



Country Intelligence Brief

Zambia

Overall Risk Rating

3.25 - Moderate

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Ratings Overview

Security

3.25 - Moderate

Civil Unrest	● 3.25
Crime	● 3.50
Kidnapping	● 2.00
Terrorism	● 2.00
Armed Conflict	● 1.75
Security Services	● 4.00

Infrastructure

3.50 - High

Ground Transport	● 3.50
Cyber	● 2.00
Air Travel	● 3.25
Utilities	● 3.50

Environment

3.00 - Moderate

Man-Made Hazards	● 2.75
Seismic	● 2.25
Storm System	● 3.25
Natural Hazards	● 2.50

Health and Medical

3.75 - High

Disease and Health Threats	● 3.75
Medical Facilities and Services	● 3.25
Mental Health	● 2.75
Food and Water Safety	● 4.75

Political

3.50 - High

Corruption	● 3.25
Government Stability	● 3.25
Rule of Law	● 3.50
Sanctions	● 1.50

FactBox

Location	Zambia
Government Type	Presidential Republic
Population	19,077,816 (2021)
Languages	<p>Official Language: English.</p> <p>Other languages that are considered official or widely spoken: Over 70 languages are spoken in Zambia, the most important of which are Bemba, Kaonda, Lozi, Lunda, Luvale, Nyanja, Tonga.</p> <p>Languages that should be used discreetly: None.</p>
International Country Code	+260
Time Zones	UTC+2
Traffic	Drives on the left
Drinking Water	Not Safe to Drink

Overview

3.25 - Moderate

Zambia has been hit hard by the global fall in commodity prices in recent years, with decreased earnings from copper exports aggravating long-standing problems such as high rates of unemployment and levels of poverty. Recurrent electricity shortages, inflationary pressures on the cost of living and public sector wage demands remain enduring sources of civil and labor unrest. The Zambian government actively courts foreign investment, and there is a strong Chinese presence in the country. However, foreign investors risk exposure to pervasive levels of corruption.

Petty and violent crime is widespread in the capital Lusaka and other major cities, and foreign nationals are frequently targeted due to perceptions of affluence. Border areas with the DRC are subject to heightened insecurity stemming from the presence of armed bandits. Landmine contamination is also a concern in some areas along the border with the DRC and on the borders with Angola and Mozambique. The quality of infrastructure is average by regional standards, but significantly poorer outside of major cities.

Security

3.25 - Moderate

Levels of criminal activity in Zambia are relatively high and have been increasing in recent years, with deteriorating economic conditions exacerbating the problem. The main threat to travelers comes from opportunistic petty theft such as pickpocketing and bag-snatching but criminals are often armed and more serious offenses also occur with some frequency. Crime rates are particularly high in many of the impoverished residential districts, known locally as compounds, around Lusaka and other major urban centers but criminals also operate in more affluent areas. Foreign nationals are occasionally targeted by criminals and may be followed from hotels, bars, restaurants and banks in order to be robbed in quieter areas where they are more vulnerable. Vehicular crime and residential burglaries are also a concern in many areas of the country, and although foreign nationals are affected less frequently than local residents, even guarded expatriate residences have been targeted.

Civil and labor unrest occurs regularly in Zambia's urban centers, particularly Lusaka, and can escalate into violence with little warning. Security forces have been known to use aggressive tactics to disperse demonstrations increasing the risk of incidental violence to bystanders. While there are no known terrorist groups operating in Zambia or looking to target foreign interests in the country, border regions with the DRC in Copperbelt, Central and Luapula provinces have historically been subject to heightened insecurity.

Civil Unrest

● 3.25

Civil and labor unrest occur regularly in Zambia. Foreign travelers and expatriates, particularly Chinese nationals, have occasionally been singled out in past violence, typically over labor-related or economic grievances. Police have been known to resort to heavy-handed measures to disperse even peaceful gatherings, particularly those organized by opposition parties.

Election periods have often been accompanied by outbreaks of localized, politically-motivated unrest between rival party supporters, notably in townships around Lusaka and the northern copper-mining region. Industrial unrest in the Copperbelt region has regionalised political support, with the opposition performing strongly in this key economic area. The 2021 presidential elections were held without major incidents.

Student demonstrations have also been held sporadically at the University of Zambia in Lusaka and Copperbelt University and can cause localized disruption through the erection of roadblocks.

Crime

● 3.50

Crime is a significant concern throughout Zambia, with rising inflation and unemployment caused mainly by a fall in demand for copper, the country's main export product, in recent years having exacerbated the problem. The main threat to foreign travelers is opportunistic, non-

violent petty theft such as pickpocketing, bag-snatching and the theft of unattended items in public spaces. Thieves may also target parked vehicles and those stuck in traffic as well as unoccupied hotel rooms. Groups of street children are known to pick the pockets of tourists and are often employed by thieves to assist in criminal scams. Travelers are most at risk from petty theft while in and around transport hubs, hotels and restaurants frequented by foreign nationals, markets and shopping areas as well as other crowded areas. Levels of criminal activity are particularly high in deprived residential areas of the country's major cities, such as the Chalala, Bauleni, Kalingalinga, Kanyama, Chibolya, and Chainda neighborhoods of Lusaka, where the police have a limited presence. However, criminals also operate in more affluent areas, where individuals, including foreign nationals, are targeted due to their perceived relative wealth and may be followed from hotels, bars, restaurants and banks in order to be robbed in quieter areas where they are more vulnerable.

While most robberies are non-violent, criminals are frequently armed with bladed weapons and firearms and are often quick to resort to violence if met with resistance. The threat of violent robberies and muggings increases at night but incidents during daylight hours are relatively common, including in city center areas with high pedestrian footfall. There has also been increasing concern over a rise in residential burglaries in Zambia in recent years, many of which have involved the use or threat of violence. Although most such burglaries target unguarded local residences, criminal gangs have become increasingly brazen and even secure expatriate compounds have been broken into in recent years.

