# Highlights of South Africa

## LAND TOUR

*Plus two optional extensions*

**Big Five Bush Safari, South Africa;**
**Victoria Falls, Zimbabwe**

**2014**

# Grand Circle Travel
# Highlights of South Africa
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# 1. PASSPORT, VISAS AND TRAVEL DOCUMENTS

## Passport Required

U.S. citizens need a valid passport for this itinerary.

**Your passport should meet these requirements for this itinerary:**

- It should be valid for at least 6 months after your scheduled return to the U.S.
- It should have the recommended number of blank pages (see below for details).
- The blank pages must be labeled "Visas" at the top. Pages labeled "Amendments and Endorsements" are not acceptable.

**Recommended number of blank pages:**
This recommendation is based on a "worst case" scenario. When you are on this adventure, you might use fewer pages, depending on the whims of the Immigration official on duty that day. Since the consequences of having too few pages can be severe—you could be denied entry into a country—we feel that it's better to be safe than sorry, and we strongly recommend that you follow these guidelines.

- **Main trip only**: If you are taking only the main trip, you will require a total of 6 blank passport pages for South Africa (4), Swaziland (1), and re-entry into the U.S. (1). For Swaziland and the U.S. return, these pages do not need to be consecutive. But for South Africa, you'll need 2 consecutive pages—the front and back of one sheet—for each entry. (On the main trip, you will have 2 entries into South Africa; each entry can have it's own individual set of 2 consecutive pages, so you don't need 4 in a row.)*

- **Pre-trip extension in South Africa**: Does not require any additional pages beyond the 6 needed for the main trip.

- **Post-trip to Zimbabwe**: You will need at least 1 more page for a total of 7 blank pages. If you plan to take the *Chobe National Park* optional tour, you will need 3 more blank passport pages (for a total of 9) because the tour leaves Zimbabwe, tours in Botswana, and comes back to Zimbabwe.

- **Both the pre- and post-trip extensions**: You will need at least of 7 blank pages. If you plan to take the *Chobe National Park* optional tour during the post-trip extension, you will need 3 more blank passport pages (for a total of 9) because the tour leaves Zimbabwe, tours in Botswana, and comes back to Zimbabwe.

***South Africa**: Technically, South African law only requires one blank page per entry. But according to the U.S. State Department, in practice travelers may need two pages per entry. There have been instances of South African authorities turning people away for not having enough blank pages, or because the pages weren't consecutive. ("Consecutive" meaning the front and back of one sheet.) Therefore, failure to have enough consecutive passport pages could result in your being denied entry into South Africa. If this occurs, you would be forced to turn back at your own expense.*

Please take a moment to check if your passport meets all of these requirements. If not, you could be refused entry into a country. And if that happens, you might be required by that country to return to the U.S. immediately, which would be **at your own expense**.

**If you need to renew your passport or get extra pages:**
Contact the National Passport Information Center (NPIC) at **1-877-487-2778,** or visit their website at **www.travel.state.gov** for information on obtaining a new passport, renewing your existing passport, or for additional pages. You may also contact our recommended visa service company, PVS International, at **1-800-556-9990** for help with your passport.

***NOTE:*** *When updating your passport, it is worthwhile to check the prices on all the different services that might apply to you. For example, it might be less expensive to renew your passport than to have pages added, depending on the number of pages you need.*

# Visas Not Required—Main Trip
# Visas Required—Optional Extension

**We'll be sending you a detailed Visa Packet with instructions, application forms, and fees about 100 days prior to your departure**. In the meantime, we're providing the information below as a guideline on what to expect. *This info is for U.S. citizens only. All visas and fees are subject to change.*

- **Visas are not required for the main trip or pre-trip extension in South Africa.**

- **Zimbabwe (optional *Victoria Falls* extension)—visa required. We recommended you obtain it in advance.** If you are taking the optional *Victoria Falls* post-trip extension, you will require an entry visa for entry into Zimbabwe.

## No U.S. Passport?

**Non-U.S. citizens or non-U.S. passport holders**: If you are **not** a U.S. citizen or if you possess a passport from a country other than the U.S., it is your responsibility to check with your local consulate or embassy about possible visa requirements. Or you can contact PVS International, who can also assist non-U.S. citizens:

**PVS International**
Passport & Visa Services
1700 N Moore Street
Rosslyn Center, suite 310
Arlington, VA 22209
Telephone: 1-800-556-9990

## Backup Photocopies

The smartest and easiest security precaution you can take is to carry photocopies of the personal information pages of your passport, your air ticket, traveler's check serial numbers (if you're carrying these checks), and your credit cards. Store them separate from the originals. Bring along extra passport-sized photos. Add phone and fax numbers for reporting lost credit cards, for your travel protection plan company if you have purchased one, and for your medical emergency network. This can save you immeasurable time, money, and bother if your documents are lost or stolen during your trip. In addition, you can scan these photocopies and email them to your personal email address so that a replacement can be printed out if needed.

# 2. HEALTH

## Keep Your Abilities In Mind

We've worked closely with our local Program Directors and regional associates to identify the aspects of this adventure that you should be aware of, from physical requirements to cultural factors. **Please carefully review the information below prior to departing on this trip.**

**Pacing**

- 7 locations in 19 days

**Physical Requirements**

- Not accessible for travelers using wheelchairs or scooters
- Travelers using walkers, crutches, or other mobility aids must travel with a companion who can assist them throughout the trip
- You must be able to walk 1-2 miles unassisted and participate in 2-3 hours of physical activities each day, including stairs
- Balance and agility are required for boarding 4x4 vehicles unassisted

**Climate**

- Daytime temperatures range from 62-80°F during touring season
- December-March are the warmest months

**Terrain**

- Travel over uneven walking surfaces, including unpaved paths, hills, stairs, and cobblestone

**Transportation**

- Travel by 45- to 52-seat motorcoach, 4x4 vehicle, ferry, and cable car

**Cuisine**

- Meals will be based on the local cuisine

# Health Check and Inoculations

If you have any ongoing medical conditions or concerns about your health, we highly recommend that you schedule a checkup with your personal physician at least six weeks in advance of your departure date. Discuss with your doctor any aspects of your international itinerary that may affect your health and be guided by his or her advice. A loose filling or developing cavity would be difficult to remedy while you are traveling. You may want to have a dental exam before your trip. Feeling healthy and confident of your mobility is essential if you want to fully enjoy your trip abroad. For your comfort and safety, we recommend this program only to individuals in good physical condition.

**Prescription Medications:** If you take medications regularly, be sure to pack an ample supply that will last your entire trip, as obtaining refills of your medication can be difficult during your trip. Pack these medications in your carry-on bag, and keep them in their original, labeled containers. To be prepared for any unforeseen loss of your medications, you should also bring copies of the prescriptions, written using the generic drug name rather than a brand name.

## Vaccinations:

**Check with the CDC:** To ensure you receive any needed vaccinations we suggest that you check the current recommendations of the U.S. Centers for Disease Control and Prevention (CDC) for the destination. You can contact them at:

**Online** — Visit the CDC's website at **www.cdc.gov/travel**, where you will find comprehensive information about preventing illness while traveling.

**By phone**—Call the CDC's Hotline toll-free at **1-800-232-4636** 24 hours a day. Please note that automated information may be arranged topically by disease, rather than by country or region.

**Consult your doctor:** After checking the CDC's recommendations we strongly suggest that you consult your family physician concerning any vaccinations or medications that you may need on this trip. At the time of print there were no specific vaccinations required for entry into any of the countries on your itinerary.

## Yellow Fever Vaccination – Not Required

A yellow fever vaccination is NOT required for our standard itinerary on this trip. However, even thought South Africa generally doesn't require a yellow fever vaccination, the rules are not always clear, even to officials – and are sometimes misinterpreted. We strongly suggest that you bring documentation (a vaccination card or a doctor's waiver—i.e. a letter stating you should not have the vaccination) that indicates your status. This will save you from any inconvenience if you are asked for documents in South Africa, or if you have to transit through or deplane in an endemic country, such as Senegal.

## Prevention of Malaria

Well in advance of your trip, discuss with your doctor the CDC's recommendation that travelers to parts of South Africa and Zimbabwe (on the optional extension) take an anti-malarial medication. Be guided by your health care professional as to which malaria medication regimen, if any, you will follow. For further information, you or your health care professional can obtain the CDC document "Prescription Drugs for Malaria" (available on the CDC website). The most important steps you can take to prevent malaria are to use insect repellent (preferably containing DEET at 30-35% strength) on exposed skin and on your clothing to prevent mosquito bites, and to wear clothing that keeps your arms and legs covered. Please note that Entabeni National Park (on the optional pre-trip extension) is currently considered a "malaria-free zone."

## Traveler's Diarrhea Precautions

Perhaps the greatest health risk is traveler's diarrhea, caused by eating contaminated fruit or vegetables or drinking contaminated water. We've carefully chosen the restaurants for your group meals, and food at these establishments is generally as safe as in restaurants in the U.S. When dining out on your own, watch what you eat. Stay away from ice, uncooked food, and non-pasteurized milk and milk products. Drink only bottled water, which is readily available. Mild cases of diarrhea may respond to Imodium or Pepto-Bismol (not as strong as Imodium); both can be purchased over the counter before you go. For more stubborn cases, you might want to talk to your doctor about bringing along a prescription medication.

