

Healthy Travel Africa

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Planning a trip to Africa? Ensure a healthy and safe journey with our expert tips. Learn about essential vaccinations, health precautions, and how to stay well while exploring the continent's diverse wonders. Travel Africa with confidence and peace of mind for an unforgettable adventure.

Each file is designed to support effective teaching and structured learning.

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Lonely Planet

Designed to accompany Lonely Planet guidebooks, this text is packed with answers to all the common health questions travellers ask. The book focuses on travelling in Africa.

Africa

Lonely Planet: The world's leading travel guide publisher An African holiday should be spent in the wild, not in the emergency ward. This guide to healthy travel covers immunisation, medical kits, how to stay healthy and what to do if problems arise. It's like having a mini-med in your pocket. tailored advice for travellers of all ages and needs clear guidelines on treating common travel illnesses how to avoid wildlife hazards, from insects to hippos safety tips for outdoor action, including safaris and trekking comprehensive first-aid section Lonely Planet gets you to the heart of a place. Our job is to make amazing travel experiences happen. We visit the places we write about each and every edition. We never take freebies for positive coverage, so you can always rely on us to tell it like it is. Authors:Written and researched by Lonely Planet, Dr. Isabelle Young, and Dr. Tony Gherardin. About Lonely Planet:Started in 1973, Lonely Planet has become the world's leading travel guide publisher with guidebooks to every destination on the planet, as well as an award-winning website, a suite of mobile and digital travel products, and a dedicated traveller community. Lonely Planet's mission is to enable curious travellers to experience the world and to truly get to the heart of the places they find themselves in. TripAdvisor Travelers' Choice Awards 2012 and 2013 winner in Favorite Travel Guide category 'Lonely Planet guides are, quite simply, like no other.' - New York Times 'Lonely Planet. It's on everyone's bookshelves; it's in every traveller's hands. It's on mobile phones. It's on the Internet. It's everywhere, and it's telling entire generations of people how to travel the world.' - Fairfax Media (Australia)

Staying Healthy in Asia, Africa, and Latin America

This is an updated and expanded version of this popular book on maintaining good health while travelling in developing countries.'

Staying Healthy in Asia, Africa, and Latin America

An up-to-date, definitive guide to staying safe and healthy anywhere in the world. Completely updated for 2018 with expanded guidelines for Zika virus, cholera vaccine, and more.

CDC Yellow Book 2018: Health Information for International Travel

Africa is a diverse continent, with more than fifty countries of varying history, natural resources, economic development, and growth prospects. Despite poverty reduction strategies and accelerated economic growth, health delivery has not seen much improvement. You, the traveler to Africa, need to be aware of the risks. This easy to read, informative layman's medical guide covers every imaginable aspect of travel health for the tropics, especially Africa. Part 1: Risks by specific geographic region and seasonal variation, from low risk seasonal diseases to high risk endemic diseases. Part 2: A detailed FAQ on travel and tropical medical consultation interspersed with practical, spot-on travel queries by actual travelers to the tropics. Part 3: Country by country vaccination entry requirements. Part 4: Important information on some common travel issues. Safe Travel Africa does not assume prior knowledge, but starts from the ground up to strengthen the traveler's knowledge base. Knowing the ropes will make a fearsome, hazardous journey safe and worthwhile. Richard D'Almeida is Chief Medical Officer of Nyaho Medical Centre, a leading private medical facility in Ghana. He is also Medical Director of the ASI-Malaria Travel Clinic, a joint collaboration with the African Scientific Institute, an American-based NGO of which he is a Fellow. As a Fellow of the Ghana College of Physicians and Surgeons and a Member of the Faculty of Travel Medicine of the Royal College of Physicians and Surgeons of Glasgow respectively, Dr. D'Almeida has distinguished himself in Family Medicine and Travel Medicine. He has been at the forefront of management of travel and other health needs of Ghanaians and travelers to Ghana, providing advice in travel and other health related issues. Safe Travel Africa, the first of Dr. D'Almeida's publications on travel medicine, is the product of his perspective and experience in travel and tropical medicine spanning over twenty years.

