built on uneven terrain

Flight time: Travel time will be 19-28 hours and will most likely have two connections

View all physical requirements at www.oattravel.com/unx

TANZANIA: THE O.A.T. DIFFERENCE

Unbeatable Value: Travel at the lowest price and per diems in the industry.

People-to-People Experiences: Spend **A Day in the Life** of a Maasai village, where you'll meet with members of the tribe and witness some of their time-honored traditions. O.A.T. has a long-standing relationship with the Maasai, and on this adventure, you'll slip seamlessly into their everyday lives, helping them tend to their livestock, donning their traditional dress, and participating in open and honest conversations about various aspects of their culture.

O.A.T. Exclusives: Sleep under a star-filled African sky during four memorable nights in O.A.T.'s private tented camp in the heart of the Serengeti, and meet the students of a local primary school in the village of Karatu, supported in part by **Grand Circle Foundation**. Since 2001, our travelers and Grand Circle Foundation have donated nearly \$1.6 million to sites in Tanzania. Plus, discuss the **Controversial Topic** of female genital mutilation with the village chief and a tribeswoman of a Maasai village.

Safari Serengeti: Tanzania

Lodge & Tented Safari

YOUR DETAILED ITINERARY

BEGIN YOUR ADVENTURE WITH AN OPTIONAL PRE-TRIP EXTENSION

3 nights in *Foothills of Mount Kilimanjaro: Maasai Visits & Game Drives*

Day 1 Depart for Tanzania

Day 2 Arrive Kilimanjaro, Tanzania

Day 3 Nature walk with Maasai guides •
Game-viewing drive

Day 4 Private Maasai village visit •
Game-viewing drives • **Controversial**
Topic: Human/wildlife conflict

Day 5 Game-viewing drives •
Join main trip

OR

4 nights in *Kenya's Masai Mara National Reserve*

Day 1 Fly to Nairobi, Kenya

Day 2 Arrive Nairobi, Kenya

Day 3 Fly to Masai Mara National Reserve
• Afternoon game-viewing drive

Day 4 Masai Mara National Reserve •
Game-viewing drives

Day 5 Masai Mara National Reserve
• Optional *Sunrise Safari & Hot Air*
Balloon Ride tour

Day 6 Game-viewing drive • Transfer to
Arusha • Join main trip

Day 1 Depart U.S.

You depart today on your overnight flight from the U.S. to Arusha, Tanzania. You will most likely have one connection in Amsterdam.

Day 2 Arrive in Arusha, Tanzania • Transfer to lodge

- Destination: Arusha
- Accommodations: Moivaro Lodge or similar

Dinner/Evening: Upon arrival at your hotel in Arusha this evening, you'll be joined by fellow travelers who took our optional pre-trip extension to either *Foothills of Mount Kilimanjaro: Maasai Visits & Game Drives* or

Kenya's Masai Mara National Reserve and those travelers who arrived early in Arusha before the main adventure. You will have the option to eat dinner at the lodge, or retire to your room for the night to rest before the next day's activities.

Day 3 Arusha • Visit Safe Water Ceramics
• Conversation about the persecution of Tanzanians with albinism • Controversial Topic: Female genital mutilation

- Destination: Arusha
- Included Meals: Breakfast, Lunch, Dinner
- Accommodations: Moivaro Lodge or similar

Breakfast: At the lodge.

Morning: We'll begin the day with a Welcome Briefing by our Trip Experience Leader, followed by a short walk around our lodge to get acclimated with the area. Then, we'll visit Safe Water Ceramics of East Africa, where a worker at the facility will teach our group about this organization's efforts to increase access to clean water for the people of Africa. After learning many Tanzanians didn't have access to clean water in 2005, an American woman and volunteer pottery instructor co-founded the organization, which now produces affordable ceramic water filters which provide five years of clean water for each family. We'll get a hands-on demonstration led by a worker at the organization of how the handmade filters work, as well as a tour of the award-winning facility. We will also have the option to purchase a filter (or several as a group) to provide to locals in need later in our adventure.

Lunch: At a local restaurant in Arusha, where we will learn how to make traditional dishes such as polenta, plantains, and *makande* (a succotash made with kidney beans and maize) during a cooking demonstration led by the restaurant staff. After our instruction, we'll enjoy the fruits of our labor for lunch.

Afternoon: After lunch, we'll visit the Albino Peacemaker Center, a local organization that helps albino people living in the area. Here, we'll learn about albinism in Tanzania and the continued persecution of those with the condition. This is an appropriate backdrop for our conversation, as the center is a beacon of hope for this targeted population. They rely on the organization for many things—from counseling services to career opportunities and even sunblock. The peacemaker center also works closely with government officials to affect social change and combat negative and false connotations associated with albinism.

After returning to our lodge, you have the freedom to choose how you'll spend your time this afternoon. Perhaps you'll take a dip in the pool, relax in the outdoor bar area, walk around the lodge grounds to view the flora and fauna.

Later in the afternoon, we'll meet with a Maasai woman who will discuss the **Controversial Topic** of female genital mutilation (FGM) in the Maasai community, a ritual practiced for centuries. FGM involves injury to or partial or total removal of external female genitalia for non-medical reasons. For the Maasai, female circumcision signifies the girl's passage to adulthood and usually takes place prior to marriage, which is often sponsored by their prospective suitor. During our conversation, we'll glean insight into the history of this contentious ritual, and we'll also learn why many Maasai women are calling for an end to it.

Dinner: At the lodge.

Evening: On your own—you are free to remain in the bar area for a nightcap, or retire to your room to relax before tomorrow's day of discoveries.

Day 4 Overland to Tarangire National Park

• Game-viewing drive

- Destination: Tarangire
- Included Meals: Breakfast, Lunch, Dinner
- Accommodations: Lake Burunge Tented Camp or similar

Breakfast: At the lodge.

Morning: We'll board our safari vehicles and depart for Tarangire, Tanzania's third-largest national park.

After arriving at the gates of Tarangire National Park, we'll set off on a game-viewing drive. With nine distinct vegetation zones ranging from grassland to woodland, from deep gully vegetation to scattered rocky hilltops, Tarangire offers a diverse geological landscape, as well as diverse wildlife—including the largest recorded concentration of breeding bird species in the world. Baobab trees dot the landscape, and the valley of the Tarangire River dominates the entire scene.

Lunch: We will enjoy a picnic lunch in the park.

Afternoon: After lunch, we'll continue our game-viewing drive to witness the wildlife of Tarangire National Park. Afterwards, we'll head to our lodgings, a permanent tented camp in the midst of the wilderness.

Dinner: At the camp.

Evening: You are free to remain in the lounge area to discuss the day's activities or share pictures of the animals you saw with fellow group members.

Day 5 Game viewing in Tarangire National Park

- Destination: Tarangire
- Included Meals: Breakfast, Lunch, Dinner
- Accommodations: Lake Burunge Tented Camp or similar

Breakfast: At the camp.

Morning: We return to Tarangire National Park for a morning game-viewing drive. The variety of wildlife here is excellent, from lion, cheetah, zebra, and Cape buffalo to a wealth of birdlife. Elephants are plentiful here, traveling in large herds that are not often seen elsewhere in Africa. After several hours of game viewing, we'll return to the camp.

Lunch: At the camp.

Afternoon: Enjoy the afternoon to relax or join one of our recommended activities.

Dinner: At the camp.

Evening: You are free to remain in the lounge area to discuss the day's activities with fellow group members, or retire to your tent to rest before tomorrow's discoveries.

Day 6 *A Day in the Life of a Maasai village* in Tarangire • Visit Mto Wa Mbu village • Transfer to Karatu

- Destination: Karatu
- Included Meals: Breakfast, Lunch, Dinner
- Accommodations: Ngorongoro Farm House Valley Lodge or similar

Breakfast: At the lodge.

Morning: Today, we'll get to experience *A Day in the Life* of a Maasai village. The Maasai are a nomadic community known for their vibrant clothing and ornate, beaded body decoration. Attire says much about the person wearing it: Color choices tend to vary by age and location,

and the accessories worn offer context into a person's personality and position within the village. During our visit, we'll learn how the Maasai tend their livestock, make natural medicine, and create their ceremonial dress, as well as take part in these daily activities—from milking the cows or plastering a home to jumping into ceremonial rituals. We'll also meet the village chief, who resides here with his three wives, 23 children, and thirty grandchildren.

In addition to meeting the chief, you'll have ample opportunities to make connections with the warm and spirited Maasai people over casual conversation while we join them for daily chores or during a vibrant traditional dance celebration. If you'd like, you may choose to bring a small trinket from your hometown to share with our hosts: A postcard, photo, or map is a wonderful way to convey the great distance you traveled to participate in this special day.

After bidding the Maasai villagers farewell, we'll board our safari vehicles and head towards our lodge in Karatu. Along the way, we'll make a brief stop at Mto Wa Mbu village, an agricultural community known for producing various crops including the famous red banana. There, we'll visit a local market, interact with locals, and perhaps sample some fresh fruit.

Lunch: At the lodge.

Afternoon: After lunch, the rest of the day is yours. Feel free to rest up after today's discoveries.

Dinner: At the lodge.

Evening: After dinner, you have the freedom to spend the evening as you wish, whether you'd like to enjoy a beverage at the bar area, or retire to your room to relax before we head to the Serengeti in the morning.

Day 7 Overland to Serengeti National Park

• Game-viewing

- Destination: Serengeti National Park
- Included Meals: Breakfast, Lunch, Dinner
- Accommodations: Serengeti Tented Camp

Activity Note: This is a long travel day and will also feature a game-viewing activity. Our drive from Karatu to Serengeti National Park will take between 7 and 8 hours over a very bumpy road.

Breakfast: At the lodge.

Morning: We transfer to Serengeti National Park by safari vehicle, enjoying game-viewing en route. On either side of the road into the park, wildebeest and zebra often dot the terrain, a speckled tapestry stretching farther than the human eye can even see.

Lunch: We'll enjoy a picnic lunch on our way to Serengeti National Park.

Afternoon: We'll reach O.A.T.'s private tented camp by mid-afternoon and you'll have time to settle in before dinner.

Dinner: At the camp.

Evening: You are free to remain in the main dining tent area or around the campfire to discuss the day's wildlife with fellow group members, or retire to your tent to rest before tomorrow's day of discoveries.

Day 8 Explore Serengeti National Park

- Destination: Serengeti National Park
- Included Meals: Breakfast, Lunch, Dinner
- Accommodations: Serengeti Tented Camp

Breakfast: At the camp.

Morning: We'll set out to explore the vast expanse of the Serengeti, where the wildlife sightings are typically at their peak in the early mornings and late afternoons, when the temperature cools. The multitude and diversity

of wildlife species in this huge protected area are unrivaled anywhere on the planet. *Serengeti*, in fact, is the Maasai word that means “endless plain.” We’ll return to camp in between game-viewing drives for lunch.

Lunch: At the main dining tent.

Afternoon: After time to relax, we’ll head out on our afternoon game-viewing drive. Our guides will again help us identify the more elusive animal species, such as bat-eared fox and golden jackal, as well as rare birds like the purple grenadier and the red-cheeked cordon bleu. See if you can spot the odd-looking Secretary bird or the elegant grey crowned crane.

Dinner: At the main dining tent.

Evening: You are free to remain in the main dining tent area or around the campfire to discuss the day’s activities with fellow group members. Or, turn in early to prepare for tomorrow’s game-viewing.

Day 9 Optional Sunrise Safari & Hot Air Balloon tour • Conversation about the struggle of “buffer zone” communities • Serengeti game-viewing drives

- Destination: Serengeti National Park
- Included Meals: Breakfast, Lunch, Dinner
- Accommodations: Serengeti Tented Camp

Early morning: Early risers are welcome to join our optional *Sunrise Safari & Hot Air Balloon* tour. An early wakeup call will be rewarded with a pre-dawn game-viewing drive on safari vehicles on your way to the hot-air balloon-ride, which offers a new perspective of the Serengeti and the creatures that call it home.

Breakfast: For travelers on the optional tour, a full English breakfast will be served with sparkling wine under the shade of an acacia tree following your balloon ride. Breakfast is at the main dining tent for all other travelers.

Morning: Set off on a game-viewing drive this morning. Later, we’ll stop at the visitor center, which features educational displays about the Serengeti, for a conversation about poaching in Serengeti National Park, as well as the specific problems faced by “buffer zone” communities—meaning those who live along the park perimeter.

Sadly, subsistence poaching is only on the rise and so is the necessity for it. The population of Tanzania is exponentially growing, and by the mid-century, this boom will result in an enormous and unsustainable loss of wildlife.

Lunch: At the camp.

Afternoon: After some free time, we’ll set off for more game-viewing. We may return to a location where a hunt was unraveling earlier in the day to see how nature’s scenes unfolded or head to other areas of the park in search of new wildlife.

Dinner: At the main dining tent.

Evening: You are free to remain in the main dining tent area or around the campfire to discuss the day’s activities with fellow group members, or retire to your tent to rest before tomorrow’s day of discoveries.

Day 10 Serengeti game-viewing drives

- Destination: Serengeti National Park
- Included Meals: Breakfast, Lunch, Dinner
- Accommodations: Serengeti Tented Camp

Breakfast: At the camp.

Morning: This morning's game-viewing drive will focus on observing animal behavior and interactions. We don't just stop to photograph the next animal on a list, but spend time really getting to know how different species behave. Throughout our ride, our driver-guides will provide expert insight on the various species we'll encounter.

Lunch: At the camp.

Afternoon: Enjoy a couple of hours of free time before heading out for our final game-viewing excursion in the Serengeti. Isolated rock groups, called *kopjes*, provide shelter to the solitary leopard, pairs of cheetah, and prides of lion. We'll learn from our driver-guides about the clues that tell you if one has recently hunted or is about to hunt. Their quarry is the lone gazelle or vulnerable calf spotted amongst the hundreds of thousands of hooved herbivores: antelope, zebra, and the ever-present wildebeest.

Dinner: At the camp.

Evening: You are free to retire to your tent to pack or rest up before tomorrow's day of discoveries.

Day 11 Overland to Ngorongoro Crater • Game-viewing • Overland to Karatu

- Destination: Karatu
- Included Meals: Breakfast, Lunch, Dinner
- Accommodations: Ngorongoro Farm House Valley Lodge or similar

Activity Note: This is a long travel day, which will also include a game viewing activity. Drive from Serengeti National Park to Karatu will take between 8-9 hours over very bumpy roads.

Breakfast: At the camp.

Morning: We break camp and begin our drive to Ngorongoro Crater in the Ngorongoro Conservation Area, a UNESCO World Heritage Site. Upon arrival, we descend to the floor of Ngorongoro for some game-viewing.

The caldera of Ngorongoro marks the ancient walls of a collapsed volcano, which was probably once the size of Mount Kilimanjaro. The circular crater is about twelve miles across, with steep walls of more than 2,000 feet. The crater's rim is 7,500 feet above sea level, the highest altitude we reach on our trip. Because of a permanent supply of water and a precise balance of predator and prey, most of the wildlife remains here year-round. The forest areas are home to herds of bull elephant, including some large, old "tuskers." There are several prides of lion, and many packs of hyena and jackal.

Lunch: A picnic lunch in the crater.

Afternoon: Our experienced driver-guides, who are experts at locating the animals, determine our route as we exit Ngorongoro Crater and make our way to our lodge. If lucky, you may spot a bat-eared fox or a pair of cheetah. These predators stalk the numerous wildebeest, gazelle, and zebra. We should also keep our eyes peeled for rhino, as well as herds of Cape buffalo and groups of hippo. The birdlife is equally diverse, ranging from the scavenging vulture and bustard to the majestic eagle and crested crane.

Dinner: At the lodge.

Evening: You have the freedom to spend the evening as you wish.

Day 12 Ngorongoro Highlands & Karatu
• Grand Circle Foundation visit: Local primary school • Home-Hosted Lunch

- Destination: Ngorongoro Conservation Area
- Included Meals: Breakfast, Lunch, Dinner
- Accommodations: Ngorongoro Farm House Valley Lodge or similar

Exclusive O.A.T. Activity: Today's discoveries feature a visit to one of six local primary schools—all of which have been supported in part by **Grand Circle Foundation** for nearly a decade. The description below is for the Ayalable Primary School, but activities will be similar at all schools we visit.

Breakfast: At the lodge.

Morning: Today we'll have the opportunity to explore the surrounding village of Karatu and the Ngorongoro Highlands during a full day of learning and discovery, beginning with a visit to one of the local schools in the area that enjoys support by **Grand Circle Foundation**—such as the Ayalable Primary School, which we've partnered with since 2014.

