

# Tanzania Expedition 2019

## Pre-Departure Instructions



## Passport & Visa

### **Passport**

Your passport needs to be current and have at least six months left to run from the date of return from Tanzania. You will also need at least 2 blank pages within your passport for stamps upon arrival and departure.

You should by now have submitted your passport information to us to enable us to ticket your flight.

It is also a good idea to take a photocopy of your passport with you on expedition.

**Top Tip** – Keep the photocopy in a safe place, but not with your actual passport!

### **Visa**

For British Nationals, you will need to apply for a Tanzania Tourist Single Entry Visa. This needs to be applied for before you leave the UK.

The visa will need to be applied for directly from the Tanzanian High Commission in London. The current cost of the visa is \$50US. The visa's do have time requirements, so please follow our guidance when this is emailed to you.

More information on your visa application is available on the Traveller Gateway.

For non-British Nationals, please check the visa requirements directly with the relevant Embassy or High Commission.

### **Volunteer & Wildlife Permit Fee**

A regulation of the Tanzanian Government states, anyone who undertakes volunteering, will need to pay for a permit fee. The payment of this fee will be organised once you have arrived in your first camp, along with the help of your Expedition Leader, teachers and the in-country staff. The cost of this permit is \$200US. You will need to bring this in cash and large denomination notes are preferred.

## Vaccinations, Malaria, Bite Prevention & Other Health Considerations

You should have had all or most of your vaccinations by now, more information on the vaccinations recommended for Tanzania can be found on the Traveller Gateway, which you can print off, take with you and pass to your GP or Travel Nurse.

### **Malaria**

Malaria remains rife throughout the tropics. It is vital that you have an awareness of the very real hazard of malaria, including the importance of gaining accurate advice before travelling. As with vaccinations, please follow the advice of your doctor, as there is a range of anti-malarial tablets that you can take. Whichever one you are recommended, follow the instructions carefully as some might require starting the course before you leave on expedition and for several days/weeks after returning. Make sure you have enough tablets to last for the whole duration of your trip. Just bear in mind that malaria medication is not 100% effective so bite prevention is still essential.

The most common anti-malarial drugs recommended for travel are Malarone, Larium and Doxycycline.

***If you are scuba diving as part of your expedition, please make your doctor/travel nurse aware as the Larium is not usually recommended due to the possible side effects.***

We strongly advise against herbal anti-malarial medication as a form of protection.

### **Bite Prevention**

It is important that you take steps to prevent getting bitten, as mosquito's carry diseases other than Malaria, particularly Dengue Fever. Dengue, whilst not widespread in Tanzania, causes a nasty fever and general unwell feeling for several weeks. There is no prophylaxis for Dengue Fever, hence it remains critically important to avoid being bitten at all times. In addition, it is really easy for bites to become infected when scratched in the humid conditions in Tanzania, and often lead to hospitalisation in order to treat the infected area.

**Top Tip** – make sure your anti-malarial drugs are packed in your hand luggage on the plane, as on odd occasions, hold bags can be delayed in transit.

### **Yellow Fever Vaccination**

The Yellow Fever vaccination is an entry requirement if you are entering Tanzania from a country that has a risk of yellow fever. We do ask all of our volunteers to have the Yellow Fever vaccination administered before travel. The main reason for this is because of our contingency plans. Once you have had your Yellow Fever vaccination you will be issued a certificate, please ensure that you keep the Yellow Fever Certificate with your passport for your expedition.

If you can't have the yellow fever vaccination for medical reasons or your doctor advises against it, please ask your doctor for a medical exemption certificate and take this with you when you travel.

## Spending Money

### **How much to take**

We recommend that you should budget for £200-£250 for your expedition. As your accommodation, 3 meals a day, water, transfers etc are included, your spending money is for additional items such as cans of pop, souvenirs and any additional snacks.

***If you are undertaking a mountain trek as your adventure element, you will also need to take \$50 US dollars in cash for your tip to your mountain porters and guides.***

### **Currency & How to take it**

The currency of Tanzania is Tanzania Shillings, unfortunately Tanzania is a closed currency country which means you can't get Tanzanian Shillings outside Tanzania.

