

TANZANIA
TRAVEL
GUIDE



Come with us on a
Journey of a Lifetime.



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START YOUR JOURNEY

Tanzania, located in East Africa just below the equator is a beautiful country with a variety of breathtaking landscapes and wild life. From the soaring heights of Mt. Kilimanjaro, the highest mountain in Africa, to the vast plains of the Serengeti, Tanzania has a little bit of everything. More than that, Tanzania is home to a variety of wonderful peoples and cultures. Your journey with us will take you across the countryside, from large cities to small rural villages and just maybe you will see some wildlife along the way!



A small seed was planted in the hearts of The Outreach Program founders, Floyd Hammer and Kathy Hamilton, on their trip to Nkungi, Tanzania in 2004. At the time, Floyd planned to help convert a leprosy hospital into an AIDS hospice center while Kathy planned to volunteer at a local hospital. Within the first few days of their trip, the fifth child died of hunger. And their plans changed; the seed grew. However, Floyd and Kathy knew that to truly make a lasting difference in Nkungi, they would need to build up the entire community. After meeting with local villagers and tribal leaders to determine the most critical needs, four themes emerged. These themes became the Four Promises: clean water, food, medical care, and education. Nearly twenty years later, that small seed has grown into The Outreach Program. What was once a small seed to impact a community has flourished and now provides these four critical needs to thousands throughout the United States and abroad.

Join us, as we follow in Floyd and Kathy's footsteps across Tanzania. Your trip will include a visit to Nkungi village, where it all started, to help us install a Waterpoint System or work with the Portadoc, our mobile medical clinic. We will take you to visit our Children's Centers where we assist over 1,200 children with a healthy meal, school needs, and hygiene. Before we put you on the plane back home, we will also take you on a Safari to the vast Tarangire National Park, or down into the astonishing Ngongoro Crater National Park... or both!



OUR TEAM



■ **Floyd and Kathy**
Co-Founders
The Outreach Program



■ **Isaac McNary**
Vice President of
International Development



■ **Mike Kitwaka**
Vice President of
Tanzania Operations



■ **And You!**
Intrepid Explorer



TRAVEL PLANS

We understand that there is a lot of trepidation about traveling half way around the world, but we've got you! We have led dozens of trips with hundreds of volunteers and we will make sure that you are well cared for! So let's take a look at a rough itinerary for a standard trip.



> DAY 1-2 - AIR TRAVEL

We fly Delta, and their European partner KLM through Amsterdam. We have found that their standard schedule is the most efficient to get us in country in a timely fashion and at a time that helps reduce Jet Lag. You will be responsible for booking your own flights, but we will provide all the details that you need.

The overall trip takes around 24-30 hours from your home airport to Tanzania. The KLM flight will land at Kilimanjaro International Airport (JRO) around 9 pm. We will clear customs and then drive around 45 minutes to the hotel, where you will be ready for a good night's sleep!



> DAY 3 - IN COUNTRY TRAVEL

We will not be in a hurry to get you out of bed after all that travel, you can sleep as long as you want! We will grab breakfast, load up and head towards Nkungi village, which is around a 6-8 hours drive. Depending on the season and the condition of the roads, we may add a night in Singida, which is about a 1.5 hours from the village. We will have the opportunity to stop for meals and snacks along the way, but don't hold out hope for a real toilet. Best we can offer on the road is a bush, or maybe a squatty potty.



> Day 4-9 - Village Life

The next part of the trip is always my favorite. Nkungi is a wonderful place to call home, and our hosts always go above and beyond to make sure that we are well fed, and well taken care of. You can walk the village, visit Gunda School, hang out with the locals and just enjoy the country life... until it is time to get to work!

We know you didn't come all this way to just hang out. We will spend our days installing water systems in Primary Schools, working with the Porta-Doc Medical Clinic, or working with the students at the secondary school on their English.



TRAVEL PLANS

CONTINUED

> **DAY 10-11 - SAFARI!**

We aren't about to take you half way around the world to one of the most incredible places on earth and NOT take you to see the wildlife that East Africa has to offer. We will spend two full days visiting Tarangire National Park and Ngorongoro Crater. Both are incredible in their own ways and offer various opportunities to see the Big Five in their natural habitats. We work with professional tour guides who know these parks and are knowledgeable about the various wildlife we may encounter.

Keep an eye on your lunch, because the monkeys and birds are always on the lookout for an unsuspecting victim!

