

Ethiopia / Tanzania Immunization & Know-B-4-U-GO

See Itinerary here

Immunization Summary of requirements & recommendations:

All travelers should visit either their personal physician or a [travel health clinic](#) at least 3mos. before departure. *Malaria*: Â Prophylaxis with Lariam (mefloquine), Malarone (atovaquone/proguanil), or doxycycline is recommended for all areas. CST can recommend a travel health clinic. Residents Wash. DC, MD and VA area you can call Immunization specialist at: 301. 879-1925

Hepatitis A	Recommended for all travelers
Typhoid	Recommended for all travelers
Yellow Fever	Required for all travelers
Meningococcus	Recommended during the dry season (November through June)
Polio	One-time booster recommended for any adult traveler who completed the childhood series but never had polio vaccine as an adult
Hepatitis B	Recommended for all travelers
Rabies	For travelers spending a lot of time outdoors, or at high risk for animal bites, or involved in any activities that might bring them into direct contact with bats
Measles, mumps, rubella (MMR)	Two doses recommended for all travelers born after 1956, if not previously given
Tetanus-diphtheria	Revaccination recommended every 10 years
Malaria	Recommended to take prescription medicine before, during, and after your trip to prevent malaria. Your doctor can help you decide which medicine is right for you, and also talk to you about other steps you can take to prevent malaria

Document distribution & orientation: Meeting approximately 2 weeks prior to departure.

Pricing, schedules and itinerary are subject to change without notice!

KNOW-B-4-U-GO

Passport: You must have a valid Passport not to expire before 6 months after travel

Visa: A Visa is required to enter Ethiopia (\$69) and Tanzania (\$100). Application details to come.

Luggage: You may be allowed 1 checked bag weighing no more than 50lbs each and 1 carry-on per the Airlines, and a purse or backpack; Motor Coaches have limited storage. We encourage you to pack lightly and leave room for shopping. We will discuss more detailed packing instructions during our orientation.

Packing: Warm to hot weather; pack lightly with Spring & Summer interchangeable outfits. Remember to take along personal items needed daily, e.g., camera, sun/reading glasses, comfortable walking shoes, socks, hat, and medicines. Pack a couple of washcloths, some hotels may not supply them or may be limited. Pack all liquid items more than 3oz in your checked bags

Country Time Zone: Ethiopia & Tanzania is 8 hours ahead of US EST - EAT UTC+3 hours

Carrying Money: It is each traveler's personal choice to carry the amount of money desired for meals not mentioned in the itinerary, shopping, etc. A minimum of \$50 per person per day is recommended as a suggestion; you may wish to spend more or less. Most major credit cards are accepted in establishments.

Money Exchange: The Currency in Ethiopia is Birr (\$1 Birr = US 60c), and Tanzania is Shillings (\$1 shilling = US .40c). It is best to change your US Dollars in-country. This is easy to arrange in Ethiopia & Tanzania. You can visit CST website to follow the exchange rates that change frequently. When exchanging money upon arrival, make sure that you have clean, crisp bills no younger than year 2010. Exchanging traveler's checks **can** be difficult and or not accepted.

Using your Credit Card: When it's possible to pay for goods and services by credit card, MasterCard and Visa are accepted. Rarely is the American Express & Discover Card accepted. **It is highly recommended to use CASH**, especially in cities, hotels, and tourist spots, but **cash (local currency and USD) remains essential**, as card acceptance is inconsistent outside major areas, ATMs can be unreliable, and surcharges (up to 10%) often apply. Always carry local currency for smaller vendors.

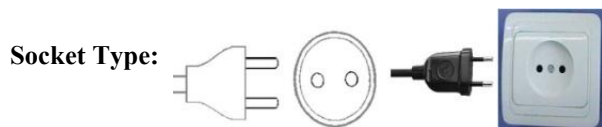
Eating food & Drinking water in Ethiopi/Tanzania: Most foods are safe to eat, especially the cooked foods, peeled fruits & vegetables. Uncooked foods, like salads, are not recommended because the leaves are washed in local tap water. Drink only bottled water. We will provide bottled water during touring time. Extra bottled water is also widely available throughout the county. It is also recommended to brush your teeth with bottled water.

Extra Spending Money:

- Meals decided independently or outside of the included meals
- Shopping & personal purchases are at your own discretion
- Extra pieces of luggage outside of the allowed can be costly.

Phone Adapters & Power Converters: Do I need Power Adapters (USA to Ethiopia & Tanzania)? Yes, Electrical Power Specifications in Ethiopia type C / Tanzania type D & G the power sockets are of type D and G. **230V** supply voltage and 50Hz. See plug photo types below.

Make sure to invest in a Universal Adaptor; can be purchased at most Walmart, Staples and or most electronic stores. The cost is minimal.



International Adaptor Samples:



How do I dial an International Phone Number from the USA? *(This information is best left for your family at home)*

Ethiopia Country Code: +251, then the number provided– Tanzania Country Code: +255, then the number provided

Your Cell Phone: You may be able to use your own cell phone. Check with your cell phone provider for information on international plans, activation, and per minute rates. FYI: there is an “AP” that is also FREE, called WhatsApp Messenger. It allows you to message and call friends and family. Cell phone to cell phone... you and your loved ones will have to download this app to your cell phone to communicate. Check it out. Facebook also allows you to communicate for free and even do face-time!

KNOW-B-4-U-GO updates and notices will be updated as needed.