

Key information

Course site:	Amani Nature Reserve, East Usambara Mountains
Course dates:	8 th August to 7 th September
Meeting place:	CEFA Hostel, Dar es Salaam – 7 th August, 18:30
Visa fee:	\$50 US dollars - Ordinary visa
Contact Person:	Mr Stephen Mmasi, IUCN Hostel, PO Box 1, Amani Via Muheza, Tanga, Tanzania

The Usambara Mountains and Amani Nature Reserve

Lying in the north eastern part of the country, the Usambara Mountains are divided into the East and West Usambaras and comprise part of the Eastern Arc Mountains of Tanzania and Kenya. These forests support the highest known diversity and endemism of plant and animal species of all montane forest regions in East Africa. It is thought that 25% of the plants, 30% of amphibians and 70% of the chameleons are endemic to the Usambaras. The area is dominated by sub-montane forest and lowland forest which play an important role as a water catchment for the surrounding areas. The Usambara forests are under threat from deforestation and unsustainable use. Current research in the area focuses on the impact of forest fragmentation on populations, and the feasibility of developing wildlife corridors to reduce rates of species loss.

TBA courses are based at Amani Research Centre, located towards the south of the East Usambara plateau. The nearest large town to Amani is the coastal town of Tanga just over 60 km away and can usually be reached in 2-3 hours by road. In part to try and arrest the problems caused by forest degradation, Amani Nature Reserve was designated a protected area and gazetted in 1997, amalgamating six forest reserves (Amani-Sigi, Amani-east, Amani-west, Kwamsambia, Kwamkoro and Mnyuzi Scarp), public land and 1,068 ha of forest donated by the East Usambara Tea Company to become Tanzania's first nature reserve. The reserve covers 8,380 ha and also incorporates the former Amani Botanic Garden; during its early years as an agricultural station, a substantial botanical garden was established covering 300 hectares and containing a wide range of indigenous and exotic species.

For further details on the Eastern Arc Mountains and the Usambaras in particular, go to: -
<http://www.easternarc.org/>
<http://www.tropical-biology.org/research/dip/darwin.htm>
<http://www.easternarc.or.tz/>

Climate

The Usambaras experience two rainy seasons: the long rains run from March to May and the short rains from October to December. However, rainfall is variable, and you can certainly expect rain during the 'dry' seasons (**good walking boots essential!**). Mean temperatures at Amani are 21°C during the day and 14°C at night – you will need something warm to wear in the evening.

What you can expect to find at the field station

Accommodation at Amani is in shared houses where you sleep in two to four-bed rooms; they are small but comfortable and clean. There are toilets and washing facilities (with hot and cold water!) for each house, some of which are outdoors. A generator or mains supply electricity, but power failures do occur, so we suggest you bring a good torch if you have one. We have one large room which is used for lectures, project work and a computer room. Small former offices are used for the TBA library and as laboratory space for project work. The TBA will provide everything you need for the course field practicals and projects.

Communications

Mobile phone reception at the field station is reasonable; however, please remember that there is a **strict TBA policy that phones should not be used during timetabled activities**. There is an internet facility at the field station; you should arrange use and payment through the management. **To avoid your own disappointment and worrying your relatives/friends, we suggest you don't promise to contact anyone while you are in Amani.** You can tell people that lack of fast communication in rural Tanzania is normal and that one month is not such a long time!

If you have spare time in the centre of Dar es Salaam this would be the best time to secure a local SIM card to ensure contact with home.

For further information about Amani Nature Reserve & the TBA course in Tanzania go to: -

<http://www.tropical-biology.org/training/courses/where%20are%20the%20tba%20courses/tanzania.htm>

Arriving in Tanzania

Contact addresses in Tanzania

In Dar es Salaam: -

CEFA Hostel, Old Bagamoyo Road, Mikocheni

In Amani (this is where you will actually be staying for the field course): -

IUCN Hostel, Amani Nature Reserve

PO Box 1

Amani

Via Muheza, Tanga

Tanzania

Tel/Fax number (EMERGENCY ONLY): +255 2726 40313

Visas, passports and entry cards in Tanzania

Make sure you have a **VALID** passport (for at least 6 months) and **VISA** (if applicable) before you travel. If you do not have one then please get one **AS SOON AS POSSIBLE**. African participants: if you have difficulties obtaining a visa please contact the TBA Nairobi office as soon as possible.

Visa requirements (correct at the time of writing but all participants should check before applying):

- The **visa fee** for an Ordinary visa (the type that you require) is **US \$50** (as at **January 2012**) except for Pakistan (US \$200).

However, this information may change from time to time so, we strongly recommend that you check with the Tanzanian Embassy in your own country to find out whether you need a visa or not and how much it will cost.

