

Nebraska Synod Tanzania Vision Trip



Traveler's Manual -

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Typical Vision Trip at a Glance

An updated and detailed itinerary will be provided at the orientation.

Day	Events	Overnight
1	Depart US	
2	Morning - plane change in Amsterdam Evening - Arrive Kilimanjaro Airport and transfer to Lutheran Uhuru	Lutheran Uhuru
3	Visit various ministries of the ELCT Northern Diocese (e.g. schools, training centers)	Lutheran Uhuru
4	Houses for Health, Machame Hospital, Usharika Wa Neema Orphanage.	Lutheran Uhuru
5	Secondary school, local markets	Lutheran Uhuru
6	Visit Usharika Wa Neema, shopping in Moshi, depart to local parishes for homestays	Local parishes
7	Worship in local parishes, visit local sights	Local parishes
8	Visit local parish schools and other sights. Afternoon return to Lutheran Uhuru	Lutheran Uhuru
9	Depart for safari with stop for lunch enroute, overnight in Karatu	Eileens Trees Inn, Karatu
10	Morning - game drive in Ngorongoro Crater Afternoon - depart for Serengeti	safari lodge or camp
11	Game drives in Serengeti National Park	safari lodge or camp
12	Oldupai Gorge & Masai boma visit, drive to Lake Eyasi	Lake Eyasi Safari Lodge
13	Visit Hadzabe & Datoga tribes, return to Lutheran Uhuru Hotel	Lutheran Uhuru
14	Worship in a Masai parish	Lutheran Uhuru
15	Mosaic Building Caring Communities, last minute shopping, farewell lunch, pack for departure. Evening departure to Amsterdam	
16	Morning plane change in Amsterdam, return to US	

Why Africa?

Africa: a land of deserts and jungles, a land of wars ancient and recent, a land ravaged by disease, drought and famine and yet the source of nine-tenths of the world's diamonds, a land of gigantic waterfalls and the Great Rift Valley, and the very source of humanity. Africa is a land of contrasts, but none more profound than the faith and joy, which flows from a people faced by such deep challenges.

As we prepare for this journey to Tanzania in East Africa, we want to address one simple question... WHY?

When we spend time with those who daily are faced with the crushing burden of poverty and have only their faith in God and own inner strength to sustain them, we begin to understand why Jesus so often spoke of the danger of wealth and the way to true treasure (Matthew 19:21-24). It is one thing to hear that 800 million people in our world are chronically malnourished. It is quite another to *know* some of those people personally, to share a meal with a family who may not eat tomorrow, to become friends, to stand in their village and hear about the child who was taken by malaria and in the next sentence about their vision of creating a milk processing plant at their church.

We will see with our own eyes what life is like for our friends in Tanzania. We will worship in local churches, visit villages, hospitals, schools, and homes. We will learn about the economy, educational and healthcare systems. We will experience the breathtaking beauty of the land and the wildlife it supports, especially on our

three days of safari to Ngorongoro Crater and the Serengeti.

We do not travel to Tanzania "to do", but rather "to learn" from our brothers and sisters in Christ, to pray and worship with them, to bring encouragement, support and love.

We will meet and talk with people, develop personal friendships, and see with our own eyes how others live and thrive in faith. Our travelers will say things like "I had no idea how much I could learn from people who live such a different life, and having them as friends!"

You will be different when you return. In meeting fellow Christians who often struggle just to survive, we discover how strongly they depend on faith in God who provides what we need, and how the very special

African sense of community supports each other. We learn that we, who are wealthy in the world, often lack something deeper. We learn from these new friends as much or more than we teach them.

I am consistently amazed by the impact this experience has on new travelers. I've experienced it directly, have watched many others respond to it, and am eager to share it with you!

I encourage you to approach this trip with a deep sense of curiosity about what the Holy Spirit has in mind for you.

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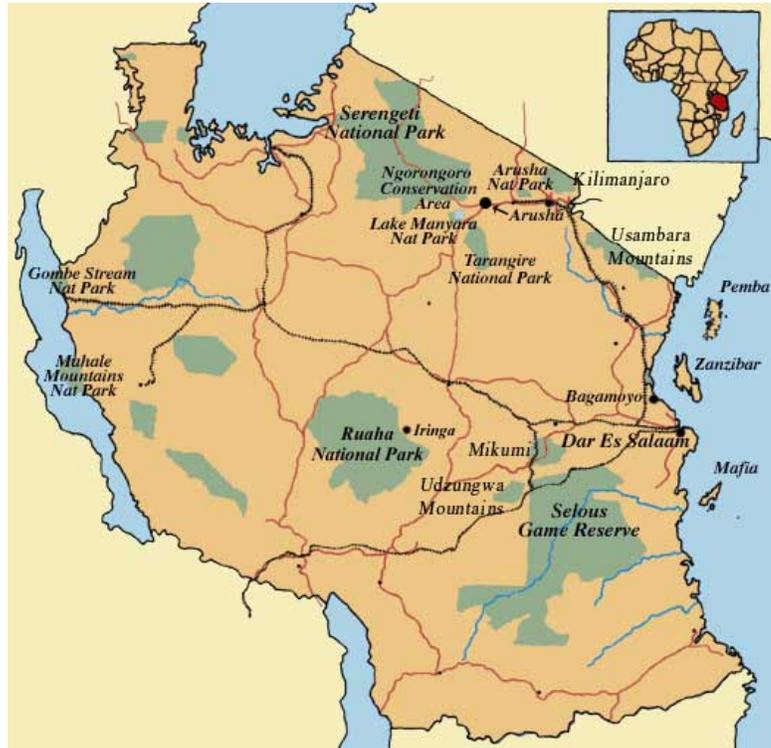