Carjackings are less common in Zambia than in some other countries in the region such as South Africa and Mozambique but are occasionally report in various areas of the country. Perpetrators are generally armed and typically follow a victim until they reach a chokepoint, often a closed gate outside a residence or workplace, before blocking the victim's vehicle with their own while two or more individuals carry out the carjacking. Banditry is more likely to occur after dark on rural roads, particularly in remote areas near the borders with the DRC and Angola. Bands of criminals are present in areas along these borders and have been known to target foreign travelers due to their perceived relative wealth.

Kidnapping

● 2.00

For most foreign nationals, the threat of kidnapping in Zambia is low. Kidnappers are more likely to target locals; the most common type of abduction is basic opportunistic kidnapping-for-ransom; though targeting of foreigners is rare, they remain at risk.

Terrorism

● 2.00

No terrorist groups are known to be operating in Zambia, and foreign interests have not been targeted by extremist militant groups. Impoverished Zambia does not possess as many targets or symbols of Western influence as nearby Kenya or Tanzania, which have been targeted in high-profile attacks in the past. However, weak security institutions and porous borders leave Zambia potentially vulnerable to infiltration by terrorist groups.

Armed Conflict

● 1.75

Domestically, there are currently no flashpoint issues that are likely to lead to armed conflict in Zambia. However, the country's border regions with the DRC in Copperbelt, Central and Luapula provinces are subject to heightened insecurity. Militias are known to operate in the DRC's Katanga province, which borders northern Zambia, and, on occasion, have attacked vehicles along the Zambia-DRC border or conducted cross-border raids. Zambia hosts tens of thousands of refugees from the DRC due to continuing instability in the country, further complicating the issues.

During the 1975-2002 Angolan civil war, Zambia experienced sporadic conflict spillover along its border as People's Movement for the Liberation of Angola (MPLA) forces targeted National Union for the Total Independence of Angola (UNITA) rebels who used the territory to smuggle arms and personnel. However, the incidents generally occurred in remote areas, well away from population centers, and conflict spillover across the western border has ceased since the end of the conflict.

Security Services

● 4.00

The capabilities and responsiveness of security services in Zambia are generally poor (threat is high). Although Zambia has a number of different security forces, the civil police (Zambia Police Service) are likely to be the most relevant for foreign nationals and local staff. Police officers are typically able to speak English, though no other foreign languages. Police response to emergency calls may be slow and crime victims are sometimes asked to provide transportation, fuel, money, or supplies to responding officers; this is often considered a stipend, rather than corruption. Incidents of police harassment or inappropriate detention of foreigners are rare, but do occur. Security personnel occasionally expect bribes. In Zambia, foreign nationals should not rely on security forces and instead liaise with their diplomatic mission.

Infrastructure

3.5 - High

Overland travel in Zambia can be hazardous due to poorly maintained roads and vehicles as well erratic driving by some local road users. Long distance public transport can also be dangerous due to inadequate driver training and vehicle safety standards. There have also been concerns over Zambia's aviation industry in the past but regulatory oversight is improving and Zambia-based airlines were removed from the European Union blacklist of banned operators in 2016.

Infrastructure in Zambia is generally unable to cope with demand at peak times and urban centers suffer frequent service delivery failures, particularly during periods of drought in the latter months of the dry season.

Ground Transport

● 3.50

Overland travel in Zambia can be hazardous due to poorly maintained roads and vehicles as well erratic driving by some local road users. Long distance public transport can also be dangerous due to inadequate driver training and vehicle safety standards. Dirt roads and other non-major routes are often in a very poor state of repair and may become impassable following heavy rainfall and flooding. Abandoned vehicles and livestock present further hazards on rural routes. Traveling at night, especially outside of the capital, is considered particularly dangerous due to unsafe driving conditions, frequent roadblocks and the risk of banditry. According to the World Health Organization's (WHO) 2018 report on global road safety, Zambia had a relatively high road traffic fatality rate, with estimated 24.7 deaths on the road per 100,000 people.

Local Buses

● Unrated

Intercity bus travel is available between most major cities. Intercity buses in Zambia have an average recent safety record. Petty theft and other criminal activities pose a minimal threat to travelers.

City buses are available in most urban centers. Local buses are available in cities in Zambia but have an average recent safety record due to overcrowding.

Mass Transit

● Unrated

Zambia does not have a metro system.

Taxis
 **Unrated**

Taxis are readily available in most major cities in Zambia. Overcharging is commonly perpetrated against taxi passengers, especially foreign nationals. Taxis arranged in advance by upscale hotels or trusted business associates are generally safer than those hailed on the street. Ride-sharing services or vehicles ordered through online apps are available in most major cities in Zambia. Minibuses are available in cities in Zambia and have an average safety record.

Train Travel
 **Unrated**
Train Safety

Trains in Zambia have an average recent safety record. Derailments and rail accidents involving passenger trains rarely occur. Incidents of petty theft are rare on trains in Zambia. Rail stations in Zambia are generally safe. Petty crime poses a medium threat at rail stations.

Reliability and Availability

Zambia has a medium-sized intercity rail network. Rail travel is available between many major cities. The passenger rail network in Lusaka is significantly more developed than in other regions. Trains in Zambia generally run on time.

International Rail Travel

Zambia has an international rail connection with Tanzania. Delays are common on connections between Zambia and Tanzania due to scheduling issues. Connections between Zambia and Tanzania are subject to border controls, and passengers may be required to pass through customs.

