

SOMALIA

TRAVEL TIPS AND INFORMATION

Time

- GMT + 3

Electricity

- 220 volts AC / 50 Hz – two pronged plugs

Money – How much to bring with you!

- The Somali Shilling is the official tender (approximately US\$1 = 1,300) – however, bring United States Dollars, preferably new notes and in small denominations – budget around US\$ 60 per day, excluding shopping.
- Please have US\$20 to pay the **Nairobi Departure Tax** (they do not accept notes dating before 2003) -- and keep some extra for the way out – just in case.
- In Jowhar, Baidoa, Bossaso and Hargeisa budget about US\$ 50 (for accommodation and meals each day) – it will be less if you share. Accommodation charges cover laundry services.

Mobile Phone Connectivity

- You can buy a prepaid mobile phone chip from a local provider!

Accommodation, Food and Drink

- UNICEF has guesthouses in Jowhar, Bossaso, Baidoa and Hargeisa. In Bossaso, there are pre-approved hotels if the guesthouse is full. Hargeisa too has a guesthouse and there is alternative accommodation in hotels. Accommodation is good (mosquito nets in all rooms) and meals safe and “home” cooked. Salads and vegetables are sparse and if you are a vegetarian, we suggest bringing along high protein snacks just in case.
- Please note that depending on the number of visitors, you might be required to share rooms and definitely bathrooms.

Health

- Mosquitoes are many and repellents are a must if you want to have a peaceful meal outside or inside and to avoid contracting malaria. It's recommended that you sleep under the provided mosquito net.
- Avoid malaria by wearing light cotton long sleeve shirts and trousers and using effective insect repellent, particularly at dusk.
- Cholera is present. Never drink unpurified water.
- High quality medical facilities do not exist, so come in good health and stay away from unwashed fruits and vegetables. Bottled mineral water is readily available at the guest house. Take some with you for field trips.
- Consult your doctor or travel health clinic for advice and preventive measures, especially concerning malaria.

Weather in September

- The climate in Bossaso and Jowhar is hot and humid; those with low -blood pressure might take longer to acclimatize.

What to Wear

- Females are required to wear headscarves and cover their bodies – we suggest with long loose fitting clothes (cotton loose trousers or long floor-length skirts/dresses). Open shoes are no problem
- Males should be conservative in their dress!
- Good walking shoes a must!

What to Bring

- Your **GETAWAY PACK** – passport, money, mobile phone, valuables, hand sanitizer, toilet paper, toothbrush, toothpaste and important medication + plus anything else you need – to keep with you at all times
- Insect repellent, sunscreen and hat
- Antiseptic wipes
- Soap free antibacterial lotion/hand sanitizer
- Cotton towel
- Travel size soaps, shampoo, and toiletries for field trip. If you use particular products, then we suggest you bring these along (including feminine hygiene products).
- Soft Kleenex and toilet paper – as this tends to be hard!
- Your prescription medicine and small travel size first aid package (e.g. against diarrhoea, travel sickness, etc.)
- And finally, a good book!

Remember, the UN flight has weight restrictions – only 20 kilos per person including your laptop, camera, etc. You can always book and pay for excess baggage. This is US\$ 7.18/kilo to Jowhar and US\$ 12.53 per kilo to Bossaso.

Security/Getaway Pack

- You will be given a local security briefing inside Somalia as soon as you arrive to let you know what to do if you are involved in an accident, ambush, etc. **Always follow this advice.**
- Always carry your GETAWAY PACK with you at all times