Where Are We Going?

Tanzania

Physical

Tanzania is located in eastern Africa on the Indian Ocean between Mozambique and Kenya and includes the island of Zanzibar. It covers an area roughly twice the size of California. The terrain includes coastal plains, a central plateau, and highlands in the north and south. The country enjoys geographic celebrity as it is home to Mt. Kilimanjaro (the highest point in Africa), Lake Victoria (the second largest lake in the world), and the Great Rift Valley. The climate varies from tropical along the coast to temperate in the highlands. Natural resources include hydropower, tin, phosphates, iron ore, coal, diamonds, gemstones, gold, natural gas, and nickel.



Government

The country is officially known as the United Republic of Tanzania and is formed from the union of Tanganyika and Zanzibar. The capital, Dodoma, is located 300 miles west of the Indian Ocean coastline. Tanganyika gained independence on December 9, 1961 from the United Kingdom through a peaceful process. The islands of Zanzibar and Pemba gained independence on January 12, 1964 through a coup d'état in which the indigenous Africans overthrew the government of the Sultan. On April 26, 1964, Tanganyika and Zanzibar united and a new country called the United Republic of Tanzania was born.

The President of Tanzania is elected by popular vote for a five-year term and may serve for a maximum of two terms. General elections are held on the last Sunday of October every five years and voters elect councilors, members of parliament and the president. If a presidential candidate stands from Tanzania mainland then his running mate must hail from Zanzibar. Similarly, if the presidential candidate is from Zanzibar then his running mate must be from Tanzania mainland. When a presidential candidate wins election then the running mate automatically becomes the vice president.

People¹

More than 53 million people live in Tanzania. 44% of those are under age 15. Kiswahili or Swahili (Kiunguju in Zanzibar) and English are the official languages. Arabic and numerous other local languages are spoken as well. The population is overwhelmingly native African (99%), most of which are Bantu (95%). Current statistics on religion are unavailable because religious surveys were eliminated from government census reports after 1967. Religious leaders and sociologists estimate that Muslim and Christian communities are approximately equal in size, each accounting for 30 to 40% of the population, with the remainder consisting of practitioners of other faiths, indigenous religions, and people of no religion.

Economy²

Tanzania is one of the world's poorest economies in terms of per capita income, but has achieved high growth rates based on its vast natural resource wealth and tourism. GDP growth in 2009-16 averaged 6%-7% per year. Dar es Salaam used fiscal stimulus measures and easier monetary policies to lessen the impact of the global recession. Tanzania has largely completed its transition to a market economy, though the government retains a presence in sectors such as telecommunications, banking, energy, and mining.

The economy depends on agriculture, which accounts for more than one-quarter of GDP, provides 85% of exports, and employs about 65% of the work force. All land in Tanzania is owned by the government, which can lease land for up to 99 years. Proposed reforms to allow for land ownership, particularly foreign land ownership, remain unpopular.

The financial sector in Tanzania has expanded in recent years and foreign-owned banks account for about 48% of the banking industry's total assets. Competition among foreign commercial banks has resulted in significant improvements in the efficiency and quality of financial services, though interest rates are still relatively high, reflecting high fraud risk. Recent banking reforms have helped increase private-sector growth and investment.

The World Bank, the IMF, and bilateral donors have provided funds to rehabilitate Tanzania's aging infrastructure, including rail and port, which provide important trade links for inland countries. In 2013, Tanzania completed the world's largest Millennium Challenge Compact (MCC) grant, worth \$698 million, but in late 2015, the MCC Board of Directors deferred a decision to renew Tanzania's eligibility because of irregularities in voting in Zanzibar and concerns over the government's use of a controversial cybercrime bill.

Under the new government elected in 2015, Tanzania has developed an ambitious development agenda focused on creating a better business environment through improved infrastructure, access to financing, and education progress, but implementing budgets remains challenging for the government.