Safe Travel Afric

This work aims to offer in a single volume, a comprehensive guide to healthy travel. The first section offers useful pre-travel information on such topics as inoculations and a suggested medical kit. There is also a section aimed at travellers with special needs, including the female, pregnant or diabetic traveller. There is an A to Z of diseases and health risks, detailing symptoms and treatments, a section on which health risks are most common in each part of the globe and how best to prepare for them, and a directory of health contacts world-wide, including the latest online services.

The Rough Guide to Travel Health

Are you planning a trip to South Africa? Thinking of visiting the beautiful Southern Africa country? Then this travel guide book is for you! This book will tell you all about the Republic of South Africa - for both experienced and inexperienced travelers; for people who have visited South Africa before and those who have not. The book will give you useful facts about the country, where, how and when to go, how to get around, where to stay, what to eat and drink, fun and interesting activities, such as festivals and sports, how to stay safe and healthy, an overview guide of each region, a short history of the country and more! I am Alex Pitt - adventurer, climber, survivor, nomad, traveler and writer and I would like to present to you the fascinating country that is South Africa. This book includes: An introduction and facts about South Africa Where to go, when to go, how to go and how to get around Losing weight on the mindfulness diet Accommodation, dining and drinking Festivals, sports and other activities Health and personal safety The Western Cape The Northern Cape The Eastern Cape KwaZulu-Natal Free State Gauteng North West Province Mpumalanga Limpopo History of South Africa And many more great traveling tips Are you ready to pack your bags and travel to South Africa? Scroll up, hit that buy button!

South Africa Travel Guide

The Adventurous Traveler's Guide to Health is just what every traveler needs: a straight-forward look at what you can do to stay healthy during your travels, from start to finish. Whether headed to the urban centers of Africa or the jungles of southeast Asia, there are precautions to be taken even before setting foot on a plane, as well as important things to remember once your travels are over. Chris Sanford aids travelers in first finding a travel health specialist and then knowing exactly which questions to ask. The Adventurous Traveler's Guide to Health will also serve as a take-along guide to help deal

with illnesses or symptoms that may arise while you're on the road and as a post-trip reference for any delayed symptoms. Aside from infectious diseases, Sanford also looks at the more common and overlooked problems travelers are likely to encounter, such as health risks in cities (pollution and motor vehicle accidents, for example), traveling if chronically ill or immuno-compromised, and high-altitude sickness. Each of the book's chapters includes a question-and-answer section based on real questions that Dr. Sanford's patients have asked him. General travelers, including students going abroad to study or backpack through the developing world and travelers who want to get off the beaten path as well as explore the cities of the world, will find this an invaluable resource.

The Adventurous Traveler's Guide to Health

Includes United States designated yellow fever vaccination centers, previously issued in Morbidity and mortality weekly report.

Health Information for International Travel

The cutting-edge new edition of the Centers for Disease Control and Prevention's famed "Yellow Book" is the most authoritative guide of its kind, with vital pre-travel healthcare tips and essential information on health risks abroad. It includes vaccination recommendations and disease prevention strategies for HIV/AIDS, cholera, hepatitis, influenza, plague, SARS, smallpox, viral hemorrhagic fevers, and many other illnesses.