## Basic Illness Prevention

It's common for people traveling in contained spaces to be more susceptible to easily transmitted viral and bacterial illnesses such as flu, stomach and respiratory bugs, and colds. The single most effective way to prevent this is frequent hand-washing. We ask all travelers to be extra diligent in their normal hand-washing hygiene, and to drink plenty of fluids for proper hydration. Simple steps like these will help ensure that everyone enjoys the comfortable, carefree vacation they looked forward to.

## Drinking Water

### South Africa:
Tap water is safe to drink in South Africa. Bottled water is also readily available.

### Zimbabwe:
Tap water is safe to drink in hotels at Victoria Falls. Bottled water is also readily available. You should drink only bottled water when you are away from your hotel at Victoria Falls

## Jet Lag Relief

You will feel better on the first days of your trip if, shortly before you leave home, you start to adjust to the different time zone of your destination. Since you will cross several time zones to reach your destination, you may lose many hours of regular sleep. On arrival, your body then will have to suddenly adjust to new sleeping and eating patterns. The result is jet lag. Its symptoms are fatigue—often compounded by insomnia and general restlessness—irritability, and vague disorientation. You cannot totally avoid jet lag, but you can minimize it. Here's how:

- Start your trip well rested. Begin a gradual transition to your new time zone before you leave.
- Switch to your destination time zone when you get on the plane. Attempt to sleep and eat according to the new schedule.
- Try to sleep on overnight flights.
- Avoid heavy eating and drinking caffeine or alcoholic beverages right before—and during—your flight.
- Drink plenty of water and/or fruit juice while flying.
- Stretch your legs, neck, and back periodically while seated on the plane, and make an effort to get up and walk about the cabin a few times to keep your blood circulation normal.
- After arrival, avoid the temptation to nap.
- Don’t push yourself to see a lot on your first day.
- Try to stay awake your first day until after dinner.

# 3. LUGGAGE REGULATIONS

## Size, Number and Weight Restrictions

| MAIN TRIP LIMITS | |
|---|---|
| **Pieces per person** | One checked bag and one carry-on bag per person |
| **Weight restrictions** | Varies by airline. The current **standard** is **44lbs for checked bags** and **11lbs for carry-on bags**. |
| **Size restrictions** | Varies by airline. Measured in linear inches (*length+width+depth*). Generally, **62 linear inches is the checked bag limit**; **carry-on limit is 45 linear inches**. |
| **Luggage Type** | A sturdy, fabric-sided suitcase with built-in wheels and lockable zippers is recommended. |
| **TRIP EXTENSION(S) LIMITS** | |
| Both extensions have the same luggage restrictions as the main trip. | |
| **REMARKS / SUGGESTIONS** | |
| **Due to limits within Africa, your luggage cannot exceed the weight and size restrictions below:**<br>Weight limit: 55 pounds **total**—checked suitcase (44 lbs max) and carry-on (11 lbs max)<br>Size restrictions: As noted above.<br><br>**One suitcase and one carry-on bag per person:** Due to the space limitations on bus transfers, you'll be restricted to one suitcase and one carry-on bag per person. This is to ensure that we have room for everyone's luggage. We ask that you abide by this limit to avoid inconveniencing your fellow travelers and prevent additional airlines luggage fees (which are your responsibility). Most airlines now charge to check more than one suitcase per person for international flights.<br><br>**Note**: Enforcement of published restrictions by countries and airlines is a matter of governmental and corporate policy. Enforcement may include spot checks and may be inconsistently applied. Expect penalties and fines to be imposed immediately, however, when and if enforced. Before you choose to ignore the published restrictions you should ask: *Do I feel lucky?* And, even if you answer yes, you should make sure that you have the ability to pay the fine. | |

**Should I confirm luggage restrictions with my U.S./international airline(s) before departure?**
Absolutely, confirm current restrictions about a week or so before your departure. You should take this step no matter if your vacation has a lower limit then the average international flight or not, because there may be recent changes, such as new security regulations, or an update to the standard weight/size allowances. For your convenience, we maintain a list of the toll-free numbers for the most common airlines on our webpage in the *FAQ* section.

**You should also check with the airlines on luggage fees—many airlines charge to check luggage**, sometimes even on international flights. Others will charge a fee if you bring a second carry-on item, like a purse or a laptop. **These fees are not included in your trip price**; they are payable directly to the airlines. If you are making a connecting flight, you should also confirm if your luggage can be checked through to your final destination. For more information about air travel, see the "Air Travel" section of your *Important Information* booklet.

## Luggage Suggestions

**Consider a duffel bag or soft-sided suitcase for your checked luggage.** Due to space limitations on our motor coaches, you are allowed one piece of checked luggage per person. Porterage at airports and hotels is provided for **one** bag per person. All bags should have luggage tags.

**Consider a daypack or small backpack as your carry-on bag.** It will do double duty during excursions and walking trips. A daypack leaves your hands free and distributes its weight onto your back. Packed with daily travel needs (sweater, camera, rain/wind jacket, water bottle, etc.), it will compress to fit the storage space of foreign motorcoaches, and yet still have room for an impulse buy at a local street market.

***Tip*****:** *Bring a second, empty lockable bag folded into your main suitcase, with a luggage tag and small lock. Use this to carry souvenirs home – but remember that you may incur extra luggage fees. If you're traveling with a companion we recommend "cross-packing," i.e., pack 2 outfits of your clothing in your companion's luggage and vice-versa, in case one bag is delayed.*

# Airport Security/TSA

**Restrictions on what can be included in your carry-on luggage may change**. To avoid inadvertently packing restricted items in your carry-on, we suggest that you consult the Transportation Security Administration website at www.tsa.gov/public, which keeps a current list of restricted items. From the main website click on *Our Travelers*, then *Air Travel*, and then you will see a link for *Prohibited Items*.

**Liquids and your carry on: Follow the TSA's 3-1-1 rule**. Liquids must be in a 3.4 ounce or less (100ml) bottle (by volume); all bottles must be in a 1 quart-sized, clear, plastic, zip-top bag; 1 bag per passenger placed in screening bin. One-quart bag per person limits the total liquid volume each traveler can bring. The 3.4 ounce (100ml) container size is a security measure. Note that this rule is increasingly used in Europe, as well.

**Locking your luggage:** To reduce the risk of damage to your luggage, *either* do not lock your bags when checking in for flights that originate in the U.S. *or* use TSA-approved locks. (These are locks that TSA screeners can open and relock with a special tool, avoiding damage to your luggage or lock if a physical inspection is required. Look for the words "TSA" or "TSA-approved" on the lock's packaging.) Outside of the U.S., we strongly recommend that you lock your luggage as a preventative measure against theft.

# 4. BEFORE YOU LEAVE

## Optional Excursions—*most need early purchase*

Your Land Tour offers both included and optional tours. Below are descriptions of some of the optional tours featured on your itinerary. Most of these excursions require an early decision. Note that prices are subject to change.

### Private Game Drive in Kruger National Park

***To pre-book this optional tour you must do so by 45 days prior to departure. This tour may also be booked onsite, but space is limited. A minimum of 6 participants is required to operate this tour.***

During your stay in Kruger National Park, come with us on this optional excursion to enjoy an all-day game-viewing drive in an open safari vehicle with a maximum of ten passengers per vehicle. Depart the Lodge between 5:30 and 6:00 am with a packed breakfast and spend the day exploring the Kruger National Park with a qualified guide. You can enjoy lunch on your own at one of the local camps in the Park. This full day tour will be about 8 hours long.

This optional excursion costs U.S. $135 per person.

### St Lucia Wetlands Boat Cruise Optional Tour

***To pre-book this optional tour you must do so by 45 days prior to departure. This tour may also be booked onsite, but space is limited.***

Experience the beauty of the Greater St. Lucia Wetland Park on a relaxing two hour boat cruise along the St Lucia Estuary. Because of the diverse biodiversity, unique ecosystems and superlative natural beauty occurring in a relatively small area, the area was declared a UNESCO World Heritage site in 1999. In introductory discussions you'll gain insight into the lives and habits of the numerous varieties of birdlife, the local hippo and crocodile populations, and other wildlife. The boats offer ample space to walk around in and comfortable seats from which to absorb the verdant scenery. They are custom built to venture into shallow waters (within limits dictated by wildlife conservation), so you'll have some excellent photographic opportunities if the wildlife and weather is agreeable.

This optional excursion costs U.S. $48 per person.

## Addo Elephant National Park

***To pre-book this optional tour you must do so by 45 days prior to departure. This tour may also be booked onsite, but space is limited.***

On this tour of Addo Elephant National Park, you'll get another chance to see South Africa's most celebrated safari animals. The park houses more than 450 elephants, 400 Cape buffalo, over 48 endangered black rhino, as well as a variety of antelope. Travelling by coach (not an open safari vehicle), you may even see lion and spotted hyena, which have been re-introduced to the area in recent years.

