



General Information about Tanzania

Tanzania is located in East Africa and is one of the most diverse and fascinating travel destinations on the continent. Its natural variety ranges from vast savannahs, volcanoes, lakes, rivers, tropical rainforests, and mountain landscapes to dreamlike beaches on the Indian Ocean. Among its most famous natural landmarks are the endless plains of the Serengeti, the imposing Mount Kilimanjaro, the fertile Ngorongoro Crater, and the spice islands of Zanzibar. With more than 60 national parks, game reserves, and protected areas, the country is a paradise for nature lovers.

Culturally, Tanzania also has a lot to offer: over 120 ethnic groups with their own languages and traditions live together here largely peacefully. This cultural diversity is reflected in music, dance, religion, cuisine, clothing, and architecture. Particularly impressive is Zanzibar with its historic old town, Stone Town, a UNESCO World Heritage Site with Arab, Persian, Indian, and European influences.

Entry Requirements

Travelers need a passport that is valid for at least six months beyond the date of travel. The tourist visa (as of 2025: USD 50) can be applied for in advance online via the official website of the Tanzanian Immigration Service: <https://eservices.immigration.go.tz>.

Currently, it is still possible to obtain a visa upon arrival at the airport or border crossing for a fee of USD 50 or EUR 50 in cash. However, this can change at short notice. We therefore recommend applying for the e-visa in advance.

Important: Many unofficial third-party providers charge excessive fees, only use the official website.



Health & Medical Care

Before your trip, a visit to a tropical medicine specialist about 6–8 weeks before departure is advisable. Recommended vaccinations include Hepatitis A and B, Typhoid, Tetanus/Diphtheria, Measles, and possibly Rabies. A Yellow Fever vaccination is mandatory if entering from a risk area.

Detailed and up-to-date information can be found on the World Health Organization (WHO) website and the German Foreign Office website. Please note that this information is general in nature, and we cannot guarantee completeness or accuracy. Always consult your doctor for tailored recommendations.

In the Kagera region on the western shore of Lake Victoria, the risk of malaria is high, while in the Arusha region it is lowest. Discuss the need for malaria medication, as well as possible side effects or intolerances, with your doctor before traveling. More information is available on the WHO website.

African tick bite fever is, alongside malaria, a common infectious disease in African national parks. The pathogen is transmitted by aggressive ticks in grassland and savannah areas. Protect yourself with appropriate clothing, insect repellent, and regular tick checks during and after your stay.

Dengue fever, transmitted by daytime-active mosquitoes, is a risk particularly in Zanzibar's coastal areas. Protect yourself with suitable clothing and insect repellent.

If you are visiting a national park, take a travel medical kit suitable for remote areas. This should include bandages, tweezers, scissors, cotton swabs, antibacterial cream, ibuprofen, antihistamines, diarrhea medication, oral rehydration salts, and aloe after-sun gel. Add any personal medications you may need, such as for motion sickness. More recommendations can be found on the WHO website.



Cities like Arusha, Dar es Salaam, and Zanzibar City have private clinics meeting international standards. In rural areas, however, medical care is limited. A well-stocked travel medical kit and a flashlight or headlamp (for power outages) are recommended.

Safety & Conduct

Tanzania is generally considered a safe travel destination. However, certain rules should be observed: do not display valuables openly, avoid walking alone at night, and choose reputable service providers. Solo female travelers should dress conservatively and ideally travel with company.

Homosexuality is prohibited by law, and discretion is advised for safety reasons.

Zanzibar is predominantly Muslim. Outside of the beaches, shoulders and knees should be covered. Tank tops, midriff-baring shirts, and short shorts are not appropriate in public spaces, out of respect for the local population.

Insurance

We strongly recommend purchasing both trip cancellation insurance and travel medical insurance that includes medical evacuation and repatriation coverage.

Please note that many health insurance policies provide limited or no coverage abroad. Medical treatment, hospital stays, emergency evacuations, and repatriation can result in significant expenses. For optimal protection, please check before departure whether your existing insurance coverage is sufficient, or purchase a suitable policy from the insurance provider of your choice.

We have partnered with **Europäische Reiseversicherung (European Travel Insurance)** and offer our guests the option to purchase travel insurance conveniently



through our partner link. Depending on your needs, you can choose between **Cancellation Protection (StornoSchutz)**, **Travel Protection (ReiseSchutz)**, and **Complete Protection (KomplettSchutz)**.

