

NOLS East Africa

Travel and Logistics

Course Start

Arrive	The evening before your course start date
Meeting place	Kilimanjaro International Airport (JRO) Arusha, Tanzania
Meeting plan	A NOLS staff member will meet students at the JRO airport (this shuttle will cost \$60 - this includes both transport to and from the airport)

Flight Destination

Airport	Kilimanjaro International Airport (JRO)
Date	Flight arrival on the day before your course start date

Flight Return

Airport	Kilimanjaro International Airport (JRO)
Date	Depart the day after your course end date

Ground Transportation

From airport to NOLS	NOLS will shuttle you from the airport to the NOLS East Africa base in Arusha on the day before the course start date. The shuttle costs \$60 - this includes both transport to and from the airport.
From NOLS to airport	NOLS will take you from the NOLS East Africa base to a hotel in Arusha for the very last night. The next day, you will get your shuttle to the airport. NOLS will schedule the airport shuttle runs based on group members' flight departure times. The \$60 shuttle fee includes your pick-up

NOLS

	at the airport and your drop-off.
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Accommodation

Before Course	NOLS will provide lodging for the night before your course start date at the NOLS East Africa base.
After Course	NOLS will provide lodging at a hotel in Arusha for the last night of your course.

Prepare to Travel to Your Course

(Further details following)

1. **Submit your health form on your [Dashboard](#) as soon as possible. Once NOLS clears it, you can start booking travel.**
2. Book your travel.
3. Let NOLS know when your flight arrives in JRO so that they can pick you up.
4. Complete and submit Travel and Logistics form on your [Dashboard](#)
5. Consider Tuition Protection coverage (see [Dashboard](#), highly recommended)
6. Check your medical insurance coverage will be adequate for your travels and expedition activities
7. For International Travel:
 - a. Check that your passport is valid for the appropriate dates
 - b. Arrange visa and/or parent letter if needed
 - c. Notify your bank/credit card company that you will be traveling internationally
 - d. Get cash in local currency- Students will get a chance to exchange money at the JRO airport when they arrive before driving to the branch.
 - e. Prepare for important cultural considerations
 - f. Get inoculations as required

8. **Contact NOLS Admissions:** 800-710-6657 / admissions@nols.edu (Save our contact info so you have it while you travel!)

Further Details:

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Welcome to NOLS!

We look forward to meeting you for an exciting course in East Africa. We highly recommend that you start your preparations as soon as possible. It can take months to obtain your passport, visas, inoculations, and make travel plans.

Travel to and from Tanzania

Courses start and end in the city of Arusha, and flights should be booked into the Kilimanjaro International Airport (JRO).

Please fly into JRO on the day before your course start date. A NOLS staff member will meet this flight to provide transportation from the airport to the NOLS base in Arusha. You will be charged \$60 which includes your airport shuttle on the day before and the day after your course. This can be deducted from your equipment deposit if you would like.

Please wait to make travel arrangements until NOLS Admissions clears your health form. Once you are cleared, refer to your enrollment letter for the course start and end dates.

Students are responsible for making their own airline reservations. As soon as you have booked your flight, please send your itinerary to your admission officer and to the NOLS East Africa director of operations Muthoni at muthoni@nols.edu so that we can schedule your pick-up.

The course officially ends after graduation on the final evening of the course, when NOLS drops you off at a hotel in Arusha (booked and paid for by NOLS). NOLS will provide the shuttle to the airport for your departure flight. If you choose to stay and travel after your course ends, please know that NOLS is not responsible for your transportation or well-being in Tanzania after the course ends.

Note: You are expected to arrive the day before the date listed as your start date, as we will begin prepping early in the morning on the course start date. Similarly, you want to schedule your departure flight for the day following the end date, as we will have a graduation ceremony that evening that you don't want to miss!

If Delayed

If your arrival to East Africa is delayed and you are not able to make the pick-up at the airport, please do the following:

1. Rebook for the next available flight.
2. Then, contact NOLS East Africa to let us know of your new plans:
muthoni@nols.edu or call +255766597431 or +254710721018

Special Notes

Our advice is to start preparing immediately! It may take up to three months to obtain passports, inoculations, and make travel plans. You will need a passport, inoculations, and airline reservations. To enter the country you will need a Tanzania visa, but that can be obtained at the airport (see notes below).

