

Packing

Culture – What to Wear

It's very important to adhere to local customs & traditions. When you are working in the field, please remember that you are representing Anza and ensure you adhere to our guidelines & expectations.

For reasons of cultural sensitivity, shorts above knee length are not permitted, nor are strappy vest tops/low cut tops for girls.

On the build-site/in rural areas: For safety reasons it is recommended that you cover your arms and legs – long walking style trousers/long shorts and t-shirts. Keep a long sleeved shirt to hand to avoid over exposure from the sun. You may also wish to bring a hat for this reason.

If you are not appropriately dressed for the volunteering days and visits, you will be asked to change.

Volunteering/Visits
Lightweight, breathable clothes
Close toed shoes
Flip-flops, sandals
Hoody/jumper for cold evenings
Swimwear
Equipment
Duvet cover/sleeping bag liner– sleeping bags are too hot to sleep with at night if you plan to go camping though you should consider one.
Pillow
Towel
Torch or headlamp with batteries.
Universal plug adaptor – sockets in Tanzania are UK sockets 80% of the time.
Mosquito nets are provided
Bag to carry to building site
Health and Hygiene – There is a first aid kit on site.
Anti-Bacterial Handwash
Rehydration salts
Plasters - including blister plasters like Compeed

Painkillers – paracetamol/Ibuprofen
Imodium
Baby Wipes
Toothbrush and Toothpaste
Lip salve with SPF
Antihistamine cream
Antiseptic cream
Sunscreen
Iodine tablets & water filters
Insect repellent with DEET
Vaseline
Saline Solution for Contact Lenses
Malaria tablets
Other
Camera with case, batteries and memory cards
Mp3 Player
Notebooks and pens
Unlocked mobile – if you wish to buy a Tanzanian sim

Important Documents

Before you leave home, make **two sets of photocopies of all important documents**. Put one set of copies in your checked luggage and leave the other set at home with friends and family. **Keep your original documents in your hand luggage** whilst travelling to Tanzania.

Documents to Photocopy:

- **Passport** ID page
- Tanzanian **Visa (if you got it prior to departure)**
- Plane Ticket
- **Contact information of Tanzania Coordinator**
- Contact Information for family/friends at home
- **Travel Insurance Policy**
- Credit card(s)

Contact Information

Please ensure that you give these contact details to your parents/ guardians and keep one copy in your hand luggage with you when you travel.

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Spending Money

As you know, your accommodation and meals for both the first and last weekend, as well as during the week, are included in your fundraising costs. You will need your own spending money for other items that you choose to buy, or if you choose to go to Moshi at the weekends. We suggest you bring some Tanzanian Shillings (Tsh) with you so you have some money as soon as you get here. You can easily convert GBP to Tsh in Moshi so you do not have to bring enough GBP for your entire stay. There are also multiple ATMs in Moshi. The maximum withdrawal at one time is 400,000 Tsh. The current exchange rate is **1 GBP = 3100 Tsh. You will get 10,000 Tsh notes from the ATMs which is currently equal to £3.15.**

Below is a list of the average price of things that you might choose to spend your money on:

Accommodation in Moshi		Tsh
Dorm room per person		10,000
Twin room per person		15,000
Transport		
Taxi in and around town		3,000
Out of town		5,000
Dala (local mini bus) in town		300
Phone & Internet		
Phone credit (30 mins & 500 SMS)		Per week: 2,000
Internet on phone which you can use as a hotspot for your laptop		Per day: 1,000
		Per month: 25,000
Meals		
Lunch		5,000- 10,000
Dinner		10,000- 15,000
Local food such as beans and rice		2,000- 5,000
Snack and Drinks		
Soft drink		1,000
Fruit juice		3,000
Coffee		4,000
Cake		5,000
Beer		2,500
Local snack such as samosas and chapattis		500
Souvenirs		
Postcards		2000
Stamps (to UK)		1500
Jewellery		5,000-10,000
Cheap paintings		15,000
T shirts		15,000
Trinkets such as bowls, baskets etc		5,000

Recommended Trips & Visits

Tanzania is a beautiful country, with many stunning places to visit and explore. We're sure you'd like to see as much of the country as possible whilst you're out here, so we've put together a short list of recommended trips & visits.

Whilst travelling please remember that you're a guest in someone else's country: be polite, friendly and respectful of local customs. Tanzania is generally a very welcoming and friendly country, enjoy its hospitality and enjoy your travels!

Below is a list of some day trips/ overnight trips that you want to do either at weekends or when you have finished the Kilimanjaro Trek and Volunteer Venture. Some of these trips are listed below. Please note, the prices are approximate and will vary depending on how many people there are, what your food arrangements are, and if you hire a car or get a local bus etc. When you arrive, if you are interested in any of these trips, we can provide you with more information, and help you make any arrangements.

Trip	Details	Tsh	GBP
Arusha National Park	Day trip- Walking or driving safari	150,000 - 200,000	50-60
Lake Chala	Day trip or camping & hiking at a Crater Lake	100,000 - 150,000	30-40
Mataruni	Day trip to waterfalls	50,000	15
Maji Moto	Day trip to hot springs	50,000	15
Pare Mountains	Overnight trip- stay with local family, boat trip to see hippos, hiking	200,000-300,000	60-95