



Egypt

destination FACTSHEET

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TOP 5 THINGS TO KNOW

1

Egypt is warm and sunny almost all year round. With winter being the most mild and summer (especially June – August) being the hottest.

Don't forget to pack your hat, sunscreen, water bottle, and long, light fitting clothing to block the sun.

2

You will be spending 4 nights on a Nile River cruise. The cruise has outside cabins with views of the Nile. Water is included during meal times and alcohol is available for purchase while on board.

3

Tap water in Egypt is highly chlorinated making it safe to shower in and brush your teeth with, however drinking is not recommended as it can cause some stomach discomfort. Bottled water is suggested.

4

We recommend you visit a local travel doctor or your primary care physician with your itinerary to get the best personalized medical advice on any vaccinations or special medication needed for the program.

You can also check with the Department of Health and Human Services for specific health concerns when traveling: <http://www.cdc.gov/travel/>

5

In tombs, photos can **only** be taken with a phone and **without** flash (light can damage the ancient pigments). Cameras require permission and an extra ticket.

At some sites, cameras with a large zoom and/or tripod need permission and an extra ticket.

ACIS TRIP SERVICES

Hotels:

ACIS typically uses perfectly located, three or four-star Western style hotels.

Rooming

Rooming is based on twins/doubles.

Meals

Breakfast and Dinner will be included unless otherwise stated on your itinerary. Lunch may be included on some days; you can check your itinerary for further details.

Depending on your departure time you may be able to swap the farewell dinner cruise on the Nile with an earlier dinner to ensure some rest before going to the airport.







Local Guide and Egyptologist



Upon arrival, you will be met by an English-speaking guide in the airport who will accompany you through the visa process and in Cairo. You will also be accompanied by an armed Marshal guard. Additional local staff will meet you in some cities.

and a licensed Egyptologist will be with you throughout to provide historical information during sightseeing. It is not necessary to tip the local guides as their tips are already included.

If you would like to include an ACIS Tour Manager, we can provide for an additional \$300 per participant. Please let your Tour Consultant know when registering.

GENERAL INFORMATION/TRAVEL TIPS

<p>Flights</p> 	<p>Cairo is the third largest city Africa so there are many international flights in and out of the city.</p> <p>During your tour, you will be taking domestic flights within Egypt between Aswan and Cairo.</p>
<p>Passport Requirements</p> 	<p>Visas are required for programs to Egypt. We will need all your passport information in your MyAccount at least 60 days prior to departure. The Visa will be arranged ahead of time and issued upon arrival at the airport.</p> <p>Passports must be valid for minimum of 6 months after your return date and you will need 1 full blank page for the visa.</p>
<p>Parental Consent (if necessary)</p> 	<p>No parental consent is needed to travel to Egypt.</p>
<p>Time Difference</p> 	<p>Egypt is seven hours ahead of the Eastern Time Zone.</p>
<p>Luggage Restrictions</p> 	<p>The weight limit on internal flights is one checked bag maximum 44 pounds and one carryon bag maximum 15 lbs.</p> <p>Identification tags should be on all luggage, even carry-ons, and all other tags should be removed at each destination hotel, so that bags won't get misdirected as you travel through Asia.</p> <p>Take medicines, vanity kit and emergency clothing in your carry-on, in case your luggage is misplaced en route or tardy getting to your hotel room.</p> <p>Binoculars are not allowed in Egypt.</p>
<p>Tipping</p> 	<p>Pre-paid tipping will be listed on your account to cover tour manager, local bus and guide.</p> <p>All meals included in the itinerary also include gratuity, so it is NOT necessary to leave an additional tip at meals.</p>

	You should carry small cash (either Egyptian Pounds or US Dollars) in order to tip locals/tollets etc.
Electrical outlets 	It is A/C 220 volts 50Hz. Wall plugs are the round two-prong European type. Kindly notice your need for an adapter.
Cruise 	<p>On the river cruise, you will be rooming with one other passenger in room with a large window or French balcony on the Nile.</p> <p>Some amenities on board include: a pool, beauty salon, gym, lounge bar, and restaurant.</p>

WHAT TO PACK

It is quite hot in the summer, summer you need light clothes. In winter, a coat or jacket will be needed in the evening. Comfortable shoes are a must. In the city centers, in mosques and churches clothes that are more conservative should be worn.

- ✓ **Sun gear** – hat, sunglasses, sunscreen, water
- ✓ Scarf/shawl and long skirt/pants to cover up for religious sites.
- ✓ Purell and tissues
- ✓ Basic Medical Supplies such as anti-diarrhea medicine, aspirin, Band-Aids.
- ✓ A small bag to carry around water, sunscreen, and shawl/scarf.
- ✓ A bathing suit for the cruise pool.
- ✓ Games, it's good to have a deck of cards or another game to play during down time.
- ✓ Comfortable walking shoes



HEALTHCARE

Visit a local travel doctor or your primary care physician with your itinerary to get the best personalized medical advice on any vaccinations or special medication needed for the program.