Health Information for International Travel

Lonely Planet: The world's leading travel guide publisher Lonely Planet Southern Africa is your passport to the most relevant, up-to-date advice on what to see and skip, and what hidden discoveries await you. Clamber up the world's oldest sand dunes in Sossusvlei, step back in time on Mozambique Island, or enjoy world-class wildlife-watching in Etosha National Park; all with your trusted travel companion. Get to the heart of Southern Africa and begin your journey now! Inside Lonely Planet Southern Africa Travel Guide: Colour maps and images throughout Highlights and itineraries help you tailor your trip to your personal needs and interests Insider tips to save time and money and get around like a local, avoiding crowds and trouble spots Essential info at your fingertips - hours of operation, phone numbers, websites, transit tips, prices Honest reviews for all budgets - eating, sleeping, sight-seeing, going out, shopping, hidden gems that most guidebooks miss Cultural insights give you a richer, more rewarding travel experience - history, art, cuisine, environment, wildlife, music, religion, literature, visual arts Over 115 maps Covers Malawi, Zambia, South Africa, Mozambique, Zimbabwe, Botswana, Namibia, Lesotho, Swaziland and more eBook Features: (Best viewed on tablet devices and smartphones) Downloadable PDF and offline maps prevent roaming and data charges Effortlessly navigate and jump between maps and reviews Add notes to personalise your guidebook experience Seamlessly flip between pages Bookmarks and speedy search capabilities get you to key pages in a flash Embedded links to recommendations' websites Zoom-in maps and images Inbuilt dictionary for quick referencing The Perfect Choice: Lonely Planet Southern Africa, our most comprehensive guide to Southern Africa, is perfect for both exploring top sights and taking roads less travelled. Looking for a guide focused on South Africa or Zambia, Mozambique and Malawi? Check out Lonely Planet South Africa guide, and Zambia, Mozambique & Malawi guide for a comprehensive look at all these countries have to offer. Looking for more extensive coverage? Check out Lonely Planet Africa guide for a comprehensive look at all the region has to offer. About Lonely Planet: Since 1973, Lonely Planet has become the world's leading travel media company with guidebooks to every destination, an award-winning website, mobile and digital travel products, and a dedicated traveller community. Lonely Planet covers must-see spots but also enables curious travellers to get off beaten paths to understand more of the culture of the places in which they find themselves. Note: The digital edition of this book is missing some of the images found in the physical edition

Health Information for International Travel 2005-2006

There's no way to be subtle about it--diarrhea, parasites, and other gastrointestinal unpleasanties can be part of the price travelers pay for trying to see the world. Fortunately, this frank, witty guide by a noted travel writer lets world-explorers fight back against their invisible assailants.

Lonely Planet Southern Africa

The only travel guide to the six major safari countries--Kenya, Tanzania, Zambia, Botswana, Namibia and South Africa--that's written specifically with disabled and older travellers in mind.

Travel in Health

Travellers' Health offers practical advice on preventing and coping with every health problem imaginable. Authoritatively written by over 70 experts, this book is essential reading for all travellers worldwide.

How to Shit Around the World

Whether planning a long weekend in Mexico or an African safari, travellers need current and practical information on protecting their health in foreign countries. *Staying Healthy Abroad* gives straightforward and easy-to-follow recommendations for those travelling for pleasure, study, business, or volunteer work; for short- or long-term stays; and to destinations ranging from rural areas to large cities, in both developing and industrialised nations. Observing that risk is determined less by where you go than by what you do, physician and educator Christopher Sanford provides succinct overviews and commonsense advice on how to prevent communicable diseases, malaria and other mosquito-borne illnesses, and travellers' diarrhoea; avoid traffic and water accidents; and evaluate post-trip symptoms; and addresses many other concerns. His emphasis is on ailments and injuries that travellers are most likely to encounter, because "if something occurs less frequently than one-in-a-million, it probably isn't going to happen to you." *Staying Healthy Abroad* also covers concerns unique to women, men, children, LGBTQ individuals, and travellers with chronic illnesses. International travel can be a business requirement, a study-abroad opportunity, an exciting adventure, or a quick getaway outside the normal routine. The majority of health and safety risks for travellers can be avoided with sensible pre-travel precautions, such as immunisations, and attention to safe behaviour while away. From altitude sickness to Zika virus, the clear and concise information in *Staying Healthy Abroad* helps make global travel less stressful and more enjoyable.