Please also look at the Tanzanian Tourist Board site for more information: -

<http://www.tanzaniatouristboard.com/>

When filling in visa forms and entry cards, you **MUST** apply for/state you are using an **ORDINARY** visa. You will also need to give your address in Tanzania, which will be: IUCN Hostel, Amani Nature Reserve, PO Box 1, Amani, Via Muheza, Tanga, Tanzania. Our contact person in Tanzania is Mr. Stephen Mmasi at this address

Referred visa

The referred visa is one that requires special clearance or permission from the Director of Immigration Services in Dar es Salaam or the Principal Immigration Officer in Zanzibar. This type of visa is required for the nationals of the following countries: Lebanon, Pakistan, Bangladesh, **Nigeria**, **Somalia**, Afghanistan, **Senegal**, **Mali**, Turkey, Iran, Iraq, **Ethiopia**, Syria, **Egypt**, Yemen, **Morocco**, **Tunisia**, Saudi Arabia, Jordan, Sri Lanka, **Mauritania**, **Sierra Leone**, **Niger**, **Liberia** and for refugees, stateless people and any other nationalities as may be specified from time to time by the authorities. Persons in need of this type of visa may make enquiries at any Tanzania Mission abroad.

IMPORTANT: Your visa must be valid for the ENTIRE time you will be in Tanzania. Your passport should be valid for AT LEAST six months after you arrive in Tanzania. Whether you need a visa or not, when you enter Tanzania, you will be given a standard entry card to fill out; recent experience indicates that you should make sure that you make the length of the stay that you require very clear at airport immigration. Remember that A STAMP FOR '1 MONTH' IS NOT SUFFICIENT and will mean that an extension will be needed. Please ensure that your visa is stamped on arrival.

You can find more information on Tanzanian visas at this link:

http://www.moha.go.tz/index.php?option=com_content&view=article&id=42&Itemid=100 and

Arriving in Tanzania by air

If you are flying in to Tanzania, you will arrive at Dar es Salaam International Airport which is about 20 minutes from the city centre and 45 minutes from our pre-/post-course accommodation. The TBA will endeavour to meet all flights depending on their arrival time; if we are meeting you, look out for the TBA sign. If you are not being met, don't worry, it is very easy to get from the airport to town. A taxi from the airport is easy and will cost approximately TSh 40,000* (approx. \$25 US dollars) to the place where you will be staying ahead of the course. When using taxis say the name of the place and always agree the price before entering the taxi.

***We recommend that you buy some Tanzanian currency (TSh = Tanzania shillings) on arrival at the airport in case you do not have a chance to go to a bank/foreign exchange prior to our departure for Amani.**

European participants: please send us your flight details as soon as possible

Arriving by bus or train

The Central Railway Station is located on Sokoine Drive. It is quite close to the centre of town. The Bus Station is located on Morogoro Road in the Ubungo area which is 6 km to the west of the centre. You will have to get a taxi or a local bus. Both the Railway and Ubungo bus station are about TSh 5,000 from the city centre by taxi.

Getting around Dar es Salaam

- Dar es Salaam (usually abbreviated to "Dar") is a busy city with about 1.5 million inhabitants. The official language in Tanzania is Swahili but most people understand and speak English. Time in Tanzania is +3 hrs GMT.
- Taxis - these cost around TSh 2000 - 5000 (\$1.25 - \$3.25) for journeys within town and they are worthwhile if you are carrying a lot of luggage and/or valuables.
- Dala Dalas (mini buses) - these are great for getting about town when you have left your rucksack at your hotel. They cost TSh 300 (\$0.20) to TSh 500 (\$0.4) for a journey. They are fast and furious and best avoided at rush hours or if you have a lot of luggage. You may need to be advised which bus to get, if you are not used to this kind of travel. If you have any questions about which bus to take, just ask one of the conductors.

In Dar, like anywhere else, you should look after your possessions (including the contents of your pockets) and exercise common sense. By doing so you shouldn't have any problems.

Where to stay in Dar es Salaam

We will provide accommodation in Dar es Salaam for the night before and the last night of the course (see below). We leave Dar early in the morning of the start date of the course, so you need to be in Dar the evening before at the very latest. If you arrive earlier than this let us know if you want us to book accommodation for you at the course rendezvous. If you are arriving well in advance of the course to do some independent travelling, please feel free to contact the Cambridge Course Co-ordinator (courses@tropical-biology.org) for advice about accommodation in Dar.

Meeting up with the TBA

The TBA will book and provide your accommodation with a meal in Dar es Salaam for the night before the course begins and on the last night of the course at the meeting place for all TBA course participants at 18.30 the evening before the course starts. If you arrive earlier than the night before the course, we can arrange extra nights accommodation if you let us know early enough.

The rendezvous or meeting place for ALL TBA course participants is at:

**CEFA Hostel,
Old Bagamoyo Road,
Mikocheni**

18:30, 7th August

Further information will be sent to you before the course starts

Getting from Dar es Salaam to Amani with the TBA

On the morning of the start date of the course we will drive you all from Dar es Salaam to Amani which should take around 8-9 hours, including a lunch stop. Although quite a tiring journey it is a good chance to get to know your fellow course participants.