Grand Circle Foundation

Ayalable Primary School

Total donated: **\$79,343**

Partner since: **2014**

Upon arrival, we'll be welcomed by the head teacher, who will provide an introduction to the government-run school. This is a great opportunity to ask any questions you may have about curriculum or various challenges the school may face. Since 1975, Ayalable Primary has educated thousands of students, and today, approximately 400 children attend, ranging in age from about 5–14 years old.

After learning a bit about the school, we'll then enter one of the classrooms to meet with students and a few of the other teachers,

providing an intimate glimpse into the academic world of this Tanzanian village. Some of us will sit with the older students in their classrooms and help them with their lessons, while others will interact with the younger children outside in the schoolyard. If you wish, you can bring along deflated soccer balls and basketballs, educational books with pictures for the school library, maps, crayons, coloring books, and pads of drawing paper to donate to the school.

We'll continue our discoveries with a tour of the rest of the school, including the library, computer lab, and other points of interest for our small group. Then, we'll rejoin the children on the playground and engage them in various activities, such as hand ball or soccer.

After our school visit, we'll head over to an Iraqw village. On the way, we'll stop at a local market in nearby Karatu to practice some of the Swahili words we've learned over the course of our adventure, as well as pick up some fresh fruits and vegetables to bring to the village.

The Iraqw are a Cushitic-speaking ethnic group who originate from the Great Lakes region of East Africa. It is estimated there are about one million Iraqw living in the area. Upon arrival, an Iraqw villager will welcome us into her traditional mud house. In addition to learning about their family history, this is a wonderful opportunity to get to know the Iraqw lifestyle—from how they make money and what kind of food they eat to their unique click-based language. We may even be joined by a few neighbors or other members of this friendly, tight-knit community.

Upon arrival, we'll be welcomed into a local family's home. We may even be joined by a few neighbors or other members of this friendly, tight-knit community.

The family will then begin preparing a traditional lunch with the items we brought from the market. You have the option to help with the preparations or simply observe and ask any questions you may have. Some of the dishes they may prepare include polenta, a vegetable or meat stew, or perhaps plantains and rice—all of which you'll have the opportunity to enjoy when we sit down to our **Home-Hosted Lunch**.

Lunch: Join the village family for a **Home-Hosted Lunch**.

Afternoon: After thanking our hosts, we'll return to our lodge and the remainder of your afternoon is free to relax or venture further afield. You may choose to stroll the lodge's manicured gardens, take a dip in the outdoor pool, search for colorful birds from one of the lodge's many palm-fringed cabanas, or take a taxi to Karatu town to visit the local markets.

Dinner: Enjoy a Farewell Dinner this evening at our lodge.

Evening: You have the freedom to spend the rest of your evening as you wish, whether you want to retire to your room to rest before your return journey to the U.S. tomorrow or join your fellow travelers for a nightcap in the hotel bar.

Day 13 Overland to Arusha • Conversation about the marginalization of disabled people in Tanzania • Return to U.S.

- Included Meals: Breakfast, Lunch
- Accommodations: Moivaro Lodge or similar

Breakfast: At the lodge.

Morning: On our way to Arusha, we'll have a conversation about the marginalization of the physically disabled in Tanzania during a stop at Shanga House, a collective that provides employment opportunities for those with physical disabilities. We'll be greeted by two members of Arusha's community of disabled

individuals, who will give us a glimpse into Shanga's history as well as their own lives and experiences in the community.

After a short presentation, we'll have a little time to chat with these community members and peruse the workshop wares before lunch.

Lunch: At a nearby coffee plantation.

Afternoon: Travelers taking our optional post-trip extension to *The Spice Island of Zanzibar* will depart to the airport for their flight to the island of Zanzibar. The rest of the travelers will drive to our lodge in Arusha and have use of a day room to relax or freshen up before heading to the airport for our overnight flight to the U.S.

END YOUR ADVENTURE WITH AN OPTIONAL POST-TRIP EXTENSION

5 nights in *The Spice Island of Zanzibar*

Day 1 Arusha • Zanzibar

Day 2 Zanzibar • Explore Stone Town •
Optional Cooking Lesson with a local
family • Sunset cruise

Day 3 Jozani Chwaka Bay National Park
• Butterfly farm • **Controversial Topic:**
Islamic culture and women's employment
in the tourist sector

Day 4 Zanzibar • Menai Bay boat cruise

Day 5 Zanzibar • Spice plantation visit

Day 6 Zanzibar • Visit local village and
market • Return to U.S.

OPTIONAL TOURS

During your trip you will be able to book optional tours directly with your Trip Experience Leader. He or she will ask you to confirm the payment for these tours by filling out a payment form. Optional tours can only be purchased with a credit or debit card. We accept Visa, MasterCard, and Discover credit cards. We also accept Visa and MasterCard debit cards, but it must be a debit card that allows you to sign for purchases.

In order to correctly process these charges, there can be a delay of 2–3 months from the date of your return for the charges to be posted to your account. Therefore we ask that you use a card that will not expire in the 2–3 months following your return.

Please note: *Optional tour prices are listed in U.S. dollar estimates determined at the time of publication and are subject to change. Optional tours may vary.*

Sunrise Safari & Hot Air Balloon

(Day 9 \$600 per person)

If you choose to take this optional tour, plan on waking up before dawn as we'll begin with an early morning game-viewing drive. Then we'll retreat under the shade of a nearby acacia tree where we'll enjoy breakfast in the bush with a celebratory glass of sparkling wine. Following breakfast, our excursion continues with a breathtaking hot air balloon ride over the Serengeti. With a certified, professional pilot at the controls, we'll glide over the majestic savannas at dawn, when the morning light bathes the plains in a golden hue. There's simply no better vantage point from which to appreciate the sheer vastness of the Serengeti's more than 5,700 square miles of plains, riverine bush, and acacia woodlands.

Please note: *This tour is pre-sold only and must be reserved at least 30 days prior to departure. It is also dependent on wind conditions.*

This tour is pre-sold only and must be reserved at least 30 days prior to departure. It is also dependent on wind conditions.

PRE-TRIP

Foothills of Mount Kilimanjaro: Maasai Visits & Game Drives

INCLUDED IN YOUR PRICE

- » 3 nights accommodation
- » 8 meals—3 breakfasts, 3 lunches, and 2 dinners
- » 5 small group activities
- » Services of a local Extension Guide
- » Gratuities for your Extension Guide, local guides, drivers, and luggage porters

PRE-TRIP EXTENSION ITINERARY

O.A.T.'s relationship with the Maasai village of Sinya allows our travelers to camp within the Maasai's 45,000-acre private game reserve that runs along Tanzania's and Kenya's shared border. Here, we'll explore the foothills of iconic Mount Kilimanjaro.

Day 1 Depart for Tanzania

- Destination: Arusha

Depart this evening for your overnight flight to Arusha, Tanzania.

Day 2 Arrive Kilimanjaro, Tanzania

- Destination: Arusha
- Accommodations: Moivaro Lodge or similar

Evening: Arrive at our lodge late this evening, and join travelers who arrived early in Arusha before their pre-trip extension.

Day 3 Nature walk with Maasai guides • Game-viewing drive

- Destination: Sinya Game Reserve
- Included Meals: Breakfast, Lunch, Dinner
- Accommodations: Kambi Ya Tembo Camp or similar

Breakfast: At the lodge.

Morning: Following a briefing by your Trip Experience Leader, we'll drive to Lawate village. We may have opportunities to engage with locals making banana beer, see the hives at a local bee nursery, and perhaps stop by a local produce market.

Then, we'll drive to our rustic tented camp within the Maasai's private game reserve.

Lunch: At the main dining tent.

Afternoon: After some time at leisure, set off on a late-afternoon game-viewing drive and walking safari with a Maasai guide.

Dinner: At the lodge.

Evening: On your own—you are free to remain in the dining area for a nightcap, or retire to your room to relax before tomorrow's early start.

**Day 4 Private Maasai village visit •
Game-viewing drives • Controversial
Topic: Human/wildlife conflict**

- Destination: Sinya Game Reserve
- Included Meals: Breakfast, Lunch, Dinner
- Accommodations: Kambi Ya Tembo Camp or similar

Breakfast: A boxed breakfast en route to a Maasai village.

Morning: As dawn breaks over the east African plains, we will make our way to a nearby Maasai village. The Maasai, best known for the elaborate beadwork adorning their bodies, were once much-feared as warriors who now tend cattle, often moving large herds across the African plains. We'll meet the village chief and learn about their local customs and traditions during our visit, and then set off on a game-viewing drive.

Lunch: At our camp.

Afternoon: After a couple of hours of free time, we'll set off on a nature walk of the area with some Maasai warriors who will enlighten us on such topics as the medicinal plants in the area and using droppings and other methods to track the animals. We will also enjoy a short presentation about the **Controversial Topic** of human/wildlife conflict in this area. The Enduimet game-controlled area is surrounded by a cluster of tribes, including the Maasai, who farm and keep livestock to make their living. But sharing the land with elephants, antelopes, and lions (among other wildlife) means that tribes often find their crops eaten away and their domestic livestock preyed upon.

Dinner: At our camp.

Evening: You are free to remain in the dining area for a nightcap, or retire to your room to relax before tomorrow's day of discoveries. You might set up a campfire nearby and view the stars sprinkled throughout the night sky.

**Day 5 Game-viewing drives •
Join main trip**

- Destination: Arusha
- Included Meals: Breakfast, Lunch

Breakfast: A light breakfast will be provided before our early game-viewing drive.

Morning: Set off at dawn aboard our safari vehicles for a full morning game-viewing drive.

Brunch: At the camp.

Afternoon: Transfer back to Arusha, where we'll meet our fellow travelers to begin our *Safari Serengeti: Tanzania Lodge & Tented Safari* adventure.

PRE-TRIP

Kenya's Masai Mara National Reserve

INCLUDED IN YOUR PRICE

- » Roundtrip airfare between Nairobi and the Masai Mara
- » 4 nights accommodation
- » 11 meals—4 breakfasts, 4 lunches, and 3 dinners
- » Up to 7 game-viewing drives
- » Services of an English-speaking O.A.T. Extension guide, as well as step-on local guides
- » Gratuities for your Extension Guide, local guides, drivers, and luggage porters
- » All park fees

PRE-TRIP EXTENSION ITINERARY

Kenya's Masai Mara National Reserve is a gem of wild beauty. Rolling grasslands yield to breathtaking views of the distant Great Rift Valley escarpment. Enjoy exclusive game-viewing drives in this 45,000-acre private camp, where legendary wildlife abounds. Rich in wild fauna, Masai Mara celebrates Africa at its most untamed.

Day 1 Fly to Nairobi, Kenya

Depart on an overnight flight to Nairobi, Kenya.

Day 2 Arrive Nairobi, Kenya

- Destination: Nairobi
- Accommodations: Tamarind Tree Hotel or similar

Evening: Upon arrival at the hotel in Nairobi this evening, meet your fellow travelers, including those who arrived early in Nairobi before their pre-trip extension, and enjoy a Welcome Drink and a short briefing.

Day 3 Fly to Masai Mara National Reserve • Afternoon game-viewing drive

- Destination: Masai Mara National Reserve
- Included Meals: Breakfast, Lunch, Dinner
- Accommodations: Sentrim Masai Mara Lodge or similar

Breakfast: At the hotel.

Morning: Drive to the airport for an early-morning flight by small aircraft to the Masai Mara, then enjoy a game-viewing drive en route to our lodge.

Lunch: At the lodge.

Afternoon: Following some free time to settle into our surroundings, set off on an afternoon game-viewing drive. The wildlife in the Mara is varied and wonderful: elephant, rhinoceros,

lion, hyena, zebra, wildebeest, Thomson's and Grant's gazelle, topi, and Cape buffalo all roam the plains.

Dinner: At the lodge.

Evening: You are free to remain in the lodge's bar area for a nightcap, or retire to your room to relax before tomorrow's day of discoveries.

Day 4 Masai Mara National Reserve • Game-viewing drives

- Destination: Masai Mara National Reserve
- Included Meals: Breakfast, Lunch, Dinner
- Accommodations: Sentrim Masai Mara Lodge or similar

Breakfast: At the lodge.

Morning: Set off on a full-day game-viewing excursion. The Mara is considered one of the great natural wonders of Africa. Perhaps we'll see great herds of elephants foraging among the clumps of trees that dot the grasslands, or large predators such as lions and leopards. We'll also keep our eyes peeled for crocodiles lingering on the riverbanks looking for unwary prey, or wildebeest and zebra migrating through the plains.

Lunch: Enjoy a picnic lunch in the bush.

Afternoon: After continuing our game-viewing drive, we'll return to camp for some free time. Then, a Maasai warrior will visit our lodge for a conversation about the roles of these warriors in society. Essentially, men between the ages of around 14 and 30 go through extensive strength training and teaching of traditional Maasai customs. The goal is to preserve the traditions and history of this warrior people, and as such, the men go through several rituals over the course of their lives to live up to their tribe's name.

Dinner: At the lodge.

Evening: You are free to remain in the lodge's bar area for a nightcap, chat with fellow travelers about various highlights from throughout the day, or retire to your room to relax before tomorrow's day of discoveries.

Day 5 Masai Mara National Reserve

• Optional *Sunrise Safari & Hot Air Balloon Ride* tour

- Destination: Masai Mara National Reserve
- Included Meals: Breakfast, Lunch, Dinner
- Accommodations: Sentrim Masai Mara Lodge or similar

Early Morning: If you wish to join our optional *Masai Mara Hot Air Balloon Ride* tour, rise before dawn for a game-viewing drive on the way to the balloon, then catch the sweeping vista of the morning light over Masai Mara. Following the ride, celebrate with breakfast and sparkling wine before returning to camp.

Breakfast: Those who choose not to join the optional tour will have breakfast at the lodge.

Morning: Enjoy a morning game-viewing drive, then return to camp for lunch.

Lunch: At the lodge.

Afternoon: After some free time, set off on an afternoon game-viewing drive. All of the "Big 5" roam here, but there are especially notable populations of lions, leopards, and cheetah year-round. During the annual migration, the wildebeest, zebra, and Thomson's gazelles number in the tens of thousands. No two game drives are alike, so our discoveries are always a thrill.

Dinner: At the lodge.

Evening: You are free to remain in the lodge's bar area and discuss highlights from your pre-trip extension, toast to the

discoveries you've made, or retire to your room to relax before beginning your main adventure tomorrow.

Day 6 Game-viewing drive • Transfer to Arusha • Join main trip

- Destination: Arusha
- Included Meals: Breakfast, Lunch

Breakfast: At the lodge.

Morning: We set out on our last game-viewing drive en route to the airstrip for our short flight to Nairobi.

Lunch: A packed lunch will be served during our transfer to Arusha.

Afternoon: On our way to Arusha, we'll make stops to witness a cattle auction and roadside markets for a glimpse of local life. Upon arrival at our lodge this afternoon, we'll join Day 2 of *Safari Serengeti: Tanzania Lodge & Tented Safari*.

OPTIONAL TOUR

Masai Mara Sunrise Safari & Hot Air Balloon Ride

(Day 5 \$565 per person)

Rise before dawn in order to catch the sweeping vista of the morning light over Masai Mara.

View the game reserve from a bird's eye perspective as you gently float for an hour over the grassy plains. Celebrate touchdown with a picnic breakfast in the bush with sparkling wine before returning to camp mid-morning.

Please Note: *This tour is pre-sold only and must be reserved at least 30 days prior to departure. It is also dependent on wind conditions.*

POST-TRIP

The Spice Island of Zanzibar

INCLUDED IN YOUR PRICE

- » Airfare between Arusha and Zanzibar, and Zanzibar and Dar es Salaam
- » 5 nights accommodation
- » 11 meals—5 breakfasts, 3 lunches, and 3 dinners
- » 6 small group activities
- » Services of a local O.A.T. Trip Experience Leader
- » Gratuities for local guides, drivers, and luggage porters
- » All transfers

POST-TRIP EXTENSION ITINERARY

Once known as the “Spice Islands,” the Zanzibar archipelago sits 25 miles off the Tanzanian coast. We’ll explore its unique heritage in Stone Town, a UNESCO World Heritage Site, and on an excursion to a spice plantation. We’ll also encounter everyday life in this autonomous region of Tanzania, when we take a hands-on lesson from local musicians, and immerse ourselves in the island’s kaleidoscope of cultures and unique wildlife.

Day 1 Arusha • Zanzibar

- Destination: Stone Town
- Accommodations: Swahili House or similar

Afternoon: After a short flight to Zanzibar Island, known as “Unguja” to the locals, the remainder of the day is yours.

Dinner: On your own. Known for its seafood, Zanzibar is the perfect place to try traditional *mchuzi wa pweza* (octopus curry).

Evening: You are free to make your own discoveries in Zanzibar or retire to your room to relax before tomorrow’s day of discoveries.