Access Africa

Health risks are real and ever-changing, especially while traveling abroad. To stay abreast of the most up-to-date health recommendations, experienced travelers and health care professionals have always relied on CDC's user-friendly Health Information for International Travel (commonly known as the *The Yellow Book*) as their one indispensable guide. Updated biennially by a team of almost two hundred experts-including both CDC staff and travel medicine experts--this book is the only publication that contains all of the official government recommendations for international travel. Clearly written and featuring full-color illustrations, the book provides easy-to-read disease risk maps, information on where to find health care during travel, advice for those traveling with infants and children, a comprehensive catalog of diseases, and detailed country-specific health warnings. For example, the section on the Caribbean lays out the recommended immunizations and examines specific health risks for travelers to the region, ranging from malaria to dengue, yellow fever, and traveler's diarrhea. But the book goes beyond the risk of disease to discuss dangers such as violent crime--fortunately, not a great danger to tourists in the area--and also to remind travelers that the single greatest cause of injury death among visitors are traffic accidents. The section on the Caribbean also notes hurricane season and outlines the risks involved in snorkeling, diving, and other water activities common to the area. Every facet of the previous edition has been revisited and revised where necessary, including country-by-country immunization suggestions and new drug information. For the primary care clinician, the specialized travel medicine clinician, or the avid or first-time international traveler, this book is an indispensable safety net, providing readers with everything they need to know to prevent or to seek treatment for illness abroad.

Travellers' Health

In this book the traveler is inspired to be adventurous when dealing with foreign toilets and to understand the cultural lessons learned from using a foreign bathroom.

Staying Healthy Abroad

"The Berlitz Pocket Guide to Travel Health" will guide you through the medical pitfalls of travelling and living abroad. Whether it's an innocuous trip to North America or a trek through sub-saharan Africa, this guide covers every travel health eventuality. It provides an in-depth look at preparation and prevention

as well as symptoms and treatment. It is ideal for holiday-makers and long-term travellers as well as aid workers and other professionals working in the developing world. It also includes special advice for women, older travellers and those travelling with children.

CDC Health Information for International Travel 2014

Looking at health and health care in a new way, this book examines health risks and benefits as encountered 'on the move' rather than focusing on the risks and benefits incurred at fixed locations. The provision and utilization of health care is also investigated, as produced/delivered and consumed/accessed in mobile settings. Engaging with the contemporary concern with 'mobilities' this book covers many forms of movement and flow, including movements of people, disease, information and health care. The issues and problems which are considered - whether re-emerging infections, displaced persons, or the 'risks' of globalised travel - are of current and ongoing concern. Drawing on three main disciplines, geography, sociology, and epidemiology, author Tony Gatrell makes strong connections between these areas of inquiry, drawing on (for example) social theorising, geographical concepts, and epidemiological methods and data. The book will be of interest to the growing number of geographers working on the geography of health, along with social scientists involved in the mobilities 'turn'. More broadly, as issues of global public health that invariably involve the movements of people, goods, viruses and information continue to hit the headlines, the book is both timely and of policy relevance.

Shitting Pretty

This 1st edition of Essential Travel Medicine provides an excellent concise introduction to the specialty of Travel Medicine. This core text will enable health care practitioners particularly those new to the clinical practice of Travel Medicine, to gain a fundamental understanding of the diverse and complex issues which can potentially affect the health of the many millions of people who undertake international travel. Jane N Zuckerman is joined by Gary W Brunette from CDC and Peter A Leggat from Australia as Editors. Leading international specialists in their fields have contributed authoritative chapters reflecting current knowledge to facilitate best clinical practice in the different aspects of travel medicine. The aim of Essential Travel Medicine is to provide a comprehensive guide to Travel Medicine as well as a fundamental knowledge base to support international undergraduate and postgraduate specialty training programmes in the discipline of Travel Medicine. The 1st edition of Essential Travel Medicine offers an indispensable resource of essential information for travel health practitioners, infectious disease specialists, occupational health specialists, public health specialists, family practitioners, pharmacists and other allied health professionals. This core text will appeal similarly to those training in Travel Medicine and to those who want a concise introduction to the subject or an ideal revision companion.