¹ CIA World Factbook

² CIA World Factbook

Areas of Concern

Climate change, soil degradation, deforestation, desertification, droughts, and destruction of coral reefs are the nation's primary environmental concerns. HIV/AIDS represents a serious health concern. Education suffers from lack of resources.

History

Northern Tanganyika's famed Oldupai Gorge has provided rich evidence of the area's prehistory, including fossil remains of some of humanity's earliest ancestors.

Little is known of the history of Tanganyika's interior during the early centuries of the Christian era. The area is believed to have been inhabited originally by ethnic groups using a click-tongue language similar to that of Southern Africa's Bushmen and Hottentots. Although remnants of these early tribes still exist, most were gradually displaced by Bantu farmers migrating from the west and south and by Nilotes and related northern peoples. Some of these groups had well-organized societies and controlled extensive areas by the time the Arab slavers, European explorers, and missionaries penetrated the interior in the first half of the 19th century.

The coastal area first felt the impact of foreign influence as early as the 8th century, when Arab traders arrived. By the 12th century, traders and immigrants came from as far away as Persia (now Iran) and India. They built a series of highly developed city and trading states along the coast, the principal one being Kibaha, a settlement of Persian origin that held ascendancy until the Portuguese destroyed it in the early 1500s.

The Portuguese navigator Vasco da Gama explored the East African coast in 1498 on his voyage to India. By 1506, the Portuguese claimed control over the entire coast. This control was nominal, however, because the Portuguese did not colonize the area or explore the interior. Assisted by Omani Arabs, the indigenous coastal dwellers succeeded in driving the Portuguese from the area north of the Ruvuma River by the early 18th century. Claiming the coastal strip, Omani Sultan Seyyid Said (1804-56) moved his capital to Zanzibar in 1841.

European exploration of the interior began in the mid-19th century. Two German missionaries reached Mt. Kilimanjaro in the 1840s. British explorers Richard Burton and John Speke crossed the interior to Lake Tanganyika in 1857. David Livingstone, the Scottish missionary-explorer who crusaded against the slave trade, established his last mission at Ujiji, where he was "found" by Henry Morton Stanley, an American journalist-explorer, who had been commissioned by the New York Herald to locate him.

German colonial interests were first advanced in 1884. Karl Peters, who formed the Society for German Colonization, concluded a series of treaties by which tribal chiefs in the interior accepted German "protection." Prince Otto von Bismarck's government backed Peters in the subsequent establishment of the German East Africa Company.

In 1886 and 1890, Anglo-German agreements were negotiated that delineated the British and German spheres of influence in the interior of East Africa and along the coastal strip previously claimed by the Omani sultan of Zanzibar. In 1891, the German Government took over direct

administration of the territory from the German East Africa Company and appointed a governor with headquarters at Dar es Salaam.

Although the German colonial administration brought cash crops, railroads, and roads to Tanganyika, European rule provoked African's resistance, culminating in the Maji Maji rebellion of 1905-07. The rebellion, which temporarily united a number of southern tribes and ended only after an estimated 120,000 Africans had died from fighting or starvation, is considered by most Tanzanians to have been one of the first stirrings of nationalism.

German colonial domination of Tanganyika ended after World War I when control of most of the territory passed to the United Kingdom under a League of Nations mandate. After World War II, Tanganyika became a UN trust territory under British control. Subsequent years witnessed Tanganyika moving gradually toward self-government and independence.



JK NYERERE

In 1954, Julius K. Nyerere, a school teacher who was then one of only two Tanganyikans educated abroad at the university level, organized a political party--the Tanganyika African National Union (TANU).

TANU-supported candidates were victorious in the Legislative Council elections of September 1958 and February 1959. In December 1959, the United Kingdom agreed to the establishment of internal self-government following general elections to be held in August 1960. Nyerere was named chief minister of the subsequent government. In May 1961, Tanganyika became autonomous, and Nyerere became Prime Minister under a new constitution. Full independence was achieved on December 9, 1961. Mr. Nyerere was elected President when Tanganyika became a republic within the Commonwealth a year after independence.

In 1977, Nyerere merged TANU with the Zanzibar ruling party, the ASP, to form the CCM as the sole ruling party in both parts of the union. The CCM was to be the sole instrument for mobilizing and controlling the population in all significant political or economic activities. He envisioned the party as a "two-way street" for the flow of ideas and policy directives between the village level and the government. However, since 1992, Tanzania is a multi-party democracy and by December 31, 2004, there were 17 registered political parties in the country.

President Nyerere stepped down from office and was succeeded as President by Ali Hassan Mwinyi in 1985. Nyerere retained his position as Chairperson of the ruling party for 5 more years and was influential in Tanzanian politics until his death in October 1999. More recently Benjamin Mkapa, served two 5 year terms as President. Following results from the Presidential and Parliamentary Elections held on 14th December, 2005, the 4th President of Tanzania, Jakaya Kikwete was sworn into office on 21st December, 2005 for a five-year term of office and he was re-elected to a second 5-year term in October 2010. The current President Is John Magufuli.