Vehicles and Roads
 **Unrated**

Road safety conditions in Zambia are generally adequate. Traffic in Zambia drives on the left. Roads in rural areas are generally poorly maintained. Drivers generally follow traffic laws. Police lightly enforce traffic laws. Serious traffic accidents are common. Heavy traffic congestion is common in major cities. Foreigners planning to drive in Zambia must have an International Driving Permit. Car rentals are available in most major cities.

International Road Travel

Zambia has international road connections with multiple countries. Connections between Zambia and neighboring countries are subject to border controls, and passengers may be required to pass through customs before crossing.

Cyber
 **2.00**

Access to the internet and computer ownership is relatively low in Zambia, and online-based criminal activity is not assessed as a significant problem. However, credit card fraud has occasionally been reported in urban centers.

Maritime Security
 **Unrated**

Zambia has a major river port on the Zambezi River. Travel via ferry or large passenger vessel is available on Lake Tanganyika from Kigoma in Tanzania to Mpulungu and Bujumbura in Burundi. There is also a route on the Zambezi River from Botswana to Kazungula. Ports of call

vary in provision of security; most ports are dangerous at night and subject to petty theft. Ferries are generally safe but can be prone to overload conditions and breakdowns due to poor maintenance.

Air Travel

● 3.25

There have also been concerns over Zambia's aviation industry in the past but regulatory oversight is improving and Zambia-based airlines were removed from the European Union blacklist of banned operators in 2016. Zambia's civil aviation industry has suffered from mismanagement and a lack of investment over the last few decades, with the country's state-owned airline Zambia Airways going bankrupt in the mid-1990s and its successor Zambian Airways ceasing operations in 2009. However, Ethiopian Airlines has announced plans to relaunch Zambia Airways as a joint venture with the government.

Zambia's main international hub is Lusaka International Airport (LUN), located 26km (16 miles) east of the capital. There are special airport bus services available to take travelers to the city center which are considered safer than the standard city bus services, although these are also available. Taxi services run to the city although they pose some safety concerns and require price negotiation.

Mfuwe International Airport (MFU), located 25km (15 miles) south of Mfuwe in South Luangwa National Park, serves as a secondary international airport. The facility is mainly utilized by tourists visiting the South Luangwa National Park. Transportation from the airport is usually organized in advance with accommodation providers.

Utilities

● 3.50

Electricity and water shortages occur frequently in Zambia, including in Lusaka, particularly during periods of drought in the latter months of the dry season when demand considerably outstrips existing supply capacity. Efforts to address the problem have had limited success, and recurrent supply disruptions have been a major source of societal discontent and triggered outbreaks of unrest. Zambia also experiences intermittent fuel shortages, which in recent years have been caused by industrial action and foreign currency shortages.

Following the cholera outbreak in Lusaka in late 2017, the government introduced restrictions on some water sources in the capital. However, these mainly affected economically deprived areas of the city and some more effective water management solutions have now been implemented.

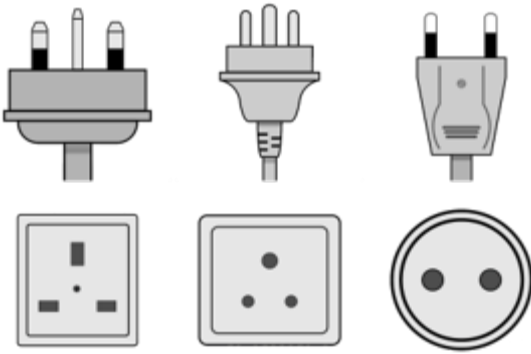
Electricity

● Unrated

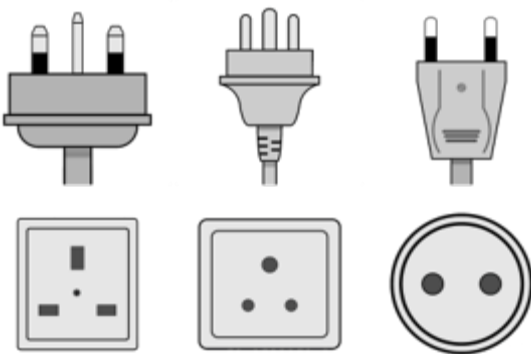
Electricity in Zambia is supplied at 230 V, 50 Hz. Zambia uses Type C, D, and G plugs.

Power outages sporadically occur in some areas of the country. It is advisable to have a small flashlight with backup batteries for emergencies.

Plug Types



Types de prises



Internet and Telecommunications

● Unrated

Internet service in Zambia is readily available in most private accommodations, and internet cafes. Internet activity is considered private and secure in most areas; see Information Security advice sheet.

Environment

3 - Moderate

Zambia has a largely tropical and wet climate, although this is tempered by elevation and conditions in parts of the southwest are semi-arid. Flooding is a recurrent annual problem during the November to April rainy season. Unexploded ordnance also remains a threat in areas along the borders with the DRC, Angola and Mozambique, particularly off of main roads.

Man-Made Hazards

● 2.75

Many parts of Zambia's border regions with the DRC, Angola and Mozambique, remain contaminated by landmines used by insurgents involved in armed conflicts in neighboring countries in the past. Anti-personnel and anti-vehicle landmines, as well as other unexploded ordnance still remain in these regions and pose threats to those traveling off the main roads in the sparsely populated border areas. However, most well-traveled roads are clear.

Seismic

● 2.25

Zambia is located in a seismically active region and experiences occasional earthquakes. However, these are generally of low to moderate intensity and do not cause significant damage or casualties. The far north of the country tends to experience more frequent tremors, including occasional stronger earthquakes above magnitude five which can cause some damage to local infrastructure, but travelers are rarely affected.

Storm System

● 3.25

Flooding often causes disruption to travel during the wet November to April season. In Zambia's northwest and northeast regions, which are most prone to flooding, residents have adapted to the annual floods. However, when flash floods occur in areas that are not prone to regular flooding such as the central or southern regions, they can cause major disruption to transport, commerce and agriculture.

