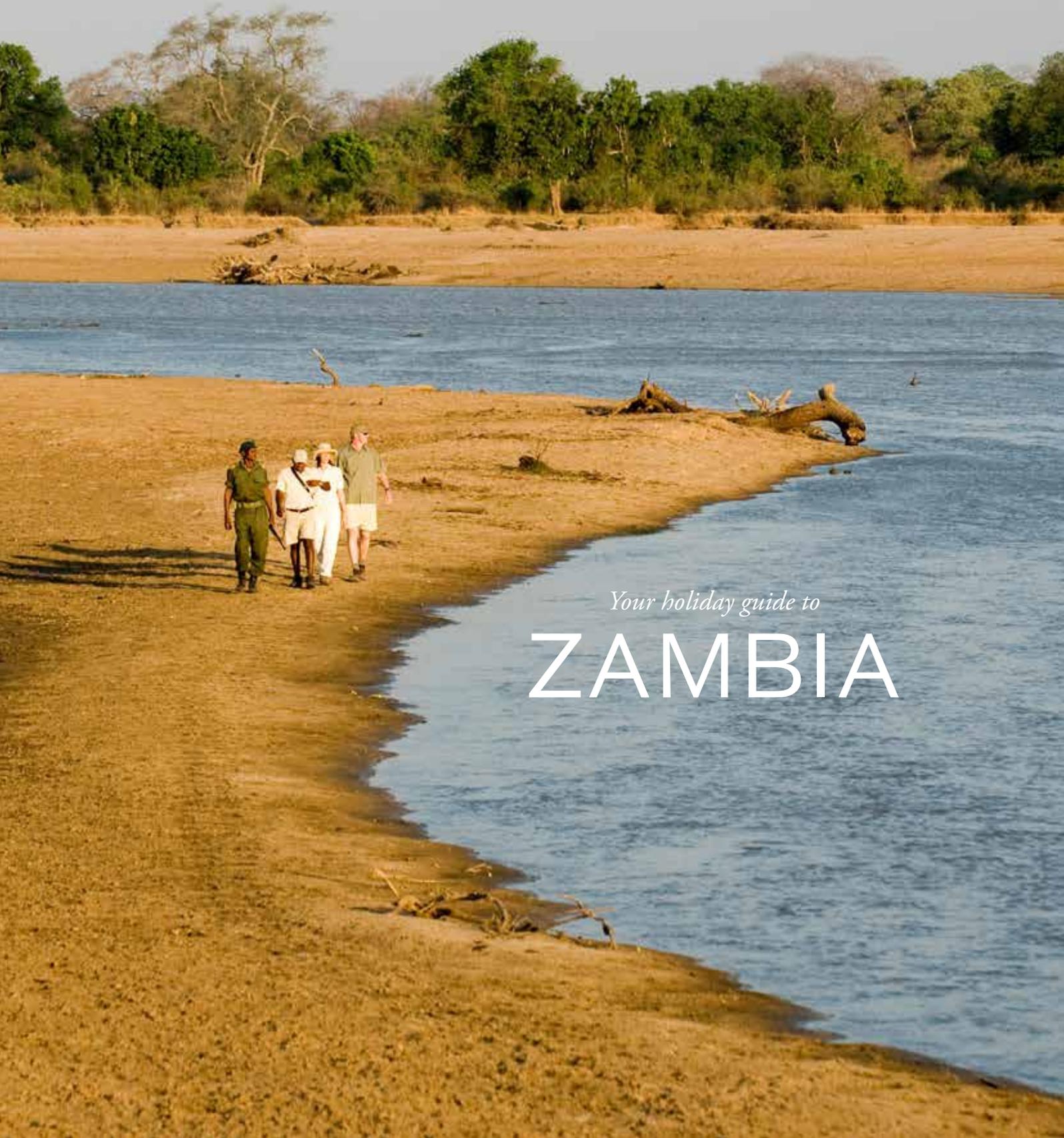




SANCTUARY
RETREATS



Your holiday guide to

ZAMBIA



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ZAMBIA HOLIDAY GUIDE



Your holiday guide to ZAMBIA

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ZAMBIA

Rich in wildlife but scant in tourists, Zambia is less established as a holiday destination than many of its neighbours, making it one of the best places to enjoy an authentic safari experience.