Our Hosts

The Evangelical Lutheran Church in Tanzania

The Evangelical Lutheran Church in Tanzania (ELCT) is a large, robust, fast-growing church with a complex history. Mission work was begun in Tanzania by a number of European Lutheran groups, especially German and Swedish. Both World War I and World War II presented major crises for work in Tanzania.

American Lutheran work began in 1922 when the Augustana Synod sent Ralph Hult to the former Tanganyika. During the following decades, many more Augustana missionaries arrived and served in central Tanganyika, in the area in and around Singida. Born in 1888, Pastor Hult grew up at Bethany Lutheran Church of Axtell, Nebraska.

During World War II, 172 German missionaries were interned. Their work in the northern part of the country around Arusha was taken over by Americans in a cooperative program coordinated by the National Lutheran Council. The cooperation between mission groups to respond to the needs of "orphaned missions" was a new dynamic in inter-Lutheran relationships, and was an important factor leading to the formation of the Lutheran World Federation in 1947.

The Evangelical Lutheran Church in Tanganyika was officially formed in 1963 by the merger of seven churches, each of which had been established by Lutheran mission work from Europe or the U.S.A. After the union of Tanganyika and Zanzibar in April 1964 the name of the church changed to the Evangelical Lutheran Church in Tanzania (ELCT). The new ELCT had 500,000 members. The current Evangelical Lutheran Church in Tanzania has over 6.1 million members and is one of the largest Lutheran churches in the world. It is led by a presiding bishop (currently Bishop Dr. Fredrick Shoo, Bishop of the Northern Diocese) and twenty-four diocesan bishops.

This is a time of great opportunity and enormous challenge for the ELCT. Leadership development cannot keep up with the rapid growth of the church. Programs of theological education by extension and regional theological schools are being developed to help meet the needs. Makumira University College, located on the slopes of Mt. Meru, is the largest Lutheran seminary in Africa. It serves not only Tanzania and surrounding countries, but attracts students from other countries as well. Makumira is part of Tumaini University.



The Evangelical Lutheran Church in Tanzania has an extensive health care system, with 23 hospitals and numerous dispensaries.



The ELCT has been blessed with outstanding national leadership. Stefano R. Moshi (1906-1976), the first presiding bishop, brought skill and vision not only in Tanzania, but in the All Africa Conference of Churches and the Lutheran World Federation. The late Bishop Moshi was from Kotela Lutheran Parish in the Northern Diocese. Josiah Kibira of Bukoba (1925-1988) was the first person from the Two-Thirds World to be elected president of the Lutheran World Federation. He traveled worldwide and fearlessly raised crucial issues.

Northern Diocese

The Northern Diocese of the Evangelical Lutheran Church in Tanzania (ELCT-ND) is among the fastest growing Christian churches in the world. With over 400,000 members, the ELCT-ND is led by Bishop Dr. Fredrick Shoo and many fine diocese officers. The ELCT-ND reaches out to people in the Kilimanjaro region with education, health-care, programs for the physically disabled, and most importantly the Gospel of Jesus Christ. Pastors and evangelists lead the 164 parishes of the diocese, some with two to four thousand members. Pastors often serve multiple sub-parishes within their parishes, which may be 200 square kilometers in size. Many parishioners walk long distances to attend Sunday services, which are conducted with an excitement, and zeal that is breathtaking.

The Northern Diocese and the Nebraska Synod share a relationship through the ELCA Companion Synod Program (www.elca.org/companionsynod), which continues to grow deeper. We continually work together to enable dozens of projects. A number of congregations in the Nebraska Synod enjoy a church-to-church relationship with a congregation in the Northern Diocese. In partnership with CHI (formerly Alegent) Health and Immanuel Communities, significant work continues in healthcare. Vision trips to Tanzania are hosted annually. Many Tanzanian visitors, including diocesan leaders, members of parishes, teachers, pastors and others, are welcomed to Nebraska routinely.

What Can I Expect?

Flight Information

Group tickets are secured through Delta/KLM Airlines. Anyone making separate travel arrangements to Tanzania should note that at the time of registering for the trip. It is possible to have a different “gateway city” in the US as long as your itinerary on the international flights is with the group. Please let us know if you would like to originate in a city other than Omaha. The flight itinerary is subject to change. Details will be provided after your flight booking is confirmed. Note that group tickets are not eligible for upgrades, but you will be allowed to purchase Economy Plus seats from Delta (if available) and it is sometimes possible to purchase Economy Comfort seats from KLM online or after we arrive in Amsterdam.