Day 2 Zanzibar • Explore Stone Town • Optional Cooking Lesson with a local family • Sunset cruise

- Destination: Stone Town
- Included Meals: Breakfast
- Accommodations: Swahili House or similar

Breakfast: At the hotel.

Morning: Enjoy a walking tour of historic Stone Town, a UNESCO World Heritage Site, with a local guide. Along its warren of narrow streets, we’ll view a blend of empires, from Persian and Portuguese to an Omani sultanate and finally British rule—all with a hint of the native Swahili culture. We’ll also explore the lively Etstella Market; the very first Anglican cathedral in East Africa which houses the moving Slave Memorial; the Old Arab fort; and

stop at the Palace Museum, which was renamed the People's Palace in 1964 and serves as a time capsule of the Zanzibar royal family's history.

After our tour, you can return to the hotel or continue to explore Zanzibar independently. Or, you can join our optional Stone Town Cooking Lesson in the home of a local Zanzibari family.

Lunch: On your own.

Afternoon: After some free time, we'll walk to the beach for a two-hour sunset cruise on a traditional *dhow* sailboat.

Dinner: On your own. Consider asking your Trip Experience Leader about their favorite spots for a bowl of coconut bean soup, a signature Zanzibar dish.

Evening: Enjoy the freedom to explore Zanzibar this evening. Stroll through the city at night or have a cocktail at the hotel bar with your fellow travelers as you take in the spirit of the city.

Day 3 Jozani Chwaka Bay National Park
• Butterfly farm • **Controversial Topic:**
Islamic culture and women's employment
in the tourist sector

- Destination: Fumba Beach
- Included Meals: Breakfast, Lunch, Dinner
- Accommodations: Fumba Beach Lodge or similar

Breakfast: At the hotel.

Morning: Begin the day with a visit to Jozani Chwaka Bay National Park—Zanzibar's only national park and the only place in the world to spot the red colobus monkey. We'll walk along raised boardwalks among mangrove trees and discover various coastal flora, fauna, and wildlife, including the fiddler crab. Next, we'll walk over to the nearby tropical butterfly

garden, where we'll learn about the life cycle of these beautiful insects, all of which are native to the island of Zanzibar.

Then, we'll drive to our new lodgings located on a secluded stretch of the Menai Beach Conservation area.

Lunch: At the lodge.

Afternoon: After some free time, we'll gather for a discussion on a **Controversial Topic** in Zanzibar: the lack of opportunities for women in the tourism industry. Despite the small size of the island, Zanzibar receives up to 200,000 tourists per year, making tourism a significant contributor to its economy. But because around 95% of Zanzibar's people are Muslim, it is forbidden for women to help the tourism industry flourish. Women aren't allowed to be exposed to or interact with men in many spaces including hotels, beaches, and clubs—among a slew of others. Thus, it's often the case that women who study tourism driven by passion for their homeland are unable to make a career with their knowledge and qualifications.

Another source of tension in Zanzibar is that 80% of *all* jobs in the tourist industry are not even filled by local men or women from Zanzibar, but are taken by people from mainland Tanzania.

Dinner: At the lodge.

Evening: Enjoy the evening on your own and feel free to wander around Zanzibar, mingle at the markets, try new spices or relax at the hotel.

Day 4 Zanzibar • Menai Bay boat cruise

- Destination: Fumba Beach
- Included Meals: Breakfast, Lunch, Dinner
- Accommodations: Fumba Beach Lodge or similar

Breakfast: At the hotel.

Morning: We'll walk over to Dhow marina to discover Menai Bay by traditional Zanzibari motor boat. Located off the southwestern coast of Zanzibar, Menai Bay is the island's largest protected marine area and is home to extensive coral reefs, mangrove forests, sea grasses, and tropical fish. While discovering small islets such as Komunda and Miwi, we may even witness pods of dolphin swimming by. We'll have the opportunity to swim and snorkel in the warm cerulean waters.

Lunch: Enjoy a picnic lunch on the island.

Afternoon: After returning to our lodge by motorboat, you'll have some free time to relax or explore on your own.

Dinner: At the lodge.

Evening: Tonight you are free to explore at your own pace. Browse the local shops or gather at the lodge with fellow travelers.

Day 5 Zanzibar • Spice plantation visit

- Destination: Fumba Beach
- Included Meals: Breakfast, Lunch, Dinner
- Accommodations: Fumba Beach Lodge or similar

Breakfast: At the hotel.

Morning: We'll drive out to a local spice plantation where the commodity that gave the Spice Islands their name is still cultivated. Cloves were introduced to Zanzibar in 1818, and the archipelago quickly became the world's leading producer where it remains a major crop today. On our way to the plantation, we'll notice many lush tropical plants, such as cinnamon, vanilla, and fruit trees. A local guide will enlighten us about the history of the cultivation of spices during our visit, and help us identify clove, cardamom, nutmeg, peppercorn, and various fruits including jackfruit, pineapple, and coconut.

Lunch: At the lodge.

Afternoon: The afternoon is free to spend as you wish. Later, you can join our afternoon sunset cocktail party on the beach.

Dinner: Weather permitting, we'll enjoy a Farewell Dinner on the beach.

Evening: The evening is yours to spend as you choose—you are free to join fellow travelers for a last drink, return to your room to rest before your departure, or enjoy one more night on the beach.

Day 6 Zanzibar • Visit local village and market • Return to U.S.

- Included Meals: Breakfast

Breakfast: At the hotel.

Morning: We'll visit a nearby fishing village with a local guide who was born there. Most of the residents of this majority-Muslim village inherited fishing businesses from their parents and grandparents. We'll also explore a lively market before returning to the hotel.

Lunch: On your own.

Afternoon: This afternoon, we'll fly to Dar es Salaam Airport for our overnight flight home.

OPTIONAL TOUR

Cooking Lesson

(Day 2 \$40 per person)

Expand your cooking knowledge with an in-depth lesson on Zanzibar's creative cuisine. We'll visit a home in Stone Town and learn to prepare signature dishes from the region including; Briyani, Mseto, and Wali (rice). You'll learn how to incorporate locally-sourced spices into a meal that you prepare with the assistance of our local host. You'll be able to taste your culinary creations, too, savoring the complex flavors found in the island's dishes.

This optional tour must be pre-booked at least 45 days prior to departure to guarantee space. On-site reservations are subject to limited availability.

TRAVEL DOCUMENTS & ENTRY REQUIREMENTS

Your Passport

- Must be in good condition
- Must be valid for at least 6 months after your scheduled return to the U.S.
- Must have the required number of blank pages (details below)
- The blank pages must be labeled “Visas” at the top. Pages labeled “Amendments and Endorsements” are not acceptable

Need to Renew Your Passport?

Contact the National Passport Information Center (NPIC) at **1-877-487-2778**, or visit the U.S. Department of State’s official website at **www.travel.state.gov** for information on obtaining a new passport or renewing your existing passport. The U.S. Department of State allows for passport renewal by mail or, for applicable citizens, renewal online. We advise you review the process and requirements for online passport renewal on the official website.

You may also contact our recommended visa service company, PVS International, at **1-800-556-9990** for help with your passport.

Recommended Blank Pages

Please confirm that your passport has enough blank pages for this adventure.

- **Main trip only:** If you are taking only the main trip, you will need 2 blank passport pages.
- **Pre-trip extension to Kilimanjaro:** No additional pages needed.
- **Pre-trip extension to Kenya:** You will need 2 additional blank pages, for a total of 4.
- **Post-trip extension to Zanzibar:** You will need an additional blank page, for a total of 3.
- **Both the Kilimanjaro pre-trip and a post-trip extension:** You will need 3 blank passport pages total.
- **Both the Kenya pre-trip and a post-trip extension:** You will need 5 blank passport pages total.
- **Stopover in Amsterdam, Rome, Nairobi, or South Africa:** You will need to add 2 additional pages to the applicable total listed above.
- **Stopover in Istanbul, London, Paris, or Egypt:** You will need to add an additional page to the applicable total listed above.

Visas Required

We'll be sending you a detailed packet with instructions, application forms, and fees about **100 days prior to your departure**. In the meantime, we're providing the information below as a guideline on what to expect. *This information is for U.S. citizens only. All visas and fees are subject to change.*

- **Tanzania (and Zanzibar): Visa required.** Both the U.S. Department of State and the Tanzanian embassy highly recommended that you obtain your visa in advance, which will be issued as an e-visa. For this itinerary, Tanzania might require proof that you've received the yellow fever vaccine.
- **Kenya (pre-trip extension or optional stopover): Visa required.** It is important that you get this visa in advance.
- **Egypt (optional stopover only): Visa required.** U.S. citizens will require a visa to enter Egypt; detailed instructions and information will be included in your Visa Packet, as noted above.
- **Turkey and South Africa (optional stopovers only):** No visas required. A visa is not required for U.S. citizens for stays of up to 90 days.
- **Europe Stopovers (The Netherlands, France, Italy):** U.S. citizens will require an online visa-waiver to enter countries in the European Union. There is no set timeline for when this requirement will start – we will contact all impacted travelers before their departure once the start date is confirmed.
- **England (optional stopover):** The United Kingdom requires an Electronic Travel Authorization (ETA) for entry. This includes entry to England, Scotland, Wales, and Northern Ireland. You will need an ETA if the UK is your final destination. The ETA will be valid for 2 years.

Traveling Without a U.S. Passport?

If you are not a U.S. citizen, or if your passport is from any country other than the U.S., it is your responsibility to check with your local consulate, embassy, or a visa services company about visa requirements. We recommend the services of PVS International, a national visa service located in Washington D.C.; they can be reached at **1-800-556-9990** or **www.pvsinternational.org**.

Traveling With a Minor?

Some governments may require certain documentation for minors to enter and depart the country or to obtain a visa (if applicable). For further detail on the required documentation, please contact your local embassy or consulate.

Travel Protection Required:

For new bookings starting 1/1/25, Overseas Adventure Travel requires all travelers purchase travel protection with Medical Evacuation coverage of at least \$200,000 and Medical Expense coverage of at least \$50,000, due to the remote nature of your adventure.

O.A.T. Travel Protection:

If you **purchase your Travel Protection Plan** through O.A.T., no further action will be needed, as the Medical Evacuation coverage and Medical Expense coverage meets these requirements.

Your Own Travel Protection:

If you purchase your own travel protection, we recommend you review the plan to ensure Medical Evacuation coverage of at least \$200,000 and Medical Expense coverage of at least \$50,000 is included. Once you confirm your plan meets the requirements, you will need to email the following information to **TravelCoverage@oattravel.com**:

- Traveler Name(s)
- Reservation Number
- Trip Protection Provider
- Policy Number
- Date of Purchase
- Copy of your Policy Documents

You can also contact our Travel Counselors at **1-800-221-0814** to review this policy. You will be required to provide proof of coverage by 60 days prior to departure at the latest.

Zanzibar:

If you are on the post-trip extension, the Zanzibar government is mandating travel insurance for all inbound travelers. This mandatory travel insurance is required to be purchased through the approved Zanzibar Insurance Corporation and will cover travelers for repatriation, evacuation, and other emergency situations. The insurance is valid for up to 92-days in Zanzibar and will cost **\$44 per person**. We recommend waiting to purchase the insurance until you are at least 30 days out from your departure. You can purchase the insurance through the approved Zanzibar Insurance Corporation at www.visitzanzibar.go.tz.

If you already have travel insurance, either through the Travel Protection Plan offered by Overseas Adventure Travel or on your own, you will still need to purchase the additional mandatory insurance to travel to Zanzibar. You will be denied entry at the immigration checkpoints should you arrive in Zanzibar without proof of insurance.

Emergency Photocopies of Key Documents

We recommend you carry color photocopies of key documents including the photo page of your passport plus any applicable visas, air itinerary, credit cards (front and back), and an alternative form of ID. Add emergency phone numbers like your credit card company and the number for your travel protection plan. Store copies separate from the originals.

If you plan to email this information to yourself, please keep in mind that email is not always secure; consider using password protection or encryption. Also email is not always available worldwide. As an alternative, you could load these documents onto a flash drive instead, which can do double-duty as a place to backup photos during your trip.

Overseas Taxes & Fees

This tour may have taxes and fees that cannot be included in your airline ticket price because you are required to pay them in person onsite. All taxes are subject to change without notice and can be paid in cash (either U.S. or local currency).

RIGORS, VACCINES & GENERAL HEALTH

Is This Adventure Right for You?

Please review the information below prior to departing on this adventure. We reserve the right for our Trip Experience Leaders to modify participation, or in some circumstances send travelers home, if their condition would adversely affect the health, safety, or enjoyment of themselves or of other travelers.

PACING

- 5 locations in 12 days
- International flights to Arusha depart around midnight
- Early morning game-viewing drives on safari days, rising as early as 5am
- Airport transfers in Arusha may take up to 2 hours

PHYSICAL REQUIREMENTS

- Not appropriate for travelers using wheelchairs, walkers, or other mobility aids
- You must be able to walk 1-2 miles unassisted and participate in 2-4 hours of physical activities each day
- Traveling in a safari vehicle over roads in poor condition can cause problems for travelers with back and leg pain
- Travelers in need of a CPAP machine may only bring one that runs on rechargeable batteries
- We reserve the right for Trip Experience Leaders to restrict participation, or in some circumstances send travelers home, if their limitations impact the group's experience
- You may encounter animals on this trip. We make every effort to keep these encounters safe, however animals may behave unpredictably or dangerously at times. Please use caution when interacting with animals on this trip: Keep a safe distance, stay alert, and respect the animals

CLIMATE

- Daytime temperatures range from 45-100°F
- The hottest months are October-February, and May brings heavy rains, with the short rains in November

TERRAIN & TRANSPORTATION

- Travel over very bumpy, dusty terrain during overland transfers and game-viewing drives, and camp in tents built on uneven terrain

- Travel by 18-passenger coach, and in closed-sided 5-passenger Land Cruisers with a roof hatch, hard seats, and no air-conditioning

ACCOMMODATIONS & FACILITIES

- We spend 11 nights in comfortable but basic lodges and tented camps, all of which feature private baths.
- Our lodges use generator electricity and lantern lighting at night, and do not have air-conditioning. There could be a 1- to 5-minute walk from our tents to the main lodge
- Accommodations at O.A.T.'s private tented camp feature bucket showers. Each day, the lodge staff will fill the bucket with warm water, and an on/off lever allows you to control when the water is fed through from the bucket to the shower head.

OPTIONAL EXTENSION TO ZANZIBAR

- Flights to/from Zanzibar are approximately 1 hour long in a small 12-seat aircraft with no restroom facilities
- Layovers in Dar Es Salaam to connect with international flights can be up to 5 hours

Steps to Take Before Your Trip

Before you leave on this adventure, we recommend the following:

- Check with the CDC for their recommendations for the countries you'll be visiting. You can contact them online at **www.cdc.gov/travel** or by phone at **1-800-232-4636**.
- Have a medical checkup with your doctor at least 6 weeks before your trip.
- Pick up any necessary medications, both prescription and over-the-counter.
- Have a dental and/or eye checkup. (Recommended, but less urgent)

Vaccines Required

Yellow Fever

Most travelers on this adventure will NOT need a yellow fever vaccination. Tanzania does not require a yellow fever vaccination if you are arriving in Tanzania from the U.S., Canada, or Europe. This is true for both the mainland and Zanzibar Island.

However, travelers on the pre-trip extension or optional stopover in Kenya will need to bring EITHER proof of a yellow fever vaccination OR an official vaccination waiver in order to meet Tanzania's entry requirements. This is because you'll be entering Tanzania from Kenya, which is an endemic country (i.e. known to have yellow fever outbreaks). Tanzania is trying to prevent the spread of yellow fever from Kenya into their country, which is why they have made this a legal requirement.

You should discuss the vaccine with your doctor to see if he or she recommends it and if your health allows for it. (He or she can offer a suggestion tailored to your personal medical history.) If you and your doctor decide the vaccination is right for you, then he or she will issue you a Yellow Fever Card, also called an International Certificate of Vaccination. This is your proof of vaccination; you should bring it with you on the trip.

If you and your doctor decide the vaccination isn't right for you, then have your doctor issue an official vaccination waiver. An official waiver is a letter that meets these requirements:

- It must be on business letterhead paper.
- It must be signed by a doctor.
- It must be stamped using the same stamp that the doctor uses on a Yellow Fever Card.
- It must give the medical reason why you cannot get the vaccine, say how high the risk is, and cite an authority. (For example: Mr. Smith cannot receive the yellow fever vaccine due to a high risk of side effects as outlined in the Center for Disease Control's guidelines for people over the age of 65.)

Whether you receive a Yellow Fever Card or an official vaccination waiver, keep it on your person (in your carry-on) so it is easy to find when you arrive or when you cross the border. You may not show anything at all when you cross the border—it all depends on the local official. But if you are asked, you must be able to produce your Yellow Fever Card OR your waiver.

