



Zambia – Basic Information

Official Name	The Republic of Zambia
Total Area	752,614 sq km
Total Population	11,669,534
Capital Cities	Capital: Lusaka Other major cities: Ndola, Kitwe, Kabwe, Chingola Tourist capital: Livingstone
National Symbols	National Bird: African Fish Eagle National Flower: Bougainvillea The flag of Zambia was hoisted for the first time at midnight on 23 rd October 1964. It symbolizes the nation's patriotism and the source of its wealth. The field of green depicts the richness of Zambia's land, red represents the struggle for freedom, black for the people and orange for Zambia's mineral wealth. The Eagle on the Flag is taken from the nation's coat of arms. The national motto is: One Zambia, One Nation
Official Languages	Official Language: English Major vernaculars: Bemba, Kaonda, Lozi, Lunda, Luvale, Nyanja, Tonga; Over 70 other dialects.
Religion	Christian 50%–75%, Islam and Hindu 24%–49%, indigenous beliefs 1%
Public Holidays	1 st January 9 th March – Woman's Day 12 th March – Youth Day 10 th April – Good Friday 13 th April – Easter Monday 1 st May – Labour Day 25 th May – Freedom Day 6 th July – Hero's Day 8 th July – Unity Day 4 th August – Farmers Day 24 th October – Independence Day 25 th December – Christmas Day
Provinces	9 provinces : Central, Copperbelt, Eastern, Luapula, Lusaka, Northern, North-Western, Southern, Western
Time	GMT +2
Electricity	Electrical current is 220 volts, 50Hz. Square three-pin plugs, as well as two-and three pin round plugs are in use.

Money	<p>Zambian kwacha (ZMK)</p> <p>The Zambian currency is the Kwacha (ZMK). It is best to bring travellers cheques, US Dollars or Pounds Sterling which can be exchanged at the many bureau de change found in the main towns. While most of the tourist hotels, restaurants, travel agents and larger shops, especially in Lusaka and Livingstone, accept credit cards many outlets in the rural areas do not and deal only in local currency. ATMs are available in Lusaka and some of the major towns. Banking hours vary but are usually 8.30am to 2.30pm on weekdays and mornings of the first and last Saturday of the month. There are ATM's in Livingstone with one at the Sun International complex.</p>
Entry Requirements	<p><u>Entry requirements:</u> A Day Tripper pass and single / multiple entry visas (for a travel period of up to 90 days) are available at point of entry. There is also the option of applying for single and multiple entry visas prior to travel.</p> <ul style="list-style-type: none"> • For more information on countries that are subject to/exempt from Zambian visas: http://www.zambiaimmigration.gov.zm/zims/visa_guidelines.aspx
Passport / Visa Notes:	<p>A return ticket or proof of onward travel, all documents for next destination and proof of sufficient funds is required for all travellers. Visas issued on arrival vary in fee according to amount of entries and nationality. There is a special provision for day visitors coming across the border from Zimbabwe into Livingstone, who require a visa. A "Day Tripper" visa is valid for a maximum stay of 24hours.</p> <p>Visa fees are the same for all nationalities that require them.</p>
Health	<p>Malaria prophylactics are strongly recommended at all times of the year, but most notably from November through to May. June to October are low risk months.</p> <p>Visitors passing through yellow fever or cholera zones must be able to produce a valid certificate of vaccination.</p> <p>HIV/Aids infections are at a high level. Common sense should prevail in all liaisons with local people.</p> <p>Travel Insurance is recommended and should include medical evacuation by air if this is not specifically catered for by your ground agent. Travellers should carry an adequate supply of their prescribed medicines with them.</p> <p>Avoid food bought from local street vendors and ensure drinking water is filtered and boiled, or bought in sealed, branded bottles.</p>
Safety	<p>Most visits to Zambia are trouble free and the safety and tranquility of Livingstone has always been a tourism draw card.</p> <p>Many roads can become impassable in the rainy season (November to April).</p>
Business	<p>All business is in English and most Zambians speak it fairly well.</p> <p>Tipping is discouraged, but still practised on occasion and is usually about 10%. A 10% service charge is included in bills, but tipping in hotels is against the law.</p>
Communications	<p>The international dialling code for Zambia is +260. The outgoing code is 00 followed by the relevant country code (e.g. 0027 for South Africa). City/area codes are in use, e.g. 1 for Lusaka. Operator assisted calls can be booked by dialling 090 or 093. Connections tend to be bad, particularly outside of Lusaka. There are GSM 900 cell phone networks in operation, but coverage is limited mainly to urban areas. There are several Internet cafes in Livingstone and Lusaka, and secretarial services in Lusaka offer full telephone, fax, telex and email facilities. Postal services are fairly reliable.</p>

Duty Free	Travellers to Zambia over 18 years do not have to pay duty on the following items: 400 cigarettes or 500g tobacco, 1 bottle of alcohol and 2.5 litres of beer, and 1 ounce of perfume. Visitors may export the same items for free.
Useful Contacts	<p><u>Tourism</u> Zambia National Tourist Board, Lusaka: +260 (0)1 229 087 or www.zambiatourism.com</p> <p><u>Zambian Embassies</u> Zambian Embassy, Washington DC, United States: +1 202 265 9717 Zambian High Commission, London, United Kingdom: +44 (0)20 7589 6655 Zambian High Commission, Ottawa, Canada: +1 613 232 440 Zambian High Commission, Tokyo, Japan (also responsible for Australia and New Zealand): +81 (0)3 3491 0121 Zambian High Commission, Pretoria, South Africa: +27 (0)12 326 1854</p> <p><u>Foreign Embassies in Zambia</u> United States Embassy, Lusaka: +2601250955 British High Commission, Lusaka: +2601251133 Canadian High Commission, Lusaka: +2601250833 Australian High Commission, Harare, Zimbabwe (also responsible for Zambia): +2634852471 South African High Commission, Lusaka: +2601260999 Irish Embassy, Lusaka: +2601291298 New Zealand High Commission, Pretoria, South Africa (also responsible for Zambia): +27 (0)12 342 8656/7/8/9.</p> <p><u>Emergencies:</u> 999</p>
Zambian Airports	<p><u>Lusaka International Airport</u> Location: The airport is situated 16 miles (27km) east of Lusaka. Time: GMT +2. Contacts: Tel: +260 (0)1 271 044 Transfer to the city: There is an airport bus service, and taxis are available. Car rental: Most major car hire companies are represented at the airport terminal. Cars are usually hired with a chauffeur. Facilities: The airport has a bank with bureau de change, a post office, restaurant, bar, duty-free shop, chemist, newsagent and a VIP lounge. A tourist help desk and travel agent can also be found in the airport terminal building, as well as a business centre. Departure Tax: US\$25 (may be included in ticket). Website: www.lun.aero</p>
Climate	Zambia is warm all year round, but has three distinct seasons. Between December and April the weather is hot and wet; from May to August it is cooler and dry; between September and November conditions are hot and dry. Average summer temperatures range between 77°F to 95°F (25°C to 35°C), while in winter the variation increases ranging from 43°F to 75°F (6°C to 24°C).

Information adapted from the following sources:

The World Fact Book, www.zambiatourism.com, www.flysaa.com, www.infoplease.com and www.siyabona.com