We usually depart the US on a Monday and arrive at Kilimanjaro Airport Tuesday evening. On the return trip we usually depart Kilimanjaro Monday evening and arrive back in the US Tuesday afternoon. Refer to the Synod website for specific trip dates.

Accommodations

Most nights are spent at the Lutheran owned and operated motel-type ‘hotel’ – **Lutheran Uhuru Hotel** (www.uhuruhotel.org) in Moshi. Rooms are private and minimally appointed but comfortable. A private bath with shower and hot water is available in each. Housekeeping staff cleans the room daily. Bottled water is provided in the room and may be purchased on site – *tap water should never be consumed*. Most rooms have twin beds. Closets are provided in each room for hanging clothes. You may wish to bring a couple of coat hangers and leave these behind in your room as a gift. When and where needed, rooms are equipped with mosquito netting.

Eileen’s Trees Inn in Karatu for one evening on the way to safari. This is a very nice, quite new place and has a swimming pool.

Safari Lodges vary depending on the trip. You will be briefed on the lodging for your trip during orientation

Lake Eyasi Safari Lodge on the shore of Lake Eyasi will be our stopping point the night before visiting the Hadzabe and Datoga tribes on the way back from safari. This hotel also has a pool.

Safari

An African safari is an unforgettable experience. It touches something deep within us. Going on safari (‘safari’ means journey in the Swahili language) allows you to explore an astonishing diversity of landscapes, abundant wildlife and fascinating cultures in Tanzania while visiting two of the famous National Parks within Northern Tanzania: the unique Ngorongoro Crater and the vast open plain of the Serengeti.

Ngorongoro Conservation Area - The views from 2,000-2,500 foot Ngorongoro Crater rim are spectacular but the real treasure lies on its 9 mile-wide floor. It's been compared to Noah's Ark and the Garden of Eden. Noah would have no trouble finding lion, elephant, rhino, buffalo and many of the plains herbivores such as wildebeest, Thompson's gazelle, zebra and reedbuck, as well as thousands of flamingo wading in the shallows of Lake Magadi – the soda lake on the floor of the crater.



Serengeti National Park, which sprawls across 5,600 square miles, is Tanzania's most famous game park. On the seemingly endless and almost treeless Serengeti plains are literally millions of hoofed animals. They are constantly on the move in search of grassland and are watched and preyed upon by a varied parade of predators. It's one of the most incredible sights you will ever encounter and the numbers involved are simply mind-boggling. The wildebeest has a starring role in the amazing annual migration. Serengeti is also famous for its lion, elephant and giraffe populations.

Mount Kilimanjaro

An almost perfectly shaped volcano rising sheer from Tanzania's far northeast plains, Mount Kilimanjaro is one of Africa's most magnificent sights. Snowcapped and not yet extinct, at



19,340 feet, it is the highest peak on the continent and the tallest free-standing mountain in the world. From cultivated farmlands on the lower levels, the mountain rises through lush rainforest to alpine meadow and finally across a barren lunar landscape to the twin summits. It's a traveler's dream to scale the summit, watch dawn break and gaze out over a truly great expanse of bush land - but scaling a 19,340 foot monolith is no Sunday school picnic.

Shopping

Souvenir sellers dominate tourist shopping and negotiating in Tanzania. Handmade items may be purchased at market stalls, roadside stands, and from street peddlers. Be prepared for a strong sales pitch, offering bargain prices on handicrafts. Prices are initially determined based on what these sellers believe you will pay, but can generally be bargained down to a reasonable price. A good rule of thumb is to counter at slightly below half the first price given and take it from there. Chances are you will get a fair price, and the vendor will still walk away with a good profit. Don't be intimidated by the number of peddlers offering similar goods, or you may end up with more souvenirs than you can easily carry home. When in Moshi, there will be a few shops, including the Uhuru Hotel gift shop, that offer good souvenirs at reasonable fixed prices.

If quality is important you may want to make your purchases at some of the more established shops in Moshi. Baskets made from sisal, a type of agave plant that is known for its durable fiber, are durable and generally well made. We will find the best selection in Karatu. Batiks and wax paintings may be found in the larger shops and stalls. Tribal beads and bracelets are predominant, and will be presented to you for purchase almost anywhere you go. Check the quality closely and be prepared to bargain before you make a sale. Woodcarvings are economical and are widely found in every animal shape as well as salad servers and napkin rings. Makonde statues are woodcarvings traditionally made from ebony. Watch for fakes made from lighter woods and shoe polish, which can be identified by the lighter weight and scratches showing the true color of the wood.

Laundry

We can get laundry done very inexpensively while at Uhuru. No dry cleaning. If you leave your laundry to be done at 9:00 a.m., it will *usually* be delivered clean and pressed to your room the following day by 3:00 p.m. (speed of service often depends on the weather). You pay at the front desk.