National Parks and Principal Sights

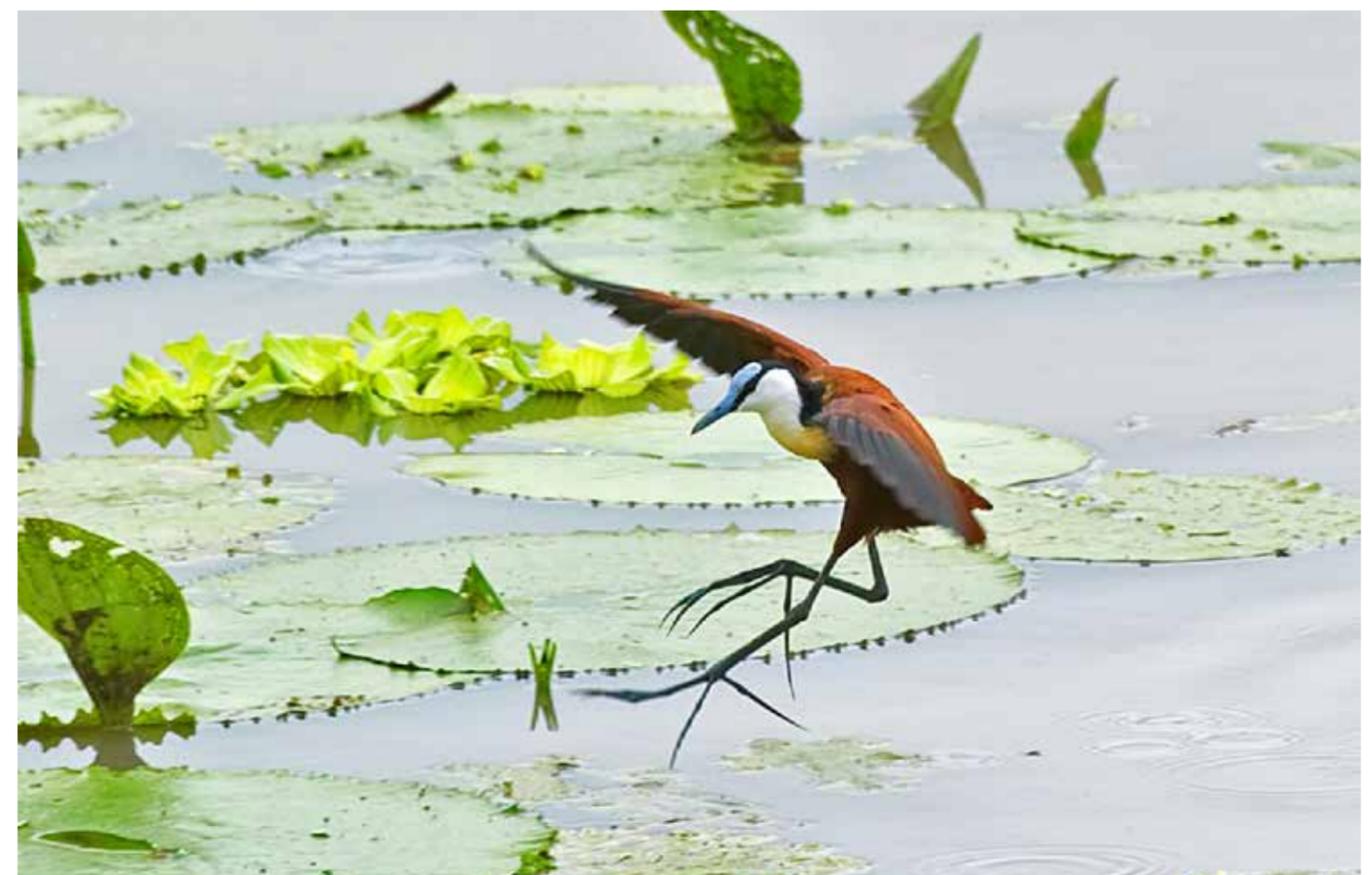
In addition to its world-class wildlife parks, Zambia is also blessed with around 350 waterfalls including the iconic Victoria Falls near Livingstone.

