

TANZANIA FACTS AND GUIDELINES FOR TRAVELLERS

Tanzania entry requirements - Passports must have at least two empty pages and be valid for a minimum of six months after your trip ends. Usually you can obtain a single entry visa at your port of arrival in Tanzania, or alternatively visas can be obtained in advance from the [Tanzania High Commission](#) in London, but they are only valid for 90 days.

Money - The unit of currency is the Tanzanian shilling (TSH or TZS). However, the US Dollar is accepted everywhere (only notes from 2003 or more recent). TZS can be purchased with USD, EUR and GBP at the Kilimanjaro Airport Forex bureau, which is open during flight arrivals. Larger and newer denominations may receive slightly better exchange rates. The most widely accepted credit card is VISA. Mastercard is often also accepted; American express is not that popular.

Language - The official languages are Kiswahili and English. Tanzanians learn Swahili in primary school and English in secondary school.

Safety - Tanzania is a fairly safe place to travel - safety and security is a matter of common sense. For advice against risks in any destination, consult the [Foreign and Commonwealth Office](#).

Health - For up-to-date advice about malaria prophylactics, vaccinations against yellow fever, typhoid, tetanus, hepatitis A and polio, contact your nearest specialist traveller's clinic and/or [MASTA](#) (Medical Advisory Service for Travellers Abroad). Immunization against yellow fever is currently recommended, but not essential. Malaria risk, due predominantly to *P. falciparum* exists throughout the year in the whole country below 1800 m. Resistance to some treatments has been noted. ([World Health Organisation, Aug 2012](#)).

Electricity - Not constantly available in all places so ensure that you have sufficient charged batteries for cameras and other electronic devices. A torch is quite handy. Mains supply is 230V/50Hz, with frequent failures and surges. Plugs are British type G "13-amp plug" (three rectangular pins).

Clothing - Lightweight clothing is best but long-sleeved shirts are good for protection from the sun and long pants for protection from mosquitoes in the evenings. A light warm sweater, jacket or fleece is essential when driving through the highlands or for early morning drives with the roof open.

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