TIP: For those travelers making their own air arrangements, the Tanzanian authorities do not consider making a flight connection in an endemic country as “visiting” that country if you stay in the transit area. As long as you don't leave the airport, Tanzania won't require the vaccine.

Medication Suggestions

- An antibiotic medication for gastrointestinal illness
- Prescription pain medication in the unlikely event of an injury in a remote location
- Motion sickness medicine, if you are susceptible (the roads are very bumpy).
- **Anti-malaria medication for Tanzania and Kenya. Check with the CDC and your doctor first because these medications can have strong side effects.**
- Optional: Allergy and/or asthma medication. The roads can be very dusty which can trigger allergies or breathing complaints that may require prescription medications.

Traveling with Medications

- **Pack medications in your carry-on bag** to avoid loss and to have them handy.
- **Keep medicines in their original, labeled containers** for a quicker security screen at the airport and a better experience if you get stopped by customs while overseas.

- **Bring copies of your prescriptions**, written using the generic drug name rather than a brand name to be prepared for any unforeseen loss of your medications.

We recommend checking with the State Department for medication restrictions by country: **travel.state.gov** (Go to “Find International Travel Information”, select “Country Information”, then enter the country into the search bar; if you don’t see any medications specifically mentioned under the “Health” section, then you can presume major U.S. brands should be OK).

Staying Healthy on Your Trip

Jet Lag Tips

- Start your trip well-rested.
- Begin a gradual transition to your new time zone before you leave or switch to your destination time zone when you get on the plane.
- Attempt to sleep and eat according to the new schedule.
- Avoid heavy eating and drinking caffeine or alcoholic beverages right before—and during—your flight.
- Drink plenty of water and/or fruit juice while flying
- Stretch your legs, neck, and back periodically while seated on the plane.
- After arrival, avoid the temptation to nap.
- Don’t push yourself to see a lot on your first day.
- Try to stay awake your first day until after dinner.

Allergies

If you have any serious allergies or dietary restrictions, we advise you to notify us at least 30 days prior to your departure. Please call our Travel Counselors at **1-800-221-0814**, and we will communicate them to our regional office. Every effort will be made to accommodate you.

Water

- Tap water is not safe to drink. We recommend you use only bottled water for drinking and brushing your teeth throughout this trip.
- During your adventure, you will receive one complementary bottle of water each day at your lodgings, and during safari days, you’ll also receive a second complementary bottle of water in your safari vehicle. Additional bottled water is available for sale in the lodges. Prices vary, but generally fall in the \$3-4 range for a one-liter bottle. Carry a bottle in your day pack at all times. Some lodges may provide filtered water instead of bottled water (filtered water provided by your lodges is safe to drink).

- Bottled drinks and juices, and hot drinks that have been boiled, are safe to drink. Please note that the boiled water can have a faintly smoky taste.
- Before you buy a bottle, inspect it to make sure the cap is sealed properly.
- Carry a handkerchief to dry the tops of bottled drinks before and after opening.
- At most lodges it is safe to use ice in your drinks, but check with your Trip Experience Leader before using ice.

TIP: Our Trip Experience Leaders suggest that you bring some re-hydration sachets with you (the type that help to replace lost electrolytes). They will make you feel much better if you get dehydrated.

Food

- The food served at our lodges is safe, including salads and fruits.
- Exercise caution when eating at small local restaurants or buying food from street vendors.
- Eat only food that is well done and is still hot.
- Since the tap water is not safe to drink, you should be mindful about eating salads or fruits outside of our lodges—they may have been washed in tap water. (Fruit that you peel yourself should be OK.)
- Your Trip Experience Leader will advise you if he/she feels that something is unsafe for you to eat.

TIP: During this adventure you might be offered food that is strange and new to you. If you are offered food that you do not feel comfortable with, no one will feel offended if you politely decline; this is OK even during a home visit.

Electricity Supply

A constant electricity supply cannot be guaranteed during overnight stays. Travelers who rely on a CPAP machine must bring one that runs on rechargeable batteries.

Zanzibar in particular has occasionally experienced difficulties in connecting to the mainland power grid. Although the system has been improved recently, there can be sporadic power outages and power surges on the island.

MONEY MATTERS: LOCAL CURRENCY & TIPPING GUIDELINES

Top Three Tips

- **Bring enough cash to cover your needs for 80% of the trip and only expect to be able to use plastic (credit, debit, or ATM card) 20% of the time.** When budgeting, keep in mind that your biggest expenses will be tips, meals, and souvenirs. As a guideline, an average meal in this region costs between \$15 and \$20 per person including a tip.
- **A mix of small bills (\$1s–\$20s), in good condition, and printed after 2017.** You'll be able to pay in U.S. dollars in most places on this trip.
- **Traveler's checks are not recommended.** They can be difficult to exchange and the commission fee for cashing them is quite high. It's more practical to view them as a last resort in the event of a special situation.

Local Currency

For current exchange rates, please refer to an online converter tool like www.xe.com/currencyconverter, your bank, or the financial section of your newspaper.

Tanzania: Tanzanian Shilling (TSh)

Kenya: Kenyan Shilling (KSh)

Zanzibar: Since Zanzibar is part of Tanzania, the basic unit of currency is the Tanzanian Shilling (TSh)

How to Exchange Money

On this adventure, you won't need to exchange money because you can pay in U.S. dollars. But you will want a mix of small bills (\$1, 5, 10, and 20s), in good condition, printed after 2017. Large bills (\$50s and \$100s) will be hard to break, and bills in bad condition (dirty, worn, or torn) or printed before 2017 might be rejected, even by banks.

During the trip, if you choose to get local currency, the easiest way is to use a local ATM (your bank at home will convert and charge you in U.S. dollars). You can also exchange cash at some hotels and money exchange offices. To exchange cash, you'll usually need your passport and bills in good condition (not worn, torn, or dirty). Never exchange money on the street. All exchange methods involve fees, which may be built into the conversion rate; ask beforehand.

TIP: Large bills (\$50s and 100s) will receive a better exchange rate, but when paying with U.S. dollars, a mix of some \$1, 5, 10, and 20s would be better. It makes tipping and bargaining easier when you have exact change.

ATMs

When using the ATM, keep in mind that it may only accept cards from local banks, and may not allow cash advances on credit cards; you might need to try more than one ATM or more than one card. Many banks will charge a set fee or a percentage fee each time you use a foreign ATM. We recommend that you check with your bank before you depart. Don't forget to memorize the actual digits of your card's PIN number (many keypads at foreign ATMs do not include letters on their keys—they only display numbers.)

In most countries, ATMs are widely available in major cities. If you are in a rural location, it will likely be harder to find an ATM. If you are visiting a country that has different expectation for ATMs, they will be listed below.

Tanzania: In larger cities, ATMs are typically available for major international networks. However, outside of large cities, ATMs may only accept cards from local banks and generally do not allow cash advances on credit cards. It is best to bring a cash reserve large enough to pay for most expenses.

Kenya: International ATM networks are typically available in the larger cities like Nairobi, however when you are on safari in the bush, you will not have access to ATMs. Local ATMs may only accept cards from local banks and usually will not allow cash advances on credit cards; therefore it is best to bring a cash reserve large enough to pay for most expenses.

Zanzibar: Stone Town does have a handful of ATMs that accept international cards—your best bet is at arrival points like the airport or ferry terminal. But be forewarned that you may need to try more than one machine. And outside of Stone Town ATMs are hard to find. So it's a good idea to bring some cash with you to cover basic expenses.

Credit & Debit Cards

While traveling, most countries and major cities will accept credit cards. We suggest that you bring one or two, especially if you are planning a large purchase (artwork, jewelry). We also suggest that you bring more than one brand of card (i.e. Visa, MasterCard, American Express) if possible, as not all are accepted around the world. If you are visiting a country that does not commonly accept credit cards, they will be listed below.

Tanzania: Although credit cards are becoming more common, they are not as widely accepted in Tanzania as they are in the U.S. Many camps, lodges, and shops will be cash only and businesses that do accept credit cards may use a slow approval process that sometimes involve calling your credit card company to get authorization.

Kenya: Credit cards are becoming more common in Kenya, but are not as widely accepted as they are in the U.S. Many camps, lodges, and shops will be cash only. Businesses that do accept cards tend to use a slow approval process that may involve calling your credit card company to get authorization.

Zanzibar: Credit cards such as Visa and MasterCard are accepted at large establishments. However, there are security concerns (some travelers report higher-than-average credit card fraud on the island), so you may prefer to stick to cash.

Notify Card Providers of Upcoming Travel

Many credit card companies and banks have fraud alert departments that will freeze your card if they see suspicious charges—such as charges or withdrawals from another country. To avoid an accidental security block, it is a good idea to notify your credit card company and/or bank you will be using your cards abroad. You can do this by calling their customer service number a week or two before your departure. Some banks or credit card companies will also let you do this online.

You should also double-check what phone number you could call if you have a problem with a card while you are abroad. Don't assume you can use the 1-800 number printed on the back of your card—most 1 800 numbers don't work outside of the U.S.!

Tipping Guidelines

Of course, whether you tip, and how much, is always at your own discretion. But for those of you who have asked for tipping suggestions, we offer these guidelines:

- **O.A.T. Trip Experience Leader:** It is customary to express a personal “thank you” to your Trip Experience Leader at the end of your trip. As a guideline, many travelers give \$8–\$12 USD (or equivalent in local currency) per person for each day their Trip Experience Leader is with them. *Please note that these tips can only be in cash. If you are taking any of the optional extensions, your Trip Experience Leader during the extension(s) may not be the same as the one on your main trip.*
- Please note that the *Kenya: Masai Mara Game Reserve* pre-trip extension is run by a local Extension Guide who specializes in the game reserve instead of your Trip Experience Leader. His or her tip is included.
- **Waiters:** When dining on your own, you would tip up to 5% in Tanzania and from 5%–10% in Kenya or Amsterdam, but only if a service charge isn't already on the bill.
- **Taxis:** Tipping isn't necessary, but if you want to give something, you simply round up the bill and let the driver keep the change.
- **Included in Your Trip Price:** Gratuities are included for local guides, drivers, lodge and camp staff, driver-guides, and luggage porters on your main trip, extensions, and all optional tours.

Please note: For your convenience, tips to O.A.T. staff can be paid in U.S. dollars or local currency. Please do not use personal or traveler's checks for tips.

AIR, OPTIONAL TOURS & STAYING IN TOUCH

Land Only Travelers & Customized Air

Quick Definitions

- **Land Only:** You will be booking your own international flights. Airport transfers are not included.
- **Air-Inclusive:** You booked international air with us. Airport transfers are included as long as you didn't customize your trip's dates (see next bullet).
- **Arrive Early or Stopover (select adventures only):** If you chose one of these Customization options and purchased air through O.A.T, accommodations and airport transfers are included. However, if you chose one of our Customization options, but did not purchase air through O.A.T., accommodations are included, but airport transfers are not. If you chose one of our customization options, and purchase air through O.A.T. but not the accommodations, the airport transfers are not included. We have included transfer options below.
- **Customization on Your Own:** If you have not purchased air through O.A.T. and decided to arrive early, stay longer, or stop in a connecting city on your own, you are responsible for airport transfers and accommodations. For your convenience, a preliminary list of your included hotels is available on your My Planner at www.oattravel.com/myplanner under "My Reservations" to help you with selecting a hotel for your additional time.

Air Inclusive Travelers

If you have purchased international air with us, there are some points that may be helpful for you to know.

- **Flying with a Travel Companion:** If you're traveling with a companion from a different household, and both of you are beginning and ending your trip at the same airport on the same dates, let us know you'd like to travel together and we'll make every effort to arrange this (please note, however, that this is not always possible). If you request any changes to your flights, please be sure that both you and your companion tell us that you still want to fly together.
- **Selecting Your Seats:** If your airline allows pre-assigned seats, you will be able to select and view them directly from the airline's website after booking. Some airlines will not allow seat confirmation until your reservation is ticketed 45-30 days prior to departure, and/or they may charge a nominal fee. You may locate your itinerary on an airline's website utilizing the Record Locator Number found on the Air Itinerary in your My Planner.

When booking your international flights, please also note that the tour will end on Day 13 of the base tour (Day 18 of the post trip) for your overnight flight back to the United States.

Airport Transfers Can Be Purchased

For eligible flights, airport transfers may be purchased separately as an optional add-on, subject to availability. To be eligible, your flight(s) must meet the following requirements:

- You must fly into or fly home from the same airport as O.A.T. travelers who purchased included airfare.
- Your flight(s) must arrive/depart on the same day that the group arrives or departs.
- If you are arriving early, you must have arranged the hotels through our Arrive Early personalization option

Airport transfers can be purchased up to 45 days prior to your departure; they are not available for purchase onsite. To learn more, or purchase airport transfers, please call our Travel Counselors at **1-800-221-0814**.

If you don't meet the requirements above, you'll need to make your own transfer arrangements. We suggest the Rome to Rio website as a handy resource: www.rome2rio.com

Optional Tours

Optional tours are additional add-on tours that allow you to personalize your adventure by tailoring it to your tastes and needs. And if you decide not to join an optional tour? Then you'll have free time to relax or explore on your own—it's about options, not obligations.

What You Need to Know

- All optional tours are subject to change and availability.
- Optional tours that are reserved with your Trip Experience Leader can be paid for using credit/debit cards only. We accept MasterCard, Visa, and Discover credit cards; we can also take MasterCard or Visa debit cards as long as the card allows you to sign for purchases. (You won't be able to enter a PIN.)
- To ensure that you are charged in U.S. dollars, your payment will be processed by our U.S. headquarters in Boston. This process can take up to three months, so we ask that you only use a card that will still be valid three months after your trip is over. The charge may appear on your credit card statement as being from Boston, MA or may be labeled as "OPT Boston".
- Your Trip Experience Leader will give you details on the optional tours while you're on the trip. But if you'd like to look over descriptions of them earlier, you can do so at any time by referring to your Day-to-Day Itinerary (available online by signing into My Planner at www.oattravel.com/myplanner).

Optional Tours: Reserve Before You Go

We strongly recommend that you reserve the following optional tours in advance. Unless otherwise noted, the deadline to do so is 45 days prior to your departure. Occasionally, space will be available for booking onsite, but this not guaranteed. Optional tours with O.A.T. can only be

purchased with a credit card (Visa or MasterCard) or a debit card with credit card functionality. Because our headquarters are in Boston, charges may appear to be from Boston or might be labeled as “OPT Boston” (depending on your credit card company).

Cooking Lesson

Expand your cooking knowledge with an in-depth lesson on Zanzibar’s creative cuisine. We’ll visit a home in Stone Town and learn to prepare signature dishes from the region including; Briyani, Mseto, and Wali (rice). You’ll learn how to incorporate locally-sourced spices into a meal that you prepare with the assistance of our local host. You’ll be able to taste your culinary creations, too, savoring the complex flavors found in the island’s dishes.

This optional tour is offered during the *The Spice Island of Zanzibar* trip extension. The cost is \$40 per person.

Please note: *This optional tour must be pre-booked at least 45 days prior to departure to guarantee space. On-site reservations are subject to limited availability.*

Masai Mara Sunrise Safari & Hot Air Balloon Ride

Rise before dawn in order to catch the sweeping vista of the morning light over Masai Mara. View the game reserve from a bird’s eye perspective as you gently float for an hour over the grassy plains. Celebrate touchdown with a picnic breakfast in the bush with sparkling wine before returning to camp mid-morning.

Please Note: *This tour is pre-sold only and must be reserved at least 30 days prior to departure. It is also dependent on wind conditions.*

This optional tour is offered during the *Kenya’s Masai Mara National Reserve* trip extension. The cost is \$565 per person.

Serengeti Sunrise Safari & Hot Air Balloon Ride

If you choose to take this optional tour, plan on waking up before dawn as we'll begin with an early morning game-viewing drive. Then we'll retreat under the shade of a nearby acacia tree where we'll enjoy breakfast in the bush with a celebratory glass of sparkling wine. Following breakfast, our excursion continues with a breathtaking hot air balloon ride over the Serengeti. With a certified, professional pilot at the controls, we'll glide over the majestic savannas at dawn, when the morning light bathes the plains in a golden hue. There's simply no better vantage point from which to appreciate the sheer vastness of the Serengeti's more than 5,700 square miles of plains, riverine bush, and acacia woodlands. Once we land, we'll return to our camp to reunite with any travelers who chose not to take this optional tour.

This optional tour is offered during the main trip. The cost is \$600 per person.

Please note: *This tour is pre-sold only. Due to limited space, it is strongly advised that you reserve this optional tour at least 45 days prior to departure. It is also dependent on wind conditions.*

Communicating with Home from Abroad

One of the advantages of a safari is the chance to “unplug” and unwind—but the trade-off is that you won't have the same access to the Internet, email, or phone service that you would back at home.