Natural Hazards

● 2.50

Zambia has three relatively distinct seasons; a warm rainy season November-April, a cooler dry season May-August, and a hot dry season September-October. The dry seasons stand in stark contrast to the wet season, with rainfall being particularly rare between June and August. The early dry season is typically cooler than the wet season but the country experiences high temperatures of 28-35 C (82-95 F) in September and October. November can also be extremely warm, depending largely on the timing of the arrival of the rainy season, which typically moderates the high temperatures.

The country also experiences periodic droughts that can cause food security issues and water shortages. Prolonged periods of drought and increasing water consumption have prompted concerns over the availability and management of water sources in Zambia in recent years and the government has consequently introduced some restrictions on the commercial use of groundwater.

Air Quality

● Unrated

Air Quality

Air pollution routinely exceeds recommended thresholds in urban areas. Individuals with asthma or chronic cardiorespiratory conditions should consult with a healthcare provider and carry necessary medications. On days when air quality is particularly poor, affected individuals should take personal precautions to reduce respiratory stress ([map](#)).

Health and Medical

3.75 - High

Healthcare facilities are limited in Zambia, particularly in rural areas, and basic medical supplies are often in short supply. There is an acute shortage of pharmaceuticals in the country and even basic drugs may be difficult to find in urban centers and are likely to be unavailable in rural areas. Cash payment is required upfront for all healthcare services. Malaria is widespread throughout the country, with some strains resistant to chloroquine. Water sources are unreliable and prone to contamination; the consumption of bottled water is strongly advised.

Disease and Health Threats

● 3.75

- **African Sleeping Sickness (Trypanosomiasis):** Transmitted through tsetse fly bites. There are two types of African Sleeping Sickness: East African and West African. The names are based on the region of Africa where they were historically found. East African Sleeping Sickness is more acute and affects the central nervous system earlier than West African Sleeping Sickness. If left untreated, both types of African Sleeping Sickness usually progress to death. Risk of infection exists in rural areas nationwide.

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- **African Tick-Bite Fever:** Transmitted through tick bites. Symptoms usually develop within two weeks after a tick bite. Symptoms include fever, headache, and muscle soreness. Some individuals will develop a red sore with a dark center at the site of the tick bite. Risk of infection exists year-round in rural areas; however, risk is highest April to September.
 - **Chikungunya:** Transmitted through the bite of an infected mosquito, mostly during daytime hours. Bite prevention is essential. Symptoms commonly include fever, joint pain, muscle pain, headache, and rash. People usually develop symptoms three to seven days after being bitten by an infected mosquito. Most people recover within a week, but joint pain can sometimes persist for months. Risk of infection exists nationwide and year-round; however, risk is highest during and immediately following the rainy season, which typically occurs November to April.
 - **Cholera:** Transmitted by contaminated food and water. Raw fish and shellfish from contaminated waters are likely to be infected. Most people infected with cholera have no symptoms or only mild diarrhea. However, approximately one in 10 infected patients develop severe cholera, which causes symptoms including profuse, watery diarrhea, vomiting, rapid heart rate, low blood pressure, muscle cramps, restlessness or irritability. Symptoms typically appear two to three days after exposure.
 - **Dengue Fever:** Transmitted through the bite of an infected mosquito, mostly during daytime hours. Bite prevention is essential. Symptoms of dengue fever include a sudden onset of fever and at least one of the following: severe headache, severe pain behind the eyes, muscle and/or joint pain, rash, easy bruising, and/or nose or gum bleeding. Fever and other symptoms generally appear abruptly four to seven days after being bitten by an infected mosquito. Some people have reported experiencing no symptoms. Risk of infection exists nationwide. Risk is year-round and is highest during and immediately following the rainy season, which typically occurs November to April.
 - **Hepatitis A:** Transmitted by contaminated food and water. Hepatitis A does not always cause symptoms. If they occur, symptoms appear two to six weeks after exposure and include fever, nausea, vomiting, abdominal pain, fatigue, dark urine, loss of appetite, joint pain, and jaundice. High risk in Zambia.
 - **Hepatitis B:** Transmitted through infected blood and bodily fluids, and effectively prevented with vaccination. An unexpected medical or dental emergency may place the unvaccinated traveler at risk. Practice safe sex and ensure medical procedures, tattoos, or piercings are conducted using sterile equipment. Symptoms include fever, nausea, vomiting, abdominal pain, fatigue, dark urine, loss of appetite, joint pain, and jaundice. Intermediate risk in Zambia.
 - **Hepatitis E:** Transmitted by contaminated food and water. Symptoms appear two to eight weeks after exposure and include fever, nausea, vomiting, abdominal pain, dark urine, joint pain, and jaundice.
 - **HIV/AIDS:** Transmitted through infected blood and bodily fluids. Practice safe sex and ensure medical procedures, tattoos, or piercings are conducted using sterile equipment. Within two to four weeks of HIV infection, many people, but not all, experience influenza-like illness including fever, swollen glands, sore throat, rash, fatigue, muscle and joint pains, and headache. These symptoms, also called acute retroviral syndrome (ARS), can last from days to weeks. The infection later progresses to a clinical latency stage, and in the late stage, to AIDS (Acquired Immune Deficiency Syndrome).
 - **Malaria:** Transmitted through mosquito bites. Symptoms of malaria most commonly include fever, chills, headaches and body aches, nausea and vomiting, and general malaise. These symptoms usually develop 10-28 days after being bitten by an infected mosquito. However, there are reports of symptoms beginning as early as seven days to as late as one year. Preventative medications (prophylaxis) are available. Risk of infection is intermediate and exists nationwide. Risk is highest during and immediately following the rainy season, which typically occurs November to April.
 - **Meningococcal Disease:** Transmitted through respiratory droplets released by coughing or sneezing. The most common symptoms of meningococcal infection are stiff neck, high fever, sensitivity to light, confusion, headaches, and vomiting. Such symptoms typically occur two to 10 days after exposure. Risk of infection exists nationwide, especially in poor and densely crowded areas.
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- **Rabies:** Transmitted through the saliva of infected wild or domesticated mammals, usually by a bite or scratch. Do not approach unknown animals. Wild and domestic animals pose a threat.
- **Rift Valley Fever:** Transmitted through the bite of a mosquito, contact with infected animals, or ingestion of contaminated livestock products - primarily unpasteurized milk. Most cases are asymptomatic or mild, causing influenza-like illness two to six days after exposure. However, a small percentage of people develop severe disease, including hemorrhagic fever, encephalitis, ocular diseases, coma, seizures, and death.
- **Schistosomiasis:** Transmitted via small parasite larvae through exposure to contaminated freshwater bodies. Symptoms include an itchy rash, fever, muscle soreness, and cough. Without treatment, schistosomiasis can persist for years, causing abdominal pain, blood in the urine, problems passing urine, blood in the stool, and an enlarged liver.
- **Traveler's Diarrhea:** Transmitted by contaminated food and water. This is the most common illness in travelers. People who become ill by an infectious agent that causes TD most often experience nausea, vomiting, fever, bloody stools, and/or the urge to constantly pass stool despite an empty gastrointestinal tract. High risk in Zambia.
- **Tuberculosis:** Transmitted through respiratory droplets released by coughing or sneezing. Individuals planning an extended stay should consider obtaining a PPD skin test to reference against future suspected infections. Symptoms commonly include chest pain, bad cough lasting three weeks or longer, and coughing up blood and/or sputum. Some people also experience chills, weight loss, fever, weakness, night sweats, and loss of appetite. High risk in Zambia.
- **Typhoid Fever:** Transmitted by contaminated milk, water, and food. Raw fish and shellfish from contaminated waters are likely to be infected. Symptoms of typhoid fever usually include fever, abdominal pain or discomfort, chills and body aches, weakness, and loss of appetite.
- **Yellow Fever:** Transmitted through mosquito bites. Symptoms of yellow fever include fever, muscle pain, backaches, and chills. Yellow fever is not considered endemic in Zambia; however, there is a low risk of infection. Some countries may require proof of yellow fever vaccination or a valid medical waiver for any traveler who has visited or transited through Zambia. Be sure to check yellow fever vaccine requirements for the next country or countries on your itinerary ([map](#)).
- **Zika Virus:** Transmitted through the bite of an infected mosquito, mostly during daytime hours, or sexually through an infected partner. Mosquito-bite prevention and practicing safe sex are essential. In many cases, Zika virus is asymptomatic, however, in some it may cause symptoms similar to dengue and chikungunya; fever, rash, joint pain and red eyes. Significant birth defects have been associated with Zika virus infection in pregnant women. Partners of women who have recently traveled to an area with Zika virus circulation are encouraged to use condoms for at least six months or for the duration of a partner's pregnancy. Risk of infection exists nationwide and year-round. Risk is highest during and immediately following the rainy season, which typically occurs November to April.