Eating & Drinking

You are responsible for purchasing your own bottled water and it is always available cheaply at Uhuru and the other places we stay. Most hotels provide a bottle or two in your room each day. Water will be provided in the vehicles during safari. Water throughout East Africa is NOT safe to drink directly from the tap. Please do not allow yourself to become dehydrated. Soda is usually available as well. We will eat all kinds of food; most is quite good and generally safe. Be cautious about eating uncooked fruits and vegetables that might have been washed in the water. Things you peel yourself (e.g. bananas) are safe. Waterless hand cleaner is great to have along.

Choo (rhymes with show, Toilets)

This is the word for bathroom and the second quickest learned Swahili word after *asante sana* (thank you very much). An amazing variety of toilet facilities may be encountered! They range from elegant to tragic. Most travelers keep a pack or two of mini Kleenexes or traveler's toilet paper in their gear at all times since the facilities are not always stocked. Again, waterless hand cleaner is great. Traditional western style toilets will be found at our lodges and hotels.

Money Matters

The unit of currency is the Tanzania Shilling (shilingi). Currency may be exchanged easily at the commercial banks, Uhuru Hotel registration desk, or at the bureau de change. There will be multiple opportunities to convert money. Larger denomination US bills will exchange at a slightly better rate than smaller denominations. The need for shilingi will arise for purchases you wish to make on the open market (souvenirs, soda, film, snacks, etc.). The best bet is to bring NEW US \$100 or \$50 bills (the ones with the anti-counterfeiting measures) with no marks, folds or wrinkles. Traveler's Checks are not recommended.

You should not depend on your ATM or credit card outside of the U.S. unless your bank advises otherwise. Some major credit cards are accepted in some shops (such as MasterCard and Visa, but American Express, Discover and Diners Club not often accepted). However, it is best to not expect to be able to use your credit cards in Tanzania. Ensure you provide your card issuer with a travel notification "just in case".

Most expenses, including meals in Tanzania, are included in the trip price. You will want cash for souvenirs, tips, water and other drinks, laundry, and snacks. We recommend a concealed travel wallet for money and passport.

While at the airports on the way you may wish to have cash for snacks or meals.

Electricity



There is electricity in most places. However, in Tanzania electricity is 220/230V with most commonly a UK-style square, three-pin plug or two-round-pin variety. Bring a couple of adaptors. If you are planning on taking something that needs US 110 volt power you will need a transformer. Due to limited power sources, electricity is not a given all the time – even at the Lutheran Uhuru Hotel. It is not uncommon for electricity to

be off for 2-3 hours at a time. Bring a small flashlight and limit your need for electrical power. Look at your camera charger (and any other chargers you have) to see if they support 240 volts.

Personal Safety

As with traveling anywhere, common sense is your most valuable tool for managing your personal safety. Traveling in Tanzania is quite safe, but there are some important steps you can take to better ensure your safety.

Money: Do not expose your money in public. Keep a day's worth of spending money in an easily accessible wallet or coin purse and keep the rest of your money in a secure place (NOT a purse). When changing money into shilingi, count your money and put it away before leaving the building.

Walking: Always walk with at least one other person and do not walk after dark. When in doubt, ask our group leader or Tanzanian host about the safety of an area and whether it is advisable to walk in an area.

Behavior: It will be immediately obvious that we are not locals, but take care that your behavior does not draw any attention. Interact with people in a friendly and respectful manner; do not flaunt your valuables. Get permission before taking photos of people, and don't be surprised if they ask to be paid – agree on the price in advance.

Getting Ready

Health & Safety

Your health is paramount and proper health preparations for the Tanzania trip are your responsibility. Contact a traveler's clinic or your local physician about what kind of shots, etc... that you need. There are several things travelers can do to be well prepared:

1. Be up to date on routine immunizations. This includes: (1) Tetanus-diphtheria within 10 years; (2) for those born 1957 and later who did not have measles, two measles-mumps-rubella shots; (3) either a history of chickenpox in the individual, a history of exposure to chickenpox without getting sick, or the chickenpox vaccine; (4) for some people in special situations, other routine immunizations are needed. For example, those 65 and over (or with certain medical conditions) need pneumococcal vaccine.
2. Have protection against diseases that spread through contaminated food and water. This includes: (1) a polio booster as an adult (because recent cases of polio in Africa could be a problem); (2) Hepatitis A vaccine; (3) consider typhoid vaccine. This trip is not particularly high risk, but the typhoid experts in the US are recommending more use of the vaccine.
3. In addition to mosquito avoidance measures (like insect repellent), medicine to prevent malaria is recommended by the CDC. The choices are doxycycline, mefloquine (Lariam), and atovaquone-proguanil (Malarone). Our experience is that Malarone is the least prone to side-effects. The choice will vary from person to person. Some people have medical conditions that prevent them from taking some medicines. Also, for those who pay for their malaria medications out of pocket and have no prescription drug covered, the cost of malaria medications can vary tremendously from one to the next. In addition, some medicines are more convenient to take than others. Bed nets are provided in Tanzania, when and where required.
4. Hydrocortisone cream can stop the itching from bug bites.
5. Bring loperamide (Imodium AD) to take in case of mild diarrhea.
6. Ask your doctor or travel clinic for an antibiotic (levofloxacin or cipro) to take in case of severe diarrhea or stomach distress.