Cell phone or Internet service will be available in some places, but not all. Even basic telephone and email service is not always available in the bush, where you will be spending much of your time. You won't be completely out of touch—our bush camps and safari lodges do have satellite radio service. However, the satellite radio service is usually for emergencies only. Outside of the bush, you'll be able to send emails and make phone calls in large cities, like Nairobi.

Cell Phones

If you want to use your cell phone on the trip, check with your phone provider to see if your phone and service will work outside of the U.S. It may turn out to be cheaper to rent an international phone or buy a SIM card onsite. If you want to use a local SIM, just make certain your phone is “unlocked”, meaning it can accept a local SIM card. If your cell is “unlocked” then you will be able to purchase a local SIM for it and then buy minutes with “Pay as You Go” cards, so that you have a local contact number for your friends and family.

Please understand that throughout Africa, good cell phone service is only available in large towns or cities.

Calling Apps

Another option is to use a smartphone app like Skype, FaceTime, or WhatsApp. These services are usually less expensive than making a traditional call, but you'll need a Wi-Fi connection and the calls may count towards your phone plan's data allowance. Many smartphones—and some tablets or laptops—come with one of these apps pre-installed or you can download them for free from the appropriate apps store.

Calling Cards & 1-800 Numbers

When calling the U.S. from a foreign country, a prepaid calling card can be useful because it circumvents unexpected charges from the hotel. Calling cards purchased locally are typically the best (less expensive, more likely to work with the local phones, etc.). One reminder: Do not call U.S. 1-800 numbers outside the continental United States. This can result in costly long distance fees, since 1-800 numbers do not work outside the country.

Internet

Internet access on this adventure will be limited. Most lodges will have wireless Internet service (WiFi) in the lobby or public areas, but not in the rooms, and there may be a service fee. There is usually no Internet service at all in tented camps or the Serengeti.

Receiving Calls from Home

To ensure you are available during your trip to friends and relatives at home, you will receive two copies of your hotel list, including phone numbers, with your Final Documents. One copy is for you to bring, and one is to leave behind with friends or relatives in case they need to contact you during the trip.

It is worth noting that **most of the time the phone number for a bush camp or bush lodge is for a central office in a nearby city**; they take a message and then relay it to you in the bush by the satellite radio service. Please explain to your friends and family that there might be a delay in reaching you when you are on safari, and it's best if they only try to reach you in case of an emergency.

How to Call Overseas

When calling overseas from the U.S., dial 011 for international exchange, then the country code (indicated by a plus sign: +), and then the number. Note that foreign phone numbers may not have the same number of digits as U.S. numbers; even within a country the number of digits can vary depending on the city and if the phone is a land line or cell phone.

Tanzania: +255

Zanzibar (Tanzania): +255

Kenya: +254

PACKING: WHAT TO BRING & LUGGAGE LIMITS

Luggage Limits

MAIN TRIP LIMITS	
Pieces per person	One checked bag and one carry-on per person.
Weight restrictions	Combined weight of checked and carry-on luggage: Up to 44 lbs total .
Size Restrictions	Standard airline size: Checked luggage should not exceed 62 linear inches (length+width+depth) and carry-on should not exceed 45 linear inches.
Luggage Type	Must use a duffel bag as your checked luggage.

TRIP EXTENSION(S) LIMITS
<p>Pre-trip extension in Tanzania: Same as the main trip.</p> <p>Pre-trip extension in Kenya: Combined weight of checked and carry-on luggage up to 33 lbs total. However you can bring up to the main trip limit (44 lbs total) and leave the excess behind in a locked bag in Nairobi, to be retrieved when you come back from Masai Mara. (It is the flight to and from Mara that has the strict limit.) To do this bring an additional bag and a lock.</p> <p>Post-trip extension in Zanzibar: Up to 44 lbs total, same as the main trip. But must be divided in this way—checked luggage up to 33 lbs; carry-on up to 11 lbs.</p>

REMARKS/SUGGESTIONS
<p>EXCESS BAGGAGE CANNOT BE TAKEN.</p> <p>Type of luggage: Use of a duffel bag is a requirement on this adventure. We ask that you use the complimentary O.A.T. safari bag that we will be sending you.</p> <p>Packing light: Laundry service is offered at most of our lodges, except in the Serengeti, where water is at a premium. Prices are reasonable; although dryers are rare, so clothing will take longer to dry during the rainy seasons. Previous travelers have had a lot of success with packing fewer clothes and having laundry done. This is especially useful if you are bringing extra camera equipment. Underwear will not be included in this service, so please plan accordingly.</p>

Don't Forget:

- **These luggage limits may change.** If the airline(s) notify us of any changes, we will include an update in your Final Documents booklet.
- It's a good idea to reconfirm baggage restrictions and fees directly with the airline a week or so prior to departure. For your convenience, we maintain a list of the toll-free numbers for the most common airlines on our website in the FAQ section.
- **Baggage fees are not included in your trip price;** they are payable directly to the airlines.
- The luggage limits above are based on your regional flights, which may be less than your international flights. Even if your international airline offers a larger weight limit, you will need to pack according to the lower restrictions.

Your Luggage: Duffel Bag Required

On safaris, the room allowed for checked luggage is limited one piece per person.

- Use of a duffel bag is a requirement on this adventure.
- **We ask that you use the complimentary O.A.T. duffel bag that we will be sending you** because it has been approved for this safari by our regional office in Africa. Suitcases of any kind, hard-sided luggage, or luggage with an internal frame are not allowed. If you bring something other than a cloth duffel bag without an internal frame, your luggage may not fit on the small planes or in the safari vehicles we use on this adventure. We'd like you to have your luggage with you on the whole adventure—so a duffel bag is key.
- The O.A.T. duffel bag has wheels and measures 28" x 13" x 11"
- Previous travelers have recommended adding an identifier to your duffel bag, such as a scarf or colored tape, to set it apart from the others.

TIP: When traveling with a companion we recommend "cross-packing," i.e., pack 2 outfits of your clothing in your companion's luggage and vice-versa, in case one bag is delayed.

Carry-on Bag

You are allowed one carry-on bag per person. We suggest a tote or small backpack that can be used as both a carry-on bag for your flight and to carry your daily necessities—water bottle, camera, etc—during game drives.

Luggage Handling on Arrival

Airport porters are not allowed in the customs hall area. When you land, you must take your luggage off the baggage carousel and then clear customs. When you exit the airport building, your driver will load your luggage into the coach.

Locks

For flights that originate in the U.S., you can either use a TSA-approved lock or leave your luggage unlocked. Outside of the U.S. we strongly recommend locking your luggage as a theft-prevention measure. *TIP: Most camps or lodges do not have personal safes in the tents/rooms. Instead, valuables, passports, and money can be secured in lockable canvas bags that are put into a locked central safe. Camps and lodges provide the bags and the locks for this purpose.*

Clothing Suggestions: Functional Tips

As you will experience a wide range of temperatures and weather conditions, we suggest several layers of clothing. If you like to hand-wash your clothes, look for fabrics that will dry out overnight. You can buy clothing designed especially for travel, with features like wrinkle-resistant fabric or built-in sun protection.

- **Footwear:** You'll be on your feet a lot during the trip, and walking over some rough and slippery surfaces. We recommend you wear sturdy walking shoes or similar supportive sports shoes that offer good traction. We also recommend you bring a pair of rubberized sandals (i.e., Tevas) for showering, wearing around the lodge, and general warm weather use.

Fashion Dos and Don'ts

- We recommend you wear muted earth or nature colors on game drives—beige, tans, browns, greens, etc.—because they don't show dirt easily, coordinate well, don't distract animals, and don't attract tsetse flies like black and dark blue.
- We recommend you don't wear white or very brightly colored clothing on game drives. These colors are fine at the lodge or in town, but traditionally they been used to keep animals away (which is why many tribes wear red). Even color-blind animals can spot dark and light shades, and white is a danger signal for some species.
- We recommend you pack functional and casual clothes. There's no need for formal or dressy clothing.
- We recommend you dress conservatively, both in local communities on the main trip and *especially* on the post-trip extension to Zanzibar as Muslim culture dominates the island. In this context, "modest" means being covered from roughly elbows to knees—no bare shoulders, short skirts, short shorts, or low-cut tops, etc.—and applies to both sexes. While you will see people in strappy tops and short shorts, this is not appropriate in Stone Town; tourists to Zanzibar dressed in this manner run the risk of being spat at, verbally abused, and hassled.

Seasonal Cheatsheet for Tanzania

To help you pack season-appropriate clothing, here is a rough breakdown of the seasons from our regional office. When reading it, keep in mind that seasons are not precise, and that a month at the start or end of a season could have mixed weather.

- **January and February – dry season, tsetse flies more active**
- **March to May – long rainy season**
- **May to July/August – cold season (winter)**
- **August to November – shoulder season – warmer days, but cold early mornings and nighttime**
- **November to December – short rainy season**

Recommended Packing Lists

We have included suggestions from Trip Experience Leaders and former travelers to help you pack. These packing lists are only jumping-off points—they offer recommendations based on experience, but not requirements. Each travelers packing list may be different depending on the climate you are used to. We recommend using **www.weather.com** and consulting the “Climate” chapter of this handbook.

And don’t forget a reusable water bottle—you’ll need it to take advantage of any refills we offer as we are working to eliminate single-use plastic bottles on all of our trips.

Year-Round Clothing Checklist

- ☐ Shirts: A mixture of short and long-sleeved shirts to layer
- ☐ Trousers and/or jeans: Comfortable and loose fitting is best.
- ☐ Shorts: Cut long for modesty. Even during hotter months, you’ll want at least one pair of long pants for early morning game drives.
- ☐ Shoes and socks: Comfortable walking/ running shoes or low-cut hiking shoes, with arch support. Light hiking boots will suffice; there is no heavy hiking during the trip, but hiking boots should offer better support and traction than shoes. We also recommend you bring a pair of rubberized sandals (i.e., Tevas) for showering, wearing around the lodge, and general warm weather use. Bring plenty of socks, you may find yourself wishing to change a couple times a day.
- ☐ Light rain jacket/windbreaker with hood
- ☐ Wide-brim sun hat or visor for sun protection
- ☐ Underwear: Most camps and lodges will not include “smalls” (underwear) in their laundry service. This is partly for cultural reasons and partly because many properties still do laundry by hand. It is usually OK for you wash them yourself in your room. For women travelers we suggest close-fitting brassieres, such as sports bras—the roads are very bumpy.

☐ Sleepwear

☐ Optional: Swimsuit and cover-up

Seasonal Clothing Recommendations

For spring and summer (September–March):

☐ Walking shorts

☐ A jacket or sweater. Even in summer it can be cool during early morning game drives.

For the rainy season (November–March):

Your laundry will take more than a day to be returned dry because most lodges don't have dryers.

☐ Light rain jacket/windbreaker with hood

☐ Hood/lens cap/waterproof bag for camera

For fall and winter (May–August):

It's colder than you think in winter, especially during early morning game drives or at night in a tented camp. Warm clothing is essential, so add these items your packing list.

☐ Long-sleeved shirts in a warm, heavy fabric for cool nights, i.e., flannel or knit

☐ A warm, insulated jacket in addition to a wool or fleece sweater. If you own a light or medium-weight insulated field jacket or parka, you can use that.

☐ Warm hat, gloves, and a scarf (especially useful on the game-drive vehicles)

☐ Warm sleepwear

☐ Long underwear. It keeps you warm but doesn't take up a lot of space or weigh much.

Essential Items

☐ Daily essentials: toothbrush, toothpaste, floss, hairbrush or comb, shaving items, deodorant, etc. Lodges provide shampoo and soap but most lodges do not provide washcloths.

☐ Spare eyeglasses/contact lenses; sunglasses

☐ Sunscreen: SPF 15 or stronger

- ☐ Insect repellent—the lodges may provide insect repellent but you may want to bring your own (usually it is for the room, not your skin, or it is not as strong as you may want). We suggest using a kind with DEET between 30–35% strength.
- ☐ Flashlight or headlamp: Consider a small but powerful LED version or a version with an alternative power source (wind-up, solar powered).
- ☐ Lightweight binoculars: To avoid disturbing the animals' natural activities, we stop the vehicle at a respectful distance. By having your own binoculars, you'll be able to enjoy the experience more. Models such as 8 x 21 or 6 x 16 provide suitable magnification and illumination. 10 x models are usable, but are usually heavy, expensive, and require a very steady hand.
- ☐ Pocket-size tissues
- ☐ Moist towelettes (baby wipes) and/or anti-bacterial “water-free” hand cleanser
- ☐ Electrical transformer & plug adapters. We do not recommend electric shavers or hair dryers, as electricity is limited at many of our lodges.
- ☐ Camera gear with extra batteries or battery charger

Medicines & First Aid Gear

- ☐ Your own prescription medicines
- ☐ Travel first aid kit: Band-Aids, headache and pain relief, laxatives and anti-diarrhea tablets, something for upset stomach. Maybe a cold remedy, moleskin foot pads, or antibiotic cream.
- ☐ An antibiotic medication for gastrointestinal illness
- ☐ Optional: A strong prescription pain medication for rare emergency purposes
- ☐ Optional: Motion sickness medicine if you are susceptible (the roads are very bumpy).
- ☐ Optional: Anti-malarial medication—discuss with your doctor first
- ☐ Optional: Medication for allergies or asthma if you are susceptible (the roads are dusty)

Do Not Bring Single-Use Plastic Bags

Single-use plastic bags are banned in Tanzania. (The only exception are Ziploc-style bags which are allowed for toiletries and liquids as per the TSA.) If you like to bring a plastic shopping bag for shoes or laundry, we recommend a lightweight nylon bag, packing cube, or reusable cloth tote instead. The ban is only loosely enforced, but violations could result in fines or even

imprisonment, so please double-check your luggage before you depart. Kenya and Rwanda also have similar bans in effect—**travelers on the Kenya extension, please take note** as the fines in Kenya can be very steep. Kenya also makes an exception for Ziploc bags.

Home-Hosted Visits

Many of our adventures feature a visit with a local family. It is customary, though not necessary, to return your hosts' generosity with a small gift. If you do bring a gift, we recommend that you bring something the whole family can enjoy, or something that represents your region, state, or hometown. Some recommendations include kitchen cloth, aprons, fridge magnets. Get creative and keep it small—peach jelly from Georgia, maple sugar candy from New England, orange blossom soap from California; something that can be used or used up is best. When choosing a gift, be certain to consider the local culture as well. For example, we do not recommend alcohol in Muslim countries because it is forbidden in Islam, and your hosts may be religious. Not all O.A.T. adventures include a Home-Hosted Visit; please check your final itinerary before you depart.

Electricity Abroad

When traveling overseas, the voltage is usually different and the plugs might not be the same shape.

Voltage

Electricity in Tanzania and Kenya is 220–240 volts. In the U.S. it is 110 volts. Most of the things a traveler will want to plug in—battery chargers, smartphones, tablets or computers—can run off both 110 and 220–240. But you should check the item or the owner's guide first to confirm this before you plug it in. If you have something that needs 110 volts—like a shaver or a hairdryer—you can bring a transformer to change the current. (But transformers tend to burn out, so it might be better to leave whatever it is at home.)

Plugs

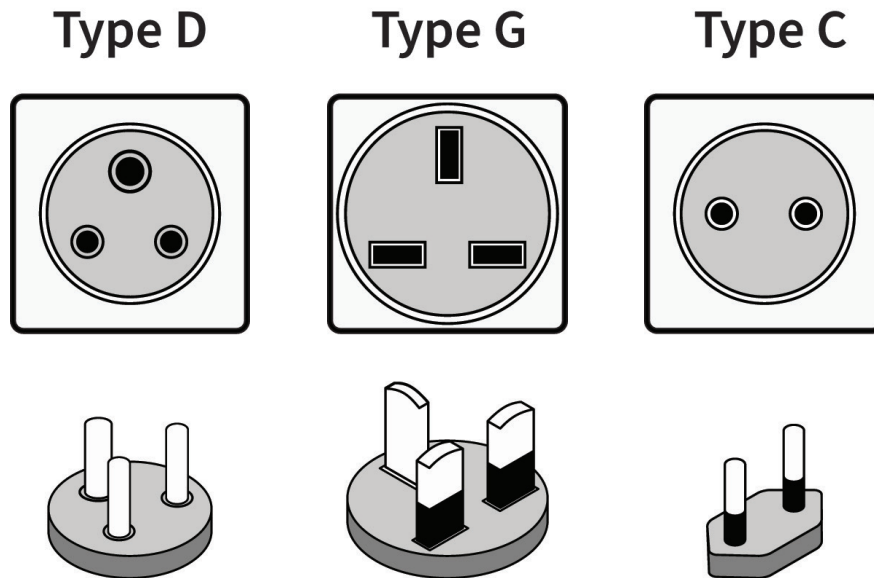
The shape of plugs will vary from country to country, and sometimes even within a country depending on when that building was built. To plug something from the U.S. into a local socket you'll need an adapter that fits between the plug and the socket. Because there are many different types of plugs in this region, it may be easier to purchase an all-in-one, universal adapter/converter combo. Versatile and lightweight, these can usually be found at your local electronics goods or hardware stores. Sometimes you can buy them at large retailers too, like Target or Walmart. If you forget to bring an adapter, you might also find them for sale at the airport when you arrive at your destination.