Health Requirements

● Unrated

Yellow Fever: Vaccination Required

Yellow fever is not considered endemic in Zambia; however, there is a low risk of infection. Some countries may require proof of yellow fever vaccination or a valid medical waiver for any traveler who has visited or transited through Zambia. Be sure to check yellow fever vaccine requirements for the next country or countries on your itinerary. Single dose, full-strength yellow fever vaccine is valid for life. Vaccination is **required** upon arrival for all travelers aged nine months or over who have visited or transited for more than 12 hours through an airport in a

country with risk of yellow fever transmission. For North West and Western Provinces in Zambia ([map](#)), individuals with prolonged travel or participating in activities that may increase their risk of exposure should consider vaccination. For all other areas in Zambia, vaccination is not recommended.

HIV Testing

No known restrictions.

Health Recommendations

● Unrated

Recommended Immunizations for Travel to Zambia

Travelers should ensure that they have routine vaccination courses and boosters. You should visit a health care professional at least four to six weeks prior to the trip. Travelers should ensure that they have routine vaccination courses and boosters. Routine vaccines include measles-mumps-rubella (MMR), diphtheria-tetanus-pertussis, varicella (chickenpox), polio, and annual flu vaccine. Travelers should consider obtaining COVID vaccination where available, even if the destination country does not require it.

- **Cholera:** Recommended for individuals staying in an endemic area or where there are current outbreaks, unless contraindicated. Not available in all countries. Cholera vaccine is not a substitute for thorough hand washing with soap and water, observing good personal hygiene and food and water precautions. There are two formulations of cholera vaccine available using different strains. Both are oral and should be taken seven to 14 days apart. Protection can be expected one week following primary vaccination. Booster doses are recommended after two years.
- **Hepatitis A:** Recommended for most individuals unless contraindicated. Two doses, administered six months apart, are required for long-lasting protection. If full series is six to 12 months apart; there is no need for booster. One dose usually provides enough protection to a healthy adult for international travel. Vaccination will provide some protection within days but should ideally be administered at least two weeks before travel.
- **Hepatitis B:** Recommended for many individuals unless contraindicated. Widely used formulations require three doses administered over the course of six to 18 months, depending on the recipient's age and vaccination history. Booster doses after complete series are usually not required to maintain immunity. If exposed before finalizing full series, individuals may receive a special booster within 24 hours to receive short-term protection.
- **Rabies:** Unless contraindicated, recommended for individuals whose activities bring them into direct contact with dogs, bats, and other mammals; long-term travelers and expatriates; and children. Pre-exposure vaccination requires three doses administered over the course of 28 days. Post-exposure vaccination is still required in the event of potential rabies exposure, but a full-course of pre-exposure vaccination reduces the course of post-exposure treatment and eliminates need for Rabies Immune Globulin, which can be in short supply in many areas. Zambia has reported rabies in domestic and wild animals, thus most travelers are at risk. Bats are likely to carry bat rabies.
- **Tuberculosis:** Not available in all countries. Vaccination with BCG (tuberculosis vaccine) will render a "false positive" result on TB skin testing. If receiving this vaccine, request an alternate TB test. The vaccine is typically recommended for unvaccinated, tuberculin skin test negative individuals under 35 years of age planning extended stays in highly endemic areas, and specifically for individuals working in healthcare, prisons, or animal facilities. Short and long-term protection of the BCG vaccine is widely variable depending on the individual. The BCG vaccine is given once, no booster required.
- **Typhoid Fever:** Unless contraindicated recommended for individuals visiting friends and family, in contact with an infected person, young children, long-stay travelers, and individuals visiting areas of poor sanitation. Available in both injectable and oral formulations. Widely used formulations require between two and four doses, depending on the formulation and the recipient's vaccination history.

