

Africa

Essential Information

APT

LUXURY TRAVEL



Prepare For Your Trip

PASSPORTS

Passports must be valid for at least six months from the passengers' return home date. We recommend a validity of nine months to prevent any problems in this regard. There must be at least three blank visa pages in the passport (not endorsement pages). Guests have been deported for having insufficient visa pages in their passports.

VISAS AND PERMITS

It is your responsibility to ensure that you have the correct travel documentation. Failing to obtain correct documentation may affect entry into certain countries on tour. Visa information is correct at time of printing, however, as visa regulations are subject to change at short notice, APT recommends that you contact the relevant consulates for the latest information on visa requirements, costs and processing time. If you hold a passport from another country, check with your travel agent or APT about specific visa and permit regulations.

South Africa

Australian passport holders do not require a visa for stays of 90 days or less. To enter South Africa you are required to have a passport valid for no less than 30 days after the end of your intended stay, and at least two completely blank pages on which your entry permit can be endorsed. New Zealand passport holders will be required to obtain an entry visa prior to travelling to South Africa.

Zambia

Australian passport holders do not require a visa for stays of 90 days or less.

Tanzania

A Tanzanian visa is required by Australian and New Zealand passport holders. The visa must be obtained prior to departure. Please visit <https://visa.immigration.go.tz/>

Kenya

Australian and New Zealand passport holders must apply for an electronic Kenya visa (eTA) in advance online: <https://www.etakenya.go.ke/en>

Please note: You will be asked to supply the physical address, phone number and email for our Kenya Ground Operator (Albatros Travel) plus an entry point when applying for your visa online. The details are as follows:

Albatros Travel

Marula Lane, Gate 40c, Karen, Kenya
Telephone: +254 20 2630028 Email: tours@albatros.co.za

You will be required to print a copy of your visa and show it at the border. We suggest that you print several copies and keep them in different locations, because if you misplace your visa you will be required to pay again.

GENERAL PHYSICAL FITNESS

APT tours through Africa are not physically demanding, however, because of the nature of many regions visited, a good level of fitness and mobility is essential. Tours may not be suitable for guests with certain medical conditions and physical restrictions. Walking tours are often on uneven ground and may include stairs and steep inclines. 4WD safaris and tours may cover areas of rough terrain. If you are travelling on Rovos Rail you may encounter low platforms, steep steps and gaps between train platforms.

TRAVEL INSURANCE

We strongly recommend that you purchase comprehensive travel insurance covering you for the entirety of your time away. Hospital stays, treatment and other medical costs can be expensive and often need to be paid before services will be provided. Medical evacuation can also be expensive. Insurance that covers trip cancellation and delays, medical expenses, accidental death, lost luggage, medical evacuation and airline cancellation charges is recommended. We also recommend your policy includes coverage for COVID-19 related events such as quarantine expenses, flight changes, cancellation fees and the like.

GRATUITIES

Gratuities for your Tour Director and local guides are included in the tour price. See your itinerary for any variations to the above. Tipping cannot be redeemed for a cash refund. Gratuities are not included on our Rovos Rail holiday extensions.

Gratuities When Touring Independently

- Most waiters earn a basic living wage, so 10-15% is an appropriate amount to tip in restaurants, bars, etc.
- It is uncommon to tip taxi drivers in Africa more than the change from a fare. If the driver has gone above and beyond, a 10% tip will suffice.
- Small tips of \$1-\$2 are reasonable for porters, hotel staff and drivers.

CURRENCY AND SPENDING MONEY

As each African country has its own currency, it is wise to take the majority of your spending money in South African Rand when travelling to South Africa and US Dollars in small cash denominations and your credit cards. It is recommended that any USD you use are crisp, clean notes printed within the last 5 years; older and worn notes may not be accepted. ATMs are available in most large cities and at some airports. For the most up-to-date exchange rate, please check with your bank, a newspaper or www.xe.com (universal currency converter).

South Africa: South African Rand (ZAR)

Zambia: Zambian Kwacha (ZMK)

Kenya & Tanzania: US Dollars (USD)

Before arriving in Tanzania and Kenya, please ensure that you carry adequate US dollars if you wish to buy souvenirs or a drink from a local vendor as there are no banks or ATM facilities while on safari to withdraw cash.

VALUABLES AND SECURITY

- Do not take anything with you that will create emotional or financial hardship if lost or stolen.
- Carry all documents, money, passport, tickets, etc with you.
- Do not carry these important items in your suitcase. You may find a money belt (worn inside clothing) useful while travelling.
- Never leave hand luggage unattended in hotel lobbies or dining rooms.
- Avoid exploration on your own in unfamiliar streets or areas.
- Avoid excessive displays of jewellery or cash. When sightseeing, keep all valuables locked in the safe in your room.

