

CHECKLIST FOR THE 2019 IASE CONFERENCE PARTICIPANTS

BEFORE DEPARTING FROM HOME

- HEALTH CHECKS – check with your doctor and determine whether you need shots and/or vaccines. <https://wwwnc.cdc.gov/travel/destinations/traveler/none/tanzania>;
- Come prepared with Doxycycline or Malorone as a preventative for malaria. You may also want to get a prescription for Cipro, and other personal medications ;Make sure your passport is up to date and current;
- Check to see if you need a visa and proceed accordingly – If you need a visa make sure you indicate the reason for your visit is: TOURIST;
- Consult the IASE website for local lodging options, which are suggested;
- Book your local lodging in Lushoto or on the campus of SEKOMU in the village of Magamba;
- Register for the Conference – www.iase.org (early bird rate due by Feb.1st);
- Determine whether or not you want to take part in one of the Local Tours Thursday July 18, 2019;
- Check on and book your flights to arrive into JRO airport – Kilimanjaro International Airport or into Tanga. You need to arrive into either location no later than Saturday, July 13. You will need to stay overnight in either location so you can be picked up Sunday morning, July 14th at 8:00 am. **This overnight lodging and transport to this lodging is at your own expense.** There are suggested sites on the IASE website;

Your departure will be either Thursday July 18 or Friday July 19 depending on whether you take advantage of one of the local tours on Thursday. Those going on a tour will not be able to leave until Friday morning. Those who are not going on a local tour will be leaving the area on Thursday July 18 morning. Keeping in mind if you are going to Arusha/Moshi the travel time is about 5 hours. Those going to Tanga, it is about 3 hours. Most of you will need to overnight in Arusha/Moshi as your departing flights will most likely be Friday or Saturday morning;

- Inform Susan Pursch, Conference Liaison – iasesecretary@gmail.com -with your flight arrangements;
- Inform Susan Pursch, Conference Liaison – iasesecretary@gmail.com - where you have decided to stay during the conference;
- Take an opportunity before departing to learn some basic Swahili;
- Alert your bank and credit card company of your travel plans. You can use credit cards to secure cash advances or to get cash at a bureau de change or local bank. You can easily bring US dollars and convert them to Tanzanian Shillings once in country;
- PACKING: Because we will mostly be in the mountains and there is no heat in any of the buildings and because we will be there in their winter months, it could be quite chilly. Bring an array of short sleeves, long sleeves and sweaters/jackets. Long pants, long skirts or dresses. Knees, shoulders and cleavage are not seen in Tanzania. Women are encouraged to come with scarves, which can serve as a quick cover-up in any situation;
 - Footwear should be kept comfortable and sensible;
 - Sunglasses and sunscreen are recommended as the intensity of the sun needs to be taken into consideration;
 - Don't bring anything you would be devastated to lose;
 - Limit jewelry, watches, smartphones, tablets and fancy cameras;
 - If bringing smartphones, camera and laptops (be prepared to take with you the appropriate converter);
 - Bring a headlamp or flashlight as electricity can be sporadic;
 - Bring packable toilet paper as the local facilities may be ill equipped;
 - Bring hand sanitizer as a precaution.

IF YOU ARE TAKING A SAFARI PRIOR TO THE CONFERENCE

- Find a safari company that meets your needs;
- Book your safari;
- Making sure you are returned to either The New Safari Hotel in Arusha or the Lutheran Uhuru Hostel in Moshi no later than

Saturday evening, July 13.

IF YOU ARE NOT TAKING A SAFARI BEFORE THE CONFERENCE

- Make sure you arrive into Arusha, Moshi or Tanga no later than Saturday, July 13

PICK UP LOCATIONS AND TIMES

- ARUSHA – **The New Safari Hotel** – arriving Sunday, July 14 at 7:00 am – departing promptly at 8:00 am – the ground traveling time can be as much as 6 hours – provided in your registration;
- MOSHI – **The Lutheran Uhuru Hostel** – arriving Sunday, July 14 at 7:00 am – departing promptly at 8:00 am – the ground traveling time can be as much as 5 hours – provided in your registration;
- TANGA – **The Mkonge Hotel** – arriving Sunday, July 14 at 7:00 am – departing promptly at 8:00 am – the ground traveling time can be as much as 3 hours – provided in your registration.

AT THE CONFERENCE

- If you are staying on the SEKOMU Campus you will have breakfast and dinner provided;
- If you are staying in Lushoto – your lodging will include breakfast;
- Lunches are provided every day as part of your registration;
- Each day you will be provided with one large bottle of water as part of your registration. You should not drink the local water – that also goes for brushing your teeth. Any additional bottled water that you need/require will be available for sale;
- Keep in mind that electricity and internet connectivity can often be unavailable for periods of time;
- Always be mindful of your personal space. Keep your handbag close and your belongings out of sight. Do not flash large sums of money. After making a withdrawal at an ATM, quickly put your funds away and count them later. Divide the money into bundles so if you are indeed pickpocketed, the thief will not get the whole lot at one time;
- Smoking is fairly frowned upon so if you are a smoker, find a way to smoke without intruding on anyone else's airspace and be sure to properly dispose of the refuse, so you do not incur a heavy fine;
- Before photographing any individuals or groups, make sure you have permission. If denied, move on;
- Tipping is not done in Tanzania;
- There are usually local laundry services available. Laundry in Tanzania is generally done by hand with harsh detergent and hung outside to dry. It is customary in Tanzania for individuals to do their own laundry of personal items such as underwear, bras and intimate apparel;
- WiFi is often hard to come by, so be patient and understanding.