Passport

You will need a passport valid until 6 months after the course end date. Passport applications are available at courthouses and many post offices. You will need two passport-sized photographs and a certified copy of your birth certificate. Keep a photocopy of your passport I.D. page, along with extra photos in a separate place, and bring this to Tanzania. This will speed up the reissue process if your passport is lost or stolen.

Tanzania Visa

When entering the country, you will need to obtain a tourist visa. You want to tell the immigration office that you are here to travel. If you tell the immigration officer you are here to study, you will be asked to pay much more and provide more documentation for a student visa, which is not necessary for your NOLS experience as NOLS is considered a business (not a school) in Tanzania.

At the time of writing, visas for North Americans were USD \$100. You need to have this money in cash (traveler's checks and credit cards are NOT accepted at the airport immigration office) and having a \$100 bill newer than 2000 (older bills are not accepted) is highly recommended over smaller denominations.

You may need contact information, in Tanzania, for your visa application:

NOLS East Africa
P.O. Box 15259
Arusha, Tanzania
Telephone: +255766597431

The visa allows you permission to enter the country and stay up to three months. All non-Tanzanians need a passport and visa to enter the country, not just U.S. citizens.

If you choose to apply for a visa prior to entering the country, please allow at least one month for this to be arranged via mail. Consulate representatives have said a visa may be obtained in three days if you present the necessary documents in person to the Tanzanian Consulate.

For current information, visit: www.tanzaniaembassy-us.org

Visa processing centers in the U.S.A.

Embassy of the United Republic of Tanzania
1232 22nd St. NW
Washington D.C 20037
TEL: 202-884-1080/ 202-939-6125.
FAX: 202-797-7408.

Permanent Representative of Tanzania to the United Nations

201 East 42ND Street, Suite 1700,
New York, NY, 10017
TEL: 212-972-9160 | FAX: 212-682-5232.

Arriving in Arusha

After getting off the flight you will immediately proceed to immigration or passport control. At the immigration desk, your passport will be inspected and stamped. Remember you are entering Tanzania as a tourist; ask for a three-month “Visitor’s Entry Permit.” Make it clear to the officials that it should be for three months. Check to make sure that it is for three months, and do not confuse the entry permit with your visa. If you plan to stay longer than three months, you will be responsible for renewing your entry permit before it expires.

You will then collect your luggage and move through customs.

A NOLS staff person will meet you at the airport and will display a sign with the NOLS logo. They will then drive you to the NOLS base in Arusha.



Accommodation

Accommodation at the start of your course will be at the NOLS base. Accommodation on the final night of your course will be at a local hotel in Arusha. NOLS will make reservations for you, and this cost is included in your tuition.

If you wish to arrive early, please let us know so that we can assist you in making hotel reservations and make sure you get to NOLS at the right time. If you are arriving early, you will be responsible for paying for any additional nights of lodging and airport pickup.

Storage of Personal Belongings

Personal belongings may be stored at the NOLS facility for the duration of your course. During courses, some gear that you need for the course may be stored remotely. Due care will be taken to prevent theft or damage of all stored items, however NOLS does not assume any liability for lost, stolen, or damaged personal property. You will need to obtain personal insurance if you wish to be reimbursed for loss, theft or damage of your belongings.

Travel Advisories

The wise traveler is aware of political and social situations in the countries they are traveling to or through. These situations in Tanzania may change rapidly. The U.S. Department of State has advisories regarding travel to foreign countries. They are designed to alert travelers to any safety concerns relevant to travel in a specific country. A direct phone line for current travel advisory information is (202) 647-5225 or you can access the same information at:

travel.state.gov/content/travel/en/traveladvisories/traveladvisories.html/

Travel Precautions

As with many large cities worldwide, Arusha has problems with crime. This includes muggings and robberies directed towards foreign tourists, and the possibility of political demonstrations or riots. NOLS staff members are familiar with these issues and our course is designed to avoid known problem areas. As a result, students will be under our supervision and accompanied by NOLS staff starting when we pick up students at the Kilimanjaro airport the day before the start date and until we drop you off at the hotel on the last day of the course. Anyone arriving on an earlier date is not under NOLS supervision until they join the course.