Especially for Kilimanjaro climbers: High-altitude trekking up to 6,000 m (19,685 ft) is covered under the applicable Europäische Reiseversicherung policies. In addition, search and rescue costs of up to €80,000 are included.

For more information and to purchase travel insurance, please visit: europaeische.at

Currency & Payment

Payments are made in Tanzanian Shillings (TZS) or US Dollars. Important: Only USD banknotes issued after 2006 are accepted. Credit cards (especially Visa) are accepted in many hotels and lodges, but often with a surcharge of 3–5%. PIN entry is usually required. EC cards do not work. Small-denomination cash is useful and recommended, especially for tips or small purchases.

Tourism Taxes

Tanzania has various tourism taxes, such as national park fees and accommodation levies. These costs are generally included in the price of safari tours.

For Zanzibar trips, there are additional fees. You must pay an infrastructure tax directly at your accommodation: USD 4 per night and per person for 2- and 3-star hotels, and USD 5 for 4- and 5-star hotels. This also applies to children and infants.

Additionally, from October 1, 2024, all tourists in Zanzibar must have mandatory travel insurance purchased from the Zanzibar Insurance Corporation (ZIC) before travel. More



information is available on the official ZIC website. The cost is not included in tour prices and should be budgeted in advance.

Technology & Communication

Tanzania uses a voltage of 230V at 50Hz. Outlets are usually British standard (Type G), less often Type D. Adapters are necessary. Some accommodations have multi-socket outlets. Power outages are common, especially in rural areas or on Zanzibar, carrying a flashlight or headlamp is advisable.

For mobile internet, local SIM cards (Vodacom, Airtel, Tigo, Halotel) are recommended and must be registered with a passport. Alternatively, eSIM providers such as Airalo or Holafly are available. Wi-Fi is offered in many accommodations but is not always reliable.

Transport & Apps

Traffic is left-hand. Roads are often in poor condition, especially outside cities. Car rentals are not recommended; transfers with drivers or through agencies are safer and less stressful.

In cities like Dar es Salaam or Arusha, ride-hailing services such as Bolt are available. Public minibuses (“Dala Dalas”) are cheap but overcrowded and unreliable.

Useful apps: Google Maps, Maps.me (offline maps), Bolt (taxi), XE Currency (exchange rates), TripAdvisor (restaurants & activities), AccuWeather (weather).

Sustainability & Respectful Travel

Please avoid single-use plastics and use refillable water bottles and cloth bags. Do not take shells, corals, or animal products with you. Never touch or feed animals. Even if



children ask for donations on the roadside, do not give them money. This encourages begging. Instead, support reputable local projects or NGOs.

Cuisine

Tanzanian cuisine is varied, simple, and flavorful. Popular dishes include *Ugali* (maize porridge), *Pilau* (spiced rice with meat), *Mandazi* (fried dough pockets), *Chapati* (flatbread), *Nyama Choma* (grilled meat), and Zanzibar pizza (stuffed flatbread). Fresh fruit - such as mango, papaya, pineapple, and passion fruit - is widely available. Vegetarian and vegan options are usually available but tend to be simple.

Arrival in Tanzania

After passing immigration and collecting your luggage, exit the airport terminal. A transfer driver will be waiting to meet you and take you to the hotel as per your travel itinerary



Safaris in Tanzania

Tanzania is one of the best countries in the world for safaris. In its famous national parks such as the Serengeti, Ngorongoro, Tarangire, and Lake Manyara, you can observe wild animals in their natural habitat, including the “Big Five”: elephant, lion, leopard, rhinoceros, and buffalo. The Serengeti is renowned for the annual migration of over a million wildebeest and zebras.

Game drives usually start early in the morning around 7:00 a.m., when many animals are most active. National parks typically close between 5:30 p.m. and 7:00 p.m. It is recommended to reach your accommodation by 6:00 p.m. at the latest. As a tour operator, we take care of all necessary park permits, transfers, meals, accommodations, and provide experienced guides.

When taking photographs, please be especially considerate, particularly toward local people such as the Maasai. Never photograph them without permission, many will refuse or expect compensation. Sacred sites or traditional ceremonies should always be treated with respect.

To protect the environment, no waste may be left in nature, including organic waste such as banana peels or cigarette butts. Wild animals must never be touched or fed, and a safe distance should always be maintained.