This optional excursion costs U.S. $60 per person.

## Township Tour in Cape Town

***To pre-book this optional tour you must do so by 45 days prior to departure. This tour can also be booked onsite, but space is limited.***

During our stay in Cape Town, join us for this exciting half-day optional tour to discover the local townships of Langa, Guguletu, and Bonteheuwel. Although the Townships were originally created during the apartheid period as residential areas for non-whites, today they are vital and energetic urban communities that house a large percent of Cape Town's population. In a tour that will add to our in-depth knowledge of South Africa's people, we'll focus on the traditions, culture, customs, and daily way of life of the residents of these townships though a guided tour by a township resident and a home visit.

This tour costs approximately $55 per person.

## Chobe National Park Tour

***To pre-book this optional tour you must do so by 45 days prior to departure. This tour can also be booked onsite, but space is limited.***

A full-day excursion to Chobe National Park in nearby Botswana. On game-viewing drives, you'll have the chance to see some of the common animals here — zebra, cheetah, herds of elephant grazing on the open grassy plains, and lion prides huddled in the bush.

This optional excursion costs U.S. $200 per person.

# 5. WHEN YOU ARRIVE

## Your GCT Program Director

During your Grand Circle Land Tour, your group of up to 42 travelers will have reliable assistance available at all times from an on-site Grand Circle Travel Program Director. Your Program Director is a resident of the area, is fluent in English, and can give you an inside perspective on your destinations. Your Program Director is supported along the way by local tour guides, who guide you expertly through particular sites and cities.

Many Grand Circle Program Directors are graduates of professional education programs for travel guides. In addition, they receive specialized training directly from Grand Circle, training that is based on what we've learned from thousands of past travelers about how to make the trip most enjoyable. Your Program Director offers both a deep knowledge of the region and a commitment to make this a very pleasant, informative, and rewarding travel experience for you.

Your Program Director will provide sightseeing tips, handle all travel details, reserve optional tours you choose to take, oversee your Discovery Series events, and provide any other assistance you may need. You will be in the company of the Program Director throughout your Land Tour and during the optional trip extensions if you choose to take them.

## GCT Air Travelers

**U.S. Departure:** If you are among a group of ten or more GCT travelers who depart the U.S. from your international gateway city, it is our goal to have a GCT Representative assist you at the U.S. airport with the check-in of your flight. Unless there are extenuating circumstances beyond our control, the Representative will be at the check-in counter three hours before your departure time. If you are flying domestically before your international flight, the representative will be stationed at the check-in counter for your departing international flight, not at the domestic arrival gate.

***Important note on porters:*** *Airport porters are NOT allowed in the customs hall area. On arrival, you must take your luggage off the baggage carousel and load it onto a cart, which you will then move through customs. When you exit customs, your Program Director will arrange porters for your luggage.*

**Johannesburg Arrival:** At the beginning of your base trip or your optional pre-trip extension, either a Grand Circle Representative or your Program Director will meet you at the airport after you exit Customs and assist you with your transfer to the hotel.

***Please Note***: *If you are providing your own air transportation, where you'll need to book your return flight from is dependent on the options you have selected. To return from the main trip, book your return flight from Cape Town—the connecting flight from Cape Town to Johannesburg is part of the GCT flight package, and is* ***not*** *part of the land tour. If you are taking the optional post-trip extension to Victoria Falls, book your return flight from Johannesburg—the flight from Victoria Falls to Johannesburg is includes in the post-trip package.*

**U.S. Return:** At the end of your base trip you'll transfer to the Cape Town airport for your return. If you take the optional post-trip extension, you'll be transferred by motorcoach to the Victoria Falls airport where you'll board a flight to Johannesburg to connect to your return flight to the U.S. If you are among a group of ten or more GCT travelers who return to the same U.S. gateway city, a GCT Representative will meet you as you exit Customs and help you find taxis, buses, hotel accommodations, or connecting flights. Again, it is our goal to have our GCT Representative waiting to assist your group. In rare instances, unforeseen circumstances may prevent this service.

*If you plan on booking your own international flights or arranging with our air department to arrive/depart on an earlier/later date than standard for your program, airport transfers will NOT be included in your program price. Transfers must be purchased separately, as an optional add-on, and are subject to availability. To learn more, or purchase airport transfers, please call our Traveler Support team at 1-800-321-2835. For more information, please see your Important Information booklet.*

# 6. MONEY MATTERS

## How to Carry Your Money

### Traveler's checks—not recommended

We urge you not to rely on traveler's checks for your personal expenses. They can be difficult to exchange and the commission fee for cashing them is quite high (traveler's checks are not accepted in Zimbabwe, on the optional *Victoria Falls* extension). Most banks or exchange offices will want to see your passport at the time of exchange. It's most practical to view any traveler's checks you might bring as a last "cash" resort in the event of a special situation.

### Cash

It is a good idea to change some currency into South African rand before you leave the U.S., as you may not be able to do so for a few days after arrival. You can change money at banks or in your hotel. Please note that torn, dirty, or taped bills will not be accepted—a bill with even the slightest tear will be refused.

In Zimbabwe, it is essential that you carry cash (U.S. dollars or SA rand) in small denominations (ones and/or fives), as most locations will not be able to break down larger bills. Coins are rare, so you may not receive change for your $1 bill, even if the purchase is small.

Currency exchange rates fluctuate daily. Your Program Director can advise you of the exchange rate upon your arrival. For current exchange rates, please refer to our website, your bank, or the financial section of your newspaper. On our website select the region and then click on the country you'll be visiting. A link to the currency converter is included in the menu on the page of each individual country.

### ATMs and Debit Cards

In South Africa, ATMs are available everywhere and with credit cards widely accepted it isn't necessary to carry large amounts of cash. In Zimbabwe, ATMs are rare; you'll need to bring cash with you or plan to take out a larger withdrawal when you do find an ATM.

Always notify your bank before you leave home that you are going abroad so that they may remove any blocks on your account and also ask them about the number of withdrawals you may make abroad. For cash withdrawals, don't forget to memorize the actual digits of your card's 4-digit PIN (Personal Identification Number), as many keypads at foreign ATMs do not include letters on their numeric keys, they only display digits.

***Note on ATM use:*** *Many banks have begun imposing a fee ranging from $1 to $5 every time you use an ATM in a foreign city. You may want to limit the number of withdrawals that you make. Your Program Director/Hospitality Desk Representative can advise you on locations, but when to exchange money is left to your discretion.*

## Credit Cards

**In South Africa, only certain credit cards are accepted.** Visa and MasterCard are widely accepted at many hotels, restaurants, and shops—even some smaller roadside "curio" places. American Express and Diners Club are only accepted at some establishments; they are not as commonly used as Visa or MasterCard. Some hotels will give you a cash advance on your credit card, and charge a 4%-10% transaction fee.

**In Zimbabwe, cash is more common than plastic.** Credit Cards are rarely accepted in Zimbabwe (on the optional *Victoria Falls* extension). Expect to pay for most Zimbabwean goods and services in cash, in either U.S. dollars or South African rand.

Though major American credit cards (Visa and MasterCard) are accepted abroad, always inquire if your type of credit card is accepted before deciding on your purchase. It is also wise to notify the credit card company that you will be using your cards abroad so that they may remove any security block. When using a major credit card you may receive a different exchange rate than if you pay with cash; inquire about the rate first.

Please be aware that credit cards might not be accepted for small purchases or in the markets. Note that the Discover credit card is not widely accepted outside the U.S. Keep your receipts in case you have questions about the conversion or exchange rate. Also, keep your receipts as proof of purchase for items to be shipped home.

## Payment of Optional Tour Costs

During your trip you will be able to book optional tours directly with your Program Director. He or she will ask you to confirm the payment for these tours by filling out a payment form. Optional tours can only be purchased with a credit or debit card — including those taken in Zimbabwe (this is an exception to the general cash-only rule for Zimbabwe). We accept Visa, MasterCard, Discover card, or American Express credit cards only. (Note that American Express is not accepted in Zimbabwe.) We also accept debit cards with the logo of one of these credit card companies, but it must be a card that allows you to sign for purchases. In order to correctly process these charges, there can be a delay of 2-3 months from the date of your return for the charges to be posted to your account. Therefore we ask that you use a card that will not expire in the 2-3 months following your return. Because our headquarters are in Boston, charges may appear to be from Boston or might be labeled as "**OPT Boston**" (depending on your credit card company).

# Currency

### South Africa

**U.S. dollars are *not* accepted by shops in South Africa.** The official currency of South Africa is the rand (abbreviated R), which is divided into 100 cents (c). Banknote and coin denominations are :

- Banknotes: R10, R20, R50, R100, and R200
- Coins: 5, 10, 20, 50c; R1, R2, and R5

If possible, arrive with some local currency—South African rand—as you may not have the opportunity to change money for the first few days.

**Banking hours** are usually weekdays from 8 or 9 am to 3 pm. Weekend hours vary. Saturday the banks are open in the morning, but Sundays and public holidays they are closed.