Booster vaccination is required every two or five years, depending on the formulation. The last dose should be taken at least one week before travel.

Medical Facilities and Services

● 3.25

Healthcare facilities are limited in Zambia, particularly in rural areas, and basic medical supplies are often in short supply. Even if doctors are well-trained, they often lack the basic supplies and laboratory services to do their work. Many pharmaceuticals, including prescription and over-the-counter medications, are in short supply and may be unavailable. Cash payment is required upfront for all healthcare services. Serious injuries or medical cases will require medical evacuation to a country with more advanced medical facilities, typically South Africa.

Mental Health

● 2.75

Mental health services are available in most locations, particularly urban areas, and conditions are somewhat managed.

Food and Water Safety

● 4.75

Drinking water is generally unsafe in Zambia. Use only bottled, boiled, or otherwise purified water for drinking and cooking. Do not use ice cubes made from unpurified water sources. Eat only thoroughly cooked food served hot, or fruits and vegetables that you have cleaned and peeled; avoid salads. Consume only pasteurized milk and dairy products, or use powdered or canned milk and cured cheeses. Avoid street vendors and unregulated food establishments.

Political

3.5 - High

Zambia's political environment is changing following the election of opposition candidate Hakainde Hichilema of the United Party for National Development (UPND) in August 2021. Hichilema defeated former President Edgar Lungu of the Patriotic Force (PF), securing 2.8 million votes compared to Lungu's 1.8 million. Lungu came into power in 2015 and began cracking down on the UPND and other political dissenters who criticized the government's handling of the economy in 2016.

Corruption remains widespread in Zambia, although the past decade has seen repeated efforts to address the issue. Corrupt practices are believed to be especially common in government procurement and dispute resolution channels.

Corruption

● 3.25

Corruption remains widespread in Zambia and is a significant obstacle to foreign investment. There were efforts in the past decade to address the issue, with the passing of anti-corruption legislation and the creation of an anti-corruption body. Giving or accepting a bribe is a criminal offense, punishable by a fine or prison sentence, although there remain questions as to how consistently the law is enforced.

However, Zambia's legislation is comparatively weak as opposed to other Southern African countries and, despite campaigning on the promise of combatting corruption, and being perceived as promoting transparency by foreign partners, Zambia's president remains reluctant to tackle the issue. Corrupt practices are believed to be especially common in government procurement and dispute resolution channels, with high-value defense contracts being particularly controversial. In 2023, a member of cabinet was dismissed following allegations he was operating a mining operation without a valid

Government Stability

● 3.25

Politics in Zambia takes place under a presidential representative democratic framework, where the president is both head of state and head of government.

Hakainde Hichilema defeated former President Edgar Lungu in the August 12, 2021 general elections that saw the highest turnout since 1991, when Zambia held its first multiparty elections. According to reports, over 50% of the electorate was under the age of 40, highlighting Hichilema's ability to gain support of the younger population. During Lungu's tenure as president, his administration and the PF were accused of suppressing dissent and becoming increasingly authoritarian, amid criticism of their management of the Zambian economy. The majority of the population have largely failed to benefit from the investment in the extraction of natural resources, with the global fall in the price of copper in recent years compounding long-standing socio-economic grievances such as unemployment, poverty and inadequate service delivery. Economic recovery and youth unemployment remain the most significant political issues in the country.

Rule of Law

 3.50

The independence of Zambia's judicial system is limited and courts are often subject to political influence. Cases can be slow-moving, and court decisions often take a significant period of time to enforce.

Homosexuality is illegal in Zambia and convictions can result in prison terms of up to 15 years. Attitudes towards the LGBT community are largely negative and same-sex couples can face harassment and violence from police and members of the public.

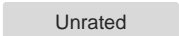
The ability of Zambia's police to respond effectively is undermined by corruption, inadequate resources and low wages. Police are generally a reactive force and demonstrate little initiative in deterring or combating crime. Corruption is rampant at all levels, and there are reports that off-duty police are believed to be involved in criminal activity themselves in some areas. Police are largely unable to provide an effective response to crime and in many cases will utilize interaction with foreign nationals to solicit bribes.

Sanctions

 1.50

Zambia is currently not under any international sanctions regime.

Legal

 Unrated

Visitors to Zambia are subject to local laws, which may not mirror, either in whole or in part, those of their home country. Those deemed to be in violation, even unknowingly, may be fined, detained, imprisoned, or temporarily or permanently expelled. Those convicted of possessing, using, or trafficking in narcotics could face heavy fines or imprisonment. Home-country consular officers are not typically systematically informed of a detention and the ability to provide support services at the request of their detained citizens may be limited. When there is no treaty in force, notification and access depend on whether the two countries have direct or indirect diplomatic relations. Consular officers cannot interfere with local judicial proceedings, nor provide legal advice or representation at trial, and are unable to pay legal fees or fines with government funds. The status of dual nationals will be determined by local officials, with all attendant ramifications for access and support.