Different plug shapes are named by letters of the alphabet. Standard U.S. plugs are Type A and Type B. Here is the list of plugs for the countries on this trip:

Tanzania: D or G

Kenya: G

Zanzibar: C or G



Availability

In the remote lodges, the generator that supplies electricity may operate during limited hours. It is possible to recharge camera batteries, but only while the generator is running. Therefore, bringing two batteries—one to use while the other is recharging—is recommended. Electric current is usually adequate to run an electric razor, but not a hairdryer. The lighting at the lodges may not be as bright as you are used to; a small LED flashlight can be useful.

A constant electricity supply cannot be guaranteed during overnight stays. Travelers who rely on a CPAP machine must bring one that runs on rechargeable batteries.

Zanzibar in particular has occasionally experienced difficulties in connecting to the mainland power grid. Although the system has been improved recently, there can be sporadic power outages and power surges on the island.

Although you may have no trouble with electricity on this trip, prepare for the worst case scenario and bring things that can be battery operated. Always use new batteries and bring spares.

CLIMATE & AVERAGE TEMPERATURES

Tanzania: The varied terrain of Tanzania is what causes the biggest differences in climate—from the almost tropical coastal area, to the comfortable central plateau, to the chilly hills and mountains near the Kenyan border. Since our main itinerary takes us to northern and eastern Tanzania, plan on days that are warm or hot (up to the 70s and the 80s) and nights that are chilly or cold (as low as the 50s or 40s).

Like many countries near the equator, the seasons in Tanzania are best described by rainfall and humidity instead of temperature. The first wet or rainy season in the north runs from March to May. The second wet or rainy season is generally November and December. Although the rest of the year could be called dry season, January and February are especially dry (if you measure by number of days it rains). Humidity is strongest in the mornings during the wet seasons, but because our adventure is in the less humid north, the yearly average for the areas we visit is only about 60% relative humidity—roughly the same as Philadelphia.

Zanzibar, Tanzania: Although part of Tanzania, Zanzibar's seasons are a bit different since it is an island. The first wet or rainy season is usually April to June, while the second rainy season is in November. (But even during the rainy seasons, there can be long bursts of sun, and even during the sunny times of the year, there can be occasional rain.) The hottest time of year is from January through March.

Kenya: The climate in Kenya varies with the terrain—the coast is tropical, the interior temperate, and the north is arid. The Masai Mara Reserve, which is in the southwest, is at a moderate-to-high elevation (4,900–7,100 feet above sea level). This makes the climate wetter and more temperate than other parts of the country, with temperatures usually falling in the range of 85–65 degrees. The rainy seasons are April–May and November; the dry season is from July to October.

East Africa: East African weather is fairly consistent. Temperatures will typically range from comfortably warm to hot, especially at mid-day. Evenings can be surprisingly chilly. Rain can occur even in the driest months, and heavy rains occur frequently in Tanzania and Kenya from March to May. The short rains occur in November and December.

NOTE: If you are taking one of our optional stopovers before or after your OAT adventure, please be aware the climate and temperatures might be different from what you experienced during your tour. To prepare for weather differences and pack appropriate clothing, we recommend the following world weather sites:

- www.intellicast.com
- www.weather.com
- www.wunderground.com

Climate Averages & Online Forecast

The following charts reflect the **average** climate as opposed to exact weather conditions. This means they serve only as general indicators of what can reasonably be expected. An extreme heat wave or cold snap could fall outside these ranges. As your departure approaches, we encourage you to use **www.weather.com** for a more accurate forecast of the locations you visit.

Average Daily High/Low Temperatures (°F), Humidity & Monthly Rainfall

MONTH	ARUSHA, TANZANIA			KARATU, TANZANIA		
	Temp. High-Low	% Humidity (avg)	Monthly Rainfall (inches)	Temp. High-Low	% Relative Humidity (am-pm)	Monthly Rainfall (inches)
JAN	84 to 50	82	2.3	62 to 52	--	2.1
FEB	84 to 51	84	3.3	59 to 52	--	1.9
MAR	81 to 53	95	7.0	61 to 53	--	4.0
APR	77 to 57	95	14.5	64 to 56	--	6.4
MAY	72 to 52	--	8.3	61 to 55	--	3.1
JUN	70 to 48	--	1.3	55 to 50	--	0.5
JUL	69 to 49	--	0.6	58 to 51	--	0.2
AUG	72 to 48	--	0.8	60 to 50	--	0.1
SEP	76 to 47	--	0.8	65 to 50	--	0.1
OCT	80 to 51	94	1.4	68 to 52	--	0.6
NOV	81 to 51	98	4.4	67 to 54	--	3.5
DEC	81 to 50	91	4.0	64 to 54	--	3.3

MONTH	SERENGETI PARK, TANZANIA			KIBONGOTO, TANZANIA		
	Temp. High-Low	% Relative Humidity (am-pm)	Monthly Rainfall (inches)	Temp. High-Low	% Relative Humidity (avg)	Monthly Rainfall (inches)
JAN	81 to 59	--	3.6	84 to 58	62	1.4
FEB	81 to 59	--	3.8	84 to 58	62	2.6
MAR	81 to 61	--	5.2	82 to 59	71	4.7
APR	79 to 61	--	5.0	74 to 61	80	21.7
MAY	77 to 57	--	2.4	72 to 57	85	20.3
JUN	77 to 55	--	1.1	70 to 55	80	4.9
JUL	75 to 55	--	0.5	69 to 55	79	2.1
AUG	77 to 57	--	1.0	71 to 55	78	1.6
SEP	81 to 59	--	1.1	72 to 55	71	1.5
OCT	82 to 59	--	1.5	76 to 55	67	1.5
NOV	81 to 59	--	3.5	81 to 57	70	2.6
DEC	82 to 61	--	4.1	82 to 58	69	2.7

MONTH	NAIROBI, KENYA			ZANZIBAR, TANZANIA		
	Temp. High-Low	% Relative Humidity (am-pm)	Monthly Rainfall (inches)	Temp. High-Low	% Relative Humidity (avg)	Monthly Rainfall (inches)
JAN	77 to 58	93 to 41	1.8	90 to 76	74	2.3
FEB	80 to 58	89 to 35	1.7	91 to 76	74	2.6
MAR	80 to 60	92 to 38	2.9	91 to 77	79	5.8
APR	76 to 61	96 to 52	6.3	86 to 77	84	12.6
MAY	74 to 59	96 to 56	4.7	84 to 75	84	11.4
JUN	73 to 56	94 to 53	1.2	83 to 74	79	2.1
JUL	71 to 54	93 to 52	0.5	82 to 72	78	1.1
AUG	72 to 54	92 to 49	0.5	83 to 72	77	1.2
SEP	76 to 55	92 to 41	1.0	84 to 72	76	1.6
OCT	78 to 58	93 to 40	1.7	86 to 73	76	2.6
NOV	75 to 60	96 to 51	4.7	89 to 75	78	6.7
DEC	75 to 59	96 to 49	3.0	89 to 76	78	5.5

ABOUT YOUR DESTINATIONS: CULTURE, ETIQUETTE & MORE

O.A.T. Trip Experience Leaders: A World of Difference

During your adventure, you'll be accompanied by one of our local, Trip Experience Leaders. All are fluent in English and possess the skills, certification, and experience necessary to ensure an enriching adventure. As locals of the regions you'll explore with them, our Trip Experience Leaders provide the kind of firsthand knowledge and insight that make local history, culture, and wildlife come alive. Coupled with their unbridled enthusiasm, caring personalities, and ability to bring diverse groups of travelers together, our Trip Experience Leaders ensure that your experience with O.A.T. is one you'll remember for a lifetime.

Tanzanian Culture

Tanzania has a wide number of tribal groups—over 120—although most can be categorized as part of the Bantu-speaking peoples. But unlike neighboring Kenya, Tanzania does not have a majority tribe. The largest ethnic group in Tanzania is the Sukuma, but they are only 16% of the population, followed by the Nyamwezi and the Chagga. This lack of a clear dominant group means that Tanzania did not have the level of intertribal friction that other East African nations did, a fact that is often attributed to the early adoption of Swahili as a shared language in 1961.

That said, the real language of Tanzania might be music, as the country has produced many famous singers, including Queen frontman Freddie Mercury, born on Zanzibar island in 1946. Many different musical styles are represented from gospel to hip-hop to reggae to *bongo flava* (a type of local pop music that uses traditional influences).

Another big part of Tanzanian culture is religion, with almost 90% of the country identifying as Christian or Muslim. Of the two Christianity is more prevalent, especially on the mainland, while Islam is more prevalent in Zanzibar, a heritage from the Arab traders who settled on the island. The Christian churches are evenly split between Roman Catholic and Protestant; the mosques are largely Sunni. Both groups generally live in harmony and even allow for some overlap with traditional African religion. (For example, one might be a Christian who also participates in ceremonial dances.)

Even more important is *ujamaa*, or “family”. This is a core concept in Tanzanian society that includes extended family or traditional clan structure. The idea is for the family group to provide aid and support for its members, and for the nation to do likewise. Although the word was initially associated with the socialist party, it has transcended that beginning and come to mean a sense of cooperation between different groups.

Ujamaa also suggests the supreme importance of the family group in Tanzania, which often takes a very traditional form with men being considered the head of the household, and women gaining status through their children. Polygamy is legal and somewhat practiced (more commonly in rural or Muslim communities) and women face many barriers in the workplace, but there have also been recent wins such as an increase in the number of women in Parliament and a ban on child marriage.

Language

Although the official languages in Tanzania and Kenya are Swahili and English, both are multilingual countries. In Tanzania, Swahili is widely cited as a uniting language and thus takes precedence over the 126 or so native dialects—so much so that some tribal languages are starting to die out. In comparison, English is viewed as more of a second language, and is used more in business, legal, or higher education settings.

In Kenya there are 62 languages spoken throughout which mainly consist of tribal African languages as well as a minority of Arabic and Hindi speakers. The African languages come from three different language families—Bantu languages (spoken in the center and southeast), Nilotic languages (in the west), and Cushitic languages (in the northeast).

But in both countries, one thing is the same—a heartfelt attempt at any Swahili, even just a simple jambo (hello) will be greatly appreciated.

Keep an Open Mind

- This is not a typical tour, and the itinerary you follow is subject to change. This is East Africa—weather, the political situation, migration of game, fuel availability, road conditions, seasonal floods, and flight schedule changes may all impact your trip.
- In some cases, they may change the sequence of places visited, or we may not follow the trip itinerary exactly as published.
- Poverty is prevalent, so be prepared to witness a lower standard of living during our visits to local villages and schools.

Accommodations

- Our hotels and lodges are comfortable, but not luxurious.
- There can be occasional problems with electricity, hot water, and air conditioning (where it exists in the cities; there is not air conditioning in the safari camps).
- The roads within and between the parks can be dusty and very bumpy.
- Near the towns, some roads may be littered with trash.
- Water is scarce in the parks. We ask that you conserve water when washing, and shower only once each day.
- Some tented camps and lodges may be located outside the border to the national parks and game reserves. This allows us to offer a diverse range of activities, such as nature walks, in addition to entering the parks for game drives.

Meals

Each morning, we have a full breakfast including eggs, cereal, toast or bread with jam and butter, fresh or tinned fruit. Most lunches in the lodges are served buffet-style, and typically feature bread and cheese, potato and pasta salads, cold meats, sandwiches, fruit, and dessert. Lodge dinners are served at the dining table, and start with soup and bread. Entrees include tasty curries, stews, sautéed dishes based on chicken, fish, or meat, and vegetable side dishes. Even in camp, we serve delicious desserts, such as cakes and custards, and sometimes a cheese board is offered.

The food served in our tented camps is particularly good. Our camp cooks are carefully trained, and many travelers are amazed at the quality of the food they produce in a simple camp kitchen. Most of our meals are from the familiar Western cuisines, but we'll mix this up with characteristic African fare: you can try dishes such as ugali, a maize meal dish, nyama na ndizi, a meat and banana stew, or sukuma wiki, fried green collards.

Beverages such as tea and coffee are served at all meals. During your adventure, you will receive one complementary water each day at your lodgings, and during safari days, you'll also receive a second complementary water in your safari vehicle. In addition, bottled water is available for sale in the lodges. Prices vary, but generally fall in the \$3–4 range for a one-liter bottle.

Safari Vehicles

In Tanzania, we travel between parks and do our game drives in top-quality four-wheel-drive vehicles. Each passenger has an individual, high-backed seat with armrests. The vehicles are designed for maximum visibility: every seat is a window seat. A large hatch lifts up from the roof for unrestricted viewing. Our vehicles in Kenya's Masai Mara are similar to the ones we use in Tanzania.

Reminder: *The roads in Tanzania and Kenya can be very bumpy, and there will be times when you are “off-roading” over rugged terrain for game-viewing drives. Some days we'll spend nearly all day (8–10 hours) in the vehicle, however, there will be breaks along the way.*

Taking Photographs

When taking photos of people in most countries, be polite and ask permission to take a close-up. In many countries, you should not be taking photos of children or older women without permission. Do not take photographs of military personnel, military compounds, or other official institutions/personnel (such as police). This may result in the confiscation of your camera.

Please obey any signs regarding photos at museum or sites; the no-flash rule protects the fragile artifacts and artwork from damage by repeated exposure to light. Occasionally, there may also be a small fee levied by the museum or site for the privilege of taking photos.

Safety & Security

As you travel, exercise the same caution and awareness that you would in a large American city. Carry a one-day supply of cash, and your passport, in a travel pouch. Don't leave valuables unattended in your hotel room – use a room safe as needed. In any sort of puzzling street situation, try to keep one hand on your wallet or money belt.

Tanzanian Cuisine

Tanzanian cuisine is unique and widely varied. Along the coast, you'll find a decided Indian influence with spices and a wide use of coconut milk. As you move away from the coast, you will find a wider variety of fruits and vegetables, including **ndizi** (plantains), **bamia** (okra), **mchicha** (spinach), **njegere** (peas), **maharage** (beans), and **kisamvu** (cassava leaves). These are often be served as part of a platter with a grilled meat: **kuku choma** (chicken), **nyama choma** (beef), or **kiti moto** (pork). Dishes to try are:

- **Sambusa:** This is similar to a samosa in that it is a large fried dumpling only filled with spiced potatoes or meat.
- **Samaki** or kebabs: Are fish cooked in coconut milk.
- **Kashata:** This dish is perfect for anyone with a sweet tooth. It's a sort of peanut brittle in coconut milk with cardamom.
- **Kisusio soup:** This soup is for the more adventurous, made from boiled bones, scraps of meat, and blood.
- More unusual offerings include **firigisi** (grilled gizzards) or even grilled grasshoppers (**senene**).

Kenyan Cuisine

Kenya's food is as varied as its many tribes. However, there are a few regional differences based on geography. For example, the coastline tends to have the spiciest dishes and use more coconut. This, combined with an Arabic influence, means that coastal cuisine is highly regarded throughout the country. Typical dishes include:

- **Pilau:** A dish of rice, meat, and veggies cooked in beef broth with ginger and aromatic spices
- **Biryani:** A mixed rice dish
- **Chapatti:** Unleavened flat bread
- **Madafu:** Coconut water
- **Kuku wa kupaka:** A flavorful coastal dish that is especially popular. It consists of chicken pieces cooked in a hearty, spicy sauce made with coconut milk, tomato paste, and flavorings such as cumin, turmeric, and lime juice.

As you move into the interior, the food gets less spicy and more reliant on potatoes, maize, and grains like millet and sorghum. The central region is particular is known for its meat and potatoes meals such as:

- **Nyama choma:** A dish of BBQ beef short ribs or goat with a spice rub of turmeric, curry powder, black pepper, and salt served on **ugali** (cornmeal).
- **Nyama stew:** A dish which can be prepared with goat, chicken, or beef cooked in oil, onions, curry powder, tomatoes, coriander, and garlic with fresh vegetables.

And then as you continue to the west, the staple ingredients change again to include more chicken and **fresh fish from Lake Victoria**. One of the highlights of the western region is **ingoho**, a poultry dish by the Luhya people that is served only to important visitors, such as prospective in-laws. A whole chicken is roasted to a nice brown color and then braised with onions, spices, and tomatoes. Also well-known in this region is **cornmeal cake and fried fish**.