### Zimbabwe

The Zimbabwean dollar (ZWD) is no longer in general use. The main form of payment in Zimbabwe is cash, in either U.S. dollars or South African rand. It is essential that you carry cash (U.S. dollars or SA rand) in small denominations (ones and/or fives), as most locations will not be able to break down larger bills. Coins are rare, so you may not receive change for your $1 bill, even if the purchase is small.

For shopping purposes, we encourage you to bring as much U.S. cash as possible for your stay in Victoria Falls. Please note that anything bought from registered dealers in Zimbabwean cash is now subject to 15% VAT, which is not refundable upon departure.

**For payment of your hotel bill**, travelers are obliged by law to settle their "extras" account in foreign currency (either U.S. dollars or South African rand). The hotels may quote all "extras" in Zimbabwe dollars, but when you divide this by the exchange rate, you'll see that most items are a very good value for the money!

**Banking hours** are generally Monday to Friday, from 8 or 9 am to some time between 3:30 and 5 pm; on Saturday, hours range from 8 am to 1 pm. Small-town banks close for lunch from 12:45 to 2 pm (except on Wednesdays and Saturdays).

# Shopping

There is **no** requirement to make a purchase during stops at local shops or markets, and any purchase made is a direct transaction with the shop in question, subject to the vendor's terms of purchase. **Grand Circle Travel cannot be responsible for purchases you make on your trip or for the shipment of your purchases.**

Your purchase decisions are very personal. You must use your best judgment when deciding whether an item is worth the price being asked. If you plan a major purchase, we strongly recommend that you research the prices and quality available at home before your trip. Just one visit to an import shop or gold dealer will put you way ahead when you go shopping. This is the only way to know if you are getting a good price.

## South Africa

South Africa offers great shopping opportunities at colorful outdoor markets, known for their lively atmosphere and tiny merchant shops. If you're interested in trying your hand at bargaining, this is not a common practice at shops and quality stores. However, at some craft markets and curio shops, it's a long-standing tradition.

Traditional items for sale include artifacts, hand-woven rugs, pottery, beadwork, wood carvings, batiks, tie-dyed textiles, kangas, meerschaum pipes, fine basketry, and quality coffee and tea. In sophisticated Cape Town, there are fashionable boutiques and big-city shopping malls. South Africa is a major source of the world's diamonds and other precious stones, so the shopping is good for these items either as jewelry or at gem shops.

## Zimbabwe

In Zimbabwe, you can sometimes trade items (like pieces of good clothing, T-shirts, caps, or sunglasses) for souvenirs, though now it's become common to toss some cash into the deal as well.

# U.S. Customs Regulations and Shipping Charges

For all things related to U.S. Customs, the ultimate authority is the U.S. Bureau of Customs & Border Protection. Their website, **www.cbp.gov** has the answers to the most frequently asked questions. Or you can call them at **1-877-227-5511.**

The top three points to know are:

- At time of writing, your personal duty-free allowance is $800 for items brought with you. Items totaling more than $800 are subject to duty fees.
- **Items shipped home are always subject to duty when received in the U.S**. Even when the shop has offered to include shipping and duties in the price, this typically means shipping to the nearest customs facility and payment of the *export* duties—not door-to-door shipping or payment of the *import* duties. All additional duties or shipping charges would be your responsibility. Unless an item is small enough to send by parcel service (like FedEx), chances are you will need to arrange shipping or pick-up once the item is in the U.S. and will need to pay customs duties.
- Ivory in any form is absolutely forbidden! Please do not purchase items made from the elephant, rhino, tortoise, large cats, and most reptiles. Animal products like zebra or antelope skins are sold in countries where hunting is still legal. However, all products from endangered species are banned in the U.S. and will be confiscated at Customs and a hefty fine will be levied. It is illegal to import most furs, coral, tortoise shell, reptile skins, feathers, plants, ostrich eggs, and items made from animal skins. For more information on what you may or may not bring back into the United States, you can obtain the publication "Know Before You Go" from the following agency or from their website:

## Problem with a Purchase?

The best way to address a problem with a purchase is to not have one in the first place! So don't forget to examine merchandise before paying for it, check contracts or agreements before signing, and review your receipt before leaving the shop. For major purchases, don't hesitate to ask in advance about the return policy—local practice may vary from U.S. standards, so don't assume that you have a certain number of days after the purchase to speak up.

But what if you do discover an issue with an item later on? In that case, your best recourse is to contact the vendor directly. For this reason we recommend that you keep a copy of all your receipts, invoices, or contracts, along with the shop's contact information. Expect that any resolution will take longer than it would in the U.S. due to delays in communication, the complexities of international shipping/customs duties, and even cultural differences in how business is conducted.

## To Tip or Not to Tip

Sometimes *that* is the question. Of course, whether you tip, and how much, is always at your own discretion. For those of you who have asked for tipping suggestions, we offer these guidelines. Listed below are our recommendations for the tips that are not included in your tour price. All tips are quoted in U.S. dollars; tips can be converted and paid in local currency or in U.S. dollars. Do not use personal or traveler's checks for tips.

- **GCT Program Director:** It is customary at the end of your trip to express a personal "Thank You" to the Grand Circle Program Director, especially if he or she has provided you with individual assistance. We recommend $4-$6 per person, per day. Please note that tips for our Program Directors can only be in the form of cash, and local currency is appreciated.

- **Airport/Hotel/Pier Porterage & Transfers:** When using GCT transfer services, tips to hotel, airport, and pier porters are included in the cost of your trip. Tips to the motorcoach driver for your airport/hotel/pier transfers are also paid by GCT.

- **Motorcoach driver:** $2 per person for each half-day tour/$3 per person for each full-day tour.

- **Local tour guide**: $2 per person for each half-day tour/$3 per person for each full-day tour.

- **Housekeeping staff:** $1 per person per day. (If you are low on local currency, you can use U.S. dollars.)

- Your Program Director will tip hotel porters and waiters in restaurants for included meals.

# Security

Use the same precautions as you would in any major city in the world. When you're out sightseeing in cities, please put everything of value in one of the safe deposit boxes at your hotel; and guard against pickpockets on the streets. Men should carry their wallets in their front pants pocket. Women should not carry hand-held purses or ones that dangle off the shoulder. Purses with long straps that can reach over the head so the bag may be worn like a shoulder sash are the safest.

Keep your camera straps around your neck or wrist and make sure your watch is securely fastened (better yet, leave it in the safe deposit box). Don't be tempted by the black market money exchange. What you stand to gain is no compensation for the possibly embarrassing, if not harrowing, consequences should you get caught. For your own protection, please do not walk anywhere by yourself at night. It's best to stay with your tour group in the evening. If you insist on exploring on your own, always go and return by taxi, and let your Program Director know your whereabouts

# 7. PACKING FOR YOUR TRIP

## In General

A good rule of thumb is to gather together everything you want to bring; then take half of that. Eliminate all but the essentials and start packing a few days before you leave. That way, you'll have time to think—not fret—about what you might be forgetting. To have a varied travel wardrobe, yet keep your luggage light, we recommend you select a color scheme and pack color-coordinated clothing items that can be mixed to create different outfits.

**Pack casual clothes:** In this age of informality comfortable, low-key apparel is perfectly acceptable at each of your destinations. Basic pants, shirts, walking shorts, sportswear, everyday dresses/skirts, supportive shoes, and functional outdoor clothes that are relatively easy to care for are recommended. Men do not need a tie or jacket, and women do not need a fancy dress. You may want one "smart casual" outfit for the Welcome Reception or Farewell Dinner, but it's completely up to you.

**Cold-weather layers (for June, July, and August):** For the high altitudes, where evenings and early mornings are often very chilly, we recommend you take a fleece top, warm pants and socks, and, if you want to be really warm, gloves and hat. For early morning game drives (April through to September) it is very chilly. We suggest a warm jacket that will also keep out the wind. Windy "in-between" weather occurs, too, which calls for a light windproof, breathable shell. Your rain jacket can double as a windbreaker. Make sure it's roomy enough to comfortably fit over your fleece jacket.

**Light rain gear:** Africa's rainfall inland is notoriously unreliable and much of it is very sporadic in both time and place. A waterproof jacket and rain hat will prepare you for whatever the day brings. If you are traveling during the rainy season, you may want to include a foldable umbrella.

**Good walking shoes are essential:** Supportive sneakers are ideal for daytime touring. If you prefer more ankle support, take light hiking boots. Bring a few pairs of socks, including a warm pair. A pair of cushioned sandals is handy for town visits, and rubber thongs are very useful for poolside use and bathroom floors, which can be slippery.

**Dress etiquette in local communities:** Summery attire is appropriate, but please do not offend local customs by wearing skimpy shorts. Knee-length shorts, pants, and casual shirts are in order.

**Victoria Falls (optional extension):** For exploring Victoria Falls, bring a bathing suit, shorts, and rubber-soled shoes. At certain times of the year, the mist at Victoria Falls is very heavy and you will get wet! A waterproof jacket and rain hat will prepare you for whatever the day brings.