SEE YOUR GP

Your GP or travel clinic is the best source of information about preventative measures including vaccinations. We recommend all travellers consult their GP or local travel clinic for detailed advice to ensure maximum pre-travel preparation. Please take a copy of your travel itinerary with you to assist with the recommendations of appropriate medication and vaccinations. It is a good idea before departing to ask your doctor to prepare a medical history document that can be read by foreign health professionals should the need arise while you are away. It should include your name, address, emergency contact, blood type, medical history, current medications and dosages, drug allergies,

reasons for prior hospitalisation and a list of vaccinations and dates. A copy of your prescriptions is vital in case of any health problems. Prepare a list of your medications, including the name, dosage, prescribing doctor and their phone number.

Allergies

If you have a food allergy or another condition that needs to be managed on tour, please advise your booking agent as soon as possible, as well as your Tour Director upon arrival, as most suppliers require advance notice to accommodate this. You might be asked to fill out a form or waiver. All suppliers will endeavour to cater for allergies but this is not always possible and cannot be guaranteed.

Sleep Apnoea

Guests bringing CPAP breathing machines and/or portable oxygen concentrator devices must bring a rechargeable battery pack as some places may not operate 24-hour electricity.

Don't Go Viral!

Practicing good hygiene is vitally important in stopping the spread of common viral infections such as colds, flu or gastro, which can spread quickly in an enclosed area such as coaches, trains, planes or cruise ships.

Colds and Flu

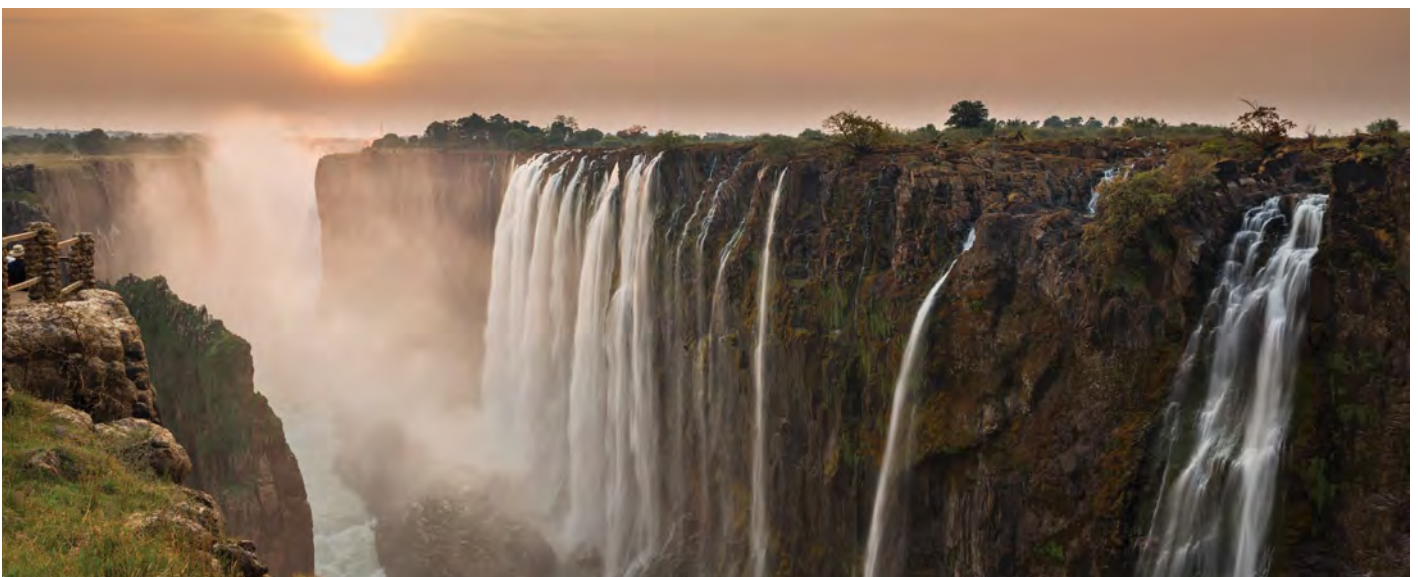
Viral respiratory infections are the most common infectious illnesses affecting travellers. Colds and flu are primarily spread by people coughing, so please practice hygiene and respiratory courtesy – wash your hands often, cover your coughs and sneezes, and use anti-bacterial wipes/hand sanitiser frequently, i.e. after excursions, prior to meals and throughout the day. Influenza is commonly contracted while travelling overseas. The flu vaccine protects against flu viruses expected to be prevalent during flu season. You should discuss this with your GP.