The Victoria Falls, Livingstone & Mosi-Oa-Tunya National Park

David Livingstone was the first European to see the falls and named them in honour of Queen Victoria in 1857. The falls make a constant roar and are accompanied by a cloud of brilliant spray where the 1.7 kilometre wide Upper Zambezi drops between 90 and 107 metres into the Lower Zambezi. An average of 550,000 cubic metres of

water plummets over the edge every minute, transforming the Zambezi from a wide placid river to a ferocious torrent cutting through a series of dramatic gorges. The river's annual flood season is February to May with a peak in April. The spray from the falls typically rises to a height of over 400 metres, sometimes even twice as high, and is visible from up to 50 kilometres away – hence the local name for the falls and the surrounding national park – Mosi-Oa-Tunya, “the Smoke that Thunders”!

The park provides a home for numerous antelope species, zebra, giraffe, elephant, warthog and a variety of birds. Since there are no predators, the wildlife is very relaxed, allowing for excellent photo opportunities.



GETTING INTO ZAMBIA

Visa Information

For most passports, a visa is required. Please check with local authorities for details. Two blank passport pages are required when travelling to Southern Africa. Check the number of days given on arrival at the immigration desk as there are steep fines for overstaying the number of days given. Departure tax is dependent upon which airline you are travelling with. Passports must be valid for at least 6 months beyond the completion of the traveller's trip.

Visas Not Required

Foreigners from some Commonwealth countries are not required to obtain visas for entering Zambia except in cases where Zambia government has directed otherwise.

Visas Required

Foreigners from most Commonwealth and EU countries, and the USA, are required to obtain visas for entering Zambia. Please visit <http://www.zambiaimmigration.gov.zm> for a list of nationalities requiring visas for entry.

E-Visas

E-Visas are now available for travel to Zambia. Please visit <http://evisa.zambiaimmigration.gov.zm> for more information.



Travelling with children

Guests going to Botswana will go through South Africa and need to be aware that as from 1 June 2015 parents travelling with children would now be requested to provide an unabridged birth certificate (including the details of the child's father as well as the mother) of all travelling children.

Child and both parents

- An unabridged birth certificate
- A valid passport for the child

Child and one parent

Parent must produce

- An unabridged birth certificate
- A valid passport for the child
- A court order / death certificate / affidavit confirming the absent parent has given permission for the child to travel

Child and guardian

Guardian must produce

- An unabridged birth certificate
- A valid passport for the child
- A court order / death certificate / affidavit confirming the parents have given permission for the child to travel
- Copies of parents / guardian ID documents
- Contact details of parents/guardian

Child unaccompanied

- An unabridged birth certificate
- A valid passport
- A court order / death certificate / affidavit from both parents or legal guardian confirming permission to travel
- A letter from the person who will receive the child in South Africa including their full contact details and a certified copy of their ID / passport produced.
- Contact details of parents / guardian

STAYING HEALTHY

We advise all travellers to take precautions against malaria and we recommend speaking with your GP or personal physician four to six weeks before departure.

TIPPING

You are travelling on an independent itinerary and the cost of your program does not include gratuities. Tipping is a very personal matter and should only be considered when our staff have gone above and beyond for you. Should you feel you would like to acknowledge their service, the below serves as a rough guide. An amount equivalent to the below scale is in US dollars, per person per day.

Drivers & Local guides

- US\$ 8 per person per half day tour
- US\$ 12 per person per full day tour

Ranger

- US\$ 15 per person per day

Tracker

- US\$ 8 per person per day

General Lodge and Camp Staff

- This is at your discretion, but we advise US\$ 12 per person per day and this will be divided among the staff.



