

GIADA & SERDAR

COMPANION TO FIELD GUIDE NO. 01

The Zanzibar *Trip Journal*

Plan it, live it, score it. A printable planner and diary for one trip to Zanzibar, made to sit next to The Zanzibar Field Guide.

A4 PRINTABLE · 10 DAY PAGES · 12 SCORE CARDS · FREE SAMPLE

Giada & Serdar
First edition · November 2026

See more. Feel more.

START HERE

How to use *this journal*

Print it, or write on the screen

This is an A4 file. Print it at home at 100% (on US Letter paper choose "fit to page"). You can skip the cover to save ink. Every other page is light on colour. On a tablet, open it in any app that lets you write on a PDF. The pages are not form fields, so a pen or a stylus works better than a keyboard.

Print only what you need

Staying five days? Print five day pages. Staying longer than ten? Print page 11 again as often as you like. The score cards on pages 21 and 22 are worth printing twice.

Fill in the front before you fly

Pages 3 to 9 are the planning part: who, when, where, what is booked and what it should cost. Half an hour at home saves several on the island, where the internet comes and goes.

Write the day pages the same evening

Five minutes, before dinner or after it. Prices, names and the small funny things are gone by the next morning. We know, because we tried to remember ours afterwards.

Be as honest as you like

We scored every place we visited out of ten and wrote down what we paid. It made us look more closely, and it settled a few arguments. The score cards work the same way for you.

What is inside

1. Our trip at a glance
2. The countdown
3. Booking tracker
4. The budget and the daily spend log
5. Packing list
6. Tide and beach planner
7. Our bases
8. Ten day pages
9. Honest scores: twelve cards
10. Stone Town on foot
11. Tastes and creatures
12. Words and people
13. Twenty frames
14. Our honest list, best of the trip, leaving and after

This journal does not repeat the guide. Routes, bases, prices we paid and entry rules are in The Zanzibar Field Guide; here you write your own.

ON THE ISLAND

Tide and *beach planner*

On much of Zanzibar the sea leaves for hours at low tide. Look up a tide table for your dates and copy the times here; they shift by roughly 50 minutes a day.

East and south-east coast (Paje, Jambiani, Bwejuu, Michamvi, Kiwengwa, Matemwe): swim in the two hours either side of high tide; use low tide for a reef walk in water shoes, a seaweed farm visit or lunch.

North-west tip (Kendwa, most of Nungwi's western beach): swimmable at any time of day.

Around full and new moon the tides are at their most extreme; around half moon they are gentlest.

DATE	WHERE WE ARE	HIGH TIDE	LOW TIDE	MOON	SO TODAY WE…

WHAT WE LEARNED ABOUT THE TIDE HERE

DAY 1

Day *one*

DATE

WHERE WE WOKE UP

WHERE WE SLEPT

WEATHER (CIRCLE)

sun · cloud · rain · wind · humid

HIGH TIDE

LOW TIDE

SWIM WINDOW

THE PLAN THIS MORNING

BEST MOMENT

WHAT ACTUALLY HAPPENED

SOMEONE WE TALKED TO

SPENT TODAY (FOR ONE OF US, OR BOTH?)

TODAY'S PROMPT

What did the air feel and smell like when you stepped out of the airport?

ATE AND DRANK (WHERE, WHAT, WOULD WE ORDER IT AGAIN?)

OUR DAY OUT OF 10

1 · 2 · 3 · 4 · 5 · 6 · 7 · 8 · 9 · 10

RATE IT YOURSELF

Honest *scores*

One card per restaurant, beach club or activity. Score it the same day, before the photos make it look better than it was.

PLACE · AREA

DATE

WE SPENT (FOR HOW MANY?)

WHAT WE HAD / DID

OUR RATING _____ / 10

ONE HONEST SENTENCE

PLACE · AREA

DATE

WE SPENT (FOR HOW MANY?)

WHAT WE HAD / DID

OUR RATING _____ / 10

ONE HONEST SENTENCE

PLACE · AREA

DATE

WE SPENT (FOR HOW MANY?)

WHAT WE HAD / DID

OUR RATING _____ / 10

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WE SPENT (FOR HOW MANY?)

WHAT WE HAD / DID

OUR RATING _____ / 10

ONE HONEST SENTENCE

FREE SAMPLE

The full journal has *31 pages.*

Trip overview, countdown, booking tracker, budget and daily spend log, packing list, tide planner, ten day pages with a different prompt each, twelve score cards, a Stone Town walk sheet, tastes and wildlife lists, Swahili practice, twenty photo prompts and the pages for looking back. Available on its own or together with The Zanzibar Field Guide.

The Zanzibar Trip Journal · First edition, November 2026 · © Giada & Serdar. For personal use by the buyer; print as many copies as you need for your own trips. Please do not share or resell the file. Planning notes reflect our own trip and research in November 2026; always confirm entry rules, prices and tide times with official sources.