## Packing Your Carry-On

Using a daypack as a carry-on bag for your flights is a smart solution. We **strongly urge** you to pack your carry-on with at least one full change of clothes, your camera gear, medications, changes of socks and underwear, your important travel documents, and other irreplaceable items, in case your checked bags go astray. Store camera gear and important papers in plastic bags to protect them from dirt and moisture. With a daypack you can then remove these items on arrival and load your bag with the gear you'll need on walking tours and excursions. Note that carry-on luggage weight is restricted (see the section entitled LUGGAGE REGULATIONS).

## Clothing Options

The luggage weight and size restrictions imposed by travel realities today have made traveling light an absolute necessity. With modern fabrics – Gore-Tex, Polarfleece, polypropylene, etc. – lightweight packing for comfort and protection through a wide range of weather is easy. A visit to any on-line or local sporting goods/outdoor stores (L.L. Bean, REI, EMS, etc.) will yield a treasure trove of lightweight, specialized, and fashionable clothing and gear that is readily adaptable to your itinerary.

## Laundry Service

Laundry services are provided—for a fee—at most of your hotels.

## Travel Gear Suggestions

Though it's often fun to do things as the locals do, it can be frustrating when daily necessities or conveniences from home aren't available. To travel wisely these days you must juggle your personal needs and preferences against the physical constraints of your transportation—whether it's an international airplane, a transfer motorcoach, a small ship or a day-long trek on a camel. You'll have to distinguish between what you **must** have, what you'd *like* to have, whether you can zip your suitcase closed, and what you can reasonably expect to wrestle through airport hallways and security checkpoints. Consult the following items to create your personal checklist – ignoring what you don't need and making the tough decisions over borderline cases. Remember that many airlines today will charge you extra for added luggage.

**What not to pack:** Do not pack aerosol cans, as they tend to leak during air travel. Avoid packing glass bottles; use plastic containers instead. Leave at home checkbooks and any credit cards not essential for your trip, valuable jewelry, and anything that you would hate to lose.

## Consider …

- ❑ Daily essentials: toothbrush, toothpaste, floss, hairbrush or comb, shaving items, deodorant, shampoo/conditioner, shower cap, body soap, etc.
- ❑ Spare eyeglasses/contact lenses and your prescription
- ❑ Sunglasses with a neck strap
- ❑ Sunscreen, SPF 15 or stronger
- ❑ Insect repellent with DEET
- ❑ Travel money bag or money belt, to be worn under your shirt/jacket if possible
- ❑ Compact binoculars (one pair each — 8 x 21 or 6 x 16 work well)
- ❑ Eye drops, for the dust on safari
- ❑ Moisturizer, lip balm
- ❑ Swimsuit
- ❑ Compact umbrella
- ❑ Wide-brim sun hat with chin strap
- ❑ Pocket-size tissues
- ❑ Moist towelettes (packets) and/or anti-bacterial "water-free" hand cleanser
- ❑ Flashlight, extra batteries/bulb
- ❑ Photocopies of passport, air ticket, credit cards
- ❑ Extra passport-sized photos (to replace your passport if lost)
- ❑ Copies of your medicine prescriptions
- ❑ Washcloth

## Medicines

- ❑ Your own prescription medicines
- ❑ Vitamins
- ❑ Cold remedies: Sudafed, Dristan, etc.
- ❑ Pain relief: Ibuprofen/naproxen/aspirin
- ❑ Laxatives: Senokot/Ex-Lax
- ❑ Stomach upset: Pepto-Bismol/Mylanta
- ❑ Allergy medicine for dusty conditions
- ❑ Anti-diarrheal (Imodium)
- ❑ Moleskin foot pads
- ❑ Antibacterial (Neosporin/Bacitracin)
- ❑ Optional: motion sickness medicine
- ❑ Optional: Prescription medicine to prevent malaria
- ❑ Optional: Prescription anti-diarrheal

## Other Gear

- ❑ Travel alarm
- ❑ Hair dryer
- ❑ Handkerchiefs
- ❑ Basic sewing kit
- ❑ Reading materials
- ❑ Travel journal/note pad
- ❑ Phrase book
- ❑ Home address book
- ❑ Electrical transformer & plug adapters — see “Regional Electricity” below
- ❑ Hand-wash laundry soap (Woolite) clothespins/travel clothesline/stopper
- ❑ Photos, small gift for home-hosted visit
- ❑ Collapsible walking staff
- ❑ Pocket calculator for exchange rates
- ❑ U.S. souvenirs for trade with vendors

# 8. REGIONAL CLIMATE INFORMATION

We can't predict what the weather will be during your travels, but you'll find historical averages and general information on the climate of your destinations below. As your departure nears it's a good idea to visit the *My Account* feature of **www.gct.com**, where you'll find monthly temperature averages for the countries you'll visit as well as a current 10-day forecast of local temperatures and conditions. Or check Internet weather sites (www.wunderground.com is very comprehensive) for those forecasts.

Remember: you will be in the Southern Hemisphere throughout this tour, ***with the seasons reversed*** from those north of the Equator (for example, *January is a summer month*).

**South Africa:** Johannesburg lie in the High Veldt, an area of plains at elevations from 4,000 to 6,000 feet. Summers are warm, though rarely uncomfortably hot; this is the time of year when the most rain falls. Nights are cool in winter, but daytime temperatures are mild and dry weather predominates. A high percentage of sunshine and low humidity year-round make for a pleasant climate.

**Kruger National Park:** The average daily high temperature in January (summer) is 86ºF, but it can get as hot as 117ºF on occasion. Nightly lows in January range from 45-64ºF. In the winter month of July, the average daily high is 73ºF and lows can drop below freezing.

**Cape Town:** Located where mountains slope down to coastal lowlands, Cape Town has a Mediterranean climate of mild, rainy winters and sunny summers.

**Durban and Zululand:** The climate is more tropical, with humid, warm summers. Some rain falls year-round, though it's heaviest in the South African summer.

**Victoria Falls, Zimbabwe (optional extension):** This optional extension destination is humid and hot most of the year, with temperatures often in the 90s.

Here is the data from the weather observation stations closest to our destinations.

| WHAT'S THE TEMPERATURE? *Average* highs (taken at 2 pm) and lows (taken just before sunrise) in °F. | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | **JAN** | **FEB** | **MAR** | **APR** | **MAY** | **JUN** | **JUL** | **AUG** | **SEP** | **OCT** | **NOV** | **DEC** |
| **Cape Town (Altitude: 56 feet)** | | | | | | | | | | | | |
| High | 78 | 79 | 77 | 72 | 67 | 65 | 63 | 64 | 65 | 70 | 73 | 76 |
| Low | 60 | 60 | 58 | 53 | 49 | 46 | 45 | 46 | 49 | 52 | 55 | 58 |
| **Durban (Altitude: 16 feet)** | | | | | | | | | | | | |
| High | 81 | 81 | 80 | 78 | 75 | 73 | 72 | 72 | 73 | 75 | 77 | 79 |
| Low | 69 | 69 | 68 | 64 | 57 | 53 | 52 | 55 | 59 | 62 | 65 | 67 |
| **Johannesburg (Altitude: 5463 feet)** | | | | | | | | | | | | |
| High | 78 | 77 | 75 | 72 | 66 | 62 | 63 | 68 | 73 | 77 | 77 | 78 |
| Low | 58 | 58 | 55 | 50 | 43 | 39 | 39 | 43 | 48 | 53 | 55 | 57 |
| **Victoria Falls, optional extension (data from Livingstone, Zambia, altitude: 3130 feet)** | | | | | | | | | | | | |
| High | 85 | 85 | 85 | 86 | 82 | 77 | 77 | 82 | 90 | 94 | 91 | 87 |
| Low | 66 | 66 | 64 | 59 | 51 | 45 | 45 | 50 | 59 | 67 | 67 | 66 |

**Please note:** The data cited above reflect *climate* as opposed to *weather* conditions, and serve only as general indicators of what can reasonably be expected. A 60 degree ***average*** high temperature means that days may be as warm as 80 or as cool as 40 – but it's most likely you'll encounter temperatures in the 50 to 70 degree range.

# 9. TRAVEL AND TECHNOLOGY

## In General

Smartphone, tablet, digital camera/camcorder, MP3 player: travel today can involve technology that didn't exist even five years ago. The usefulness of digital devices is enormous: smartphones can keep you connected and offer up-to-the-minute information via your cell plan or a local Wi-Fi connection. With a tablet (or smartphone) you can store multiple country guidebooks, access maps and connect to the internet in a small, lightweight device. (***Tip****: you can download* ***this*** *document from the Grand Circle Travel website and import it into your tablet or e-reader, many of which can display PDF files.)*

Compact and lightweight, digital camcorders and cameras take high definition movies and still images of the people you meet and places you visit. For robust use a laptop may be effective; for occasional use it's wiser to rely on Internet cafes or a tablet and hotel Internet access rather than shoulder the heft and size of a laptop.

To use these devices you should first consider the services available at your destinations. You'll encounter a range of electrical standards, varied plug configurations to access the local current, erratic availability (electricity and internet access), and differing technological standards.