In the event of a medical emergency where medical expenses and/or insurance is involved, the passenger must pay the expenses directly and mail receipts to our Boston office for reimbursement. Deductible amounts according to the type of

insurance purchased will apply. For information on vaccinations needed in each country, we recommend you consult <http://www.cdc.gov/>.

Medical Expenses

In the event of a medical emergency where expenses are involved, the passenger must pay the expenses directly and mail receipts to our Boston office for reimbursement. Deductible amounts per the type of insurance purchased.

330 Congress Street, Suite 5, Boston, MA 02210

SAFETY AND SECURITY

Due to Egyptian safety and tourism rules there is no flexibility on tour/ Impromptu visits are not possible

Should you have any issues at all during your trip, please call ACIS and we will rectify the problem immediately. It is vital that you notify us as soon as you experience a problem as we can resolve issues very quickly on the spot before it adversely affects your trip.

ACIS Emergency number 617-450-5678

OTHER IMPORTANT INFORMATION

Country Facts:

Population: 111 million

Currency: Egyptian Pound

Language: Arabic, more specifically Egyptian Arabic

Leader: President Abdel Fattah el-Sisi

National Holidays:

Jan 7 – Christmas Day (for the Coptic community)

Jan 25 – Revolution Day 2011 and National Police Day

April 25 – Sinai Liberation Day

May 1 – Labor Day

June 30 – 30th of June Day

July 23 – Revolution Day

Oct 6 – Armed Forces Day

The country is divided into two historic regions *Upper Egypt* and *Lower Egypt*. These names are based on the Nile so *Upper Egypt* is upriver in the south while *Lower Egypt* is down river in the North.

Muslim holidays change every year based on the Islamic or *Hijri* calendar. The Hijri is purely lunar calendar as opposed to our purely solar calendar which makes it possible for holidays, such as *Ramadan*, to occur at any time during the year.

Money

Egypt's official currency is the Egyptian Pound however American Dollars are widely accepted in the country. ATMs are available everywhere so you can withdraw cash if you need.

Please note that the cruise does *not* have ATMs on board.

Dress

The sun in Egypt is extremely strong, which is why we recommend hats/head coverings and along with long, light sleeves to keep the sun off skin. Egyptians tend to dress more conservatively than we do in the US, you will see many women wearing *hijabs* or other forms of modest dress that will cover most of their body. As a visitor, you are not expected to dress like an Egyptian, but it is good to be conscious of how you dress. It's recommended to wear clothing that covers your knees, shoulders, and your midriff. Even in the summer, you will see most men wearing pants. Loose fitting clothes are also recommended for both modesty and practical reasons. Tourists however can wear shorts and sleeveless tops during the summer.

Mosque Etiquette

Egypt has a long history with Islam and many stunning mosques, as called *masjid*, by Muslims. Many travelers have never been to a mosque before so it's good to know what to expect. Traditionally, when you walk in, you are asked to remove your shoes; however, you will be provided with shoe covers and not need to do this. Like many houses of worship, men and women are expected to dress modestly. This means you should wear bottoms that go below the knees, women do not need to cover their hair for the large touristy.

If you are visiting a mosque on a busy site seeing day, you can throw a long skirt and cardigan in your bag and throw it on when you need it.

Climate

Egypt has a hot desert climate with sunny and hot summers and warm winter. In the north of the country near the Mediterranean and Nile Delta, summers can be humid while spring is very dry. As you head south into the desert, the temperature gets more extreme and there is less seasonal variation. Sandstorms typically occur during *Khamsin* from March to April.

Average Temperature in Cairo throughout the year

Month	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec	Year
Mean maximum (°F)	66	68.9	74.8	82.6	90.0	94.3	95.0	94.8	92.1	86.0	76.8	68.9	82.6
Daily mean (°F)	57.9	60.1	64.9	71.2	78.1	82.8	84.4	84.6	81.7	76.3	68.0	60.6	72.5
Mean minimum (°F)	50.2	51.8	55.8	60.6	66.7	72	74.8	75.7	72.9	68	60.1	53.1	63.5

Culture

- Egypt is the largest speaking Arabic country in the world which has led to it being the largest producer of Arabic language media (especially cinema and television).
- Most Egyptians are Sunni Muslim however there is a large Coptic Christian minority community which was founded by the apostle St. Mark. There are also small numbers of other Christians and a handful of Jews from the country's once thriving Jewish community.
- Arabic vs Egyptian:
 - o Arabic is the primary languages of Egypt and has been spoken there for hundreds of years since the Muslim conquests.
 - o Egyptian (also known as Coptic) is the language modern version of the language from ancient Egypt (the language hieroglyphics). Since the days of the pharaohs, the language has adopted an alphabet like the Greek one. While it is not spoken as first language anymore, it still can be heard some Coptic Churches.
- Religious Muslims pray 5 times a day, this is accompanied by a call to prayer, or *adhan*, typically from a mosque's minaret, so should expect to hear this throughout your trip.