> **Day 12 - Homeward Bound!**

It has been a long 12 days, but it has flown by! You are ready for your own bed, some familiar comforts, and to see your loved ones, but before we take you to the airport we need to go souvenir shopping! We will visit the Maasai Market in Arusha, a chaotic marketplace with dozens of little shops selling all kinds of amazing Tanzanian souvenirs. From beautiful paintings to hand carved ebony crafts, you are sure to find something to take home to remind you of the memories you made on this trip! Be sure to barter hard to get the best prices!

If gem stones are up your alley, we can arrange to visit a jewelry store that sells Tanzanite, a beautiful blue/purple gemstone that is only found in Tanzania!

After a full day of shopping and repacking your bags to fit all of your treasures, we will head back towards the airport to start our trip home. If you are lucky, we may even catch a glimpse of the legendary Mt. Kilimanjaro along the drive!



A photograph showing two men from the back, leaning over a blue piece of equipment. The man on the left is wearing a dark blue t-shirt and a black cap. The man on the right is wearing a light blue patterned shirt. They appear to be working together on a task involving the machine.

PRE-TRIP PLANNING

Getting ready for a trip can be stressful,
but we are here to make it as easy as possible!

NOTE: Tanzania is a traditional culture and their dress and values are very conservative. Shorts, short skirts or dresses, yoga pants or leggings, low-cut tops or blouses, tank tops, and any top that exposes the midriff should be avoided. In rural areas, shoulders and knees are kept covered. It is always best practice to not offend the locals or give any cause for controversy. We are guests in their country and rely on the cooperation and good will of the locals to accomplish our mission.

> CLOTHING

Tanzania is located just south of the equator, but don't worry it is actually quite pleasant. The high's may get up into the mid 90's at the hottest, and the lows are down into the mid 60's. But never underestimate the power of the sun! Long sleeve sun shirts are great for keeping you protected from a nasty sunburn, they also pack small and light. A wide brim hat can also be great for keeping the sun off.

Quick Dry. Everything should be of quick dry material. Jeans or denim pants are best avoided. They are heavy, pack large, and take forever to dry. Light weight, quick dry, hiking pants are perfect for both men and women. Shorts should not be worn except in the house at night. There are bugs, mosquitoes, and all manner of other "stuff" that are easier to avoid with long pants, and there are the cultural considerations mentioned above. That goes for all genders. Avoid heavy cotton materials if at all possible.

Shoes: You need to pack a pair of good comfortable shoes that you don't mind getting a little dirty. My go to shoes are a good pair of work boots or hiking boots, but tennis shoes are acceptable. Depending on the season, we could be dealing with dry dusty conditions, or muddy rainy weather. Sandals or open toed shoes should be avoided when we are out and about. Fire ants are everywhere and you don't want those crawling on your toes. We will also be on some rough and rocky terrain and you don't want to turn an ankle or worse get a cut on your foot. A pair of flip flops or slides are great around the house and for shower time, but these should not be worn out of the house.

Dress Clothes: It is always good to have at least one nice outfit. We may end up visiting a government office, attending church, or some other situation where a T-shirt just won't cut it. A polo shirt or button up is usually great for men or women. If you took my advice and brought a nice pair of khaki hiking pants or a calf length skirt, it will complete the outfit beautifully.

PRE-TRIP PLANNING

CONTINUED

> VACCINATIONS AND ANTI-MALARIALS

Vaccines: We are headed to a tropical location with diseases that you are unlikely to run into in the US. As such there is a list of recommended vaccinations that you will need to look into. Consult your doctor or a local travel clinic or health department for a full list of vaccinations and medications. Yellow Fever may not be recommended by your doctor, however it is a good idea to have it in case plans change and we have to travel through an alternate country to get home that may require it. For additional information you can visit: <https://wwwnc.cdc.gov/travel/destinations/traveler/none/tanzania>

Malaria Medication: Malaria is a nasty disease carried by mosquitoes and commonly found in Tanzania. Wearing bug spray and sleeping under a mosquito net (provided) is helpful, but it is still best to take an Anti-Malarial Medication. Below are three anti-malaria medications.