You'll need to assess your power and data storage needs, and the accessories required to recharge/connect/use these devices. Finally, it's smart to read the owner's manual *before* you depart. Pay particular attention to electrical, power and storage requirements to ensure that you understand exactly what you need. Thorough preparation is the best guarantee that your devices will work up to their potential.

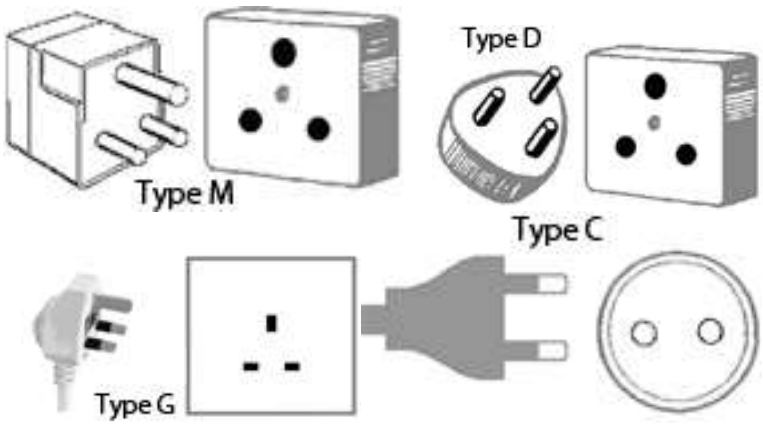
# Regional Electricity

When traveling overseas, there are a few differences to keep in mind about electricity. First, the voltage is usually different. Second, the plugs might not be the same shape. Lastly, the availability of power can vary.

**Voltage**: Electricity in South Africa and Zimbabwe is 220-240 volts. In the U.S. it is 110 volts. Most of the things a traveler will want to plug in—battery chargers, MP3 players, tablets or computers—can run off both 110 and 220-240. But you should check the item or the owner's guide first to confirm this before you plug it in. If you have something that needs 110 volts—like a shaver or a hairdryer—you can bring a transformer to change the current. (But transformers tend to burn out, so it might be better to leave whatever it is at home.)

**Plugs**: The shape of plugs will vary from country to country, and sometimes even within a country depending on when that building was built. Different plug shapes are named by letters of the alphabet—Type A, Type B, and so on. Standard U.S. plugs are Type A and Type B. Here is the list of plugs for the countries on this trip:

- **Overall, M is the most common plug on this adventure. Type D is an older style. Types G and C are rare.**
- South Africa: M , D, or C
- Zimbabwe: D or G




To plug something from the U.S. into a C, D, G, or M socket you'll need an adapter that fits between the plug and the socket. Because there are many different types of plugs in this region, it may be easier to purchase an all-in-one, universal adapter/converter combo. Versatile and lightweight, these can usually be found at your local electronics goods or hardware stores. Sometimes you can buy them at large retailers too, like Target or Walmart. If you forget to bring an adapter, you *might* also find them for sale at the airport when you arrive at your destination.

**Availability**: Except for the occasional power outage, electricity will be readily available on the trip.

## Smartphones

It will require some effort to get the most out of your smartphone when you travel. Even with an international roaming plan, costs can add up quickly – those handy apps often pile up download fees. The simplest solution is to shut down all cell phone functions, automatic data feeds and roaming options, and take advantage of the apps via available Wi-Fi. With an Internet VOIP app (like Skype) you can make inexpensive calls. If necessary, turn international roaming back on and your phone will work as usual – albeit at some cost. If your phone doesn't support international roaming (most smartphones do), some carriers offer loaners.

## Cell Phones

If you want to use a standard cell phone while traveling overseas, be sure to check with your service provider (www.verizon.com, www.t-mobile.com etc.) to see if your phone will work outside the U.S. or whether you're better off renting an international phone. The websites www.travelcell.com and www.globalcellularrental.com have good information on rentals. Or, consider buying an inexpensive local phone for your stay.

## Phone Calling Cards

If you don't carry a phone, you can use a prepaid calling card to call the U.S. with minimal additional charges. Besides the prepaid long distance charges, you might have a local fee of a few cents and possibly a connection fee if you are using your card at a hotel. Check with the reception desk prior to using it to avoid unexpected charges.

Calling cards purchased locally are usually less expensive than those purchased in the U.S. and are more likely to work with the local system. Note that dialing a U.S. 1-800 number outside the continental United States will incur costly long distance fees, since 1-800 does not work outside the U.S.

# Photo Gear

For many people, capturing the highlights of their travel experiences in photographs or movies and sharing them is one of the most enjoyable aspects of the journey. Remember, however: some individuals and cultures and are less tolerant of photography than others. It's always best to respect local customs. And in some places you may be charged for photography at specific sites, or restricted from any photography at all.

Digital cameras and camcorders are excellent travel companions—and many do dual duty by recording movies *and* still images. Fist sized camcorders can capture HD movies and high quality still photos; cameras the size of a deck of cards are great for snapshots and casual movie clips. With an ample supply of high-capacity memory cards you can record your whole trip with a small, lightweight package.

But you must remember the batteries. Recharging batteries is sometimes impossible, cameras can drain batteries *very* quickly, and replacements may be unavailable. Whether you need standard or proprietary batteries, it's good to have spares. Be sure your charger will work with the local electrical system, and bring more than enough memory cards—they may be hard or impossible to find. Memory cards are small, thin and light: you can never have too much storage.

Compact cameras are impractical for distant subjects. Some models have a zoom lens of up to 120mm, which is good for middle distances. For distant subjects a *megazoom* (with a zoom lens of at least 300mm) or a single lens reflex (DSLR) camera with up to a 300mm telephoto lens are good choices. With a DSLR you can use multiple lenses, though your gear can quickly get complex, weighty and cumbersome. Cameras or lenses that need a tripod are impractical for travel photography. A single mid-range telephoto lens coupled with a small, fast prime lens (for low light/no flash situations) is an effective, flexible and compact kit. Consider mirrorless interchangeable lens cameras (MILC), which combine small bodies and multiple, small lenses with high quality for both still and HD movie images.

If you use a DSLR or MILC camera, protect the lenses with a UV filter and bring lens caps, covers, cleaning paper and a waterproof bag (a heavy duty Ziploc-style bag is good) to protect your gear. Be sure your camera has a flash that you can turn off, and if it's detachable, remember to pack it. (At many sites and museums, flashes are ***not*** permitted.)

Consider disposable cameras, as well. They are inexpensive and capable of acceptable photos as long as the light is not too dim *or* bright. X-rays do not damage the data of digital cameras (in any media format), and so pose no problems for travelers using digital cameras.

# 10. COUNTRY DEMOGRAPHICS

# South Africa

**Area:** 437,877 square miles
**Capital:** Pretoria (administrative), Cape Town (legislative), Bloemfontein (judicial)
**Government:** Republic
**Language:** In polyglot South Africa, there are eleven official languages; English and Afrikaans are the most prevalent. Many of the whites and people of mixed race claim Afrikaans as their mother tongue. Afrikaans is about as close to Dutch as Portuguese is to Spanish.
**Location:** South Africa is Africa's southernmost country, and borders Namibia, Botswana, Zimbabwe, and Mozambique to the north; the Indian Ocean to the south and east; and the South Atlantic Ocean to the west.
**Geography:** South Africa has three major natural regions: the plateau, the mountains, and the coastal belt.
**Population (2007 estimate):** 43,997,828
**Religion:** Most South Africans list themselves as Christians (about 80%), but there are significant communities of Hindus, Muslims, and Jews.
**Agricultural products:** Corn, wool, wheat, sugarcane, fruits, vegetables, beef, poultry, mutton
**Major industries:** Gold, chromium, diamonds, machinery, textiles, iron and steel, chemicals, fertilizer, metalworking
**Time zone:** South Africa is 7 hours ahead of Eastern Time in their summer, 6 hours ahead in their winter.

**Holidays:**

| | |
|---|---|
| 01/01 | New Year's Day |
| 03/21 | Human Rights Day |
| 04/18 | Good Friday |
| 04/21 | Family Day |
| 04/27 | Freedom Day (observed 04/28) |
| 05/01 | Workers' Day |
| 06/16 | Youth Day |
| 08/09 | National Women's Day |
| 09/24 | Heritage Day |
| 12/16 | Day of Reconciliation |
| 12/25 | Christmas Day |
| 12/26 | Day of Goodwill |

## Historical Overview

The San, nomadic hunter-gatherers, were the earliest people to inhabit southern Africa. DNA evidence suggests that the San—sometimes referred to as "Bushmen"—lived here as long ago as 100,000 B.C, very likely making them the oldest people in the world. If so, then we can all trace our genes to them. In the fourth or fifth century B.C., the first Bantus arrived, bringing the first tribal structure to the region and taking over most of the arable land.