The key to being a well-informed international traveler is being aware of the inherent risks and knowing, as reasonably as possible, what to expect. The following describes

some of the risks involved with travel in large cities and tourist hot spots in Tanzania, and recommendations of behaviors that may decrease your chances of running into difficulties. If you are traveling on your own before or after your course follow these recommendations.

- Limit what you carry when walking around town. Purses and daypacks should be closed securely and carried in front of you.
- Never leave bags unattended. Your bag or purse hanging on the back of your chair may be taken in a crowded restaurant. Put your bags under the table and keep a foot on them.
- Do not wear loose jewelry or expensive watches, and do not carry cameras. Body piercing or jewelry will draw unnecessary attention to you. It is best to leave any jewelry in the hotel safe.
- Only carry the cash you need for the day.
- Do not carry your passport unless you need it for transactions.
- A money belt is a wise precaution. Pockets with a button, zipper, or Velcro closures are also helpful. Good travelers are organized, self-contained and minimize the personal effects they carry with them.
- Selling and buying drugs is illegal. So is changing money on the street. People may offer to sell you drugs or change your money on the street for a better rate. Such people may be undercover police and may arrest you.
- If a mugger accosts you, give him your valuables and report the incident to the police. Do not resist. By resisting, the thief may become violent.
- Do not leave valuables unattended in your hotel room. Use the hotel safe to store your excess cash, traveler's checks, and plane ticket. Get a receipt, and count your cash and checks when you retrieve them from the safe.
- Be sure to keep your hotel room locked at all times. And it is wise to keep your luggage locked inside your hotel room when you are out.
- Do not allow anyone into your room except cleaning staff or room service you have requested. Report suspicious persons to the management.

This list of possible risks when traveling in Tanzania is not complete and other unknown or unanticipated risks may be present. The U.S State Department posts Country Specific Information at <http://travel.state.gov/>. This is a good source of international travel information.

Travel, Health, and Medical Information

International travel poses special health considerations. NOLS strongly advises that all students traveling to international courses carefully research what vaccinations or

inoculations are required, recommended, or suggested for their specific travel itinerary by:

- Considering what country or countries you are traveling through both to and from your course.
- Reading the NOLS course description for information on where the course will be traveling within the country. Most NOLS courses do not follow the usual tourist itineraries.
- Consulting with a physician, travel medicine specialist or other health care professional.

To guard against infection while traveling in a foreign country, routine immunizations should be current. These include Tetanus-Diphtheria-Pertussis, Measles-Mumps-Rubella, Chickenpox, Flu, Shingles, and Polio. We recommend being up-to-date on COVID-19 vaccinations.

Regulations and recommendations can change. NOLS suggests some specific inoculations based on information from the U.S. Centers for Disease Control, consultation with health officials in the specific region of the countries where courses are conducted, and through our experience in the specific country. **The final decision for which inoculations you receive is your responsibility.** There are many sources of information and some of the information is contradictory. In addition to consulting with your healthcare provider, the following organizations provide useful information.

- U.S. Centers for Disease Control either via the CDC International Travelers their website at www.cdc.gov/travel
- International Association for Medical Assistance to Travelers (IAMAT) 417 Center St., Lewiston, NY 14092, 716-754-4883 <http://www.iamat.org>
- Shorelands Travel Health Online: <http://www.tripprep.com>

Inoculations you receive should be recorded in the official document, International Certificate of Vaccination, which is available from the U.S. Public Health Service; or from your doctor. This is also a good place to record your prescriptions, eyeglass needs, medical problems such as allergies and any other information of a medical nature. Please record your blood type in this booklet. A series of inoculations can take months. We suggest you begin early.

East Africa-specific inoculations - [CDC recommendations](#)