Yellow Fever Vaccination

When travelling to Africa you may be exposed to yellow fever. Yellow fever is a disease which is transmitted by mosquitoes. It is a serious and potentially fatal disease preventable by vaccination. South Africa, Zambia, Kenya and Tanzania all require a valid yellow fever certificate from all citizens and non-citizens travelling from a yellow fever risk country or having been in transit through a yellow fever risk country. Some airlines may require passengers to present a valid yellow fever vaccination certificate before being allowed to board flights out of the country. This information is liable to change without warning and so you are best advised to consult your medical practitioner regarding the most current vaccinations appropriate for your travel situation.

Gastro and Traveller's Diarrhoea

Diarrhoea is the second most common infectious illness affecting travellers. The illness can be due to a number of different bugs including viruses and bacteria. Viral gastroenteritis is generally spread by person-to-person contact whereas bacterial gastroenteritis is generally spread from consuming contaminated food or water.



Victoria Falls, Zambia

APT HEALTH & SAFETY PROTOCOL

APT has a Health & Safety Protocol, as well as COVID-19 protocols that all our Tour Directors and Cruise Directors are required to adhere to. You may be requested to assist in reducing the spread of viruses if you are showing symptoms while on tour. If you are showing symptoms of a cold or a virus while on tour, you may be asked to have meals in your room or cabin instead of the dining room, or to remain in your cabin until the symptoms improve. For more information on these protocols, please refer to our website.

Water and Food Safety

Some properties in Southern Africa and most properties in East Africa provide filtered water refilling stations. We recommend you carry a reusable and refillable water bottle throughout your tour and where refillable water is not available at a property, single-use water bottles for touring days will be made available. As with many other places, the countries in Africa are working towards eliminating single use plastics including bottled water and this is something APT Travel Group are working to support. Unless advised otherwise, tap water should be avoided for cleaning your teeth and filtered water should be used. If you are unsure, please ask your Tour Director. Bottled water should always be used for cleaning your teeth, unless you are specifically advised the tap water is safe for cleaning your teeth. If you are unsure, please ask your Tour Director.

When visiting countries where you are unsure about general hygiene practice, please take care if buying food from street vendors or in small restaurants away from your hotel, cruise ship or recommended venues. At these places, avoid raw fruit and vegetables, dairy products (including ice-cream) as well as meat and fish not properly cooked. It is generally safe to eat cooked meats and vegetables prepared in tourist hotels and tourist area restaurants. Fruit that you peel yourself

is considered safe. You can feel safe eating anything served to you at the tour hotels and while on board your cruise. Do not buy alcohol from street vendors.

Avoiding Malaria

Malaria and yellow fever are diseases that are transmitted by mosquitoes. Malaria anti-malarial medication and a yellow fever vaccination is recommended for Africa. See your GP or visit a travel clinic at least eight weeks before you travel for recommended vaccines and/or anti-malarial medication. Whether or not you are taking anti-malarial medication and have or have not been inoculated from yellow fever, it is important to protect yourself from mosquito bites, especially at dawn and dusk when mosquitoes are most active.

Precautionary measures include:

- Using a DEET-based insect repellent.
- Wear light-coloured clothing. Research has shown that mosquitoes are attracted to dark colours. Light-coloured clothing also has the advantage of keeping you cooler in the summer heat.
- Be sure that you cover as much of your skin as possible. Wear long-sleeved shirts, long trousers, socks and shoes.
- Wear clothes made of tightly-woven fabric which mosquitoes are unable to penetrate.
- Wear loose-fitting clothing, so that mosquitoes cannot bite through to your skin, however, not too loose or they could fly up sleeves and/or down collars.
- Also avoid wearing perfume or cologne as these are known to attract mosquitoes.
- Please be aware that anti-malarial medication such as Doxycycline can cause gastritis and sun sensitivity.

Know Before You Go

LUGGAGE

Regardless of what the international air baggage limitations are, the maximum baggage allowance for travel in Africa is one bag per person at a maximum of 20kg. This is because some of the smaller internal flights within Africa impose this limit. In addition to your main piece of luggage, you may also bring a small carry-on bag to take on the coach with you.

Kenya and Tanzania

You will be provided with a soft bag at the start of your East Africa holiday. You are to pack essential belongings into the soft bag, weighing no more than 15kg. Your remaining luggage will be stored securely at our local office in Nairobi. These soft bags are on loan and will need to be handed back on return to Nairobi.

