

## COMING TO LIVINGSTONE, ZAMBIA - WHAT YOU NEED TO KNOW

“ If you reject the food, ignore the customs, fear the religion and avoid the people, you might better stay home. You are like a pebble thrown into the water; you become wet on the surface, but never part of the water.”--- James A. Michner

### Travel Documents:

1. Passport: Valid Passport that is valid for at least six months beyond the date you plan to return to the USA. Also, look to see if your passport has at least 6 pages which have not been stamped on, as some countries, especially South Africa, will not let you in, they will make you return on the next flight.
2. Personal Insurance: Please check with your insurance provider to make sure that your policy covers you in another country and for how long. Make sure to have the company put this in writing. You will need to bring a copy of that letter with you. Additionally, make sure you have the correct phone numbers and address information on your provider, should the need arise for medical attention while you are on your journey. Additionally, MAKE SURE you have evacuation insurance – some policies do cover. If not buy traveler’s insurance that does cover evacuations.
3. **Malaria: Zambia is a malaria-infested country as is Botswana and Zimbabwe. You will need to commence taking a preventative medication prior to your departure from USA. When going to your doctor, just remember that in Zambia, malaria is Chloroquine - resistant, so one needs an alternative preventative medication. You should make sure your tetanus inoculation is up to date AND you will need a **Yellow Fever** inoculation as well.**

### Airlines:

\*South African Airways.

### Entry Into Zambia:

You will have to obtain a double entry visa upon your arrival at the Livingstone International Airport in Zambia. The price is \$80.00 - \$100.00, which you need to bring CASH – US Dollars (the price changes at times).

### MONEY:

Bring a good supply of US cash. There are places you can use a credit card mostly Visa Card and Master Charge, but a few places do take American Express. There are surcharges when one uses credit cards. However, please remember, some have surcharges between 3% - 7%. **There are ATMs in Livingstone** where you can get local cash. The bureau de Change (places) will give better exchange rates than local banks.

### SOME THINGS TO BRING:

1. Camera/Film – extra batteries for camera.
2. Wet Wipes –bring PLENTY – most of the time there is no water whereby one can wash their hands.
3. Malaria (as mentioned above) & diarrhea medication.
4. Mosquito repellent and Sun Screen.
5. Towel and face cloth.
6. Flip-flops.
7. Good walking shoes.
8. Hat (The sun gets hot!)
9. Swimming wear
10. Flashlight
11. If you are bringing personal medications, you will need to bring enough for the duration of your trip. Additionally, if you are bringing medicines that require a doctor’s prescription, you may be asked to present a letter from your doctor confirming your treatment (upon arrival in the country).
12. Bringing summer clothing - nothing fancy! Bring jeans, slacks, and Capri trousers can be used in most working situations. Capri trousers are acceptable for women/girls, **but no short shorts. If involved in**

**sporting activities, shorts are ok.** Bring at least one casual and/or dress outfit, and a light jacket or sweater for the evening during the months of end of May – August. It will be cold at night during May-August, so make sure you bring some long trousers and long sleeve shirts. A sweat-shirt would also be good. When viewing Victoria Falls in the wet season PLEASE EXPECT TO GET A SOAKING FROM HEAD TO TOE from the Falls. Remember, if you are coming during the cold season, you will want to plan accordingly for the Falls.

13. There is no need to bring expensive jewelry or anything that will draw attention to your person.
14. Bring an alarm clock.

#### INTERNET SERVICE:

Protea Hotel has internet available at no additional cost. Victoria Apartments also has internet free of charge, but not ALWAYS available.

#### SIGHTSEEING INFORMATION:

There is a day trip to Chobe Game Reserve in Botswana. This trip takes you into Botswana and Namibia. This is a FULL DAY ADVENTURE. Also, the Livingstone Game Park is an option, and is local.

There are many other activities as well, and prices vary and are defined by the season.

Victoria Falls can be seen in both Zambia and Zimbabwe. Some people enjoy seeing the Falls from both sides, as it does take on a different look.

NO ENTRY VISA COST TO AMERICAN CITIZENS entering Botswana, Namibia, and South Africa.

THERE IS A CHARGE FOR ENTRY VISAS FOR AMERICAN CITIZENS entering Zambia and Zimbabwe.

#### EXAMPLES OF FOOD PRICES:

Allow a minimum of \$30.00 per day for food, water, and other drinks. Please remember that all prices listed are subjected to change.

#### **PLEASE NOTE:**

**This trip is only for those who: 1. Are in good health; 2. Are over 18 years of age; 3. Can walk for long distances; 4. And can engage in physical strenuous activities like sports with children, and working within communities on various projects.**

**Partners In Development is not responsible for any political and/or religious upheavals, or any ‘acts of god’.**

**The best times to visit Zambia are (1) June – August, and (2) option is May – September.**

**An orientation will be required once in Livingstone.**

**There is an old saying among the Arabs that states: “Those who have drunk of the waters of Africa will return to drink again”. This is our hope for you.**

You will be coming at the invitation of Partners In Development. Please visit our website at: [www.partnersindevelopment.org](http://www.partnersindevelopment.org), or you may email Fran/Lonnie Turner at **LNJOVUE@yahoo.com**