Zanzibari Cuisine

Tanzanian cuisine is unique and widely varied. Along the coast, you'll find a decided Indian influence with spices and a wide use of coconut milk. Dishes to try include:

- **Sambusa:** Large fried dumplings filled with spiced potatoes or meat
- **Pilau:** A dish of wild rice
- **Samaki:** Fish cooked in coconut milk)
- **Kashata:** Peanut brittle in coconut milk with cardamom.

As you move away from the coast, you will find a wider variety of fruits and vegetables, including **ndizi** (plantains), **bamia** (okra), **mchicha** (spinach), **njegere** (peas), **maharage** (beans), and **kisamvu** (cassava leaves). These are often be served as part of a platter with a grilled meat: **kuku choma** (chicken), **nyama choma** (beef), or **kiti moto** (pork). The more adventurous may want to try **kisusio soup**, made from boiled bones, scraps of meat, and blood.

Aside from meals, Tanzania also has some tasty and varied snacks, great with a hot beverage like **chai tea** or **kahawa** (coffee). Look for bread-like rolls called **mandazi**, **vitumbua** rice cakes, or flatbreads known as **chapati**. More unusual offerings include **firigisi** (grilled gizzards), **tende** (dates), **daga** (a tiny fried fish), or even grilled grasshoppers (**senene**)! There also various beers produced in Tanzania—Kilimanjaro, Safari, and Serengeti are the best-known brands.

Language Barrier

You can have some great “conversations” with local people who do not speak English, even if you don't speak a word of the local language. Indeed, this non-verbal communication can be a highly rewarding part of travel. To break the ice, bring along some family photographs, or a few postcards of your hometown. If you want to meet kids, bring a puppet or other interactive toy. Your Trip Experience Leader can help get the ball rolling.

Your attire is a key part of your non-verbal presentation. Your clothing should show a respect for local tradition. In small towns or near villages, you should dress in a relatively modest style—avoid revealing or tight-fitting outfits. The application of this guideline varies. You will see people in cities and large towns dressed in a modern style. And, of course, many foreign tourists are not sensitive to this at all. But you should dress modestly if you want to earn the respect of the local people.

Responsible Safari Travel

We do our best to have a minimum negative impact on local cultures and the natural environment in every country we operate trips. Here's how you can assist in this effort.

Respecting Wildlife

- Observe the animals silently and with a minimum of disturbance to their natural activities. Loud talking on a game drive can frighten the animals away.
- Never attempt to attract an animal's attention. Don't imitate animal sounds, clap your hands, pound on the vehicle, or throw objects. Failure to obey this rule could result in your removal from a National Park by one of the Park Rangers on patrol.
- Please respect your driver-guides' judgment about your proximity to wildlife. Don't insist that he or she take the vehicle closer so you can get a better photograph. A vehicle driven too close can hinder a hunt or cause animals to abandon a hard-earned meal.
- Litter tossed on the ground can choke or poison animals and birds.
- Never attempt to feed or approach any wild animal on foot. This is especially important near lodges or in campsites where animals may have become accustomed to human visitors. Failure to adhere to this could cause you to be bitten and need immediate rabies shots, which are unpleasant and costly.
- Smoking is not allowed on game drives. The dry African bush ignites very easily, and a flash fire can harm hundreds of animals.

Conserving the Natural Environment

- Minimize the disposable items you bring on the trip and dispose of your trash properly.
- Whenever possible, please minimize the use of single-use plastic drinking water bottles and use the provided O.A.T. water bottle.
- Stay on established trails to avoid damaging plants.
- Don't pick any vegetation, or remove any item of biological interest.

Shopping: What to Buy, Customs, Shipping & More

There may be scheduled visits to local shops during your adventure. There is no requirement to make a purchase during these stops, and any purchase made is a direct transaction with the shop in question, subject to the vendor's terms of purchase. O.A.T. is not responsible for purchases you make on your trip or for the shipment of your purchases.

Returns

If you discover an issue with an item, you should contact the vendor directly and expect that any resolution will take longer than it would in the U.S. We recommend that you keep a copy of all your receipts, invoices, or contracts, along with the shop's contact information. Keep in mind, local practice may vary from U.S. standards, so don't assume that you have a certain number of days after the purchase to speak up or that you are guaranteed a refund.

Crafts & Souvenirs

Tanzania

The authentic woodcarvings called mokonde are made only in Tanzania, and are prized by collectors worldwide. Usually made of ebony, traditional mokonde art depicts spirit gods, ancestors, and half-human, half-animal figures. Today mokonde has been adapted to include figures of wildlife. You can find smaller figures for less than \$20. Depending on size, style, and quality, larger pieces cost from \$50 to \$500.

Bargaining

Some shops have fixed prices. In the open-air markets prices are usually flexible and negotiating is normal. The only rule is that if you make an offer, you should be prepared to buy at that price. Bring a mix of small bills so that you can pay in exact change. For bargaining in East Africa, our Trip Experience Leaders suggest that you ask how much the item is, and start your bidding at a quarter of that price, working your way up to half the asking price. This is a good rule of thumb for getting the "right" price.

Kenya

Traditional souvenirs include woodcarvings, gems and gemstone jewelry, batik artwork, traditional African woven cloths, hand-woven carpets and mats, leather goods, Maasai beadwork, carved soapstone, fine basketry, and excellent coffee and tea.

Zanzibar

Given the archipelago's reputation as spice islands, it is no surprise that spices are a good bargain here, especially warm spices like cloves, cinnamon, pepper, and tumeric. However saffron does not grow on the island, so be wary of anyone trying to sell it to you. Woodworking items like small boxes, crates, or chests are popular and evoke the carved doors of Stone Town. Other handicrafts include items made out of *ukili* (palm tree leaves), woven *kikoi* fabrics, or brightly-colored folk art paintings called *tingatinga*.

Bargaining

Some shops have fixed prices. In the open-air markets prices are usually flexible and negotiating is normal. The only rule is that if you make an offer, you should be prepared to buy at that price. Bring a mix of small bills so that you can pay in exact change. For bargaining in East Africa, our Trip Experience Leaders suggest that you ask how much the item is, and start your bidding at a quarter of that price, working your way up to half the asking price. This is a good rule of thumb for getting the “right” price.

U.S. Customs Regulations & Shipping Charges

For all things related to U.S. Customs, the ultimate authority is the U.S. Bureau of Customs & Border Protection. Their website, www.cbp.gov has the answers to the most frequently asked questions. Or you can call them at **1-877-227-5511**.

The top three points to know are:

- At time of writing, your personal duty-free allowance is \$800 for items brought with you. Items totaling more than \$800 are subject to duty fees.
- **Items shipped home are always subject to duty when received in the U.S.** Even when the shop has offered to include shipping and duties in the price, this typically means shipping to the nearest customs facility and payment of the export duties—not door-to-door shipping or payment of the import duties. All additional duties or shipping charges would be your responsibility. Unless an item is small enough to send by parcel service (like FedEx), chances are you will need to arrange shipping or pick-up once the item is in the U.S. and will need to pay customs duties.
- It is illegal to import products made from endangered animal species. U.S. Customs & Border Protection will seize these items, as well as most furs, coral, tortoise shell, reptile skins, feathers, plants, and items made from animal skins.

When buying gemstones—such as Tanzanite set in jewelry—make sure to ask if it comes with a certificate *before* purchasing, as often transactions that have been completed cannot be reversed due to the TRA (Tanzania Revenue Authority) receipting system.

DEMOGRAPHICS & HISTORY

Tanzania

Facts, Figures & National Holidays

- **Area:** 365,755 square miles
- **Capital:** Dodoma
- **Languages:** Swahili is the official language; English and tribal languages are also spoken.
- **Ethnicity:** Mainland – African 99% (of which 95% are Bantu consisting of more than 130 tribes), other 1% (consisting of Asian, European, and Arab); Zanzibar – Arab, African, mixed Arab and African
- **Location:** Tanzania is bordered by Burundi, Democratic Republic of the Congo, Kenya, Malawi, Mozambique, Rwanda, Uganda, and Zambia
- **Geography:** Mainland Tanzania's landscape is flat and low along the coast. In the interior, a plateau at an average altitude of about 4,000 feet makes up most of the country, and isolated mountain groups rise in the northeast and southwest.
- **Population:** 61,741,120 (estimate)
- **Religions:** Mainland – Christian 61.4%, Muslim 35.2%, folk religion 1.8%, other 0.2%, unaffiliated 1.4%; Zanzibar—majority Muslim
- **Time Zone:** Tanzania is on Eastern Africa Time, eight hours ahead of U.S. EST. When it is 6am in Washington D.C., it is 2pm in Dar es Salaam.

National Holidays: Tanzania

In addition to the holidays listed below, Tanzania celebrates a number of national holidays that follow a lunar calendar, such as Easter and Eid el Fitri. To find out if you will be traveling during these holidays, please visit www.timeanddate.com/holidays.

01/01 New Year's Day

01/12 Zanzibar Revolution Day

04/26 Union Day

05/01 Worker's Day

06/07 Saba Saba

08/08 Peasants' Day

10/14 Nyerere Day

12/09 Republic Day

12/25 Christmas Day

12/26 Boxing Day

Tanzania: A Brief History

Tanzania is home to the Olduvai Gorge, the site where some of the earliest human remains on earth have been discovered. For hundreds of thousands of years, hunter-gatherer societies inhabited the area, though details about them are lost in the mists of time. More recently, the interior of the country has been occupied by pastoral and agricultural societies.

The cattle-herding Maasai are notable among these. They are believed to have migrated from the southern Nile during the 15th to 17th century, and they continue to live in mainland Tanzania to this day. In the past, this tribe's reputation as fierce warriors may have prevented some intertribal clashes as neither the slave trade nor tribal warfare had much impact in their territory. Interestingly, while the Maasai may have captured the public imagination, they are not a majority tribe in Tanzania, which boasts a stunning diversity of over 100 tribal groups.

In contrast, the coastal region has a different migration story. Over one thousand years ago, sea-borne traders established a strong Arab presence on Tanzania's Indian Ocean coast, which includes the island of Zanzibar. A vast trade network sprang up, with Zanzibar as a key trading port between Africa, the Middle East, and India. (Sadly, this included a thriving slave trade.) The island's wealth and strategic location drew the attention of the Portuguese, who ruled it for about 200 years starting in 1502. But by the 1700s they were outed by the Sultans of Oman, who reestablished trade with the Arabic world and made Stone Town their capital in 1840.

Rivalry among European colonial powers brought historic change to the area in the late 19th century. Livingston and Stanley were among the first Englishmen to arrive in the interior, where Stanley's famous "Dr. Livingston, I presume" was uttered in 1871 by Lake Tanganyika. The British then made Zanzibar their protectorate in 1890 and abolished the slave trade. But on the mainland Britain yielded to Germany when the two countries signed an agreement giving Tanzania (then known as Tanganyika) to the Germans, while Britain got Kenya and Uganda. This agreement ended in World War I, when Germany and Britain fought intense land and naval battles in Tanganyika. Following Germany's defeat in Europe, Britain was put in charge of the League of Nations mandate for Tanganyika.

In the 20th century, the movement to end colonialism in Tanganyika took shape among farmers' unions and cooperatives. Julius Nyerere led the political party that grew out of this movement and became the country's first president when it made a peaceful transition to independence in 1961. The island of Zanzibar gained independence in 1963, in a transition that involved a bloody revolution during which the bulk of the Arab population was expelled. In 1964, Tanganyika, Zanzibar, and Pemba (another offshore island) joined to become the United Republic of Tanzania.

Tanzania's leaders stood at the forefront of African liberation movements during the 1970s and the early 1980s. They allowed Mozambique nationalists to use Tanzanian territory for training and attack bases as they fought for independence from the Portuguese. In 1979, Tanzanian troops helped overthrow the regime of Ugandan dictator Idi Amin. President Nyerere also played a key role in the negotiations for ending white rule in Zimbabwe. Although it maintained good relations with the West, Tanzania followed a strongly socialist path in the decades immediately following independence.

Part of the reason Tanzania was able to take such a leading role was the relative lack of tension between tribal groups and the use of the shared language (Swahili) which was adopted early on in 1961. That is not to say that there isn't any friction—the past two decades have seen some strong political divisions, especially between Zanzibar and the mainland—but these internal squabbles are relatively mild compared to other African nations. In recent years the relative stability has helped Tanzania emerge as one of the anchors for the East African region, accepting refugees from the conflicts in Rwanda, hosting peace talks for Burundi, and forming an East African trade alliance with neighboring states like Kenya.

Kenya

Facts, Figures & National Holidays

- **Area:** 224,080 square miles
- **Capital:** Nairobi
- **Languages:** English and Kiswahili are the official languages; numerous indigenous languages are also spoken.
- **Ethnic groups:** Kikuyu 22%, Luhya 14%, Luo 13%, Kalenjin 12%, Kamba 11%, Kisii 6%, Meru 6%, other African 15%, non-African (Asian, European, and Arab) 1%
- **Location:** Kenya straddles the equator on the eastern coast of Africa. It is bordered by Ethiopia, Somalia, South Sudan, Uganda, and Tanzania.
- **Geography:** Kenya has an impressively varied landscape. Lake Victoria is on the southwestern border of the country, with Tanzania to the south. The other features of Kenya range from a flat, bush-covered plain in the northeast to beautiful Indian Ocean beaches, scenic highlands, lakes, the Great Rift Valley, and the towering Mount Kenya.
- **Population:** 55,864,655 (estimate)

- **Religions:** Christian 82.5%, Muslim 11.1%, Traditionalists 1.6%, other 1.7%, none 2.4%, unspecified 0.7%
- **Time zone:** Kenya is on East Africa Time, eight hours ahead of U.S. EST. When it is 6am in Washington D.C., it is 2pm in Nairobi.

National Holidays: Kenya

In addition to the holidays listed below, Kenya celebrates a number of national holidays that follow a lunar calendar, such as Easter and Eid al-Fitr. To find out if you will be traveling during these holidays, please visit **www.timeanddate.com/holidays**.

01/01 New Year's Day

05/01 Labour Day/May Day

06/01 Madaraka Day

10/20 Mashujaa Day

12/12 Jamhuri Day

12/25 Christmas Day

12/26 Boxing Day

Kenya: A Brief History

Some of the earliest humans made their home in the land now known as Kenya. And since those primordial times, people from all over Africa have migrated here—such as the aristocratic Hima tribe, who moved in prior to A.D. 1000, and established large kingdoms and introduced cattle herding. They were followed by the Bantu-speaking peoples, including the Kikuyu tribe, which remains the largest ethnic group in Kenya today.

This wave of internal migration was followed by outside traders. First the Persians and Arabs, who sailed south from the Middle East as early as the 1st century B.C.E. (during the Roman era). They became a dominant trade presence in the coastal region, giving rise to the development of the Swahili language, which blends Arabic with Bantu—one of the earliest examples of a shared language created for international trade. In time the coastal area was divided up into wealthy city-states known as the Swahili States. While these states had an Arabic influence—notably in the introduction of Islam in 8th century—most scholars believe they retained a Bantu cultural core, giving them a sophisticated cosmopolitan culture that was only enhanced by trade with Asia across the Indian Ocean. Mombasa, one of Kenya's major cities today, originated as one of these city-states.

The first Europeans to have an impact on East Africa were the Portuguese, who arrived by sea in the 15th century with an eye on controlling the Indian Ocean sea routes. They were succeeded by the Omani Arabs in the 1730s, who unified the coastal states but also began amplifying the slave trade, selling prisoners from the interior of Kenya and other nations throughout the Middle East and to plantations in the Caribbean. They in turn were ousted by the British, who by the latter half of the 19th century had become the dominant power, drawing the borders of the newly defined nation of Kenya. The British ended the slave trade but claimed all land outside of so-called “tribal areas” as crown land available for white settlement.

British colonial rule created a stratified social system in Kenya. At the top where the European settlers, brought in to begin large-scale farming so that crops like coffee could be exported. Then a large group of immigrants from India, who came to work on the railroad, open businesses, or as soldiers in World War I. As India had been under British rule for some time, the Indian community was viewed more favorably by the British than the African tribespeople, who were at the bottom of the social ladder. There was also a complex hierarchy among the tribes, depending on which group the British government felt would support them.

This system led to tensions and disparities not only between the Africans and the British, but also between the tribes. The Kikuyus in particular took a lead role in creating political groups that advocated for African suffrage, fairer taxation, and the return of native lands in the 1920s. Many of these movements were put on pause during World War II, when Kenyan soldiers bravely fought for the Allies, and then resumed afterwards. A turning point came in 1952 with the start of the Mau Mau Uprising, a four-year rebellion that put the country on the path to independence in 1963.