- **Yellow fever vaccine:** Not required for most travelers. Required for travelers ≥ 1 year old arriving from countries with risk for Yellow Fever virus transmission; this includes >12-hour airport layovers in countries with risk for Yellow Fever virus transmission (even if you stay in the airport). If you plan on going to Kenya during your time in East Africa, the Yellow Fever vaccine may be mandatory at the border.
- **Hepatitis A:** People on backcountry treks are considered at risk for Hepatitis A. Vaccination for Hepatitis A is recommended by CDC.
- **Hepatitis B:** Recommended for travelers younger than 60 years old.
- **Typhoid:** CDC recommends vaccination for travelers going off the usual tourist itineraries and/or those traveling for 6 weeks or more.
- **Malaria prophylaxis:** Malaria is caused by a parasite transmitted by the bite of an infected mosquito. As in equatorial regions around the world, malaria exists in East Africa. According to the CDC the risk of malaria is below 1,800 meters (5,900 feet) There is malaria risk at the NOLS East Africa base, which is at 1,487 meters (4,9071 feet), in the game parks, and the Ngorongoro area where you will be hiking. See below for recommended malaria prophylaxis.
- **Rabies:** Recommended because rabid dogs are commonly found in Tanzania. If you are bitten or scratched by a dog or other mammal while in Tanzania, there may be limited or no rabies treatment available.
- **Cholera:** Cholera is present in Tanzania, but risk to travelers is considered low. Immunization is not required or recommended due to the relative ineffectiveness of the vaccine.

[Malaria in East Africa](#) is resistant to the drug chloroquine. You and your physician should choose your drug regimen for a malaria prophylaxis. Two possibilities are: 1) Malarone 2) Doxycycline. One of the side effects of doxycycline is increased sun sensitivity. Some NOLS students have had challenges in managing this on their course since virtually all your time is spent out of doors. We recommend you discuss the nature of your travels with your doctor and seek out their advice on which medication is better for you as an individual. We strongly recommend that you bring extra sunscreen if you are prescribed doxycycline for malaria prophylaxis.

Follow the directions that come with your malaria medication (this information is also available on the CDC website). Regardless of the prevention method, it is still possible to contract malaria. The CDC currently recommends the use of a chemical prophylaxis in addition to taking measures to avoid being bitten by mosquitoes. There are other possible drug regimens; consult with your physician particularly in regard to interactions

with any other medications that you may be taking. The Centers for Disease Control has a Malaria Hotline. For information, call 770-488-7788 (from 9 a.m.-5 p.m. ET) or 770-488-7100 (after hours or on weekends and holidays)

Some tropical diseases you may be exposed to in Tanzania could take a few weeks or even months to produce noticeable signs and symptoms. Follow-up health care with a physician experienced in tropical medicine may be appropriate after your course.

Traveler's Diarrhea

Diarrhea is by far the most frequent health problem of travelers in developing countries. We do not recommend prophylactic use of anti microbial/anti motility agents (Lomotil, Imodium) due to the possible troublesome side effects. Diligent hand washing, purifying water, careful food preparation, and being careful about what you eat are important preventative measures.

All tap water used for drinking, brushing teeth, and making ice cubes should be boiled, disinfected or filtered. We disinfect our water in the field with Aquamira, which NOLS will provide, and heat, i.e. when cooking. We have found that water filters do not work well in Tanzania due to the high sediment load in a lot of our water sources. They can be brought as supplement, but students should also plan to use Aquamira in the field. If health problems still occur, your instructors will be able to recommend treatment or assist you in getting medical treatment. Until your stomach has adjusted to East Africa, it is best to be conservative with the foods you eat in Tanzania.

Medical Facilities

Not all hospitals or clinics in Tanzania are as well equipped as those in the U.S.A. Students who need medical care will be taken to either the [Selian](#) or Fame hospitals in Arusha. These hospitals, run by missionaries, and have good doctors and medical facilities. If a student had a serious medical emergency we would arrange transportation to Nairobi Hospital in Kenya (www.nairobihospital.org) This is a well-run, well-equipped hospital with expert staff. Since rapid travel by automobile is not always possible, we use an air evacuation service called the [Flying Doctors](#). This service transports students to the Nairobi Hospital. In addition, all of our instructors are trained in first aid to handle emergency situations.

A student who leaves the course for any reason will be responsible for the costs of evacuation, transportation, and out-processing. Similarly, a student who is evacuated from a remote location, or who needs medical treatment away from NOLS East Africa,

will be responsible for their entire personal, medical, and travel expenses. An evacuation fee based upon actual expenses will apply in most cases. In such evacuations, a NOLS instructor will accompany the student.

Human Immunodeficiency Virus

Human Immunodeficiency Virus (HIV) the virus that can, if untreated, lead to Acquired Immune Deficiency Syndrome (AIDS) is a health problem in Tanzania.. Tanzania has implemented measures to control its HIV epidemic and travelers should follow precautions to prevent STIs, including HIV.