MONEY

Zambia's currency is the kwacha. Notes come in the following denominations: 20 (rarely used), 50, 100, 500, 1,000, 5,000, 10,000, 20,000 and 50,000. There will be little access to ATMs or banks while on safari. We suggest guests travel with some cash in small denominations for tipping.

Foreign Exchange

USD, GBP and Euro are accepted - however, change will be given in the local currency. All credit cards, except for Diners and American Express, are accepted in our Zambian camps and lodges.

Cash should be locked away in the safes provided in all of our lodges and camps.



TALK THE TALK

The official language in Zambia is English, but there are over 70 recognised regional languages including Nyanja and Bemba.

Useful phrases

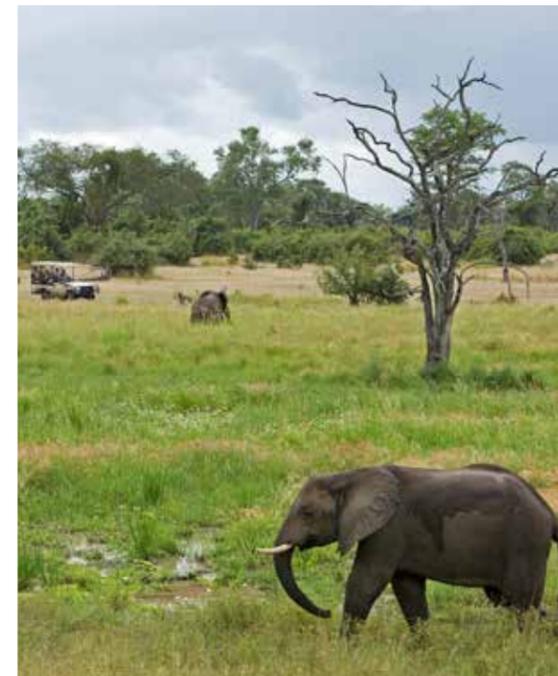
<i>Hello</i>	<i>Moni</i>
<i>How are you?</i>	<i>Muli bwanji</i>
<i>I am fine</i>	<i>Ndili bwino</i>
<i>I am not fine</i>	<i>Sindili bwino</i>
<i>Thank you</i>	<i>Zikomo</i>
<i>Beautiful</i>	<i>Kukongola</i>
<i>Goodbye</i>	<i>Muyende bwino</i>



TIME ZONE

Zambia standard time is GMT + 2 hours

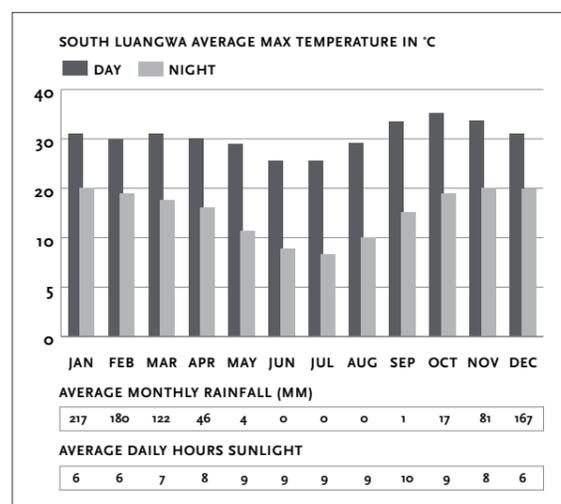
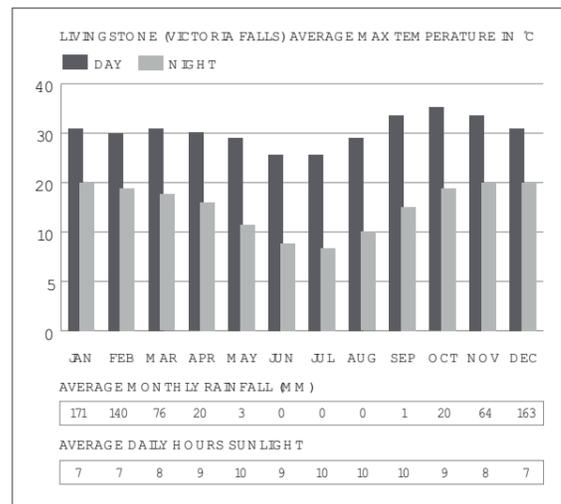




WEATHER

Zambia has three distinct seasons:

- The dry season (May to August), when temperatures drop at night, but the landscape is green and lush.
- The hot season (September to November), the best time to see wildlife as flora is sparse.
- The wet season (December to April) which is ideal for bird-watching. October is the hottest month - temperatures can reach over 40°C.