Emergency Contacts

 Unrated

Emergency Contacts

Ambulance 999

Fire 999

Police 999

Embassies and Consulates

● Unrated

US Embassy

Address Corner of the United Nations and Independence Road

Fax [\(260-21\) 125 2225](tel:(260-21)1252225)

Email ConsularLusaka@state.gov

Web Site <http://zambia.usembassy.gov/>

Delegation of the European Commission

Address Plot 4899, Los Angeles Boulevard, Lusaka

Fax [\(260-21\) 125 2336](tel:(260-21)1252336)

Email delegation-zambia@eeas.europa.eu

Web Site <http://www.delzmb.ec.europa.eu/en/index.htm>

Australian Consulate

Address 155 Kabulonga Road, Kabulonga, Lusaka

Email saul@milomax.co.za

Web Site <http://www.zimbabwe.embassy.gov.au>

Australian Embassy

Address 1 Green Close, Borrowdale, Harare,

Fax [\(263-4\) 870 566](tel:(263-4)870566)

Email zimbabwe.embassy@dfat.gov.au

Web Site <http://www.zimbabwe.embassy.gov.au>

German Embassy

Address 5219 Haile Selassie Avenue, Lusaka.

Fax [+260 211 25 40 14](tel:+260211254014)

Email info@lusaka.diplo.de

Web Site <http://www.lusaka.diplo.de>

Austrian Embassy

Address Limuru Road 536, Muthaiga (gegenüber Muthaiga Mini Market), 00100, Nairobi

Fax [\(254-20\) 406 0025](tel:(254-20)4060025)

Email nairobi-ob@bmeia.gv.at

Web Site www.aussenministerium.at/nairobi

Canadian High Commission

Address 5199 United Nations Avenue, Lusaka

Fax [\(260-21\) 125 4176](tel:(260-21)1254176)

Email lusaka@international.gc.ca

Web Site <http://www.canadainternational.gc.ca/tanzania-tanzanie/offices-bureaux/zambia-zambie.aspx>

British Embassy

Address 5210 Independence Avenue, Lusaka

Fax [\(260-21\) 142 3291](tel:(260-21)1423291)

Email LusakaGeneralEnquiries@fco.gov.uk

Web Site www.britishhighcommission.gov.uk/zambia

French Embassy

Address 74 Independence avenue (P.O. Box 30062), 10101 Lusaka

Fax (260-21) 125 4475 / (260-21) 125 1329

Email cad.lusaka-amba@diplomatie.gouv.fr

Web Site www.ambafrance-zm.org

Entry/Exit

Unrated

Travelers can obtain specific information about visas and other entry-exit requirements at <https://entry-exit.crisis24horizon.com>.

HIV Testing Requirement : Not required.

Pre-Departure

Unrated

- A risk assessment should have been completed against the itinerary before traveling. Travelers should also undertake a pre-travel security brief on the associated threats and operating environment and are recommended to have undertaken annual travel security training. Business travelers should undertake bribery and corruption training before traveling.
- Travelers should undertake a medical brief during which personal medical information should be recorded. Travelers should have adequate travel insurance in place to enable rapid medical treatment or emergency extraction from the country and should review contingency options, business continuity and crisis management plans.
- Travelers should conduct research into the current political situation in the country. If the travel dates coincide with planned elections, anniversaries or significant dates, additional measures may need to be taken.
- The travel itinerary should avoid sensitive areas, symbolic places and locations of frequent unrest where practicable.
- Travelers should provide friends and family with a copy of their travel itinerary, make a copy of important travel and identification documents, and if applicable, obtain their visa prior to arrival. Travelers should also have information on their meeting host, accommodation, relevant embassies and trusted local contacts easily accessible.

On Arrival

Unrated

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- Travelers should have a meet and greet procedure in place and minimize the time spent in the common areas of the airport. Travelers should proceed through arrivals in a timely manner and depart as soon as practicably possible.
 - Travelers should continually reassess the security and threat environment through a range of multi-source intelligence advisories.
 - Travelers should carry a copy of their travel documents at all times.

In Transit

● Unrated

- Travelers should avoid using street taxis but should utilize low-profile vehicles which have emergency equipment appropriate to the local geography and climatic conditions. Fuel levels in the vehicles should be at least half-full if traveling outside of major urban centers. Travel routes should avoid isolated areas and potential choke points where practical. Travelers should establish the formal identification of the driver before commencing any trip.
- Travelers should travel with minimal non-essential valuable items. Any valuables should not be displayed publicly.
- Travelers should minimize non-essential travel at night, particularly in rural areas.

At Your Hotel

● Unrated

- Travelers should stay at reputable hotels with good standards of international-level security. Hotels should be located in areas that have not previously witnessed protests or demonstrations and are not marred by ethnic or political tensions.
- On arrival at the hotel, travelers should ensure the driver stays on site until their check-in has been confirmed.
- Travelers should favor rooms between floors 2 and 6, and as far as possible from the main entrance and principal public areas. Rooms with access from a side balcony or fire escape should be avoided.
- Travelers should always lock the door (and any connecting doors) to their room and use the chain or spy hole when receiving a visitor. Do not open the door to your hotel room, especially late at night, until you have confirmed the visitor's identity and meet strangers in the lobby, not in your room.
- Travelers should leave any electronic equipment at the office or with your hosts and, before retiring, secure valuables and confidential documents.

