

RESPONSIBLE TOURISM GUIDELINES

- ▲ Open your mind to the culture of Tanzania! Learn as much as possible about your destination and take time to understand its customs, norms and traditions. It's best to avoid having preconceived notions or stereotypes – and to travel with an open mind!

- ▲ Greetings in Tanzania are very important. If you only learn a few words in Swahili, learn the greetings! (Mambo: Poa; Habari: Nzuri). These simple things can transform your experience and mean you are more readily welcomed by local people.



- ▲ Moshi is a tourist town, so all manners of dress are generally accepted. However, if traveling to more rural areas, or to Zanzibar, it is respectful to cover your shoulders and your knees.

- ▲ Always ask before taking photos of people – or at the very least behave in the same way you would at home. Taking photos of unaccompanied children is generally unacceptable.



- ▲ Your trip can contribute to local economic development. Purchase local handicrafts and products to support the local economy using the principles of fair trade. Why not buy some cloth (“kitenge”) and bring it to a local seamstress to make a shirt / dress/ skirt. Or check out the central market and buy some fresh fruit straight from the local sellers. Bargaining for goods should reflect an understanding of a fair wage.

- ▲ Use water and electricity responsibly – by taking shorter showers and turning the tap off when brushing your teeth for example – and by turning electrical sockets off when not in use.

- ▲ Dispose of your trash properly and try and minimize the amount of plastic you use- by buying big bottles of water and refilling smaller ones for example. At TATU Adventures, we make sure all the plastic bottles from our trips are recycled.

- ▲ Whenever possible, try to use public transport instead of private vehicles. Local buses (dala-dalas), bikes and simply walking are more sustainable options - as well as being inexpensive and often creating more fulfilling experiences.



- ▲ Help preserve natural environments. Protect wildlife and habitats, and respect all guidelines given to you by your local guides. Whilst on safari, never ask your driver-guide to go off the designated tracks. Do not purchase products made from endangered plants or animals - and of course say NO to ivory!
- ▲ Many sellers in Tanzania can be very persistent. A polite way to refuse something is to say “Asante, sihitaji” (“Thanks, I don't need it”) and a firm “Hapana” (“No!”) can be used as a last resort. It is best to try and stay calm and polite at all times, as the ability to keep control of one's temper and emotions in public is highly valued.
- ▲ Pack light. It might be tempting to want to bring everything with you, but remember to just pack necessities in order to minimize your impact on the environment whilst traveling. For longer trips, local laundry services are available, and the extra income very much appreciated.
- ▲ Inform yourself about your destination's current health situation and access to emergency and consular services prior to departure. Make sure that your specific requirements (diet, accessibility, medical care) can be fulfilled before you decide to travel. It is important to be aware of malaria, yellow fever and worms. Always make sure you use bed nets and eat food that is properly washed, peeled and/or cooked!
- ▲ Familiarize yourself with local laws so that you do not commit any act considered criminal by the law of the country visited. Refrain from all trafficking in illicit drugs, arms, antiques, protected species and products or substances that are dangerous or prohibited by national regulations.

