

TRAVEL TIPS SOUTHERN AFRICA
(Botswana, Namibia, Zambia, Zimbabwe, Malawi, Mozambique)

Money Matters:

- Please see the individual country information for specific information on the currencies for each country.
- In most Southern African countries, except for Zimbabwe, which currently uses USD, all other countries in which we operate have their own currency and this is used as standard tender when paying by either cash or credit card, with applicable exchange rates being taken into account. However, payments for curios or gratuities to guides can be made in US Dollars, GBP Sterling, Euro and/or South African Rand, other than in Zambia where you can only pay for extras using Zambian Kwacha.
- You can change money at the airport at the banks or ATM's although these are not always reliable. Most safari camps keep a limited supply of cash so don't rely on changing much cash at the camps. We suggest you bring the cash with you.
- Visa and MasterCard are usually accepted throughout Southern Africa but American Express and Diners Club are often not accepted. Keep in mind that when using a credit card, the charge appearing on your monthly statement is not necessarily calculated at the exchange rate that was in effect on the day that you actually made the purchase so you may see a different amount than what you originally expected.

You will need money for the following:

- Tips.
- Visa fees if applicable.
- Airport departure tax (if applicable)
- Souvenirs and personal items.
- Other items not included in your pre-paid trip.

Tipping:

Tipping is not compulsory, if, however, you want to tip because you have received good service our general recommendation is to tip moderately - in accordance with the level and quality of service provided. Tips are generally given at the end of a stay. You should tip the guide, tracker and mekoro paddlers directly and the back of house staff in the general tip box, which you will find at the reception. Please see the separate documents for guidelines on tipping.

Customs concessions:

Personal effects including cameras and film may be imported temporarily without a permit. When passing through immigration and passport control a friendly smile and "hello" always goes down well.

Security:

Safety and security is a matter of common sense. It's sensible to take the same precautions in major cities as you would in any of the world's metropolitan areas.

- Never leave luggage unattended in public areas or entrances to hotels.
- Deposit your valuables in the safety deposit box.
- In safari camps that do not have safes or locked doors, please keep tempting valuables out of sight.
- Don't stroll around the streets / camp after dark.
- Always lock your car doors and keep the windows closed.
- Do not walk around the city looking like a tourist and keep your camera concealed.

- *Take additional care when with drawing cash from ATM's and be aware of who is around you – even in busy areas.*
- *In bars and nightclubs, due to the risk of drugs being used, it is advisable to keep a close watch on your drink and to be wary of accepting drinks from strangers.*

Safety on safari and respecting wildlife:

Safety is of utmost concern to us and we request that you take note of the following guidelines:

- *All reserves have a set of rules that you need to follow to ensure your safety. Many of the animals you will come across are dangerous and as most of the safari camps are unfenced these animals can (and do!) wander through the camps. Attacks by wild animals are rare, however, there are no guarantees that such incidents will not occur. African Sojourns, their staff members, associates, agents and/ or their suppliers cannot be held liable for any injuries caused during an incident involving the behaviour of wild animals.*
- *On arrival in camp, management will clarify the situation relevant to that particular camp and you will be asked to sign an indemnity form. Stay in the vehicle unless instructed by your guide. Do not walk around the camp at night unassisted. Please respect your guide's judgment about proximity to lion, cheetah and leopard. Do not insist that he take the vehicle closer so you can get a better photograph. A vehicle driven too close can hinder a hunt or cause animals to abandon a hard-earned meal.*
- *Observe animals silently with a minimum of disturbance to their natural activities.*
- *Loud talking on game drives can frighten the animals away. Never attempt to attract an animal's attention. Do not imitate animal sounds, clap your hands, pound the vehicle or throw objects.*
- *Do not litter. Litter tossed on the ground can choke or poison animals and birds, is unsightly and environmentally- unfriendly.*
- *Never attempt to feed or approach any wild animal on foot. This is especially important near lodges or in campsites where animals may have become accustomed to human visitors.*
- *Refrain from smoking on game drives. The dry African bush ignites very easily, and a flash fire can kill animals.*

Road conditions:

While visiting remote areas or national parks and reserves, the roads may be rough and bumpy and occasionally you will travel "off road". It is possible that injuries may occur, if for example a hidden pothole is struck. We suggest you always pay attention to where the guide is driving. African Sojourns and/or its staff members, associates and agents cannot be held liable for any accidents or any damages.

Health Precautions:

There are a few basic health matters that require care and attention. We are not medical practitioners so please consult with your doctor on what the latest requirements are for travel to Africa.

- *Malaria:*

The whole of Southern Africa is regarded as having a malaria risk. If you come down with flu-like symptoms either during, or within four to six weeks after, your visit to a malaria area, seek a doctor's advice immediately. The best insurance against contracting malaria is to try to prevent one from being bitten:

- *Use mosquito repellents liberally.*
- *Wear long-sleeved shirts and trousers/slacks in the evenings.*
- *You should spray your room prior going to dinner with an insecticide, which will kill any mosquitoes that may have flown into your room (many camps do provide this service).*
- *Take the malaria tablets recommended for the region you're travelling to, and keep taking them until the course is complete.*

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- **Yellow Fever:**

Yellow Fever is a viral illness transmitted by a daytime biting mosquito. The illness develops within six days of being bitten by an infected mosquito, and the onset is usually sudden: fever develops, with headache, body pains, and most often nausea. Please check with us if you require an inoculation prior to arrival (mostly for travel to East Africa).