Drones are prohibited in the parks, or only allowed with written permission from the Tanzania Civil Aviation Authority (TCAA). Flying without permission risks confiscation, even upon entry into the country. Advance application and approval are mandatory. Each safari vehicle is equipped with one pair of binoculars. If you would like an additional pair, you can rent one for a fee. Please let us know in writing at least seven days before your arrival.



We use two vehicle sizes, typically with a maximum of four or six guests unless otherwise agreed. The vehicles have a pop-up roof, allowing for excellent wildlife viewing and photography, while also providing shade from the sun.

Your safari driver-guide speaks English, has extensive experience, and knows the best spots to see animals. They are very knowledgeable about African wildlife and vegetation and have a trained eye for spotting animals in the bush. Depending on which animals interest you most, they will try to take you to the best viewing spots and share fascinating information about animal behavior. However, a safari always involves an element of luck. Keep your expectations relaxed, and your enjoyment will be all the greater! Discuss with your guide whether you prefer to start early in the morning or take a more leisurely departure after breakfast. If you need picnic or toilet breaks, let them know in advance so that everything can be planned without unnecessary detours.

Overnight Stay in the Lodge

On a lodge safari, you arrive at the lodge in the early evening and are first shown to your room or tent. Often, there will be a brief introduction, especially if the lodge is located in or near a national park. Depending on the lodge's price category, comfort can range from basic to very luxurious. Many lodges have excellent locations with beautiful views over the savannah or lakes, where animals such as elephants, zebras, or giraffes may pass by, a truly special experience!

Important: Some camps or lodges have very limited capacity. Even with early booking, they may be fully booked in high season. In such cases, we will arrange alternative accommodation of equivalent standard along your route.



Meals

After a refreshing shower, enjoy a delicious à la carte dinner or buffet in the lodge, a relaxing way to end the day and look forward to the next. The following morning begins early with breakfast, either served at your table or as a buffet. For lunch, the kitchen will prepare you a packed lunch. Don't worry if you have food intolerances. These will gladly be taken into account if you let us know at least four weeks before arrival. In some lodges, you can even assemble your own lunch box.

To avoid unnecessary waste, we carry fresh drinking water in the vehicle, which can be refilled. You should bring your own reusable bottle, we recommend around 2 liters of water per person per day on safari. If you need more, just let your driver know. Important: Only drink safe water, such as bottled water, and avoid tap water. Use safe water even when brushing your teeth.

Tipping

In Europe, tipping is usually seen as an extra thank-you for exceptional service. In Tanzania, however, drivers - and, on camping safaris, cooks - expect tips as part of their income. You should budget around USD 30 per day for the driver, and if on a camping safari, an additional USD 20 per day for the cook. Tips are given at the end of the safari.

When giving a tip, it's also a good time to provide feedback. Start with positive remarks, then politely and respectfully offer suggestions for improvement, as is customary here.

Clothing

Choose your safari clothing so that you are comfortable in hot daytime temperatures and dusty conditions, but also in cool nights around the Ngorongoro Crater. Colors such as sand, beige, olive, khaki, or earth tones work best. Make sure your clothes are loose-fitting, as tight clothes retain heat and make it easier for mosquitoes to bite through.



Even if you are expecting sunshine, be sure to bring a hat to protect your head and ears from sunburn. A scarf for your neck, a long-sleeved shirt, ankle-high trekking shoes, and sandals are also useful. For early morning game drives, a windbreaker is very practical.

In the evenings, you'll appreciate long clothing, a warm fleece, socks, and insect repellent. And don't forget your pajamas for the night!



Mountain Climbing and Trekking in Tanzania

For mountain enthusiasts, Tanzania is a true highlight. Mount Kilimanjaro, at 5,895 meters the highest free-standing mountain in the world, offers several routes to the summit, such as the Marangu, Machame, Lemosho, and Rongai routes. Mount Meru (4,566 m) is also a popular destination, often climbed as acclimatization before Kilimanjaro. Both mountains may only be climbed with registered agencies and licensed guides.

Depending on the route, an ascent takes between five and nine days and is supported by a team of lead and assistant guides, porters, cooks, and helpers.

Team

A team for a Kilimanjaro climb can consist of anywhere from 10 to 30 or more people, depending on group size, with a typical ratio of at least 3–4 crew members per tourist. All members work closely together to ensure an unforgettable and safe adventure.

