

UW Global Health Community Health & Asset-Based Community Development in Sri Lanka – Winter Intersession 2018-2019 Program Handbook



UW Global Health Community Health & Asset-Based Community Development in Sri Lanka is offered by the College of Agricultural and Life Sciences (CALS) at the University of Wisconsin-Madison in partnership with International Academic Programs (IAP). This Program Handbook supplements handbook(s) or materials you receive from your field instructor as well as the Study Abroad Handbook and provides you with the most up-to-date information and advice available at the time of printing. Changes may occur before your departure or while you are abroad.

Questions about your program abroad (housing options, facilities abroad, etc.) as well as questions relating to your relationship with your host university or academics (e.g. course credit and equivalents, registration deadlines, etc.) should be directed to CALS International Education and Study Abroad at UW-Madison.

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Contact Information

On-Site Program Information

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UW-Madison Information

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University of Wisconsin-Madison
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Emergency Contact Information

In case of an emergency, contact your on-site staff first using the emergency contact information provided on-site. For the IAP emergency contact, call the main IAP number **(608) 265-6329** between 8:00 a.m.-4:30 p.m. Monday-Friday; after-hours or on weekends call the IAP staff on call at **(608) 516-9440**. If you call the main number after hours, the message will direct you to call the emergency number, so it's a good place to start if you're not sure about the time difference.

Embassy Registration

All program participants who are U.S. citizens must register at the U.S. Embassy before departure as this will help in case of a lost passport or other mishap. You can register online at <https://travelregistration.state.gov>. If you are not a U.S. citizen, register at your home country's embassy or consulate.

U.S. Embassy in Sri Lanka
210 Galle Road
Colombo 00300, Sri Lanka
Phone: 011-249-8500 (Calling from within Sri Lanka)
Phone: +94 (11)-249-8500 (Calling from outside Sri Lanka)
Emergency calls: 011-249-8686 (M-Th 8:00am-4:30pm; F 8:00am-12:00pm)
Emergency calls: 077-725-6307 (after business hours)
E-mail: consularcolombo@state.gov

Program Dates

January 4-18, 2019

The program leaders will provide more detailed travel information including instructions for buying plane tickets. Please do not purchase plane tickets without contacting them first.

Preparation Before Leaving

Refer to the Pre-Departure Checklist in the Study Abroad Handbook for essential information.

Financial Aid

UW-Madison students are only able to utilize financial aid for study abroad programs that are four weeks or longer in duration. CALS students are encouraged to apply for the CALS Study Abroad Scholarships, which can be found under the program cost tab on the study abroad website.

Billing

The UW-Madison Bursar Office will send you an e-bill for the term you are studying abroad with a payment due date of 30 days after the bill is issued.

Passport

A passport is needed to travel to Sri Lanka and to obtain your student visa. Apply **immediately** for a passport if you do not already have one. Passport information and application forms can be found on the U.S. State Department website (travel.state.gov/passport). If you already have your passport, make sure it will be valid for at least 6 months beyond the length of your stay abroad.

Visa

All students must acquire an Electronic Travel Authorization (ETA) before leaving for Sri Lanka. This can be completed online at: eta.gov.lk/slvisa/. A help document on this process is provided for you in your MyStudyAbroad account.

Budget

In country transportation, housing, most meals, excursion fees and lectures are included in your program fee. The only things you will need to budget for during your program are airfare, visa entrance fee, a few meals, and spending money.

ATM/Debit cards

It is possible to withdraw money across the island at ATMs using your bank debit and credit cards. You can also withdraw money using your ATM card at the airport when you arrive. ATM machines usually support MasterCard, Visa, Plus and Cirrus international networks. Be aware that you might not have access to an ATM in smaller towns and villages. You should inform your bank in advance of your travel to facilitate international use.

Safety with Money

Use the same precautions with money abroad that you would when traveling in any large city in the United States. Be aware of pickpockets in crowded areas and on public transportation. Carry your money and other documents in a money pouch worn inside your clothing. Use the same precautions you take at home when using an ATM; keep your pin number separate from your ATM/debit card and use machines inside banks or other buildings. Maintain a copy of all credit card numbers, traveler check numbers, and any PIN numbers in a safe place, and do not carry these with you at any time. Leave a copy of these documents with your Financial Representative in the United States.

Packing

You will be moving frequently throughout the country and into rural locations. It is recommended you pack LIGHT. You will also want to consider a backpack as opposed to wheeled luggage for ease of movement in areas without paved sidewalks. Women should plan to dress modestly, especially when visiting religious sites.