Cuisine

Egyptian cuisine is known for being delicious with lots of fresh fruits and vegetables that are grown along the Nile. Rice is also very popular and served with many dishes. The most common meats eaten in the country are chicken, beef, and lamb; being a predominantly Muslim country, pork is uncommon.

Egyptian Arabic

Egyptian Arabic is one of the most widely spoken variety of Arabic, only behind *Modern Standard Arabic* which is the international standard. Arabic is language of dialects, many of which are not mutually intelligible. Here are some basic phrases in Arabic. Arabic is a gender language, but gender works differently then it does in Romance or Germanic languages. For some phrases, your gender will mark how you speak.

Hello –	<i>as-Salaam aleikum</i> (literally Peace upon You) the response is <i>Aleikum as-Salaam</i> .
Goodbye –	<i>Ma'a Salaameh</i>
Sorry –	<i>Aasif</i> (m) or <i>Aasifa</i> (f)
Thank you –	<i>Shukran</i>
I don't speak Arabic –	<i>Mish betkelum arabee</i>
Do you speak English* -	<i>Betkelm Englizee?</i> (to a male) <i>Betkelmee Englizee?</i> (to a female) *in this case, the gender depends on who you are speaking to.
Yes –	<i>Aywa</i>
No –	<i>Laa</i>
Where is the bathroom? -	Feen el hammam?

A short history of Egypt

Humans have been living around modern-day Egypt for thousands of years. During the last ice age around 12,000 years ago, the place we now call the Sahara was a lush savanna filled with early human societies. There are examples of paleolithic rock art in the middle of the Sahara depicting animals like rhinos, elephants, and hippos. As the climate warmed, the Saharan savanna began to dry up push humans to margins where there was fresh water and food. This is when ancient Egypt began to rise from the sands.

For almost 3,000 years, between 3150 BCE and 332 BCE, the Egypt was ruled by a series of 31 dynasties. This started when King Menes formed the first Kingdom that unified both Upper and Lower Egypt and ended with the conquests of Alexander the Great. During this period, many of the ancient wonders we think of such as the Great Pyramids and the Great Sphinx in Giza.

For the next few hundred years Egypt was ruled by the Greek Ptolemy dynasty during which time the elites became Hellenized like many around the Mediterranean, Greek became the language of the elites instead of the native Egyptian language. This kingdom was eventually absorbed into the Roman Empire after the death of the last queen, Cleopatra. Egypt kept its prominence in the Roman Empire, being heavily valued as the *breadbasket* of the empire.

In the first century a new religion took hold in Egypt and quickly spread among the populace, Christianity. Egypt soon became a hub of the early Church with Alexandria chosen as one of five most important bishoprics (along with Rome, Constantinople, Antioch, and Jerusalem). Egypt remained a Roman, and later Byzantine, province until the spread of another religion would bring the Empire to its knees.

In the mid seventh to eighth centuries, Islam spread out of Arabia and into the wider world. Egypt was fully under control of the Rashidun Caliphate, as know as the first caliphate, within a few years. Under Islam, Egypt flourished, this early period marked the *Golden Age of Islam* where scholars from all over the world would share knowledge and ideas from their homelands in cosmopolitan centers like Alexandria or Fustat (modern day Cairo). Egypt was able to maintain it's independence until the sixteenth century with the arrival of the Ottoman Empire. Egypt was an Ottoman province until 1805 when they became an autonomous province within the Empire, giving Egypt more self-rule. The Suez Canal which connects the Mediterranean to the Red Sea and eventually the India Ocean.

With the completion of the Suez Canal, Egypt became one of the most important trade hubs in the world. The British took the opportunity to make Egypt a "Protectorate" where they support the Egyptian monarchy as a puppet. Under the British nationalism grew ultimately culminating the Revolution of 1919 and ultimately independence in 1922. During WWII Egypt remained neutral despite being invaded by the Axis powers, the Battle of El Alamein was fought in the West of the country.

Egypt became fully independent from British power in 1953 after a revolution the previous year becoming the Egyptian Republic. Egypt and Syria briefly united from 1958-1961 to form the United Arab Republic. In 2011 the Arab Spring movement reached Egypt where the people demanded that the current leader of 30 years, Hosni Mubarak, step down and the country host free and fair elections. After a few years of turbulence Abdel Fattah el-Sisi came to power.