



## ZAMBIA

This information is provided by *People and Places* as a guideline to the country you will be visiting. For further information you can visit the official Zambian Tourism Authority website at [www.zambiatourism.com](http://www.zambiatourism.com).

### TRAVEL DOCUMENTS

All visitors to Zambia must have a passport which is **valid for at least 6 months beyond their intended departure date from Zambia**. Visitors to southern Africa must ensure they have enough blank VISA pages (not endorsement pages) in their passports. Our recommendation is **3 pages (or even 4 if you are travelling through more than one country on your journey)**. If there is insufficient space in the passport then entry into a country could be denied.

Visitors must also be in possession of outward travel documents and have sufficient funds for the duration of their stay.

### VISAS

Visas are the responsibility of the traveler. Those nationalities that are required to have visas to enter Zambia may have to apply for these in advance while others can obtain these on arrival at the port of entry. Costs also vary depending on the nationality of your passport so please contact your travel consultant for exact details relevant to you. Visit the following website for additional information – *People and Places* is not responsible for the content thereof: [www.zambiaimmigration.gov.zm](http://www.zambiaimmigration.gov.zm)

Please note:

- If visas are required, please ensure you have the correct cash amounts available as credit cards and travelers cheques are not accepted at immigration.
- You must advise the relevant official of the total number of days that you are spending in Zambia otherwise you may be charged to obtain an extension/additional visa later on.
- If you arrive in Zambia but continue your safari in another country (such as Botswana, Namibia or Zimbabwe) and then return to Zambia; OR are staying in Livingstone in Zambia but are doing some touring in Botswana or Zimbabwe, then a double-entry visa must be obtained on arrival from the immigration official \*\* see Univisa below.
- Multiple entry visas have to be obtained in advance and these are only issued at the Immigration Department's Headquarters in Lusaka and the following consulates abroad: London, Pretoria, Lubumbashi, New Delhi, Beijing and Lilongwe.
- We recommend that pre-approved visas are applied for through your nearest Embassy/ Mission abroad, but if required our offices in Zambia can assist with this process at an additional charge.

### UNIVISA

A Univisa (KAZA Visa) is now available for people who are visiting both Zambia and Zimbabwe on their travels. This can be applied for in Zambia at Harry Mwaanga Airport in Livingstone, Victoria Falls Land Border, Kazungula Land Border (Botswana) and Kenneth Kaunda International Airport in Lusaka. And in Zimbabwe at Victoria Falls Airport, Victoria Falls Land Border, Kazungula Land Border and Harare International Airport. The visa costs USD50 and lasts for up to 30 days as long as you remain within Zambia and Zimbabwe. It also covers those who visit Botswana for day trips through the Kazungula borders. It is only eligible for those countries who are able to receive visas on arrival in both Zambia and Zimbabwe. If you require a pre-approved visa for Zambia or Zimbabwe the Univisa is not applicable to you.

### MEDICATION & HEALTH

Certain over-the-counter medications contain ingredients that are on Zambia's list of controlled substances. As a precaution, we recommend that you do not take unnecessary non-prescription medication with you when travelling to Zambia. For prescription medication, please carry a doctor's prescription with you and ensure that the medication is in its original bottle. A list of these controlled substances is available from your consultant on request.

The information that follows is simply designed to give the reader some guidelines and general tips. We strongly advise you to consult your doctor prior to travel and get accurate and up-to-date advice on inoculation requirements, and anti-malarial precautions.

Medical insurance, preferably one that includes air evacuation, should be regarded as a pre-requisite for any safari holiday.

Tetanus and the hepatitis vaccinations are recommended.





**Malaria:** is caused by a mosquito borne parasite and is endemic in Zambia. Please remember that the best precaution is the preventative kind.

- Avoid being bitten by using mosquito repellents liberally. A lot of camps provide a locally made repellent, however, please feel free to bring your own if you suffer from any skin sensitivities or allergies.
- Wear long-sleeved shirts and trousers/slacks in the evenings.
- Please use the mosquito net over your bed where supplied/available.
- Where provided, please use the insecticide supplied to kill any mosquitoes that may have flown into your room.
- Mosquito coils are also effective.

Malaria is transmitted by a very small percentage of female *Anopheles* mosquitoes. They are mainly active in the early evening and throughout the night. Malaria transmission is at its highest during the warmer and wetter months of November through to April. From May through to October the risks of contracting malaria are reduced.