In the late 15th century, the Europeans arrived, first from Portugal, then from Holland. The latter settled here and took slaves from Madagascar, India, and Indonesia. The Dutch were losing their foothold by the late 18th century, leaving them vulnerable to the British, who set up a base in Cape Town as a pit stop en route to India and Australia. The British continued what the Dutch had started: They fought the native Xhosa people, pushing eastward to expand their reach and erecting fortresses along the Fish River.

The remaining Dutch Boer farmers escaped British control when they set off to establish their own colony in the north and the east of South Africa. But en route, they came across many deserted or decimated villages. Villagers they met were dazed and confused. The Boers would meet the culprits of this ransacking when they came upon the Zulu, who were running their campaign of terror to overtake land from surrounding tribes. With fierce struggle, the Boers faced them down and formed their own settlements, only to be confronted themselves by the British, who were bent on land acquisition. Then, a sea of diamonds appeared in the earth in nearby Kimberley, giving the Boers a bit more incentive to stay—and to fight the British with everything they had.

They resisted the British push with guerilla tactics in the First Boer War. But the British returned with greater force to defeat them in the Second Boer War at the turn of the 20th century. The formation of the Union of South Africa in 1910 by the British and the Dutch-Afrikaaners set the stage for apartheid with its race-based policies, restrictions, and repression. Blacks were segregated to live in squalid backwaters known as "homelands."

The white, ruling Afrikaaners paid plenty of lip service to the supposed self-sufficiency of these regions, but provided no means or opportunities for improvements. In the 1960s, blacks began to protest with strikes and marches. It wasn't long before things turned violent: 69 were killed in Sharpeville and members of the African National Congress (ANC) were jailed, Nelson Mandela among them.

Opposition against apartheid grew worldwide, and with the economic impacts of sanctions and divestments, the National Party's FW de Klerk lifted the ban on the ANC and, 27 years after his imprisonment, released Nelson Mandela. In 1994, he won the country's first multi-racial election by a landslide and became president.

Some of the disparities of apartheid remain, but South Africa is far more optimistic than it once was. Thabo Mbeki was elected into office in 1999 after Mandela's retirement—earning even more votes than his predecessor—but then was recalled from office in 2009 and replaced by Jacob Zuma. In recent years, South Africa has stepped up its fights against HIV/AIDS, with Mandela once again gaining international attention as an outspoken advocate of anti-AIDS drugs.

# Zimbabwe—Optional Extension

**Area:** 150,803 square miles
**Capital:** Harare
**Government:** Parliamentary democracy
**Language:** English (official), Shona, Nguni
**Location:** Zimbabwe (formerly Rhodesia) is almost twice as large as Great Britain. It is bordered on the north by Zambia, on the east by Mozambique, on the south by South Africa, and on the west by Botswana. Victoria Falls, approximately one mile long with a maximum drop of 420 feet, is located in the Zambezi River on the Zambia-Zimbabwe border.
**Population (2007 estimate.):** 12,311,143
**Religion:** Predominantly traditional tribal beliefs, Christian minority; several million blacks adhere to African independent sects, of which some 3,000 have been listed.
**Agricultural products:** Corn, cotton, tobacco, wheat, coffee, sugarcane, peanuts, cattle, sheep, goats, pigs
**Major industries:** Mining, copper, steel, nickel, tin, wood products, cement, chemicals, fertilizer, footwear, food items, beverages, clothes
**Time zone:** Zimbabwe is 7 hours ahead of Eastern Time in their summer, 6 hours ahead in their winter.

**Holidays:**

| | |
|---|---|
| 01/01 | New Year's Day |
| 04/18 | Good Friday |
| 04/21 | Easter Monday |
| 04/18 | Independence Day |
| 05/01 | Worker's Day |
| 08/11 | Heroes Day |
| 08/12 | Armed Forces Day |
| 12/22 | Unity Day |
| 12/25 | Christmas Day |
| 12/26 | Boxing Day |

**Historical Overview**
The name "Zimbabwe" comes from the capital city of the Monomotapa Empire, whose heyday occurred between the 5th and 15th centuries in this part of Africa. A remnant of this empire survives today at the Great Zimbabwe ruins, about 110 miles south of Harare, where there is an acropolis atop a 200-foot-high granite hill and a great enclosure in the plains below. The fortified acropolis housed the priests of the Mwari Cult. In the great enclosure, traders exchanged local gold and ivory for porcelain, glass beads, and other luxuries from overseas markets. Evidence shows that trade was brisk with lands as far away as India and China.

By the late 19th century, the area was occupied by African tribes including the Ndebele and the Shona, led by the powerful chief Lobengula. In 1890, a British column led by Cecil Rhodes marched from South Africa in search of precious minerals. They established Fort Salisbury (now Harare) and disbanded. Through treaties and persuasion, Rhodes and his British South Africa Company acquired mineral rights in Lobengula's kingdom.

Rhodes claimed the territory north of the Limpopo River for Great Britain and distributed it among his pioneers and the indigenous Africans. The country was known as Rhodesia for many years in his honor. The northern portion is now Zambia, while the former Southern Rhodesia was renamed Zimbabwe in 1980 in honor of its historical and cultural heritage.

The Ndebele took up arms in 1893 and again in 1896. European settlers spread from the area around Fort Salisbury, and by 1897 the railway had reached from South Africa to Bulawayo, the capital of Lobengula's former kingdom. A few years later the line was extended to reach the coalfields of Hwange, the copper belt in Northern Rhodesia (now Zambia), and Salisbury, which was already linked by rail to the port of Beira in Portuguese Mozambique.

Southern Rhodesia was granted independence by the British in 1923 as an autonomous member of the Commonwealth, but the passage of the Land Apportionment Act in 1931 solidified political power in the hands of the white minority. In 1953 Southern Rhodesia was joined with Northern Rhodesia and Nyasaland (now Malawi) into the Federation of Rhodesia and Nyasaland. Vigorous opposition by nationalists in Zambia and Malawi led to the dissolution of the federation in 1963 and to independence for Zambia and Malawi in 1964. In 1965, Rhodesia's prime minister, Ian Smith, announced a unilateral declaration of independence.

During the 1960s and 1970s, nationalism was building in Rhodesia under the parties led by Joshua Nkomo and Robert Mugabe. Both groups had to take refuge in neighboring independent countries. From there they waged a seven-year struggle for liberation from white minority rule. At last an agreement was reached to hold a popular election in 1980. Mugabe won a landslide victory to become Zimbabwe's first prime minister under majority rule, and continues to hold office today.

The parliament passed a Land Acquisition Bill in 1992, allowing the government to redistribute about half the land owned by white commercial farmers to black peasants. In his successful 1996 re-election campaign, Mugabe made a pledge that drew a large measure of concern from Zimbabwe's 100,000 remaining whites, promising to do more to speed up the resettlement of poor blacks on land acquired by the government. But there has been concern and controversy among the black population as well, with Mugabe’s recent years being marred by scandals, charges of corruption, economic problems, and even outcries about his choice of wives.

After 28 years as the head of what had effectively become a one-party state, Robert Mugabe’s once-iron grip is waning. In Zimbabwe’s 2008 elections, for instance, the leader of the country’s opposition party, Morgan Tsvangirai, won the popular vote, but Mugabe refused to step down from power quietly. He strong-armed opposition supporters and insisted on a run-off election, despite widespread condemnation from world leaders. In the end, South Africa’s president Thabo Mbeki brokered a power-sharing agreement in which Mugabe retains the presidency, with Tsvangirai serving as prime minister.

# 11. ADDITIONAL RESOURCES

## Books, Maps, and Movies

**General Africa:**

***Africa, A Biography of the Continent*** by John Reader (History): A great introduction to Africa from its ancient cultures up to modern times.

***The Africans*** by David Lamb (Culture) Written with humor and sympathy by the Los Angeles Times correspondent for Africa, this portrait of sub-Sahara Africa combines travelogue, news analysis, personal anecdotes, and portraits of nations.

***Faces of Africa, Thirty Years of Photography*** OR ***Passages: Photographs in Africa*** by Carol Beckwith and Angela Fisher (Photography/Anthropology) Traveling throughout Africa from the Sahara to Cape Horn, Beckwith and Fisher have produced decades of striking images, many of which have been published by National Geographic.

***Safari: A Chronicle of Adventure*** by Bartle Bull (History) In fascinating and often amusing detail, Bull delineates the evolution of the African safari—from the first European expedition in 1836 in ox-driven wagons to the modern-day version inn 4WD jeeps and comfortable camps. Bull also examines the ethical conflicts between hunting and wildlife conservation.

**South Africa:**

***The Covenant*** by James A. Michener (Fiction) An epic historic novel that traces South Africa's past from 500 years ago to modern events, told from the perspective of three families—African, Afrikaans, and English.

***Cry, The Beloved Country*** by Alan Paton (Classic) First published in 1948, *Cry* has been lauded as a poetical and powerful novel. The story centers on an apartheid-era black man who is accused of killing a white man.

***Dinaane: Short Stories by Women from South Africa*** edited by Maggie Davey (Short Stories): This collection provides a snapshot of modern, post-apartheid South Africa from a woman's point of view.

