

Zambia

Travel Facts



US State Department Travel Advisory

The US State Department currently recommends US citizens exercise normal precautions in Zambia.

<https://travel.state.gov/content/travel/en/traveladvisories/traveladvisories.html>

Passport/Visa Requirements

For the latest passport and visa requirements for this country, please consult the US State Department's "Learn About Your Destination" search tool, available through the link below.

<https://travel.state.gov/content/travel/en/international-travel/International-Travel-Country-Information-Pages.html>

US Embassy/Consulate

EMER: +(260) (0) 211-357-000; US Embassy Lusaka, Eastern end of Kabulonga Road, Ibex Hill Road, Lusaka, Zambia; ACSLusaka@state.gov; <https://zm.usembassy.gov/>

LGBTQIA+, Women, and Special Needs Travelers

Additional travel considerations can be found on the US State Department's International Travel page.

<https://travel.state.gov/content/travel/en/international-travel/before-you-go/travelers-with-special-considerations.html>

Telephone Code

260

Local Emergency Phone

999

Vaccinations

The CDC and WHO recommend the following vaccinations for Zambia: hepatitis A, hepatitis B, typhoid, yellow fever, rabies, meningitis, polio, measles, mumps and rubella (MMR), Tdap (tetanus, diphtheria and pertussis), chickenpox, shingles, pneumonia and influenza. <http://www.who.int/>

Climate

Tropical; modified by altitude; rainy season (October to April)

Currency (Code)

Zambian kwacha (ZMK)

Electricity/Voltage/Plug Type(s)

230 V / 50 Hz / plug types(s): C, D, G



Type C



Type D



Type G

Major Languages

Bemba, Nyanja, Tonga, Lozi, Chewa, Nsenga, Tumbuka, Lunda, Kaonde, Lala, Lamba, English

Major Religions

Protestant, Roman Catholic, other (includes Muslim, Buddhist, Hindu, and Baha'i)

Time Difference

UTC+2 (7 hours ahead of Washington, DC, during Standard Time)

Potable Water

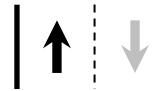
Opt for bottled water

International Driving Permit

Suggested

Road Driving Side

Left



Tourist Destinations

Victoria Falls; Devil's Pool; Zambezi River; Kafue National Park; Lusaka National Museum; Siavonga; Blue Lagoon National Park

Major Sports

Soccer, boxing, tennis

Cultural Practices

Always greet before starting a conversation, and if a person approaches you, offer the initial greeting. Men should withhold their hands when greeting a woman, until the woman offers her hands. Gifts are presented as a sign of honor, friendship or appreciation.

Tipping Guidelines

Tip 10% in restaurants. Tip guides directly at the end of a tour \$5-10 (USD) per person per day.

Souvenirs

Wood and stone carvings, handmade pottery and glassware, basketware, batik fabric and decorative items; wrought iron sculptures and copperware; carved tribal items including masks, drums, and animals; beadwork and handmade jewelry; local gemstones

Traditional Cuisine

Nshima — a dough-like porridge made from ground maize used to scoop up side dishes (ndiwo) such as soups, stews, sauces, or relishes

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