Guide (Lead Guide)

The guide is the expedition leader and responsible for the safety and success of the group. They know the route, monitor the participants' health, give acclimatization instructions, and make decisions in case of weather or health issues.

Assistant Guide

Assistant guides support the lead guide, especially in larger groups. They help motivate participants, lead smaller groups when necessary, and assist in monitoring health and safety.



Cook

The cook prepares all meals during the climb, providing nutritious and energy-rich food suited to the needs of the participants. They are also responsible for maintaining hygiene in the mobile kitchen.

Porter

Porters carry most of the group's gear, including equipment, tents, food, and personal luggage of tourists (usually up to 15 kg per person). They are essential for reducing the load on climbers and ensuring that camp is set up on time.

Waiter (Service Porter)

A service porter is often a specialized porter who assists in camp and at mealtimes. They bring food and drinks to participants and ensure comfort.

Camp Manager

The camp manager organizes camp setup and ensures that all tents are pitched in suitable locations. They coordinate the porters and make sure everything runs smoothly in base camp.

Summit Porter

For the final summit push, summit porters help carry additional gear or assist participants if needed. They are often experienced with the challenging conditions of the summit ascent.



Equipment

Recommended gear includes: well-broken-in waterproof hiking boots, weatherproof layered clothing, sleeping bag, headlamp, trekking poles, gloves, hat, sunglasses, sunscreen, and rain protection.

Detailed Gear List

Head and Hands:

- Warm hat (for cold nights and summit day)
- Sun hat or cap
- Neck scarf or buff (for dust and cold protection)
- UV-protection sunglasses
- Warm gloves (insulated and waterproof)
- Thin liner gloves (as an extra layer)

Upper Body:

- Thermal underwear (long-sleeved)
- Hiking shirts (long- and short-sleeved, breathable)
- Fleece jacket or pullover
- Lightweight down or insulated jacket
- Waterproof and windproof hardshell jacket
- Softshell jacket (for mid-layers)
- Rain jacket ***



Lower Body:

- Thermal underwear (long)
- Hiking trousers (light and breathable)
- Insulated trekking pants (for cold sections)
- Waterproof hardshell pants ***
- Comfortable underwear

Feet:

- Hiking socks (at least 4–6 pairs, various thicknesses)
- Thick summit socks (for cold conditions)
- Waterproof trekking boots with ankle support
- Lightweight shoes or sandals (for camps)

Backpacks:

- Daypack (20–30 liters) for water, snacks, camera, and personal items
- Large trekking backpack (carried by porters, max. 15 kg)

Sleeping System:

- Sleeping bag (rated to -15°C or colder) ***
- Sleeping pad (plus extra pad if needed) ***

Hydration System:

- Water bottles (total capacity at least 3 liters)
- Hydration bladder (optional but useful)
- Thermos (for hot drinks)

Trekking Poles:

- Telescopic poles (recommended for steep or long sections)



Other:

- Headlamp with spare batteries
- Sunscreen (high SPF)
- Lip balm with UV protection
- First aid kit (including personal medication)
- Toiletries (including biodegradable soap)
- Wet wipes (for personal hygiene)
- Trash bags (to carry out waste)
- Emergency whistle

Optional:

- Camera or smartphone for photos
- Energy or protein bars
- Power bank (for electronic devices)
- Journal and pen
- Guidebooks or maps of Kilimanjaro

*** Items can be provided by African Sunrise Expedition on request

General Tip: Take only what you truly need to avoid carrying unnecessary weight.

Altitude Sickness

Even experienced hikers can be affected. A slow pace, sufficient water intake, energy-rich food, and gradual altitude acclimatization are essential.

Tipping

Tipping is a standard part of the tour and is calculated per role:



- Guides (Lead Guide): USD 20–25/day
- Assistant Guide: USD 15–20/day
- Cook: USD 12–15/day
- Porter: USD 8–10/day



Disclaimer

Our travel information is based on the most up-to-date details available to us. However, we cannot guarantee the completeness or accuracy of this information and accept no liability for any damage that may result from its use. Risks can change quickly and unexpectedly; therefore, the decision to undertake a trip is entirely your own.

Notes on special laws abroad refer only to selected points. Laws can change at any time. We strongly recommend that you carefully follow travel and safety advice and take out appropriate insurance, such as international health insurance with repatriation coverage and trip cancellation insurance.