- **Tick Bite Fever:**

Tick bite fever is an infection caused by bacteria from the Rickettsial family, transmitted by infected ticks to humans in their saliva when they bite. The incubation period is 5-11 days. Symptoms vary but typical features include the presence of a black mark at the site of the bite, a fever, severe headache, swollen lymph nodes near the bite site and sometimes a rash. Treatment is with the antibiotic doxycycline. Try to avoid tick bites by wearing long sleeved shirts, long pants and shoes when you walk in the bush; apply insect repellent to exposed skin and always check yourself after you have walked in the bush.

- **Tsetse Flies:**

Tsetse flies do occur in some parts of northern Botswana, Zambia and Mana Pools in Zimbabwe. Some of them are the carriers of trypanosomiasis, causing sleeping sickness in humans that can be fatal, however, is easily treated and cured. They are regarded more as an irritation (the bites are sharp) than as a serious threat. Symptoms can present a few weeks to months after a visit and begin with fever, headaches and pains in the joints followed by dramatic swelling of the lymph nodes. Wearing long-sleeved neutral coloured clothing is the best approach. It is possible for the flies to bite through light clothing so some people do wear heavy fabrics to avoid this.

- **AIDS:**

The HIV virus and AIDS are serious health issues in many African countries. However, the risk to travellers is negligible assuming proper precautions are taken. Use the same precautions while in Africa as in your home country to protect against contracting this virus.

Sun:

Always take precautions against the persistent overhead sun. Proximity to the equator makes the African sun particularly strong so ensure you use a high level of protection.

Water:

It is very important that you drink plenty of water especially during the warmer months. Dehydration is possibly the single biggest cause of ill health on safari. It is generally recommended that guests drink at least 2 to 3 litres of water per day to limit the effects of dehydration. This excludes tea, coffee and alcoholic beverages, which act as diuretics and can, actually contribute to dehydration.

Food:

Use common sense when it comes to food and beverages. If you're unsure of their origin, don't touch them.

Drinks policy:

Many Southern African camps include all local drinks in the standard fully inclusive rate, while premium imported brands are excluded. On the occasions where drinks are excluded from the nightly rate, you are required to settle your drinks bill prior to departure. Drinks policies do differ from camp to camp so please check with us if you are unsure of what is included.

Electric current:

Most bush camps have generators that run 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). There are no 220v or 110v power points in most of the individual tents. If you need to have your camera/laptops charged this can be done while you are out on an activity. Therefore, please bring a spare battery for use while the other is being charged. It is not possible to use such appliances such as hairdryers or electric shavers during your stay. However, there are some camps, which are an exception, and African Sojourns will advise you accordingly.

Communications:

Many of the safari camps/lodges are located in very remote areas where there are no telephones or cell phone signal let alone Internet connection. Many of the camps have made a conscious decision to not provide Internet access, as they believe that the beauty of being away in the wilderness is the very fact that you are not in contact with your office or the outside world! Of course, if there is a problem, the camps will relay messages to and from guests which they have been doing very successfully so for years. If you are able to use your own cell phone or rent one, please note:

- Please ensure the ring tone is kept at a low volume or on silent/vibrate to avoid disturbing other guests or wildlife.
- Please use your phone in the privacy of your room and not in any of the common areas: dining room, bar/lounge area or on any of the vehicles or on game drives.

Clothing:

The most important thing is to dress comfortably on your trip. More formal attire is usually required only when staying in the more prestigious city hotel establishments or on any of the luxury trains. We strongly recommend dressing in layers, as this is an effective method of compensating for the wide variations in temperatures.

Luggage restrictions:

Your luggage should be locked with no items of high value inside and it should contain personal identification. While every precaution will be taken with your luggage, African Sojourns cannot be held responsible for any lost or damaged luggage. We strongly recommend that you purchase adequate luggage insurance.

For all light aircraft flights luggage throughout Southern Africa luggage is restricted to a total of 20kgs(44lbs) per person in soft-sided bags (no hard framed suitcases, wheels or frames). If you have to bring more luggage we may be able to store it for you (additional charge) or charge you for an additional seat (depending on availability of seats). The maximum dimensions of the soft bags, which can be accommodated, are as follows: 25 cm (10 inches) wide x 30 cm (12 inches) high and 62 cm (24 inches) long. Please keep in mind that the baggage compartments on the light aircraft are only 25 cm high (10 inches), so the pilots must have the ability to manipulate the bag into the compartment.

Passengers travelling on light aircraft:

Due to Aviation regulations and aircraft safety we need to be advised if any passengers are over 100kg (220lb).

During Your Trip:

On arrival in each country you will be met and briefed you on matters relating to your trip. Please do not hesitate to ask any questions you may have. However, please respect the requests and decisions made by each camp/operator as they take on a great responsibility when hosting you and any requests will be made in your best interests.

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Finally, all the information contained herein is given in good faith and has been carefully compiled. However, no responsibility can be taken for errors or omissions. Many things in Africa unfortunately do not run as efficiently as we would like. Whilst we will do our best to ensure that any unforeseen changes to your itinerary or unexpected events are minimized, such changes can occasionally happen. This is all part of the African travel experience!

African Sojourns wishes you a wonderful holiday!