

The country:

Zambia (zæmbiə), officially the Republic of Zambia, is a landlocked country in southern Africa. The neighboring countries are the Democratic Republic of the Congo to the north, Tanzania to the north-east, Malawi to the east, Mozambique, Zimbabwe, Botswana and Namibia to the south and Angola to the west. The capital city is Lusaka, located in the south-central part of the country. The population is concentrated mainly around Lusaka in the south and the Copperbelt Province to the northwest.

Originally inhabited by Khoisan peoples, the region of modern Zambia was colonized during the Bantu expansion of the thirteenth century. After visits by European explorers in the eighteenth century, Zambia became the British protectorate of Northern Rhodesia towards the end of the nineteenth century. For most of the colonial period, the country was governed by an administration appointed from London with the advice of the British South Africa Company. In 2010, the World Bank named Zambia one of the world's fastest economically reformed countries.

Currency:

The currency in Zambia is Kwacha. Payments within Zambia can only be made in Kwacha, by law, even if the price is quoted in USD, however some establishments will still accept USD. Therefore, it is always best to enter the country with the required amount of Kwacha for your trip or else bring with you USD or GBP which can always be exchanged. All payments for Visas must be paid for in USD on arrival. Kwacha is only available on arrival in Zambia and can be withdrawn from the ATM's or banks at the airports.

There is no limit to the importation of foreign currency, provided it is declared on arrival.

You can change money (US Dollars, Pound Sterling, Euro and South African Rand) at the airport and at any of the commercial banks, which are well represented throughout the country. Banks are open Mondays to Fridays 09h00-15h30 and Saturdays 09h00-11h00.

Most safari camps keep a limited supply of cash so don't rely on changing much cash at the camps.

Visa and MasterCard are usually accepted throughout Zambia whilst American Express and Diners Club are often not accepted.

Visas:

You must have a valid passport that does not expire for at least six months after your return home date. Please ensure your passport has sufficient blank pages for any visas required and for entry/departure stamps. Visas are required for travel to Zambia. Please refer to the [Zambian immigration website](http://www.zambiaimmigration.gov.zm) for further information and relevant costs: www.zambiaimmigration.gov.zm. South African passport holders do not require a visa.

Health:

Zambia is a malaria area but is preventable; use insect repellent, cover up at sundown, sleep under a mosquito net and take anti-malaria prophylactics as advised by your doctor. Yellow fever vaccination is only required if you are travelling from a yellow fever endemic country. Yellow fever inoculations are no longer required if you are visiting South Africa after a visit to Zambia.

Clothing:

Casual, comfortable clothing is generally suitable throughout the year. Apart from light cotton tops and trousers, the following items of clothing are recommended for various reasons. Shirts with long sleeves are useful in summer as protection from mosquitos and the sun. T-shirts, shorts or a short skirt provide heat relief in summer, while sweaters, jeans or safari trousers may be necessary for those cooler evenings and days. A heavy jacket is useful for game drives, and essential in winter. A hat, comfortable walking shoes or boots, sun block, sunglasses and insect repellent are essential to enjoy the many activities. A swimsuit is recommended, as is a light raincoat during the rainy months. Layers are recommended for the fluctuating day and night temperatures of Livingstone. Hardy, durable clothing in neutral colors is recommended, rather than unpractical white items.

Power:

Most camps in Zambia are situated in remote areas and have to generate their own electricity. The camps tend to have a generator that runs for about 6 hours per day (3 hours in the morning and 3 in the afternoon when guests are out on activities). These generators then charge batteries located at each tented room, which provide good 12v lights all night (if used sensibly).

Hotels and lodges in Livingstone and Lusaka are all on mains electric supply and appliances run on 220/240 volts. Outlets are square 3 pin plugs. Most camps and hotels do provided international adapters.

Access:

Hotels and lodges in Lusaka and Livingstone are accessible by road transfers. However, most other camps in other parts of Zambia are accessed by light aircraft flights. There is a luggage restriction of 15-20kgs (44lbs) per person in soft-sided bags (no hard framed suitcases) on these flights. If an individual weighs over 100kgs (220lbs) please ensure you have advised us due to aviation rules for safety on these flights.

Livingstone Island:

Take your swimming costume along when visiting the island during low water season as you may get the opportunity to explore the shallow pools around the island.