We recommend you take approx. £50 cash, and the rest of your spending money on a bank card. You will have opportunities to withdraw and change money in some locations of Tanzania if you need to. Please ensure any bank or travel card you take is VISA, Mastercard is less recognised in Tanzania and may not work.

### **Insurance Excess**

Our travel insurance policy has a £50 threshold that you need to take in addition to your spending money to change into the local currency when you arrive

**Top Tip** – please ensure you have your £50 insurance excess ready to change into the local currency & keep it separate from the rest of your spending money

## Travel Insurance

All team members are covered by our travel insurance policy. Further details of the policy can be found on your Gateway. Please make sure you have read and understood the cover, if you have any questions regarding the cover please feel free to contact us for assistance.

It is your responsibility to ensure you have appropriate travel insurance in place, if for any reason our policy does not cover you, you must take out your own additional cover. The policy does have some exclusions, and further details can be found on your Gateway.

## Kit & Packing

### **Your Kit**

Your kit list is on your Traveller Gateway. Please ensure you log in and have a look at the items you need to take, if you have any questions please get in touch with us.

### **Packing**

You will be taking 2 bags on your expedition;

Big Rucksack – NO SUITCASES PLEASE (They are not practical on an expedition!) This will be the hold bag on the flight: the one you check in

Your hold bag must not weigh more than 20kgs. If it does, you might be charged by the airline when checking in

Smaller Rucksack – You will use this daily on expedition and will be your hand luggage on the flight

#### **When you're packing your kit, it's important to follow our top tips;**

1 - Pack your bag yourself! Don't let Mum or Dad do it - you will never find anything in your bag if you don't pack it. Also, you will need to pack and re-pack your bag throughout the expedition so it's important you practice making everything fit!

2 - Any medication, including anti-malarial tablets should be packed into your hand luggage for the flight

3 - Make sure you check the latest airport hand luggage restrictions. Liquids over 100mls and sharp objects must be packed in your hold luggage for the flight

4 - There are opportunities to top up on toiletries on expedition, or share amongst your team, so you don't need to try and take multiple bottles of shampoo!

5 - Make sure your passport is packed into your hand luggage – you'll need this!

6 - It is always useful to pack a pen in your hand luggage – you'll have to complete a landing card when arriving in Tanzania

### **Donations**

Some school groups or individuals choose to donate items to the local schools or communities. Any items will need to be taken out with you as part of your personal luggage allowance.

## Your Expedition Leader

### **What is an Expedition Leader?**

An Expedition Leader is the member of staff we provide to accompany your group, as well as the teachers travelling with you.

Expedition Leaders have a wide variety of backgrounds and professions but what they all have in common is;

- Vast experience in leading young people
- Extensive Outdoor First Aid Qualifications
- DBS checks
- Mountain Leader Qualification (if applicable)

We put our leaders through an extensive selection and training process before we assign them. They may not have been to Africa before, but the skills and experience that they have in leading young people safely, makes them the best people for the job!

### **What is their role on your expedition?**

The Leader's role is to look after the safety and logistics of your expedition. They will work with your teachers and our staff in Tanzania to ensure your expedition runs smoothly.

They are also there to help you get the most out of your experience. They are amazing people, so take the time to talk to your Expedition Leader and be honest with them throughout the expedition.

### **Your Leadership Team**

Your Expedition Leader and the teachers accompanying your team will form your Expedition Leadership Team. They will be with you for the whole of the expedition and together will ensure you have a safe and enjoyable time. It is important that you follow the instructions given to you by the leadership team throughout your expedition.

### **Our Team in Tanzania**

You will be supported throughout your expedition by our team in Tanzania. They are local people and will help you settle into life abroad. They will help your expedition run smoothly and look after the infrastructure that supports your team. Get ready to be greeted at each camp with lots of smiling faces!

## **Day of Departure**

### **Meeting at your school**

On your day of departure, you will most likely be meeting at your school approximately 2-3 hours (depending on your team size and school arrangements) prior to the time you need to leave for the airport. It sounds like a lot of time, but this is to allow time for a final briefing and kit check with your teacher or Expedition Leader. It is better to realise you have forgotten your passport whilst at the school rather than at the airport! It is important you have a chance to go through last minute information before the team arrives in Tanzania. This would include personal safety, health and hygiene, drinking water and risk assessments etc.