There is a 6 to 7 day minimum incubation period before symptoms present themselves. If you become ill on your return, while still on prophylaxis or even once you have stopped taking them, ensure that your medical practitioner does everything to establish that your illness is not malaria. Malaria can be prevented if you are sensible and take basic precautions. It is important to consult your doctor prior to your safari; he will prescribe a course of prophylactics.

**The Sun:** The African sun can be very strong and sunburn can occur through clouds and even a light T-shirt. Bad sunburn can spoil your safari so be sensible, use cream and wear a hat.

**De-Hydration:** in a mild form can be fairly common in the hotter months. It is not dangerous so long as you recognize the symptoms and react accordingly. The key is to keep body fluids up by drinking plenty of water. If nausea or vomiting result, then medical attention should be sought. It would be worth including a couple of packets of re-hydration salts in your holiday medical kit if you have one.

**Diarrhea:** is a common problem when traveling anywhere in Africa. The standards of hygiene in all of the safari camps booked by us is very high but it is not uncommon for individuals to react to a change in diet or water. The best bet is to be sensible about what you eat and drink and bring suitable medication just in case. Camps will generally advise if the tap water is suitable for drinking or not. Most camps will provide bottled mineral water which we suggest you use for drinking to avoid any stomach reactions.

If you do have any particular medical needs or requirements, please advise us in advance so we can ensure the best care in each of the properties you are visiting.

## **INSURANCE**

People and Places and its agents, staff or associates cannot be held responsible or liable for loss, damage, or theft of personal luggage and belongings, nor can they be held liable for personal injury, accident or illness. Please ensure that you have yourself and your belongings adequately insured before your departure. Insurance is compulsory for all our trips. If you do not possess a policy, please contact your broker for details.

### **a) Health Insurance**

Before you travel anywhere it is imperative to have medical/accident insurance which covers you while you are away, as well as for emergency repatriation.

### **b) Cancellation**

You might have to cancel your safari due to unforeseen circumstances. If you cancel a trip close to departure date for any reason you could lose all that the safari was going to cost you. Dependant on the reason cancellation insurance should cover you for this eventuality.

### **c) Baggage Insurance**

Airline liabilities with respect to your baggage is limited. It is advisable to take out insurance if you are carrying expensive and valuable camera equipment. You should always carry such equipment as "carry-on" luggage. Do not put anything of value in your checked baggage!

### **d) Claims**

If you anticipate an insurance claim upon your return, be sure to document as accurately as possible any accident, injury or loss. Doctor's notes and police reports will aid any claim.





### **DIETARY REQUIREMENTS**

Should you be following a special diet or have allergies to certain types of food, please advise us in advance so we can notify the properties where you are staying. Most camps are able to cater for dietary requirements, but due to the remote locations, they do require necessary notice so as to be able to order any special supplies in advance.

### **DEPARTURE & SECURITY TAXES& AVIATION AND INFRASTRUCTURE DEVELOPMENT CHARGE**

For passengers flying out of Zambia, there is an **International** Airport Departure Tax of USD40 per person which is not included in the cost of the safari and must be paid directly on departure at the airport. Most airline tickets are now quoted inclusive of this departure tax and this will generally only be applicable for any international charter flights.

There is also a **Domestic** Departure and Security Tax payable directly when departing internally on a flight out of Lusaka, Livingstone and Mfuwe airports. This needs to be paid for in USD or Kwacha cash or by credit card and is currently USD16 per person per sector. This is included in all Proflight Zambia scheduled flights. For any charter flights this will be payable directly at the airport. With currency fluctuations these rates do change and we apologise if the amounts quoted are not 100% accurate.

### **LUGGAGE ON AIR TRANSFERS**

There are strict weight restrictions in place on any itinerary which includes light aircraft transfers:

- You should always travel with **soft bags** not hard suitcases (not only for the smaller aircraft but also to fit into vehicles).
- Please check your confirmed tickets or check with us on your flights booked and applicable weight allowances before packing. On Charter flights checked in luggage should generally not exceed 15 kg. For most Proflight scheduled Flights the allowance for checked in luggage is 23kg per person.
- A small camera bag or similar can be taken on board not exceeding 5kg but space is limited as there are no overhead lockers so any bags taken on board will have to fit under the seat in front.
- These limits are applicable to guests travelling on a seat rate basis so it may differ if guests have booked on a sole use or private charter option in which case the maximums depend on the type of aircraft and the number of passengers booked.
- Please check your confirmed tickets prior to packing for exact details of weight allowance on your booked sectors.