WHAT TO PACK

Clothing on safari should be comfortable and colours should blend in with nature as much as possible. Greens, browns and khaki coloured clothing are advisable. Evening dress in the lodges and camps is 'smart casual,' there is no formal wear required. We advise guests to dress in a way they feel most comfortable.

The most practical items to pack for safari are:

- Fleece, sweater or warm jacket for morning and evening game drives
- Light cotton shirts and T-shirts; Blouses or shirts with long sleeves
- Comfortable walking shoes for walking safaris
- Swimwear (for lodges and camps with swimming pools)
- Shorts, trousers and chinos
- Sun hat and sun block
- Camera and Binoculars
- For winter (May – September) pack a warm jacket and a scarf and gloves

A complimentary laundry service is available at all of our camps and lodges in Zambia.

BAGGAGE RESTRICTIONS

A maximum of 20kg of luggage per person is allowed for light aircraft flights, including hand luggage and camera equipment.

Please ensure that all luggage is soft-sided. Only bags without wheels are permitted as hard covered, rigid bags make it exceptionally difficult to load and unload in the aircraft luggage compartments.

It is highly recommended that you lock your luggage if travelling through Southern Africa. It is also advisable that you do not pack valuable items in your checked luggage.

Luggage dimensions should not exceed 25cm (10 inches) wide, 30cm (12 inches) high and 62 cm (24 inches) long.

PHOTOGRAPHY

The main rule when visiting the Zambia is "take nothing but photographs and leave nothing but footprints". If you wish to take photos of the local people it is customary to ask for their permission before taking any photos. Please do not use flash photography for close-up animal shots.

LOCAL FOOD & DRINK

Nshima is the main staple of Zambian food. A cooked porridge that is made from ground maize, nshima is known in Zimbabwe as sadza and in South Africa as mielie pap. For breakfast, nshima is made thin with the addition of sugar; for lunch or dinner, it is made thicker, like mashed potatoes. For main meals, nshima is most often served with meat or fish or a tasty tomato-based relish. Safari camps will often prepare nshima for your meals.

Since nshima by itself can be rather bland, it helps to add relish to make the meal more interesting. Zambians call this relish ndiwo. Ndiwo can be meat, fish, poultry, or vegetable, depending on how much money you have to spend for food. An inexpensive, delicious, and nutritious ndiwo is kapenta, or tiny dried Tanganyika sardines. The fish is often prepared by salting, drying, and then frying with onions and tomatoes. It provides an easy and affordable source of protein for the people of Zambia and other parts of Africa. Other local dishes include ifisashi (green vegetables in peanut sauce) and samp (a crushed maize and bean dish).

Munkoyo is one of Zambia's favourite non-alcoholic drinks. Although the details of Munkoyo preparation varies in different parts of Zambia, the basic ingredients and preparation are always the same. The two main ingredients are maize meal and the roots of the Munkoyo tree, from which the drink takes its name. The roots are shredded and then dried. Then a porridge is created from the maize, and the roots are mixed into it. The mixture matures overnight, leading to the creation of this beverage.

Beer is the most popular alcoholic beverage. Clear beers include locally-brewed South African brands (such as Mosi), as well as more expensive imported lagers. Cloudy beers are popular among the less well-off.

Our lodges and camps serve a variety of fresh produce and traditional western cuisine. Local beers and a wide selection of wines imported from South Africa are also available. With prior notice, our camps are able to arrange halaal meals, however, please note our kitchens aren't strictly halaal and our chefs are not trained in halaal food preparation. Unfortunately, we are unable to arrange kosher meals.