If you are not meeting at your school, this information will come from your Expedition Leader at the beginning of your expedition – maybe even in the airport!

### **Getting to the Airport**

In most cases your school will have arranged this for you, and it is mostly likely to be a bus or coach. Speak to your teacher at the school to ensure you know what time you need to be at the school. Make sure you know the arrangements for after the expedition and whether you are getting picked up from the airport or whether the school has arranged transport back to the school.

If you are not travelling to the airport with your school, ensure you have planned your journey to and from the UK airport.

### **Check-in**

We require all groups to be at the airport 4 hours prior to departure. Your Expedition Leader will guide you through the check in process. You will have an e-ticket which is linked to your passport, so you don't need anything other than your passport to check in. Make sure you keep your boarding cards safe once you have been issued them.

### **Your Flight**

Your flight routing isn't direct, so you will stop and change planes on the way to Tanzania. You will remain in transit during this time and will not go through immigration. Your bags will be checked all the way through to Tanzania.

### **In Flight Documentation**

Before you arrive in Tanzania, you'll be asked to fill out an 'arrival card' on the plane. You'll need to complete this with your personal details from your passport and your reason for travel, for which you need to put Holiday. You will be asked where you are staying, so use the address on the 'Your Travel Page' document.

### **Immigration**

When you arrive in Tanzania you'll be processed through immigration. Please note it is your responsibility to make sure you have the correct visa and meet the entry requirements specific to your nationality.

## Meeting us in Tanzania

After passing through immigration in Tanzania, you will collect your bags and go through customs. If your bags are checked going through customs, you should state that all of your equipment is for personal use.

## What if's

**Your bag is lost** - let your Expedition Leader know! They will help you to report it to the relevant desk at the airport. They will issue you a receipt and then you will proceed through customs. Our team in Tanzania will sort the rest. Lost bags usually arrive later that day or the next day.

**You get separated from the group** – go directly to the airport information desk and call the Camps International Office if you are in the UK, or the Africa Office if you are in Tanzania. Please see the separate 'Your Travel Page' document which accompanies these instructions.

## On Expedition

### Your Itinerary

Your itinerary gives you an idea of how your expedition will be broken down, however please remember that this is an expedition so some of the dates/schedules may change slightly, trust us, this is part of the experience.

### Accommodation & Food

Please log into your Traveller Gateway for information on food, drinking water, accommodation, life in camp and a whole load of other useful topics. The key points to remember are;

- Your accommodation will vary depending on what camp you are in
- Food and water are provided throughout
- We can cater for most dietary requirements, but it is a good idea to take the time to talk to the chef in each camp about what you can and can't eat

### Projects

You will be fully briefed on the project work that you will be undertaking upon arrival at each camp. Be aware that objectives and goals can change rapidly and there may be a range of additional low-level tasks for you to do. All of our projects are designed to benefit the local community but if you don't understand the aim of any project just ask your Expedition Leader.

### Safety & Security

Whilst we do everything in our power to keep you safe and brief you on any potential hazards, it is also your responsibility to behave sensibly and be vigilant towards your own safety.

#### Top Tips for Safety & Security:

- Don't wear expensive jewellery
- Keep your personal possessions out of sight
- Do not wander off on your own

Most of this is common sense and if in doubt – please ask a member of your Leadership Team.

## **Fitness**

It is your responsibility to make sure you are fit enough for all aspects of your expedition. Expeditions are physically challenging so it's important that you do some physical activity in the build-up to your departure. You can find more information about Expedition Fitness on your Traveller Gateway.

## **Your Behaviour**

It is up to you to demonstrate responsible and considerate behaviour throughout your expedition. We will always try to provide a relaxed environment and whilst you will want to have fun, please remember that you will be part of a team. There is an onus on you to help each other and make an effort to muck in. When you arrive at each camp, you'll be informed of all the necessary safety information to ensure all team members have a safe and enjoyable time. It is essential you listen to all briefings and follow all instructions issued by Camps staff, your Expedition Leader and the teachers with your group. All clients are required to abide by our Code of Conduct, please note if you break the code of conduct you could be sent home at your own cost. Please refer to our Terms & Conditions for more details.