**These luggage restrictions appear minimal, however, please bear in mind the following:**

- Most safari camps / lodges and hotels provide basic toilet amenities.
- Laundry can be done on a daily basis (many camps provide this service free of charge but some camps and hotels do charge a nominal fee).
- Mainly casual clothing is required.

As no formal clothes are needed throughout most of southern Africa, we recommend that you limit your luggage to the basics. More formal attire is usually required only when staying in the more prestigious city hotel establishments or on any of the luxury trains. On a wildlife safari, casual clothing is the order of the day. We have included a suggested packing list in our documentation for your reference.

### **EXCESS LUGGAGE**

If you need to bring luggage in excess of your allowance, you may have the option of buying an extra seat. The additional cost of this varies depending on your flight schedule so please contact us for further details.

### **CLIMATE**

The weather in southern Africa is generally pleasant throughout the year – warm to hot days, and cool to warm nights. During our winter months however (May to September), it can get really cold at night and in the early morning, particularly when on safari, so we would like to suggest that you pack accordingly – very warm clothing including an anorak/winter jacket, a beanie, scarf and gloves are recommended. Please also refer to our packing suggestions list.

### **Summer**

October to April - days are hot and generally sunny in the morning with possible afternoon thunderstorms. Day temperatures average 25°C - 35°C and night temperatures drop to 14°C - 20°C. Low-lying areas such as Lake Kariba, Livingstone, Luangwa Valley, Lower Zambezi National Park, Lake Tanganyika, Kafue National Park and the Zambezi Valley can also be considerably warmer all year round with temperatures of 35°C - 50°C. The rainy season is generally from November to March.





## Winter

May to September - days are dry, sunny and cool to warm 20°C - 25°C, while evening temperatures drop sharply to 5°C - 10°C. Exceptionally cold spells can occur 0°C - 5°C.

### OUR SUGGESTED PACKING LIST

Khaki or neutral-coloured clothing is best (dark colours stand out less in the bush than light ones). Loose clothes are preferable and layers are always useful. Evening dress in all camps and most hotels is casual but bring longs to protect against mosquitoes when eating out in the bush. A sweater or light jacket is useful at most times of the year. If traveling in our winter months a warm jacket will be necessary.

### Clothing

- Sun hat/bush hat.
- Headscarf/bandana – particularly for dusty dry regions.
- Golf-shirts and/or T-shirts – preferably with sleeves to protect your shoulders from the sun.
- Long-sleeved cotton shirts.
- Shorts and/or skirts – really short skirts are not practical for getting in and out of game drive vehicles.
- Long trousers/slacks.
- Track suit.
- Pyjamas – lightweight for summer and warm/thermal for winter.
- Underwear – on game drives the roads can be bumpy and uneven so a suitable bra may be required.
- Socks – thermal options are recommended for the winter months.
- Good closed walking shoes (running/tennis shoes are fine).
- Sandals – preferably low heeled or flat if you are going on safari.
- Swimming costume.
- Lightweight jersey or fleece in summer.
- Light rain gear or jacket for summer months.
- Warm jersey or fleece plus anorak or parka in winter.
- Additionally, a scarf, gloves and beanies/woollen hats for the cold winter months.
- More formal attire for your stay at prestigious city hotels.

### Equipment and Other

- Good quality sunglasses
- High strength sun block (SPF 30 or higher)
- Moisturizer and lip salve
- Insect repellent for body application
- Basic Medical Kit (aspirins, plasters, Imodium, antiseptic cream, anti-histamine cream and tablets)
- Binoculars – an absolute must if on any type of safari. Many options are available but with this equipment invariably the more you spend the better you get.
- Torch – Many camps have no mains power so night-time lighting may be by candle or hurricane lamp, a lot of camps will have torches by the bed but best to pack your own.
- Glasses – if you wear prescription glasses bring a spare pair. If you wear contact lenses bring a pair of glasses as well since dust can be a problem.
- Camera equipment – This is obviously very personal but zoom or telephoto lenses are useful. Cleaning equipment and a dust proof bag are also useful. Spare batteries and memory cards are very important.
- Visas, tickets, passports, money, credit cards, insurance details, etc

### LAUNDRY

Laundry can be done at most camps on a complimentary basis; however the bush camps have limited facilities and at some camps, the camp staff will not wash underwear (in these cases washing powder is supplied for guests to rinse their own underwear).

### POWER

Zambia runs on 220 - 240 volts using British style square 3-pin plugs. The bush camps and lodges in Zambia are all powered by a combination of diesel generators, solar panels and large batteries with invertors and chargers. The camps and lodges can usually supply plug adapters that will accommodate most American and European plug types, however guests are advised to bring their own adaptor and spare batteries.