Walking Safaris:

Please wear suitable and comfortable walking shoes (closed with thick soles - no sandals). Don't wear bright colours or any whites. Remember a hat and sunscreen. Strong perfumes, colognes and body sprays are not advisable during the walks.

Zambezi water levels:

High water levels are experienced from March to August and low water from February to September.

White water rafting / Canoeing:

You will get wet so please dress accordingly. Please be aware that you may choose to walk out of the gorge, making shoes or boots essential. It is possible to book a heli-flip out of the gorge or when rafting, use the cable car.

Language:

The official language is English, with Bamba and Njanja the most widely spoken languages. Bemba is the Bantu language, spoken by the Bemba people and 18 other cultural groups of Zambia. This Zambia language is also called as Cibemba, Chiwemba and Ichibemba.

Time:

Zambia is two hours ahead of Greenwich Mean Time, one hour ahead of Central European Time, seven hours ahead of Eastern USA time and ten hours ahead of Western USA time.

Economy:

Zambia is one of Sub-Saharan Africa's most highly urbanized countries. About one-half of the country's 11.5 million people are concentrated in a few urban zones strung along the major transportation corridors, while rural areas are under-populated. Unemployment and underemployment are serious problems. National GDP has actually doubled since independence, but due in large part to high birth rates and AIDS per capita annual incomes are currently at about two-thirds of their levels at independence. This low GDP per capita, which stands at \$1400, places the country among the world's poorest nations. Social indicators continue to decline, particularly in measurements of life expectancy at birth (about 50 years) and maternal and infant mortality (85 per 1,000 live births). The high population growth rate of 2.3% per annum makes it difficult for per capita income to increase. The country's rate of economic growth cannot support rapid population growth or the strain which HIV/AIDS-related issues (i.e., rising medical costs, street children, and decline in worker productivity) places on government resources.

Public Holidays:

1st January, 12th March, 6th April, 7th April, 2nd Monday in April, 1st May, 25th May, 1st Monday, 1st Tuesday of July, 1st Monday of August, 24th October and 25th December.

The Zambian flag:

The flag of Zambia was hoisted for the first time at midnight on the 23rd October 1964, symbolizing patriotism and the nation's natural resources. An eagle in flight over three stripes of red black and orange on a green background. Red represents the struggle for freedom, black, the people of Zambia, orange the country's mineral wealth and green the wildlife and environment. The Fish Eagle is the National bird of Zambia. The eagle in flight symbolizes the freedom in Zambia and the ability to rise above national problems.

Shopping:

Most of the shops you will see will be in the safari camps, which only hold a limited supply of artefacts. In Livingstone there is a large curio market where bargaining is accepted and expected. Be sure your opening bid is at least ½ of the sellers opening bid!

Climate:

Zambia features three weather phases, December to April is warm and wet, May to August its warm during the day and cold at night, then from September to November it's hot and dry. October is usually the hottest month and very dry with excellent game viewing. You may have the occasional rainstorm when it can cool down and clear the air. It can be very hot (up to 40 degrees in the shade). The new growth starts and there are new-borns everywhere!

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Temperature (°C) - These are the average lows and highs

Jan	Feb	Mar	Apr	May	June	July	Aug	Sep	Oct	Nov	Dec
20/32	20/31	19/32	18/32	19/31	12/30	11/29	12/30	15/35	20/40	22/37	22/33

Rainfall (mm). This varies according to the year and where you are.

Jan	Feb	Mar	Apr	May	June	July	Aug	Sep	Oct	Nov	Dec
195	287	141	91	0	0	0	0	0	50	108	110

Recommended reading (in no particular order):

- *Africa's Top Wildlife Countries; Mark Nolting*
- *Behaviour Guide to African Mammals; Richard Estes*
- *Field Guide to the Mammals of Southern Africa; Chris & Tilde Stuart*
- *Newman's Birds of Southern Africa; Ken Newman*
- *Birds of Prey of Southern, Central, and East Africa; David Allan*

- *Mrs. Pollifax on Safari; by Dorothy Gilman.*
- *Kalulu the Hare and Other Zambian Folk-Tales; Parvathi Raman*
- *Peeing in the Bush; Adeline Loh*

African Sojourns wishes you a wonderful and exciting holiday!