Please Note: *We are not doctors and the information below should not be construed as medical advice. Speak to your doctor about the advantages and disadvantages of your options and work with them to make an informed decision.*

Malarone: (Atovaquone-proguanil) This is a daily medication that you start a few days before the trip. It is recommended by the CDC for Tanzania and has minimal side effects. Upset stomach is the most common side effect and can be minimized if taken with food. Avoid calcium based antacids (like tums) and calcium rich foods like dairy products as it will effect the absorption of the medication into your system. ****This is our recommendation as it has the least side effects though remembering to take it every day can be an issue.***

Mefloquine: This is a once weekly medication, which can be easier to keep up with than a daily, however it can have unpleasant psychological side effects for some people. Intense anxiety, depression, trouble sleeping, vivid nightmares, and dizziness can occur and can have a detrimental effect on your trip. For these reasons we do not recommend this medication unless there is a compelling medical reason. If you take your first dose and experience any of these side effects, immediately contact your doctor and try to find something different. You don't want to deal with these side effects while traveling.

Doxycycline: Doxy is a powerful antibiotic that often does not prevent malaria and has some unpleasant side effects. Beyond gastro-intestinal issues it can also cause sensitivity to sunlight resulting in intense sunburns. We will be out in the sun a lot, and increased sensitivity to sunlight will be difficult to deal with.

> OTHER MEDICATIONS TO PACK

If you take prescription medication, make sure that you have enough to get you through the trip plus a few extra days in case there are travel delays.

- **Anti Diarrheal** (Imodium AD) Better safe than sorry!
- **OTC Antacid** (Pepcid AC, Prevacid, Prilosec, etc.)
- **Prescription Sleep Aid.** Getting a few good nights sleep can really help to adjust to the time change!
- **Prescription Antibiotic.** You don't actually need to take it, but it is good to have a prescription with you in case something happens. Talk to your doctor about getting a round just in case!
- **Ibuprofen/Tylenol.** Just in case!
- **Talcum Powder:** (Gold Bond, baby powder) Just incase things get... swampy.
- **Sunscreen**
- **Fiber Supplement** - Your diet is going to be vastly different, sometimes you need a little help to keep things regular.
- **Electrolyte Drink Powder** - You don't want to get dehydrated and having a flavored drink with extra electrolytes can help prevent that!
- **Travel Wet Wipes** - Toilet paper is not always available, especially when we are out of the house!

PRE-TRIP PLANNING

CONTINUED

> SAMPLE PACKING LIST

This List is just a suggestion, you may need to pack additional items beyond this. We can hire some locals to help us do laundry, so don't worry about running out of clean clothes if you don't pack enough!

Clothing

- Hiking Pants (x3)
- Quick Dry T-Shirts or long sleeve sun shirts
- Polo or button up shirt (quick dry if possible)
- Underwear – stay away from cotton!
- Socks – good ones, they are worth the investment!
- Hat
- Sunglasses

Toiletries

- Toothbrush and tooth paste
- Floss (trust me, you will need it)
- Lotion (if you are prone to dry skin)
- Deodorant
- Face Wipes
- Shewee (for ladies) – When we are out and about the only facilities are squatty potties (or a hole in the floor) having one of these can make things a little easier for you. [Check it out here](#).
- Whatever else you need to freshen up!

Electronics

- Travel Power Converter – TZ uses a UK style plug and is 220v. Make sure that you either get a step down converter, or that all of your electronics are dual voltage. [This is a handy one](#).
- Battery Back Up – You may need to charge up your cell phone throughout the trip and not have access to an outlet. [This one from Amazon is great!](#)

Paperwork

- Passport – You need to have at least 6 months before the passport expires.
- Make a copy of the main page of your passport and keep it in your suitcase.
- eVisa – We will work with you to apply for your visa online before we go.
- Yellow Card – proves you have received your Yellow Fever vaccination.



WHAT TO EXPECT IN TANZANIA

We are going to be traveling in a developing country and that means that some of the luxuries of home will be notably absent, but we do our best to make sure that you are as comfortable as possible while we are “roughing it”.

> WATER

The water in Tanzania is **NOT SAFE** to drink. Even when you are in a nice hotel, the tap water should not be trusted. We will always have bottles of drinking water available for everyone from a brand that we know and trust. Hot showers are available at the hotel and our guest house, but don't expect a lot of water pressure. If the heater goes out at our guest house, we may have to resort to “bucket baths” but we will make sure you get clean!

PAY ATTENTION: When you brush your teeth, ALWAYS use bottled water. When you take a shower, do your best to keep the water out of your mouth and eyes. We will reiterate this over and over because old habits are hard to break.



> ACCOMODATIONS

Some nights we will be in a hotel, and everyone will have their own room, but when we get to the guest house in Nkungi Village we will be living dormitory style. Each bedroom has bunk beds with mosquito nets. Bathroom facilities are shared and men and women will be housed in separate wings of the house. Get cozy and hope you can find a bunk mate who doesn't snore!