At some camps you may need to hand your batteries to the camp staff for charging in the main area or office whilst you are out on activities.

### **TIPPING**

When staying in a hotel or camp or when eating in a restaurant in Zambia, it is a statutory requirement for a 10% service charge to be added to your bill (or, more usually, incorporated within it). This is passed onto the staff and is designed to replace the optional gratuity.

It is, however, customary to tip staff a small amount if you feel the service has been up to scratch. In a hotel, restaurant or bar, this would usually not exceed 10%. Whilst staying in safari camps, one is not expected to tip staff during the course of your stay but rather to leave something with the camp manager at the end. As a guideline, whilst staying in camps we advise something in the region of \$5 - \$10 per guest per day but of course this is entirely discretionary. If you have had a particular guide looking after you then it would be customary to give him a small gratuity separately in order to show your appreciation but, as ever, this should only be given on merit.

### **DRINKS POLICY**

Unless otherwise specified in your quotation all local drinks are included in the standard Fully Inclusive (FI) tariff, but exclude premium imported brands and champagne. Please refer to your itinerary for specific details.

### **CURRENCY**

- United States Dollars (USD) or Zambian Kwacha (ZMW) can be used to make payments within Zambia
- It is a good idea to have some cash available although credit cards are accepted in most lodges, for most activities and in restaurants.
- Visas may be paid for in US Dollars in cash or by credit card
- It is not possible to purchase Kwacha outside of Zambia. The local currency is available from all cash-point (ATM) machines as well as from banks and foreign exchange bureaus at all major ports of entry. In general only Visa credit cards are accepted at ATMs and in some cases debit cards. PIN numbers and passports will be required where applicable.
- Where possible, our staff on the ground in Lusaka and Livingstone will assist you through this process.
- Recently, the US Dollar/Kwacha exchange rate has fluctuated within a range of US\$ 1.00 = ZMW 6.0 to ZMW 6.3.
- Only recent series US Dollars notes (large presidential portrait) are acceptable.

### **CREDIT CARDS**

International Visa and MasterCard are generally accepted but American Express and Diners Club are often not. Some camps in very remote parts of Zambia do not accept credit cards at all so it is advisable to travel with small denominations of kwacha cash for any extra expenses.

### **SHOPPING**

Zambia sells a wide range of locally made wooden furniture, batiks, candle holders, lamps shades, hand-dyed cloths and carvings. Please be advised that souvenirs may be exported without restriction but game trophies such as tooth, bone, horn, shell, claw, skin, hair, feather or other durable items are subject to export permits.

### **VALUE ADDED TAX (VAT)**

All goods and services in Zambia are priced to include value added tax (VAT) of 16%.

### **LANGUAGE**

The official language of Zambia is English, which is used to conduct official business and is the medium of instruction in schools. The main local language, especially in Lusaka, is Nyanja. However, Bemba and Nyanja are spoken in the urban areas in addition to other indigenous languages which are commonly spoken in Zambia. Others are Kaonde, Tonga, Lunda and Luvale, which feature on the Zambia National Broadcasting Corporation (ZNBC)'s local languages section. The total number of languages spoken in Zambia is 73.

### **RELIGION**

There is freedom of worship in Zambia with over 15 different churches. Christianity is followed by over 60% of the population.

### **TIME**

Zambia is 2 hours ahead of Greenwich Mean Time (GMT), 7 hours ahead of Eastern USA time and 10 hours ahead of Western USA time.





### RECOMMENDED READING

We recommend the following books specific to the Zambian region.

- Zambezi - The River of the Gods - Jan & Fiona Teede
- African Thunder: The Victoria Falls - Jan & Fiona Teede
- Zambia - the Bradt Travel Guide - Chris McIntyre
- Birds of Africa south of the Sahara - Ian Sinclair, Peter Ryan
- Kingdon Pocket Guide to African Mammals - Jonathan Kingdon
- The Kingdon Field Guide to African Mammals - Jonathan Kingdon
- Trees & Shrubs of Miombo Woodland - Paul Smith, Quentin Allen
- Common Birds of Zambia - Zambian Ornithological Society
- Important Bird Areas in Zambia - Peter Leonard
- Africa House - Christina Lamb
- Victoria Falls: The Insider's Guide - Ian Michler
- Field Guide to the larger mammals of Africa - Chris & Tilde Stuart
- Zambia Then and Now - William Grant