***Ethnic Pride and Racial Prejudice in Victorian Cape Town*** by Vivian Bickford–Smith (History) Essential reading for anyone interested in South African urban history or Cape Town.

***A History of South Africa*** by Leonard Monteath Thompson (History) One of South Africa's eminent scholars provides fresh insights into the country's history, from its earliest inhabitants to the present day.

***History of Southern Africa*** by J.D. Omer-Cooper (History) This readable history of the region is exhaustive in scope, covering the earliest settlements of Khoisan and Bantu-speaking peoples through to the collapse of apartheid in the 1990s. The recent history of Botswana, Lesotho, and Swaziland are included.

***Kruger - Images of a Great African Park*** by Michael Brett and Nigel Dennis (Natural History). A striking visual presentation of one of Africa's great wildernesses and most visited national parks. Includes photographs of Kruger and its many inhabitants, and descriptions of conservation, natural history, and the diverse habitats of the park.

***The Legacy of Ladysmith*** by J.K. Crane (Mystery) In this novel, a biographer's research on a Scottish patriarch uncovers some truths about the man and the South African town of Ladysmith that his family would like suppressed.

***Long Walk to Freedom: The Autobiography of Nelson Mandela*** by Nelson Mandela (Biography): Although there are more recent books about the charismatic South African leader, this is in his own words.

***My Traitor's Heart*** by Rian Malan (Culture) A brutally honest and riveting inquiry into apartheid's heart of darkness, written by the great-nephew of Daniel Malan, who was an architect of South Africa's apartheid system.

**Zimbabwe:**

***When a Crocodile Eats the Sun: A Memoir of Africa*** by Peter Godwin (Memoir): A deeply moving account of growing up in Zimbabwe and a father's death against the backdrop of civil war by veteran journalist Peter Godwin (the cruel Robert Mugabe is the 'crocodile' of the title).

***Harvest of Thorns*** by Shimmer Chinodya (History) A brave book that looks at the road along which Zimbabwe has traveled from the old white dominated Southern Rhodesia, through the Bush War, to the new black regime.

***The Girl Who Married a Lion and Other Tales of Africa*** by Alexander McCall Smith (Short Stories): Brings together a collection of often hilarious, often bizarre, folktales that he heard as a child growing up in Zimbabwe. In addition, the author includes seven new tales from Botswana.

***The Grass is Singing*** by Doris Lessing (Fiction): Lessing's first novel, the story of a white farm wife in Zimbabwe, and her relationship with her African servant. An explosive topic for the times, the book is a thoughtful portrait of the country, its people and social challenges

***The Last Resort: A Memoir of Mischief and Mayhem on a Family Farm in Africa*** by Douglas Rogers (Memoir) A critically-acclaimed tale about the author's family's last-ditch effort to save their farm from a government ordinance re-claiming land owned by white farmers. Touching and at times darkly funny.

***African Laughter: Four Visits to Zimbabwe*** by Doris Lessing (Travel Account) British author Doris Lessing recounts her visits back to her homeland, Zimbabwe, 25 years after her exile from old Southern Rhodesia for opposing the minority white government.

**Guidebooks:**

Your Program Director will be happy to provide recommendations and suggestions during the trip, so a guidebook is not a necessity. But a good one can be invaluable as a one-stop reference, so for those travelers who have asked for suggestions, we offer these guidelines. Since different guidebook series each have their own target audience and structure, it is well worth your time to browse your local library or bookstore to find the one(s) you like best. To get you started, here is some general information on the most popular series:

***Culture Smart!*** – Focuses on local customs and etiquette instead of sights, dining, etc.
***DK Eyewitness*** – Innovative visuals make these books easy to use and a nice souvenir once the trip is over. The focus is primarily on the sights and activities.
***Fodor's*** – A classic guidebook with strong information on activities, shopping, and dining. Good mix of upscale recommendations and budget suggestions.
***Frommer's*** – A comprehensive guide series that is known for its restaurant recommendations.
***Insight*** – Offers more information on history and culture than usual, nice visuals, good maps.
***Lonely Planet*** – Practical guides geared towards a more adventurous traveler on a budget.
***National Geographic*** – From the same company that publishes the magazine. Excellent photographs, good information on history, nature, and culture.
***Rough Guides*** –For the independent traveler on a budget. Particularly known for their maps.

**Maps:**

Most hotels will provide maps free of charge at the reception desk or in your room. These maps are usually sufficient for our travelers, but if you plan on any independent exploration, you may wish to consider purchasing a map before your departure. This can be especially useful in a country that doesn't use the Roman alphabet as the hotel maps may only be printed in the local language.

Some recommended map series include: Rand McNally international maps (especially the StreetWise series), Insight's FlexiMaps, and Rough Guide's destination maps. We suggest that you visit your local bookstore or library to get a better sense of which type of map is best for your needs before making a purchase.

**Suggested Movies**

Here are few of our favorite movies that are about, or set in, or from the region you'll be traveling. Most are available at movie rental stores and websites—or even your public library. Sometimes films produced outside of the US may be harder to find, but they are usually available online.

**Safari Africa:**

***Born Free*** starring Virginia McKenna and Bill Travers (1986, color) The true-life story of a rescued lion named Elsa and the family who helped save her. Shot on location in Kenya.

***Gorillas in the Mist*** starring Sigourney Weaver and Bryan Brown (1988, color) A "biopic" based on the life of anthropologist Dian Fossey and her breakthrough work with gorillas in Rwanda.

***Invictus*** starring Morgan Freeman and Matt Damon (2009, color) Director Clint Eastwood tells the story of how Nelson Mandela used the 1995 World Cup rugby matches to unite the people of South Africa.

***Nowhere in Africa*** starring Juliane Kohler and Merab Ninidze (2001, color) A Jewish couple flee Germany for Kenya at the start of WWII and try to build a new life in a strange land. In German, with subtitles.

***Out of Africa*** starring Meryl Streep and Robert Redford (1985, color) A romance set in Kenya of the 1910s. A young Danish woman falls for the country, her new coffee plantation, and a restless big-game hunter. Based on the book by the same name.

***The African Queen*** starring Katherine Hepburn and Humphrey Bogart (1951, B&W) A stubborn missionary and "diamond in the rough" river boat captain take on the Germans in WWI Africa. Two great stars at the peak of their careers—Bogey won the Oscar for this performance.

***The Number 1 Ladies' Detective Agency*** starring Jill Scott (2008, color) A film version of the popular book. After the death of her father, Precious Ramotswe sets out to become the first female private detective in all of Botswana. But will anyone hire her?

***The Snows of Kilimanjaro*** starring Gregory Peck, Susan Hayward, and Ava Gardner (1952, color). While Hemingway didn't like it much, viewers admired this interpretation of a dying writer reflecting on his life in the shadow of Mt. Kilimanjaro.

***The First Grader*** starring Naomie Harris, Tony Kgoroge, and Oliver Litondo (2010, color). An 84-year old Kenyan villager is determined to learn how to read and write no matter the odds. An uplifting movie based on a true story.

***Breaker Morant*** starring Bryan Brown (1980, color). Brilliant recounting of events that transpired during South Africa's Boer War revolving around the court martial of three Australian lieutenants—with lots of parallels to modern warfare.

***Hotel Rwanda*** starring Don Cheadle (2004, color) Powerful true-life story of a hotel manager who housed Tutsi refugees during the Rwanda genocide of 1994.

***Zulu*** starring Stanley Baker and Jack Hawkins (1964, color). Filmed against exotic African locales, this rousing adventure recounts the true story of a small 18th-century regiment of British troops besieged by an overwhelming number of Zulu tribesmen. Featuring a young Michael Caine in one of his first roles, it is also considered one of the finest war films ever made.

# Grand Circle Community & Useful Websites

If you have access to the Internet, the following sites offer a wealth of information:

**Visit the Grand Circle Community** website for a world of travel news and information:
www.gct.com/community

**Government websites:**
**International health information: CDC (Centers for Disease Control)**
www.cdc.gov/travel
**U.S. Customs & Border Protection: traveler information**
www.cbp.gov/xp/cgov/travel
**Transportation Security Administration (TSA): agency responsible for screening luggage in U.S.**
www.tsa.gov/public
**National Passport Information Center (NPIC): for passport information**
www.travel.state.gov

**General travel information websites:**
**Travel books**
www.amazon.com
www.barnesandnoble.com
**World weather**
www.intellicast.com
www.weather.com
**Foreign languages for travelers: basic terms in more than 80 languages**
www.travlang.com/languages
**Travel tips: packing light, choosing luggage, etc.**
www.travelite.org
**Net café guide: 100s of locations around the globe**
www.cybercafes.com
**Electric current and plug types**
www.kropla.com/electric2.htm
**Foreign exchange rates**
www.oanda.com/converter/classic
**ATM locators**
www.mastercard.com/atm for **Cirrus ATMs**
www.visa.com/pd/atm **for PLUS ATMs**

**Country information:**
www.southafrica.com **South Africa**
www.welcometoswaziland.com **Swaziland**
www.gocapetown.co.za **Cape Town**
www.zimbabwetourism.co.zw/defaulta.htm **Zimbabwe**