Passports and Visas

All travelers will need a current United States passport that does not expire within 6 months of our trip. If you do not already have a passport, please obtain one as soon as possible. If you do have a passport, please check the expiration date. Allow sufficient time if you need a new passport to be issued. You can also visit the website at www.travel.state.gov/passport_services for further information.

Visas are required to enter Tanzania. Visa fees are included in the price of the trip. We will secure our visas as a group about 2 months prior to our trip. You will need two passport-sized photos of yourself to include with the visa application.

Travel & Medical Insurance

Travel and medical insurance is the responsibility of the traveler. There is no insurance automatically provided for you. Reasons to obtain insurance include protecting yourself from trip interruption or/cancellation, baggage loss, and providing for medical evacuation. Please contact a travel insurance provider for more information. Your trip leader uses Travel Insured International (<https://www.travelinsured.com/>).

Contact Information

Communication to/from Tanzania is not always dependable, but usually, with patience, achievable. Prior to our trip, you will be provided with emergency contact information.

An internet café is located at Lutheran Uhuru Hotel, and the hotel provides wifi. Do not make specific commitments to family about if or how often you will be contacting them – it could cause undo worry if for some reason we do not have Internet access or phone access, and they do not hear from you when they expect to. "Roaming" calls back to the US from US cell phones can be very expensive. Make sure you turn off cellular data on your smart phone before departing the US, or you may be surprised with big data roaming charges.

Emergency Information

Please make two copies of the inside front pages of your passport. Leave one copy at home with a trusted person and hide the second copy with your luggage. If you have purchased travel/medical insurance and/or evacuation insurance (recommended), attach this information with the company and policy number.

Preparatory Reading

We encourage you to review a good travel guide. *The Lonely Planet guide for Tanzania* or *The Lonely Planet Guide for East Africa* are the most popular. Lonely Planet also publishes a great Swahili phrasebook (*Lonely Planet Swahili Phrasebook*). This inexpensive book teaches the basics of Swahili grammar and gives you many words and phrases. Its small size makes it easy to take everywhere.

A good book to read in advance is *How Much is Enough* by Arthur Simon. This book helps us think about the relationship between poor and wealthy people and countries.

For those persons wanting to more deeply explore cultural differences between Africans and Americans, the book *Africans and Americans* by Joseph Mbele is recommended. This book is available at: www.africonexion.com

Another great resource to have on the trip is *Africa Safari Journal* by Mark Nolting (Global Travel Publishers). This is really five books in one: wildlife guide, trip organizer, phrase book, diary, and map directory.

Popular Related web sites

www.tanzania.go.tz

www.state.gov/travel/

www.lonelyplanet.com

What Do I Need To Know While I Am There?

Tipping

Most people working the service industry – food service, housekeeping, etc.—are paid very low wages. For group meals the leader will take care of tips. At each meal not with the group (usually breakfast at Uhuru), a tip of 1000-2000 Shilingi (\$1-\$2) is suggested for the wait staff. Each pair of roommates should plan on leaving about 2,000 Shilingi (slightly more than a dollar) for the housekeeping staff each morning. A tip of 1,000 Shilingi for porters who carry your luggage is also considerate. **The tips for the drivers have been included in your trip costs.** Your group leader will provide guidance if the group encounters any other tipping scenarios. You can leave small US bills, but the recipient may have trouble exchanging them.

Taking Pictures

1. Keep a picture diary as you go. Get down names (first and last, get the spelling), places, facts.
2. Help yourself out by taking pictures of signs.
3. There are three important things to remember about photography: lighting, lighting, lighting. Early morning and late afternoon are the best. High noon is the worst. In harsh sunlight try to get your subjects in shade and use a fill flash.
4. A fill flash (forcing your flash even outside) can help when taking pictures of people with dark complexions. Speaking of flash, do you know how to force your flash? Do you know how to keep your camera from firing the flash in low-light situations?
5. Take pictures of things, animals, plants and trees. Watch for everyday photos...water gathering, games, cooking.
6. It goes without saying that you need to ask permission before taking a photo of a person. You may be asked to pay for this privilege, and this is okay. Agree on the price in advance.
7. Take digital pictures at the highest resolution you can. You can always reduce the size, but you can't go up. There is nothing more heartbreaking than to see a publication-quality photo that is only useful on the web. Buy yourself some high-capacity storage to handle the need.