Travel Health Berlitz Pocket Guide

Prevent, evaluate, and manage diseases that can be acquired in tropical environments and foreign countries with The Travel and Tropical Medicine Manual. This pragmatic, pocket-sized resource equips medical providers with the knowledge they need to offer effective aid, covering key topics in pre- and post-travel medicine, caring for immigrants and refugees, and working in low-resource settings. It's also the perfect source for travelers seeking quick, easy access to the latest travel medicine information. Dynamic images illustrate key concepts for an enhanced visual understanding. Evidence-based treatment recommendations enable you to manage diseases confidently. Pocket-sized format provides access to need-to-know information quickly and easily. Highlights new evidence and content surrounding mental health and traveling. Covers emerging hot topics such as Ebola virus disease, viral hemorrhagic fevers, the role of point-of-care testing in travel medicine, and antibiotic-resistant bacteria in returning travelers and students traveling abroad. Includes an enhanced drug appendix in the back of the book.

Mobilities and Health

What is safe to eat and drink? How can you beat jet-lag? What are the world's high-risk destinations? Which shots must you have? Here is a sensible, undramatic, exhaustive, and consummate guide that every serious traveler ought to own.

Essential Travel Medicine

Principles and Practice of Travel Medicine Principles and Practice of Travel Medicine This second edition of Principles and Practice of Travel Medicine has been extensively updated to provide a comprehensive description of travel medicine and is an invaluable reference resource to support the clinical practice of travel medicine. This new edition covers the many recent advances in the field, including the development of new and combined vaccines; malaria prophylaxis; emerging new infections; new hazards resulting from travel to long haul destinations; health tourism; and population movements. The chapter on vaccine-preventable diseases includes new developments in licensed vaccines, as well as continent-based recommendations for their administration. There are chapters on the travel health management of high risk travellers, including the diabetic traveller, the immunocompromised, those with cardiovascular, renal, neurological, gastrointestinal, malignant and other disorders, psychological and psychiatric illnesses, pregnant women, children and the elderly. With increasing numbers of ever more adventurous travellers, there is discussion of travel medicine within extreme environments, whilst the chapter on space tourism may well be considered the future in travel medicine. Principles and Practice of Travel Medicine is an invaluable resource for health care professionals providing advice and clinical care to the traveller. Titles of related interest Atlas of Human Infectious Diseases Heiman F.L. Wertheim, Peter Horby & John P. Woodall 9781405184403 (2012) Infectious Diseases: A Geographic Guide Eskild Petersen, Lin H. Chen & Patricia Schlagenhauf 9780470655290 (2011) Tropical Diseases in Travelers Eli Schwartz 9781405184410 (2009) For more information on all our resources in Infectious Diseases, please visit www.wiley.com/go/infectiousdiseases

How to Stay Healthy Abroad

This collection of papers describes the recent development of travel health and vaccination services delivered by pharmacists. It is the first dedicated collection of its type and provides a template for the continued growth of pharmacy practice in this area. The articles examine and report on aspects of such services in the UK, US, Canada, Australia, Switzerland, and South Africa, which will provide useful insight for those in other countries developing such pharmacy-based services.

The Travel and Tropical Medicine Manual E-Book

Hiking, biking and flying amid craggy peaks and open plains, or watching a spectacular desert sunset, becomes possible with this guidebook. Watch wildlife in the savannah, engage in the vibrant cultures of San, Khoikhoi, Zulu and Xhosa or live it up in cities bursting with culinary, cultural and vineyard delights. Lonely Planet guides are written by experts who get to the heart of every destination they visit. This fully updated edition is packed with accurate, practical and honest advice, designed to give you the information you need to make the most of your trip. In This Guide: Unique Green Index to help you make your travels ecofriendly Expanded itineraries take you from cape to coast or on the roads less travelled Color wildlife chapter written by a natural-history expert

Travelers' Health

An innovative and indispensable guidebook for people traveling to Africa to work on health or humanitarian projects

Principles and Practice of Travel Medicine

Drink your way around whitewashed Cape Dutch architecture and the endlessly photogenic hills and vines of South Africa's Winelands; or discover the wildlife of the acacia-studded savannah of the Masai Mara National Reserve in Kenya; all with your trusted travel companion.