In the case of serious injury, if the patient requires intravascular fluid therapy, plasma extenders (sterile fluids) will be the first choice. Whole blood is generally used only in life-threatening circumstances. The Nairobi Hospital has advised us that all banked blood in Nairobi Hospital has been screened for the AIDS antibodies. You should know your blood type and carry that information with you.

Eyeglasses

If you wear contacts, please bring a pair of spare eyeglasses as well. Because of the dusty conditions, many contact wearers encounter irritation. Remember to bring prescription sunglasses if you normally wear prescription glasses. You should also bring a copy of your prescription.

Communication: Mail and Phone

For most of the course, we will be in remote locations where even in-country communication is limited. Therefore, the opportunity for students to send and receive messages exists only at the beginning of the course and possibly in between each section.

A letter takes 9 to 14 days to arrive in Tanzania. Sending packages to Tanzania is not recommended as the import duty often exceeds the value of the contents. The staff at NOLS East Africa will advise students regarding sending mail home, and will facilitate the purchase of envelopes and stamps in Tanzania.

Below is the address where mail can be sent to you during your course.

Your name and course code

P.O. Box 15259

Arusha, Tanzania

Please be sure to make all your international telephone calls before your course begins. We cannot promise further opportunities to make phone calls in between sections, and there is only one telephone line at NOLS East Africa for official and emergency use only. If you are traveling after the course, we recommend that you contact your cell phone service provider regarding cell phone coverage in Tanzania.

Money

Students are encouraged to bring extra spending money to suit individual needs. While NOLS provides food, cooking equipment and at times a money allowance to eat in restaurants, you will want to bring personal spending money as well. There are times, for example, when students may want to eat in a restaurant or buy snacks on the road, neither of which NOLS covers. Almost everyone wishes to purchase souvenirs.

The average student spends anywhere from \$400–600 throughout their semester. There are very few places where you can pay for things with a credit card, so you should plan on converting money to the local currency. We recommend carrying cash rather than traveler's checks, as it is difficult to find a place to exchange traveler's checks. You will not have an opportunity to change money while the course is in progress, so be prepared to change money when you arrive at the airport. Again, a money belt is a wise precaution.

There are some places that do accept credit cards, and there might be opportunities to use a bank card at an ATM machine. It must be VISA or MasterCard affiliated.

This information should help you in planning for your course, but if you have additional questions please contact the NOLS Admissions Department at 800-710-NOLS, MST 8am-5am, Monday-Friday.

We are excited to have you join us for an amazing NOLS experience in Africa.

NOLS Needs Help with Equipment Transportation

NOLS would like your help transporting gear to Tanzania. Camping and mountaineering gear is extremely difficult to obtain in Tanzania, and often does not meet our standards. Almost all of our equipment is shipped from the U.S., and we ask students flying to Tanzania to help us in transporting this NOLS gear. This will allow us to maintain an inventory of quality gear and to upgrade the equipment you will be using on your course.

NOLS

If you agree to assist in getting gear to Tanzania, we will send you a duffel bag of gear (via U.P.S. or FedEx) in time for your departure. Please complete the attached form.

You should be familiar with the contents of the gear you are carrying, so that if the airline has questions you can accurately answer them. If you are asked about its purpose, you can respond that it is gear that you will be using in your travels. Please ensure that the bag is securely closed before checking in for your flight.

Often this duffel can be your second free piece of checked baggage. If the addition of the duffel puts you over your baggage allowance (thus causing you to pay overweight charges), you should get a receipt for these charges. NOLS will reimburse you for these overweight charges in Tanzania shillings or US dollars.

Your help would be very much appreciated.

If you are willing to help, please fill out the form below and return it as soon as possible to:

NOLS
284 Lincoln Street
Lander, WY 82520

I am willing to help NOLS by taking course equipment with me to Tanzania. I understand that NOLS will reimburse me for any excess or overweight charges incurred from this equipment.

Student name: _____

Course code: _____

Street address: _____

(No box numbers please, as the equipment duffel will be sent via UPS)

City: _____

State: _____

ZIP code: _____

I can receive equipment at the address above until: _____ (month/day/year)

Thank you!