## **Something not quite right?**

On most days during your stay you will have a team meeting with your Expedition Leader and teachers; this is your opportunity to discuss the expedition and raise any concerns you might have. Please remember we can't solve problems that we don't know about and that all staff connected with your expedition are there to make sure each student has the best possible time! If anything is concerning you at any stage, please don't hesitate to let your Expedition Leader know so that we can do our best to resolve it.

## **Mobile Phones**

It is up to you whether or not you choose to take a mobile phone, but we ask that you consider the following before deciding:

- You don't need one – your Expedition Leader will have a phone and if information needs to be given to your parents or if your parents need to get a message to you, it can be done via us and the Leaders
- Signal can be poor - in some areas you may have little or no signal
- Cost – the cost of calls and texts from abroad on a mobile are very expensive. Your phone bill could easily be hundreds of pounds if you're not careful.
- Mobile phones detract from the experience – you have spent nearly two years working hard to get yourself on the expedition, the last thing you want to do is spend your time thinking about what is happening at home and miss out on the experience being on expedition

## Returning Home

### Getting Picked Up

Before you go please make sure your parents know whether they are collecting you from the school or the airport and at what time they need to be there.

### Photo Competition

Once you have had a chance to unpack, have a shower and devour whatever food you have missed on expedition the next thing to do is enter all your best photos into our Photo Competition! Not only could your pictures become part of the presentations we show future travellers, but you could win some awesome prizes.

### Your Story

Once you've been home for a while, you'll start to reflect on your experience away; what it has meant to you and what you feel you've gained, and we would love to hear your stories! If you don't mind us making you a part of our blogs and sharing you experiences with those following in your footsteps please email us your story, along with any pictures to [operations@campinternational.co.uk](mailto:operations@campinternational.co.uk) titled My Story.

### Your Experience

The biggest tip we can offer you is this;

***This is your expedition and to get the most out of it, we only ask that you come with an open mind, a willingness to try new things, and a sense of adventure! It is an expedition and things won't always go exactly to plan but that is what makes this experience so great. It is what makes expedition travel so rewarding.***

## Just for Parents

### Keeping in touch

We know how hard it can be for parents to send their son/daughter away and that you'll want to have regular contact with them throughout that time. Unfortunately, due to the remote locations we visit it is not possible for either your son/daughter, teachers or ourselves to be able to send regular updates to you. We therefore find it works better to have a policy of "No news is good news". We know this can seem difficult, but it really does save you having to worry because you haven't heard anything for a while when the group either have no signal or your son/daughter is caught up in the expedition and forgot to send you the regular message they promised!

Having said this, we have emergency communication plans in place and will be able to contact any team if needs be. The team will be in constant contact with our staff in Tanzania as well.

If there is anything you need to know, eg: your son/daughter is taken to a clinic or hospital, we will be in touch with you. Likewise, if there is an emergency and you need to contact the team we can facilitate this for you.

### Social Media

Our "No news is good news" approach also applies to Social Media. For reasons of safety and security, social media is not the place for us to post details of any team or student's whereabouts or activities. Social Media is not suitable if you wish to ask a question or have any concerns. We will post pictures and blogs throughout the expedition season both on Social Media and our website to enable you to see the types of project work and activities that are happening across all our expeditions.

Each country we work in posts on social media at different times and in varying amounts. Whilst we cannot guarantee every group or student will feature in these posts, they are designed to give you a feel for what is happening abroad.

### How to get in touch

If you have a question or concern at any stage regarding the expedition, please contact us:

**Email:** – for non-urgent queries – [operations@campinternational.co.uk](mailto:operations@campinternational.co.uk)

**Phone:** – we are in the office Monday – Friday 9am – 5.30pm – 01425 485390

**Emergency ONLY UK Mobile 24 hour:** +44(0) 7974 472948