CLOTHING

Consider the time of year and regions you will visit when packing clothing to ensure you remain comfortable and suitably dressed for a range of climates and temperatures. Evenings can be considerably cooler than daytime, so pack multiple layers of clothing to ensure you stay warm on afternoon game drives and avoid bright colours. Bring a pair of gloves and a hat, as sometimes the early-morning and late-evening game drives can be chilly. Standard safari gear must include a broad-brimmed hat, sunscreen and mosquito repellent.

For walking, bring comfortable shoes; there is no need for heavy boots on safari. For those joining the Rovos Rail tour extension, the day dress is smart, casual and comfortable. More formal attire is required in the evening. For men, a jacket and tie are necessary.



Masai Mara, Kenya

Other Items to Pack

Bring travel-size toiletries to reduce luggage weight. You will be provided with basic toiletry items in accommodation throughout your tour, though you may want to bring your own brands or additional items to cater to your personal needs. Other suggested items to pack may include:

- sunscreen and mosquito repellent
- antibacterial wipes
- prescription glasses/contact lenses and sunglasses
- travel alarm clock
- money pouch
- small torch and batteries
- electrical converters and adaptors
- refillable water bottle
- travel lock for your luggage

PACK A MEDICAL KIT

A small medical kit is recommended for all travellers. Pharmacies in large cities will likely stock most basic medicines and supplies, but they may be difficult to access and a script may be required for some medications.

ELECTRICAL APPLIANCES

Powerpoints across Africa vary between countries. Power outlets will vary between 230 volts (South Africa) and 240 volts (Kenya). Most universal power plug adapters that are available in Australia will not include a South African plug, but special African adaptors can be purchased at the airport. Tented camps, such as Karen Blixen in the

Masai Mara, run off generator power and to conserve electricity the power will be turned off during the day while on game drives and late in the evening until just before dawn the following day.

GAME PARKS

Game Viewing on Safari

Please be aware that on safari you may be taken into close contact with wild animals. Some safari lodges and camps are not fenced and wildlife freely moves in and around these areas. While on tour, always follow the safety instructions from your guide and staff from the lodges and camps, in regards to moving to and from your tent and while on game activities. While travelling to and through game parks we will encounter many unsealed roads, which can be rough and bumpy. If you have any back or neck injuries we advise that you consult your doctor prior to travelling.

East Africa Game Drives

On tours through East Africa we visit many game parks and spend long hours in a 4WD vehicle on unsealed roads. During the dry season, the roads are very dusty. Contact lens wearers may be especially sensitive. Please plan accordingly and bring an ample supply of lens lubricant. Please be prepared for dusty conditions and if you are sensitive to dust you are advised to bring bandanas or masks.

Photography and video equipment may be especially prone to dusty conditions. It is a good idea to bring a bag that can be easily opened and completely sealed so you may store your equipment when not immediately needed. Bring a couple of photo soft cloths to wipe dust from the lenses.

At The Airport

RECONFIRMATION OF FLIGHTS

We suggest that you contact your airline(s) or travel agent at least 72 hours before your initial flight to confirm your departure details.

LATE OR MISSED FLIGHTS

In the event that you miss a flight completely, please immediately advise the airline representative that you are a tour passenger bound for a specific location, as well as the date and time you were required join your tour or to check in to a pre-tour hotel.

FLIGHTS WITHIN AFRICA

All included internal flights on your Africa tour are in economy class. APT has chosen the best available connections for your holiday; some of these may be early-morning or late-afternoon departures. Since we cannot guarantee preassigned seats or do a group check-in ahead of time, your Tour Director will assist you at the airport. It is not possible to request special meals on the internal flights within Africa.

CHECK-IN

It is important that you arrive at the airport at least two hours before domestic flights and three hours in advance for international flights. This allows time to check in your baggage and present your passport and ticket, get seat assignments and boarding passes and make your way through security procedures to the boarding area.

Lost or Delayed Luggage

Sometimes luggage is delayed during air transit. It is recommended to take a change of clothing and any essential medication in your hand luggage, or pack some clothing in your travel companion's bag. Place a copy of the hotel and ship contacts inside each piece of luggage. If your luggage is lost, this will help the airline to find you. Should your luggage be delayed, it is the responsibility of the airline to deliver it to you. Claims for reimbursement should be submitted directly to the airline – a claim form should be filled out at the appropriate airline desk upon arrival. If you need assistance in contacting the airlines for information regarding your delayed luggage, please ask your Tour Director or local host.