It also solidified the political importance of the Kikuyu tribe as they were the primary supporters of the Mau Mau movement. Jomo Kenyatta, the first president of independent Kenya, was a Kikuyu. Though he had been involved in the Mau Mau rebellion, he established moderate, pro-Western policies and was acknowledged as *Mzee*, “the wise old one,” by his own people and many world leaders upon his death in 1978.

Kenyatta’s successor, Daniel arap Moi, continued to follow similar social and economic policies from 1978 to 2002. But Moi’s years as president were not without controversy, especially his personal fortune (rumored to be vast and corrupt), authoritarian methods, and his reliance on ethnic favoritism to stay in power. Under his government, tribal tensions began to bubble over, resulting in mass evictions of the Kikuyu and oppressive measures against other groups, such as the Luo. These tensions, plus periodic attacks by the radical al-Shabab group, have largely dominated recent Kenyan politics in the past decade, but so too have happier news stories, like the discovery of oil and the recent birth of a record number of elephant calves.

Zanzibar

Facts, Figures & National Holidays

- **Area:** 950 square miles
- **Capital:** Zanzibar City
- **Languages:** Swahili is the official language; English and Arabic are also spoken.
- **Ethnicity:** Arabs, Hadimu, Swahili, and Tumbatu
- **Location:** The archipelago is of the eastern coast of mainland Tanzania, in the Indian Ocean
- **Population:** 1,303,569
- **Religions:** Majority Muslim

- **Time Zone:** Tanzania is on Eastern Africa Time, seven to eight hours ahead of U.S. ET (depending if the U.S. is on Daylight Savings Time). When it is 6am in Washington D.C., it is 2 or 3pm in Zanzibar City.

National Holidays: Zanzibar

In addition to the holidays listed below, both Zanzibar and mainland Tanzania celebrate a number of national holidays that follow a lunar calendar, such as Easter and Eid el Fitri. To find out if you will be traveling during these holidays, please visit **www.timeanddate.com/holidays**.

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04/26 Union Day

05/01 Worker's Day

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12/09 Republic Day

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In contrast, the coastal region has a different migration story. Over one thousand years ago, sea-borne traders established a strong Arab presence on Tanzania's Indian Ocean coast, which includes the island of Zanzibar. A vast trade network sprang up, with Zanzibar as a key trading port between Africa, the Middle East, and India. (Sadly, this included a thriving slave trade.) The island's wealth and strategic location drew the attention of the Portuguese, who ruled it for about 200 years starting in 1502. But by the 1700s they were outed by the Sultans of Oman, who reestablished trade with the Arabic world and made Stone Town their capital in 1840.

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1961. The island of Zanzibar gained independence in 1963, in a transition that involved a bloody revolution during which the bulk of the Arab population was expelled. In 1964, Tanganyika, Zanzibar, and Pemba (another offshore island) joined to become the United Republic of Tanzania.

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Part of the reason Tanzania was able to take such a leading role was the relative lack of tension between tribal groups and the use of the shared language (Swahili) which was adopted early on in 1961. That is not to say that there isn't any friction—the past two decades have seen have been some strong political divisions, especially between Zanzibar and the mainland. A key example of this divide occurred shortly after the highly contested 2000 general elections, which were won by a party with strong support on the mainland, the CCM. Not long after the election, the offices of the Zanzibar-based opposition party—the CUF—were raided by the police and the CUF chairman was charged with unlawful assembly. Supporters took to the streets in protest, which sadly disintegrated into a violent clash with the police. Ultimately the heads of both parties joined together to restore calm, but the incident prompted many in Tanzania to call for a greater level of freedom for opposition parties.

In addition to political struggles, the residents of Zanzibar have also struggled with their dependence on the mainland for electricity, which is supplied by an underwater cable. In 2008 the cable's connection failed, leaving the island without electricity for roughly one month. (Many in Zanzibar have backup generators for this very reason.) But these internal squabbles are relatively mild, especially compared to other African nations. In recent years the relative stability has helped Tanzania emerge as one of the anchors for the East African region, accepting refugees from the conflicts in Rwanda, hosting peace talks for Burundi, and forming an East African trade alliance with neighboring states like Kenya.

RESOURCES

Suggested Reading

Eastern Africa: Kenya & Tanzania

City of Thorns: Nine Lives in the World's Largest Refugee Camp by Ben Rawlence (2016, Nonfiction). The Dadaab refugee camp is the third-largest refugee camp in the world, seen internationally as a looming humanitarian crisis. Rawlence outlines life in the camp, telling the stories of nine inhabitants and the struggles they face on their desperate bid for a better life.

Love, Life, and Elephants: An African Love Story by Daphne Sheldrick (2012, Memoir) The lively and engaging biography of a much-admired expert on African elephants—and the first person to raise one in captivity from birth. The book recounts her experiences helping her husband to create and run one of Kenya's national parks and her role in raising orphaned elephants to release back into the wild.

Running with the Kenyans: Passion, Adventure, and the Secrets of the Fastest People on Earth by Adharanand Finn (2012, Sport) An amateur runner from Britain, Finn uproots his family for a chance to train in Kenya, where many of the best professional runners come from. While some reviewers felt this book was more for the running enthusiast, others praised its mix of sports and travel writing.

Crazy River: Exploration and Folly in East Africa by Richard Grant (2011, Travel Narrative) Author Grant risks his life to travel the relatively unexplored Malagarasi River from Tanzania into Burundi, which he then follows up with a jaunt into Rwanda. At times adventurous, scary, and crazy.

It's Our Turn to Eat: The Story of a Kenyan Whistle-Blower by Michela Wrong (2009, History/Politics) Journalist-turned-author Michela Wrong uses the dramatic true story of anti-corruption officer John Githongo as a way to shed light on tribal politics and corruption in Kenya.

Zanzibar

The Gravel Heart by Abdulrazak Gurnah (2017, Fiction) A powerful and poetic novel about the impact of family secrets, this story follows Salim as he grows up in 1970s Zanzibar under the shadow of a distant father, possibly unfaithful mother, and an well-loved uncle who offers him a new life in London. But a new life means new difficulties, and the old secrets haven't really gone away. The author himself immigrated from Zanzibar to Great Britain, and the story resonates with many personal details and insights.

Zanzibar Uhuru: Revolution, Two Women and the Challenge of Survival by Anne M Chappel (2015, Historical Fiction) A bid for independence, a brutal uprising, and a father's difficult choice bind two very different young women—an Arab girl name Fatima and Elizabeth, the daughter of a British official—in ways that take decades to play out. While the story is fiction, many readers felt the book gave them a good background on Zanzibar's history.

The Sultan's Shadow: One Family's Rule at the Crossroads of East and West by Christiane Bird (2010, History) Historian Bird focuses on the end of Arabian rule in Zanzibar, especially Oman's Sultan Said, who ascended to the throne in 1806, and his daughter Princess Salme, whose rebellious life included a love of learning, a secret pregnancy, and marriage with a foreign commoner.

Death in Zanzibar by M.M. Kaye (1999, Mystery) There's a killer loose in Zanzibar, and Dany Ashton is determined to find out who. A fun mystery-romance-adventure in the same vein as Mary Stewart or Agatha Christie.

Suggested Films & Videos

Tanzania

Jane (2017, Documentary) An inspiring documentary about the life of Jane Goodall, the world's foremost expert on chimpanzees, and her work at Gombe Stream National Park in Tanzania.

Throw Down Your Heart (2008, Music) Did you know the banjo originated in Africa? Well-known banjo player Bela Fleck traces the instrument's roots through Tanzania, Uganda, Gambia, and Mali, jamming with fellow musicians along the way. If you are more interested in the music than the film, some of the songs have been released as an album called ***Throw Down Your Heart: Africa Sessions*** (2020).

Kenya

Eye in The Sky (2015, Drama/War) A tense and thought-provoking war drama in which British commander Katherine Powell (played by Helen Mirren) faces the most difficult choice of her career. While running a drone mission against terrorists in Kenya, a young girl enters the kill zone, forcing a moral dilemma.

The First Grader (2010, Biopic/Drama) An 84-year old Kenyan villager is determined to learn how to read and write no matter the odds. An uplifting movie based on a true story.

The Constant Gardener (2005, Thriller) A British diplomat, Justin Quale, and his wife Tessa relocate to Kenya. But when Tessa is murdered and British embassy tries to meddle in Justin's investigation, it becomes apparent that Tessa's death is just the tip of the iceberg.

Nowhere in Africa (2001, Drama) A Jewish couple flee Germany for Kenya at the start of WWII and try to build a new life in a strange land. In German, with subtitles.

Out of Africa (1985, Drama/Romance) A young Danish woman falls for Kenya, her new coffee plantation, and a restless big-game hunter in 1910s. Based on the book by the same name and starring Robert Redford and Meryl Streep in one of her early roles.

Zanzibar

Curse of an Addict – Zanzibar (2015, Documentary). In Zanzibar, heroin is wide-spread, with between 7,000 and 12,000 people struggling with addiction. Follow Seif, a heroin addict, who believes he was cursed into his addiction. Seif struggles with who he once was and who he should have become, battling against his addiction to be the man he wants to be.

Shadow Tree (2014, Short). A Zanzibari boy struggles to keep a fish alive in a muddy puddle, on the water-insecure island.

Jonah (2013, Fantasy/Drama). Two young men, Mbwana and his best friend Juma, photograph a gigantic fish living in the sea near their hometown, bringing international attention to the small Zanzibari town. Years pass and when Mbwana encounters the fish again, he sets out to defeat the beast that ruined his life.

As Old As My Tongue: The Myth and Life of Bi Kidude (2008, Documentary). A world-famous, Zanzibari-born Taarab singer, Bi Kidude was believed to be the oldest touring singer in the world before her death in 2013. While much of her early life is unknown, filmmaker Andy Jones digs into the culture and traditions Bi Kidude was born in as he outlines her career and awards as a Taarab singer.

Useful Websites

Overseas Adventure Travel Frequently Asked Questions

www.oattravel.com/faq

International Health Information/CDC (Centers for Disease Control)

www.cdc.gov/travel

Electricity & Plugs

www.worldstandards.eu/electricity/plugs-and-sockets

Foreign Exchange Rates

www.xe.com/currencyconverter
www.oanda.com/converter/classic

ATM Locators

www.mastercard.com/atm
www.visa.com/atmlocator

World Weather

www.intellicast.com
www.weather.com
www.wunderground.com

Basic Travel Phrases (80 languages)

www.travlang.com/languages

Packing Tips

www.travelite.org

U.S. Customs & Border Protection

www.cbp.gov/travel

Transportation Security Administration (TSA)

www.tsa.gov

National Passport Information Center

www.travel.state.gov

Holidays Worldwide

www.timeanddate.com/holidays

Useful Apps

Flight Stats

Track departures, arrivals, and flight status

LoungeBuddy

Get access to premium airport lounges around the world

Timeshifter

Personalized tips for avoiding jetlag, based on neuroscience and your own data

GoogleMaps or Maps.me

Maps and directions anywhere in the world

Triposo

City guides, walking maps, and more – and it works offline

Rome2rio

Where to go, what to see, and what to do in more than 160 countries

Flush or Sit or Squat

Find a clean toilet anywhere

Uber or Bolt or Grab

Ride sharing around the world

Visa Plus and Mastercard Cirrus

ATM locations

Shows the location of the nearest ATM in your network

TunnelBear

Provides a secure VPN (virtual private network) that will encrypt your browsing data when you use a public WiFi network

What's App or Skype or Signal

WiFi calling anywhere in the world

Duolingo or FLuentU or Babbel

Learn dozens of foreign languages

Google Translate

Fast and simple translations

XE

Currency conversions

SizeGuide

Clothing and shoe sizes in all countries

Best Units Converter

Converts currency, mileage, weights, and many other units of measurement

Tourlina

For women only, it connects you with other female travelers

Happy Cow

Locate vegan and vegetarian eateries in 195 countries

Eatwith

Dine with locals all over the world

Meetup

Connects you with locals who share your interests

Skyview

Identifies constellations and heavenly bodies

Travello

Find travel friends on the road

ALIX for One

Created by and for women, it identifies solo-friendly dining spots in major international cities

TripWhistle

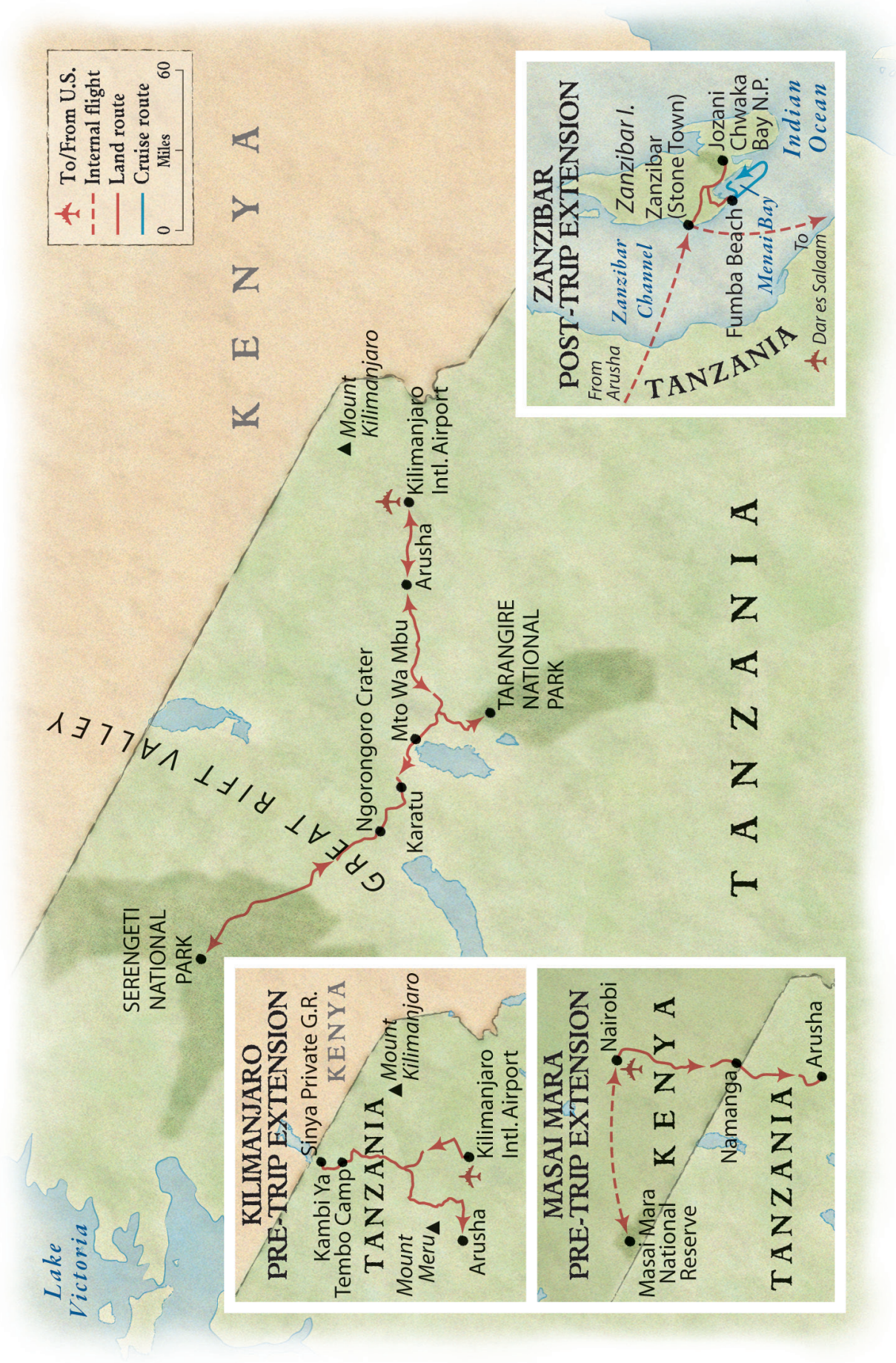
Maps your location and provides emergency numbers for police, medics, and more

GeoSure

Safely navigate neighborhoods around the world

Chirpey

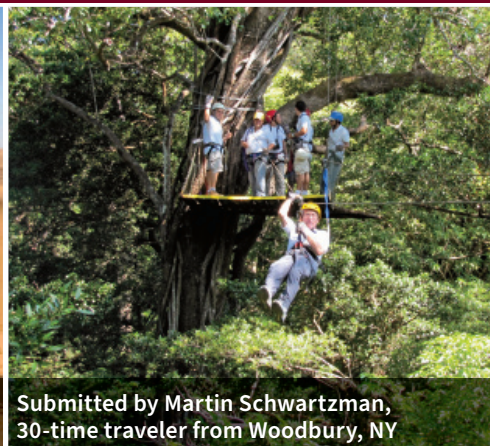
For women only, connect with other women, find out what's safe, meet up, and more



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