In the Street

● Unrated

- Travelers should be aware of the national culture and behavioral expectations.
- Same-sex relations are criminalized and penalties can include imprisonment. Negative attitudes towards LGBT issues are widespread, and travelers should carefully weigh the risks of attending related rallies and events, as well as displaying overt signs of their sexual orientation in public, such as holding hands.
- Travelers should avoid leaving the hotel, or secure accommodation, after dark. Travelers should also avoid sensitive areas, and during periods of heightened tension, symbolic places such as police stations, government buildings and locations of previous protests.
- Travelers should maintain a low profile, not become involved in local political issues and avoid discussing politically sensitive topics in public. Travelers should avoid any demonstrations, protests and rallies, which may attract security forces and present a dynamic and volatile environment.

- Travelers should be aware of their location and surroundings, avoiding high-crime areas and walking through dimly lit streets after dark. Travelers should know routes and carry a map if necessary, but keep it concealed.
- Travelers should avoid overt displays of wealth, dress discreetly and appropriately to the environment, not display money, jewelry or valuables and maintain a low profile.
- Travelers should settle small bills with cash, and have a spare credit card available. Travelers should use only small denominations of the local currency, and keep large amounts of cash and cards in a separate place on their person. The contents of wallets and purses should be reduced, particularly cards which may denote affiliations, memberships or accounts. Do not use credit or debit cards unless absolutely necessary and then only at respected, well-known retail and service establishments.
- Travelers should ensure that their mobile phone is carried with sufficient battery life and programmed with appropriate emergency numbers. Travelers should also carry an ID card or passport and emergency medical information.
- In crowded situations, travelers should be aware of jostling as this may be used as a ploy by pick-pockets. Travelers should also be aware of people loitering and attackers may first pass their victim to attack from behind.
- Travelers should ignore verbal 'bait' from passers-by, not get into an argument and avoid eye contact with strangers.
- Travelers should be aware that photographing government buildings or military facilities may result in detention by authorities. Travelers should ask permission before taking pictures of locals, especially women.

Culture

Unrated

Standard Hours of Operation

Business: Monday-Friday, 0800-1300 and 1400-1700

Government: Monday-Friday, 0900-1200 and 1400-1700

Banking: Monday-Friday, 0815-1430, Saturdays 0815-1130 in major cities.

Business attire is generally semi-formal. Men should wear a coat, suit jacket, or a blazer and a tie, a button-down shirt, suit pants, and dress shoes. For women, a skirt or pants suit and blouse with dress shoes is appropriate.

Appointments are best scheduled Monday-Friday between 0900-1200, or 1400-1700. Arriving late to meetings or social engagements is a common practice. Informal or personal discussions are common. Scheduled meetings will typically run longer than expected. If a meeting includes dining out, the host offers to pay the check. Alcohol taken during lunch or dinner meetings is considered normal.

English is commonly used for business purposes. Attempts by visitors to use phrases in the native language are well-received but not expected. Business cards are widely used and are presented using one hand. Always use Mr./Ms. until the host indicates that using first names is appropriate. Addressing the host according to their official title is seen as a sign of respect. When beginning and departing a meeting, shake hands.

Gestures

Unrated

Business cards are widely used; when in use, they are presented using the right hand with the left hand holding the right forearm.

When beginning the meeting, shake hands with everyone. When departing the meeting, shake hands again.

Avoid using the following gestures or habits, as they are deemed offensive or insulting:

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- Engaging in public displays of affection
 - Showing impatience with an elderly person
 - Pointing a finger at someone
 - Touching another person's head
 - Whistling to get someone's attention

Religions

● Unrated

Protestant 75%, Roman Catholic 20%, other (includes Muslim Buddhist, Hindu, and Baha'i) 5%

Ethnicities

● Unrated

Bemba 21%, Tonga 14%, Chewa 7%, Lozi 6%, Nsenga 5%, Other, including Tumbuka Ngoni, Lala, Kaonde, Namwanga, Lunda (north Western), Mambwe, Luvale, Lamba, Ushi, Lenje, Bisa, Mbunda, other 47%

Significant Dates

● Unrated

Jan. 1 - New Year's Day

Jan. 2 - New Year's Day observed

March 8 - International Women's Day

March 12 - Youth Day

April 7 - Good Friday

April 8 - Easter Saturday

April 10 - Easter Monday

April 28 - Kenneth Kaunda Birthday

May 1 - Labor Day

May 25 - Africa Day

July 3 - Heroes' Day

July 4 - Unity Day

Aug. 7 - Farmers' Day

Oct. 18 - Prayer Day

Oct. 24 - Independence Day

Dec. 25 - Christmas Day

Currency

● Unrated

Currency Name/Code

The official currency of Zambia is the Zambian Kwacha (ZMW). One kwacha is made up of 100 ngwee.

Currency Convertibility

Banks or legal money-changers generally offer currency exchange services in the major cities; larger banks may offer the best exchange rates on average. The use of unofficial money-changers is illegal. Zambia forbids foreigners from exiting with local currency in amounts greater than ZMW 0,1.

Credit Card

● Unrated

Major credit cards are widely accepted by most shops, restaurants, and hotels. Credit cards are not used in remote areas.

Taxes and Tipping

● Unrated

Travelers may tip restaurant wait staff or taxi drivers at their discretion, but there is no tipping in the hotel industry. Many restaurants add a service charge. If it is not added, patrons may leave 10 percent as a tip.

Bank and ATM

● Unrated

ATM Availability

ATMs are widely available in the Lusaka and some other major cities but may only dispense local currency. ATMs are not used in remote areas. Always use an ATM located in a well-lit area.

Bank Availability

Banks are generally open Monday through Friday 0830-1430, some are open until 1600 and some banks are open on Saturdays 0815-1030 or up until 1200. Cash advances on major credit cards issued by foreign banks are permitted in a limited number of banks.

Active Alerts

No Alerts

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