

- **general info:** Tanzania: capital Dodoma, currency Tanzanian shilling, but US dollars are often accepted (eg to pay for safaris, hotels and the ferry to Zanzibar). ATMs sometimes don't work properly (as in: the money is taken from your account but doesn't come out from the machine), so only use them when the bank is open – we got the money transferred back to our account the next day, after filling in a stack of forms. Tanzania is very expensive (park entrance fees are 50 USD/person/day, plus 200 USD/vehicle for the Ngorongoro crater) so be prepared if you're planning to go on a safari, climb Kilimanjaro or go to Zanzibar. Languages: swahili and english, visa on arrival – at the airport in Kilimanjaro we had to show our yellow fever vaccination card.

Zambia: capital Lusaka, currency kwacha but it's often possible to pay in US dollars (eg to pay for accommodation) – for some reason, the exchange rate is different from small or large denomination dollar bills. ATMs often only accept Visa cards, not debit cards. Languages: around 60, but everyone speaks English. Visa on arrival, free if you enter from Livingstone (Victoria Falls) and have a hotel booking – keep all papers till you leave the country, just in case.

Before you leave either country make sure you change back all remaining shillings and kwachas as you can't change them outside the country. In Zambia you can also use south african rands.

- **transport:** a bus network connects cities, but make sure you choose a decent company (although in general the driving style is quite sporty). The ferry from Dar Es Salaam to Zanzibar (2 hours) costs an impressive 35 USD one way (there's also one that takes 4 hours and costs 25 USD) and once on the island you can reach the different beaches by local bus, by shuttle bus for 10,000 shillings (the fastest way), or you can rent a moped for around 25 USD/day.

To go to Zambia or Malawi the train may not be the fastest solution (40 hours from Dar to Kapiri Moshi, a couple of hours away from Lusaka) but it's great! The Tazara line, built in the 70s by the Chinese to transport copper from the mines in Zambia to the harbour in Dar, connects the 2 cities twice a week, with a few stops in between (eg Mbeya, near the Malawi border). The train is very basic (but there's a shower!) and hardly ever on time (we were 14 hours late...) but it's a fantastic experience: you go through villages, forests and even a natural reserve (Selous Game Reserve) – you can see giraffes through the window if you're lucky! First class costs around 30USD per person, compartments are separate for men and women, so if you are a couple and want to travel together you need to buy all 4 seats.

To and from neighbouring countries, there are shuttles from Nairobi to Arusha (6 hours – Nairobi is usually the airport with the cheapest flights), and buses from Victoria Falls to Jo'burg, Windhoek, Gaborone and many other places. For Malawi, there are buses from Lusaka to Lilongwe, and if you are entering from Tanzania be aware that there are no direct buses (eg from Mbeya to Nkhata Bay): selling tickets for these fictional direct buses is a common scam, in reality you'll have to change buses after the border.

- **accommodation:** guesthouses and budget hotels, we paid around 30 USD in Tanzania (more in zanzibar), less in Zambia where there is a good hostel network. Recommended: in Stone Town, Abuso Inn; in Jambiani, Coral Rock; in Lusaka, Cha Cha Cha Backpackers; in Livingstone, Jollyboys Backpackers or Fawltly Towers. If you are going to the Lower Zambezi National Park, Flatdogs Camp looks like a great place, with platforms on trees where you can put up your tent!

Good to know – campsites in national parks are not fenced, so you might get visitors at night (we had elephants, lions and hyenas...) – if you don't like it, the only option is to sleep in a lodge.

- **food:** nothing special, lots of chicken & chips and fried eggs. Enjoy it while in Zanzibar where food is great – we can recommend in Stone Town Archipelago and The Silk Route, in Jambiani Blue Oyster.

- **dangers:** plenty of scam artists and touts, almost like India. Dar Es Salaam is not that safe and there's nothing to see there anyway, so leave as quickly as you can, if you need to go there at all. Otherwise nothing special apart from crazy bus drivers and wild animals outside your tent...

- **route:** Arusha – safari Serengeti/Ngorongoro – Dar Es Salaam – Zanzibar (Stone Town, Jambiani) – train from Dar Es Salaam to Kipiri Moshi – Lusaka – Livingstone (Victoria Falls) – Lusaka (20 days)

- **activities:** safaris, climbing Mt Kilimanjaro, in Zanzibar spice tours, scuba diving, snorkelling, doing nothing on the beach, and all adrenaline-filled activities you can think of at Victoria Falls (bungee jumping, rafting...).