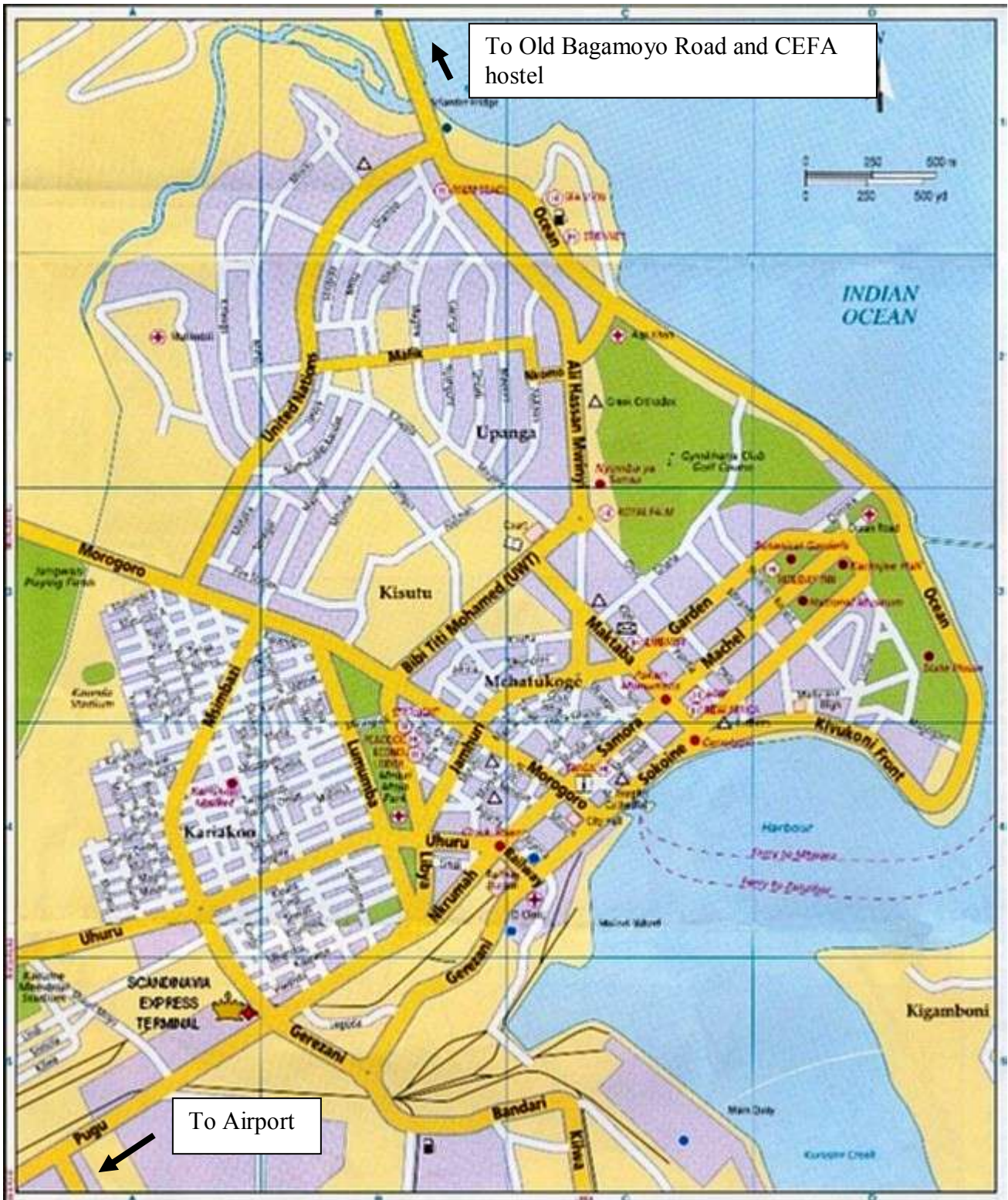
If you miss the rendezvous, you will have to make your own way to Amani. You should try to contact the TBA (details will follow prior to the course).

However, you are **strongly recommended** not to miss the rendezvous as there is no direct way to get to Amani by public transport.

Map 1. Tanzania, showing location of Amani and Dar es Salaam



Map 2 – Map showing Dar es Salaam city centre



References

General reading

Travel guides are a good way to gain an overview of Tanzania, its geography and places of interest. **The Rough Guide to Tanzania** (Richard Trillo) is highly recommended if you plan to travel in Tanzania independently. The **East African Handbook** (Trade & Travel Handbooks) covers East Africa, as does the **Lonely Planet East Africa** guide.

Academic references

Please contact the Course co-ordinator at the Cambridge office (courses@tropical-biology.org) for a list of books and published papers that will provide useful background reading on tropical forests, and research in both Amani and Tanzania in general.

Useful websites

<http://www.amanibutterflyproject.org/>
<http://www.tfcg.org/index.html>

Past projects

Examples of past student projects and published work undertaken during TBA courses at Amani can be found at: -

<http://www.tropical-biology.org/resources/courseabstracts.htm>

If you have any further queries, please contact us at:

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