



EAST AND SOUTHERN AFRICA KATOOMBA GROUP MEETING
Taking Stock and Charting a Way Forward for PES in Africa

SEPTEMBER 16-18, 2008
DAR-ES-SALAAM, TANZANIA

TRAVEL ADVISORY- INFORMATION FOR PARTICIPANTS

Tanzania is located in a tropical climate with different bacteria, flora, and fauna than most visitors are not accustomed to, so it is advisable to take a few health precautions when traveling to make sure that your trip goes as comfortably and smoothly as possible.

VACCINES AND IMMUNIZATIONS

- **Yellow Fever:** The Center for Disease Control (CDC) recommends yellow fever vaccination for all travelers to Tanzania >9 months of age. Tanzania also requires travelers arriving from countries where yellow fever is present to present proof of yellow fever vaccination. Vaccination should be given 10 days before travel and at 10 year intervals if there is on-going risk.
- **Hepatitis A or Immune Globulin (IG):** Recommended by the CDC for all unvaccinated people traveling to or working in countries with an intermediate or high level of Hepatitis A virus infection where exposure might occur through food or water (this includes Tanzania).
- **Hepatitis B:** Recommended by the CDC for all unvaccinated persons traveling to or working in countries with intermediate to high levels of endemic HBV transmission (this includes Tanzania), especially those who might be exposed to blood or body fluids, have sexual contact with the local population, or be exposed through medical treatment (e.g., for an accident).
- **Typhoid:** Recommended by the CDC for all unvaccinated people traveling to or working in East Africa, especially if visiting smaller cities, villages, or rural areas and staying with friends or relatives where exposure might occur *through food or water*

For more information please see: <http://wwwn.cdc.gov/travel/destinationTanzania.aspx>

OR

http://tanzaniatouristboard.com/plan_your_trip/travel_information

MALARIA

Although it is believed that the anopholes mosquito (the species that carries malaria) hunts only at night, make sure that all exposed areas are well slathered in insect repellent at all times. Sleep under a net provided by the hotel. The CDC recommends taking one of the following antimalarial drugs: *atovaquone/proguanil*, *doxycycline*, or *mefloquine* (primaquine in special circumstances and only after G6PD testing).

Note: Chloroquine is NOT an effective antimalarial drug in Tanzania and should not be taken to prevent malaria in this region. Malaria risk area in Tanzania: All areas at altitudes below 1,800 m (<5,906 ft).

For more information please see: <http://wwwn.cdc.gov/travel/destinationTanzania.aspx>

FOOD AND WATER

It's best to drink bottled water– numerous brands are widely available and served in all restaurants and lodges. Steer clear of ice, raw vegetables, and salads when eating at street restaurants. High-end lodges and restaurants will clean their produce in antiseptic solution, but should you feel wary about anything on your plate, leave it. Try to avoid eating in empty restaurants – the food may have been sitting out for some time – and order your meat well done. On the coast, seafood and fish are usually fresh, but again, make sure everything is well-cooked.

For more information please see:

http://tanzaniatouristboard.com/plan_your_trip/travel_information

WEATHER AND CLIMATE

Because Tanzania lies below the equator, the coolest months occur during the northern hemisphere's summer, and all-year round the weather remains pleasant and comfortable. Between June to October, temperatures range from around 10°C in the northern highlands to about 23°C on the coast. On the plains and the lower-altitude game reserves, the temperatures from June to October are warm and mild. On the coast, these months are some of the most pleasant to visit, with balmy, sunny weather much of the day and cooling ocean breezes at night.

For more information visit http://tanzaniatouristboard.com/about_tanzania/weather_and_climate

VISAS

Tanzania visas are required by most foreign nationals whether visiting for a holiday or to conduct business and can be purchased at airport upon arrival for \$50 USD. Tanzania does permit visa free travel for a period of up to three months to some foreign nationals, mainly those from African and Asian countries; However in most cases, with the exceptions of Kenya and Uganda, these visitors will still need to obtain entry permit clearance. For more information visit www.tanzania.visahq.com. You may also download the application form: http://tanzaniatouristboard.com/graphics/Visa_Application_Form_Tanzania.pdf

SITE SEEING

If you wish to do some site seeing in Tanzania before or after the meeting, the options for activities are endless: mountain climbing, safari adventures, beach lounging, scuba diving, fishing, walking, and exploring are just some of the activities on offer. For details visit [http://tanzaniatouristboard.com/things to do](http://tanzaniatouristboard.com/things_to_do). **The Katoomba Group** *Africa based travel agent is available to book some tours. She can be reached at Sandra@intektravel.com or Telephone: +256-712-750350*