Cape Town, South Africa

AIRPORT AND AIRLINE SECURITY

We advise you to check with your airline/government office for clarification of regulations before you leave. Sharp objects and liquids should be stored inside the luggage you are checking in. Each container of liquids, aerosols or gels in your carry-on luggage must be 100ml or less and sealed in a transparent, one litre (or less) resealable plastic bag. You may carry through prescription and non-prescription medicines that you need for the flight. Proof of need may be required. Items allowed include empty containers, cosmetics and toiletries such as personal hygiene items, talcum powder, contact lenses and lens solution, solid foods, medicines including prescribed and essential non-prescribed medication.

Customs

To prevent the introduction of exotic pests and diseases on your return home, arriving travellers are screened and luggage is often inspected or X-rayed by customs or quarantine officers.

All food and other such items of plant and/or animal origin need to be declared, as do items on which duty or tax might be payable (check with Customs about the duty-free concession). For more information, please refer to the Customs websites listed below.

Arrival & Departure Information

TRANSFERS

Airport transfers are included on the first and last day of the tour package and if pre- and post-accommodation is booked with APT (some exceptions apply). No refund will be given for unused transfers. Transfers cannot be re-routed to other pick-up points or destinations. Passengers who miss the pre-booked transfers must make their own way to and from the hotel at their own expense. At the airport there may be porters offering to carry your bag for you; please be aware if you use their services they will expect a tip. APT staff at the airport will be in uniform holding an APT sign. Transfers must be booked and details advised to APT at least 60 days prior to travel, otherwise transfers cannot be guaranteed.

Transfers Not Arranged by APT

If you have independent travel arrangements prior to your APT tour and don't have an APT transfer, the Tourist Information Office at your arrival city will be able to offer assistance with directions to the hotel.

HOTEL INFORMATION

Check-In

The official check-in time at hotels is 2pm local time but, where possible, the hotel will try to have your room available earlier. If your flight arrives in the morning, luggage can be stored at the hotel before check-in and will often be delivered to your room later.

Early Check-In in Pretoria and Cape Town

Early check-in is offered on tours with flights arriving before 11am, please note this is not guaranteed and subject to availability upon arrival at the hotel.

Check-Out

Normal check-out times vary, but are usually at 10am. If you have a late afternoon or evening flight, most hotels have a luggage room where you can store luggage until your departure.

General Information

AUSTRALIAN EMBASSIES AND CONSULATES

South Africa

292 Orient Street, Arcadia, Pretoria
Phone: +27 12 423 6000

Tanzania

Plot 1403/01, Bains Singh Avenue,
Msasani Peninsula, Dar es Salaam, Tanzania
Phone: +255 744 384 730

Kenya

Limuru Road, Rosslyn, Nairobi, Kenya
Phone: (254-20) 4277 100

South Africa Emergency Number

+27 (0) 21 713 0296 Monday – Friday, 8.30am to 5pm or
+27 (0) 72 605 8054 after hours in case of emergency.

Kenya Emergency Number: +254 719 778 205 or +254 734 687 345

Tanzania Emergency Number: +255 683 812 236

USEFUL WEBSITES

Customs Australia: abf.gov.au

Customs New Zealand: customs.govt.nz

Australian Government Advisory and Consular: smartraveller.gov.au

New Zealand Government Travel Advisory: safetravel.govt.nz

EMERGENCY CONTACT INFORMATION

In case of an emergency please use the following contact details. State your name, APT tour information and booking number, if available, at the time of emergency.

APT Travel Centres

Australia

Level 4, 1230 Nepean Highway,
Cheltenham, VIC 3192

P: 1300 278 278 (within Australia)

W: aptouring.com.au

New Zealand

Level 1, 20 Augustus Terrace,
Parnell, Auckland 1151

P: 0800 278 687 (within New Zealand)

W: aptouring.co.nz

United Kingdom

48 Warwick Street, London,
United Kingdom, W1B 5AW

P: 0800 012 6686 (within the UK)

W: aptouring.co.uk

North America

Suite 530, World Trade Centre,
999 Canada Place, Vancouver,
British Columbia, V6C 3E1

P: 1800 290 8687 (within North America)

W: aptouring.com



LUXURY TRAVEL

This booklet is designed as a guideline to assist you when preparing for your tour. Much of the information within is subject to change and while all care has been taken to ensure all information is correct at time of printing, we cannot take responsibility for any subsequent changes. Effective February 2024. Australian Pacific Touring Pty Ltd ABN 44 004 684 619. ATAS accreditation #A10825. APT-5019

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