8. Ask your host parish about taking pictures and video during worship. Most will be very happy to have you do this.

Swahili

Many people you encounter will speak some English and, if not, our hosts will provide translation for you. Tanzanians are always delighted when visitors make even a modest attempt at learning some basic Swahili. Basic greetings are quite easy to learn and you will have ample opportunity to use the phrases. The *Lonely Planet Swahili Phrasebook* is a great resource for learning basic words. Its small size makes it easy to take everywhere.

Asante/Asante sana	Thank you/Thank you very much
Karibu/Karibuni	Welcome/Welcome to you all
Jambo	Hello—typical for tourists to use
Habari za asubuhi?	Good morning
Habari za mchana?	Good afternoon
Habari za njioni?	Good night
Nzuri	Good—common response to any question beginning with Habari. You can also say salama (fine) or safi (clean).
Yes	Ndiyo
No	Hapana
Pole sana	Very sorry
Choo iko wapi?	Where is the toilet?
Mtoto/watoto	child/children
Jina lako ni nani?	What's your name?
Jina langu ni...	My name is...
Safari njema.	Have a good trip.

When speaking in Swahili, generally the second-to-last syllable gets the stress. Vowels are pronounced:

a as in calm e as the a in may i as the e in me
o as in go u as the o in to

Packing

Luggage

In addition to a carry on bag, each person can bring two suitcases. Delta Airlines will accept a total of two pieces of checked luggage, subject to maximum weight limitation, which are 50 pounds per piece and not more than 62 linear inches per piece. For exact Delta luggage guidelines, go to: http://www.delta.com/content/www/en_US/traveling-with-us/baggage.html

When we go on safari, large luggage items will be stored at Uhuru. A smaller bag containing your safari necessities, and that can be jammed in the back of a safari vehicle, is good to have.

Clothing

It will be warm most days with cooler evenings. During February, average temperatures will range from the mid-60's during the night to the high 80's during the day. Short sleeve shirts are ideal during the day. Comfortable lightweight pants are good. Many people (men & women) like the lightweight cargo pants with the zip-off legs. Men in Tanzania generally do not wear shorts except at tourist venues. Bring a lightweight jacket or sweater for evenings. You will need one 'nicer' outfit. Women in Tanzania mostly wear skirts and dresses. Women should plan to do the same for worship on Sundays. Many women travelers to Tanzania recommend wearing simple elastic waist pull on skirts. Wearing these with a T-shirt or golf shirt and tennis shoes is *haute couture* in Africa. This is a very conservative society so no sleeveless blouses or shorter skirts or anything like that. Any feminine hygiene articles should be brought from home. Most days will be sunny, so consider appropriate sun protection . . . hat, sun screen, sunglasses, etc . . .

Packing for a trip like this is a delicate balance between bringing what you will need and not overburdening yourself with luggage. Following is a packing list to help you organize for our trip.

Tanzania Packing List (updated 11/2/2017)

Items with * are optional suggestions

Essentials (in carry-on bag):

- Passport
- Flight itinerary
- Personal medications
- Pen
- Essential toiletries
- Any spare lithium batteries*
- One change of clothes
- EAC Arrival form
- camera/memory cards*
- Sleep aid (e.g. Unisom, melatonin)*
- sleep mask/neck pillow for plane*

Clothing

Women

- 1-2 calf-length cotton skirts
- 3-5 shirts/blouses
- 2-3 pair comfortable slacks or safari pants or capris

Men

- 1 nice shirt/pants for church
- 3-5 casual or safari shirts
- 2-3 prs. comfortable slacks or safari pants

Men and Women

- Socks
- Nightshirt/PJ's
- Swimsuit*
- Light sweater or jacket
- Underwear
- Comfortable walking shoes
- Flip flops/shower shoes*
- Brimmed hat
- Belts as needed

Health Items

- antibiotic ointment*
- Hydrocortisone cream*
- Purell (or equivalent)
- sun block/sun screen
- feminine sanitary supplies*
- diarrhea medication (e.g. Imodium)
- Antibiotic (Levaquin or Cipro)
- Aspirin/Tylenol, etc.*
- insect repellent (w/deet)
- small first aid kit or band-aids*
- Travel toilet paper
- Ear plugs*
- 240 volt hair dryer (if desired)*
- transformer for 110v appliances *
- Toiletries and cosmetics

Other Suggested Items

- binoculars*
- travel alarm or cell phone with alarm
- plastic bag for dirty laundry*
- a few wire or plastic clothes hangars*
- small travel umbrella*
- UK Style outlet adapter
- small flash light
- 240v chargers for camera, cell phone
- small day pack/backpack for day trips
- washcloth*
- Kleenex/wet wipes*
- sunglasses
- dust mask*
- seat pad for safari*

MOST IMPORTANT: Flexible, curious attitude

LEAVE AT HOME: Political opinions, emergency contact list