Travel Medicine - Series`

Embark on a transformative journey through the heart of Africa with "Africa Practical Travel Insights," a comprehensive guide meticulously crafted for the discerning traveler. This expertly curated travel companion is designed to be your compass as you navigate the diverse landscapes, cultures, and hidden wonders that the continent has to offer. Unveiling the Essence of Africa: Delve into the essence of Africa through this meticulously researched guide that goes beyond the ordinary, offering practical insights and expert advice to enhance your travel experience. From the iconic plains of the Serengeti to the vibrant markets of Marrakech, discover the diverse tapestry that makes Africa a captivating and ever-unfolding destination. Practical Guidance for Every Step: Navigate the complexities of travel planning with ease. Each chapter provides practical tips for understanding the continent, planning your

journey, and immersing yourself in the rich cultural tapestry. Whether you're a seasoned traveler or venturing into Africa for the first time, this guide equips you with the knowledge to make informed decisions at every stage of your adventure. Cultural Sensitivity and Respectful Engagement: Learn the art of cultural sensitivity and embrace responsible tourism principles. "Africa Practical Travel Insights" empowers you to connect with local communities respectfully, fostering meaningful interactions and leaving a positive impact on the places you visit. Uncover the intricacies of each destination's cultural etiquette, ensuring a genuine and immersive travel experience. Sustainable Travel Practices: Become a conscious traveler with a dedicated chapter on sustainable travel practices. Discover eco-friendly accommodations, responsible wildlife encounters, and ways to minimize your environmental impact. This guide encourages you to be a steward of the environment, supporting initiatives that contribute to the preservation of Africa's unique ecosystems and cultural heritage. Hidden Gems and Off-the-Beaten-Path Discoveries: Venture beyond the well-trodden paths with a dedicated chapter on hidden gems and off-the-beaten-path destinations. From the mystical Siwa Oasis to the untamed wilderness of Namibia's Kaokoland, unlock the secrets of lesser-explored corners that promise extraordinary experiences for the intrepid traveler. Comprehensive Resources for Informed Travel: Navigate your journey with confidence using the extensive list of additional resources in the appendix. From travel apps to safety information, this guide ensures you have the tools and knowledge needed for a seamless and enriching adventure. A Tapestry of Discovery: The concluding chapter weaves together the threads of your African journey, inviting you to reflect on the tapestry of experiences, connections, and memories created. This guide is not just a book but a gateway to a continent that invites exploration, appreciation, and a continual journey of discovery. Embark on an Unforgettable Expedition: Whether you're drawn to the thrill of a safari, the ancient mysteries of Timbuktu, or the tranquil oases of Egypt, "Africa Practical Travel Insights" is your passport to an unforgettable expedition. Let the pages of this guide be your companion as you traverse the extraordinary landscapes and cultures that make Africa a destination like no other. Safe travels, and may your journey be a celebration of discovery and connection.

Health Information for International Travel

"The disc contains the complete text and illustrations of the book, in fully searchable PDF files"--1st prelim. leaf

Health

Health risks are dynamic and ever-changing, both at home and while traveling abroad. To stay abreast of the most up-to-date health recommendations, for decades health care professionals and travelers have relied on the Centers for Disease Control and Prevention's user-friendly Health Information for International Travel (commonly referred to as the The Yellow Book) as a trusted reference. Updated biennially by a team of experts, this book is the only publication for all official government recommendations for international travel. The book's features include clear and easy-to-read disease risk maps, information on where to find health care during travel, specific health information and itineraries for popular tourist destinations, detailed country-specific information for yellow fever and malaria, advice for those traveling with infants and children, and a comprehensive catalog of diseases, their clinical pictures, and their epidemiologies. The Yellow Book addresses the pre-travel consult and provides post-travel clinical guidance on ways to approach common syndromes of returned travelers who are ill.

