



i Journey TANZANIA

Your adventure begins soon! Below is some important information as you begin your preparations for the trip to Tanzania. Please don't hesitate to get in touch for any further inquiries!



Visas

For those traveling with an American or Israeli passport, you will need to purchase a visa upon arrival.

The cost of a visa is 100 USD for American passports.

The cost of a visa is 50 USD for Israeli passports.

For further information, please visit:

<https://www.immigration.go.tz/index.php/en/services/visa-information>



Travel Insurance

We recommend the purchasing of travel medical insurance for your time in Tanzania.



Immunizations and Medication

Pack all prescription medication in your carry on luggage and ensure you have enough to cover your stay in Tanzania. In addition to any prescription medication, we suggest you bring the following:

Antidiarrheal medication

(for example, bismuth subsalicylate, loperamide) Antihistamine

Medicine for pain or fever

(such as acetaminophen, aspirin, or ibuprofen) Mild laxative

Antacid

1% hydrocortisone cream

For a complete examination regarding your immunizations, we encourage that you visit a travel doctor or your GP no later than 10 days prior to the trip.

Following the recommendations from the Center for Disease Control and Prevention, please find the list of suggested immunizations and medication:

- Required vaccinations/medication
- Routine immunizations
- Malaria (medication)
- Yellow Fever
- Hepatitis A
- Typhoid
- Other suggested vaccinations
- Hepatitis B
- Rabies
- Meningitis



Airport Pick-Up

One of our team members will meet you at the airport to take you to the hotel.



Accommodation

We will stay at the Domiya Estate in Dodoma

Domiya Estate Ltd P.O. Box 2627 Dodoma Tanzania

Tel: +255 622 792 908

E: info@domiyaestate.com

<https://domiyaestate.com/>



Another hotel option in Dodoma is Nashera Hotel

Boma Road, LITI Area, 3 Morogoro, Tanzania

Tel: +255 23 261 3932

E: reservations@nasherahotels.com

<http://nasherahotels.com/>



Packing List

Regardless of the time of year, it will be quite warm during the day (high 70s to low 80s°F). It does get cooler in the evenings (50-60s), so we recommend bringing a light jacket or sweater that you can keep with you in the car. In case of rain, please bring a light rain jacket.

Shorts above the knee and sleeveless tops are not recommended as they may be considered to be culturally inappropriate.

As we will be walking while visiting the project, and it is possible that some areas will be dusty or muddy, please bring a pair of closed-toe shoes or secure sandals that you will not mind getting dirty.

We suggest you also pack the following

- Camera Flashlight
- Adapters for your electronics – Plug Type G
- Mosquito Repellant
- Sunscreen Sunglasses Hat
- Hand sanitizer/sanitizing wipes/tissues
- Toiletries
- Emergen-C or Electrolyte packets



Food

As the villages where we work are remotely located, many of the sights we will visit on the trip are quite far from each other. This means that we will be spending many hours in the car each day. A box lunch is available from the hotel, however, it is recommended to bring any food items that you would like to have with you in the car, such as energy bars, nuts, dried fruit. Breakfast and dinner will be at the hotel every day.

Due to the warm weather it is important to stay hydrated. We will bring bottled water with us wherever we go, so you may want to consider purchasing Emergen-C or any other electrolyte packets to add to your water.



Cellphones and Internet

We will be happy to arrange a local sim card for you—that way you can use the local 3G network while on the road, and have a local number that you can be reached at while on the ground. If you would like a sim card please let us know in advance what type of phone you will be traveling with and what type of sim card you would require.

The hotel will have wifi.

Make sure your phone is **unlocked** before leaving home.



Money

You may exchange money at the airport or use the local ATM machines. Please be advised that your hotel, most stores and vendors will accept only local currency (Tanzanian Shillings).

Only bring bills that are from 2009 or newer for exchange.



Additional Information

As always, we are a phone call or email away for any additional questions or concerns. Please feel free to reach out to us at any time.

We can't wait for you to experience this journey!