WHAT TO EXPECT CONTINUED

> IN COUNTRY TRAVEL

We aren't in Kansas anymore, Toto! Don't expect travel and traffic to be anything like what you are used to. In Tanzania they drive on the left side of the road. There are limited rules for traffic, and even those that exist aren't strictly enforced. Do yourself a favor and RELAX! If you are a nervous backseat driver, don't worry. Our staff are excellent drivers and know how to navigate the roads and traffic. We will get you there in one piece.

Don't expect the roads to be smooth or well maintained. We will spend some time on paved roads, but even those may have potholes that would put Detroit to shame. Once we leave the main roads, the real adventure starts. Some of the dirt roads are marginally maintained, but we will also end up on some zero maintenance roads and may even have to go off road at times to get to the schools we are going to be working in. It is a bumpy ride! If you are prone to motion sickness, let us know and we will try to get you a front seat, but you may also want to check with your doctor on a prescription strength medication.

We will be spending lots of time in the car. Depending on the number of people on the trip, we may be able to hire a more luxurious ride in a Safari Vehicle. If not, we will get cozy in our Outreach Program trucks.

> FOOD

The food in Tanzania is hearty and delicious. Don't expect much processed food, everything is farm to table. We will be eating mostly the staples like rice and beans, potatoes, and local produce. We hope you like chicken, because it will be the main type of meat we eat.

What is safe to eat?

- If the food has been cooked, it is usually safe to eat. Caution should be used when consuming fresh produce or dairy products.
- Hot milk is available for breakfast at most of the hotels, and is usually "ok" but you can never be sure if it was brought to temperature to kill off any bacteria that may be present.
- The fresh fruit in Tanzania is incredible, but it is best to stick to fruits that you peel yourself. Exceptions can be made at the guest house where our hostess is trained in food safety and hygiene. (She is a medical professional after all!) If we are at a market and you are wanting to buy some fruit to eat, stick to bananas that you can peel yourself.
- Pre-packaged snacks are available at some stores. As long as they are mass produced, they are generally safe to eat. Avoid the home packaged snacks and nuts that are available at some of the smaller stores.
- Meat is going to be mostly chicken. If you are getting beef, pork, or anything else, make sure that it has been cooked to well-done. Food handling and storage at the butchers is less than ideal and anything pink should be avoided.

What about my coffee?!?

Don't worry about a thing! Tanzanian coffee is quite tasty and our team makes sure to pack a French Press so that we can have a proper cup of coffee for breakfast. It may take a little extra time but it is worth it! In the event that fresh brewed coffee is not available, there is usually instant coffee available to get us by in a pinch.

More of a Tea person? Let us know and we will pick up some local tea for you!



TANZANIAN

CULTURE

Tanzania is a beautiful and peaceful country and the people are warm and friendly. While the cities are a bit chaotic, the rural areas where we will spend our time is filled with wonderful people and new friends. There is little crime or violence in the country and you can be assured that your safety is our top priority. Our local staff knows what is safe for us and what isn't and they will make sure we don't do anything risky.

Swahili

Swahili is the language spoken across Tanzania. We will have interpreters available to help you out, but it is always useful to know a few words and phrases to help you get around!

Yes - Ndio

No - Hapana

Thank You - Asante (Asante sana)

Hello - Jambo, Mambo

How are you? - Hujambo? or Habari yako?

I am fine - Nzuri or Niko vizuri

What is your name? Jina lako nani?

My name is... - Jina langu (your name)

I'm sorry - Pole (pronounced Po-lay)

Excuse me - Samahani

Can you help me? - Unaweza kunisaidia?

I am ill - Nina ugonjwa

White Person - Mzungu

Food - Chakula

Water - Maji

Salt - Chumvi

Pepper - Pilipili (same word for spicy peppers)

Sugar - Sukari

Coffee - Kahawa

Ladies room - Choo cha Wanawake

Mens room - Choo cha wanaume

I am tired - Nimechoka

I am full - Nimeshiba

I am lost - Nimepotea

I am hungry - Naona njaa

I am thirsty - Naona kiu

Pronunciation. Swahili is phonetic. It is spelled just like it sounds and all of the letters always have the same sound. Vowels are always: **A** - "Ah". **E** - "aye". **I** - "ee". **O** - "oh". **U** - "oo".

A TRIP YOU WILL NEVER FORGET!



It is not just a vacation, it is a chance to change lives, to impact a generation, to create lifelong friendships, and to expand your horizons.

Together we make a difference!



Contact us today!

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