South Africa, Lesotho & Swaziland

In the United States, some populations suffer from far greater disparities in health than others. Those disparities are caused not only by fundamental differences in health status across segments of the population, but also because of inequities in factors that impact health status, so-called determinants of health. Only part of an individual's health status depends on his or her behavior and choice; community-wide problems like poverty, unemployment, poor education, inadequate housing, poor public transportation, interpersonal violence, and decaying neighborhoods also contribute to health inequities, as well as the historic and ongoing interplay of structures, policies, and norms that shape lives. When these factors are not optimal in a community, it does not mean they are intractable: such inequities can be mitigated by social policies that can shape health in powerful ways. Communities in Action: Pathways to Health Equity seeks to delineate the causes of and the solutions to health inequities in the United States. This report focuses on what communities can do to promote health equity, what

actions are needed by the many and varied stakeholders that are part of communities or support them, as well as the root causes and structural barriers that need to be overcome.

International Travel Health Guide

This book describes a South Africa that is made up of a number of different fragmented worlds. The focus is on the Zion Christian Church, one of the largest religious movements in southern Africa, and a good example of indigenized African Christianity. This book tells the story of how the enduring ritual of pilgrimage is transforming African religion, along with the lives of ordinary South Africans.

Africa

Lonely Planet: The world's leading travel guide publisher Lonely Planet Botswana & Namibia is your passport to the most relevant, up-to-date advice on what to see and skip, and what hidden discoveries await you. Spot jackals and black rhinos in Etosha National Park, explore the German colonial town of Luederitz; or marvel at mighty Victoria Falls; all with your trusted travel companion. Get to the heart of Botswana & Namibia and begin your journey now! Inside Lonely Planet Botswana & Namibia Travel Guide: Colour maps and images throughout Highlights and itineraries help you tailor your trip to your personal needs and interests Insider tips to save time and money and get around like a local, avoiding crowds and trouble spots Essential info at your fingertips - hours of operation, phone numbers, websites, transit tips, prices Honest reviews for all budgets - eating, sleeping, sight-seeing, going out, shopping, hidden gems that most guidebooks miss Cultural insights give you a richer, more rewarding travel experience - history, politics, etiquette, religion, architecture, wildlife, literature, arts & crafts, dance, safaris, music, cuisine, environment Over 60 maps Covers Gaborone, Chobe National Park, Etosha National Park, Kalahari, Okavango Delta, Windhoek, Victoria Falls, Fish River Canyon and more eBook Features: (Best viewed on tablet devices and smartphones) Downloadable PDF and offline maps prevent roaming and data charges Effortlessly navigate and jump between maps and reviews Add notes to personalise your guidebook experience Seamlessly flip between pages Bookmarks and speedy search capabilities get you to key pages in a flash Embedded links to recommendations' websites Zoom-in maps and images Inbuilt dictionary for quick referencing The Perfect Choice: Lonely Planet Botswana & Namibia, our most comprehensive guide to Botswana & Namibia, is perfect for both exploring top sights and taking roads less travelled. Looking for more extensive coverage? Check out Lonely Planet Southern Africa guide. About Lonely Planet: Since 1973, Lonely Planet has become the world's leading travel media company with guidebooks to every destination, an award-winning website, mobile and digital travel products, and a dedicated traveller community. Lonely Planet covers must-see spots but also enables curious travellers to get off beaten paths to understand more of the culture of the places in which they find themselves. Note: The digital edition of this book is missing some of the images found in the physical edition

Lonely Planet Africa

Africa Practical Travel Insights