- Important documents (passport, emergency contact information, insurance card, ATM card, money, etc.) should be in your carry-on luggage. Also, make sure that you make a copy of important documents and leave them with a friend or family member back home to access in the case of an emergency.
- Take enough prescription medication to last the duration of the program. Keep prescription medication in their original packaging and carry a letter/prescription from your doctor explaining your condition and use of medication. Prescriptions should be packed in your carry-on luggage.
- Leisure clothes (long skirts, loose long pants, t-shirts, casual shoes)
- Comfortable walking shoes (also shoes for rain)
- Jacket or fleece (needed on airplane only)
- Swimsuit
- Reusable water bottle
- First aid kit: Pain reliever, band-aids/ointment for cuts, diarrhea medicine (pepto)
- Sunblock, hat and sunglasses for protection from harmful effects of UV sun rays.
- Antibacterial hand wipes or alcohol-based hand sanitizer containing at least 60% alcohol.
- Insect repellent
- Towel
- Camera
- Small flashlight
- Pocket knife (if you have one; pack it in your checked luggage. Pocket knives in carry-ons may be confiscated by airport officials)
- Luggage lock (must be TSA approved): [tsa.gov/blog/tags/locks](https://www.tsa.gov/blog/tags/locks)
- Valuable items, expensive jewelry, and items that cannot be replaced should be left at home.

The Academic Program

Course Information

Students will receive 2 credits of Nutritional Sciences 421. This program is approved as a field experience for the global Health Certificate.

General Information

Classroom presentations by community health and social services personnel will be integrated with short-term residence in rural villages. Using the framework of asset-based community development as well as Gandhian and Buddhist practice, students will explore topics such as nutrition, maternal and child health, infectious diseases, prevention and treatment of violence, psychosocial rehabilitation, traditional healing and meditation in the context of ethnic and religious diversity, poverty, recovery from natural disaster and civil war. Readings and interviews with the leaders of Sri Lanka's largest non-government organization (in 15,000 villages) will provide background.

Individual participants will be expected to participate in all pre-departure meetings and in-country activities and projects. They will also be expected to complete all required readings and produce a geo-journal, annotated bibliography, two short reflection papers and a final paper.

For more information, please refer to the course syllabus.

Language

Teaching will be conducted in English. For the field work in the villages, there will be Sri Lankan partners who will aid with translations.

Shramadana = shared labor, not from a position of privileged people helping out poor people. Getting to know each other, engagement, communication and socializing is important, sharing meals.

Course Information

All students will be enrolled in a 2 credit course, Nutritional Science 421.

Registration

IAP will automatically register all students for the course. Students do not register for the class themselves.

Pass/Fail/Drop/Audit

Please refer to the Study Abroad Handbook for academic policies on pass/fail. It is not possible to drop the course.

Field Study

Be aware that a field study can be stressful for many reasons. Students are away from the comfort and familiarity of home/campus and this might be uncomfortable. Students will meet local individuals and will face language barriers and cultural differences. As a field study participant, students will be expected to be a team member. Students will be with the same travel mates for days, evenings, and even nights as they share bus rides, meals in restaurants, and overnights in hotels or local homestays. It is a 24-hour job to be a field study participant. Please anticipate these challenges and be ready to address them with

respect and grace. On-site staff and leaders are there to help students with difficult situations, to encourage open conversations, and to build greater understanding.

During a field study, students visit many sites, oftentimes multiple in one day. At many of these sites, the people students interact with have typically volunteered their time to teach about their business / culture / country. It is essential to remain respectful and considerate with everyone you meet throughout the program. Keep in mind that each site offers firsthand experiences and opportunities to learn about the local people, culture, and programs.

Most importantly, though, a field study provides opportunities to build connections between both participants and locals. Students are challenged to think outside the box and oftentimes quickly make decisions. Being proactive and deliberate during site visits can help students feel more connected to their program and local culture, especially considering the short duration. The rewards of a field study are only limited by what the student can achieve, so we encourage every participant to embrace their unique experience.

Living Abroad

Sri Lanka

Your experience will be more rewarding if you are educated about the country you are living in. Before departure, try your hardest to learn as much as you can about Sri Lanka. Also, read the Preparing to Live in Another Culture section of the IAP Study Abroad Handbook. Consult the following resources as well as travel books in the Study Abroad Resource Center (Red Gym, 3rd Floor). Remember- it won't be possible to prepare yourself completely. There will be situations you will not have anticipated, and your flexibility will determine in great part the kind of experience you will have while abroad.

Official Sri Lankan Tourism site: srilankatourism.org/

Wikitravel: wikitravel.org/en/Sri_Lanka

Department of State: travel.state.gov/content/travel/en/international-travel/International-Travel-Country-Information-Pages/SriLanka.html

Sarvodaya Movement: sarvodaya.org/

Lonely Planet: lonelyplanet.com/sri-lanka

More information on Sri Lanka and the Sarvodaya Movement is available in "From A to Z: A Student's Informal Field Guide to Sarvodaya and Sri Lanka".

Housing

Students will stay in a combination of hotels, hostels and home stays for the duration of the program.

Transportation

Transportation in country will be provided by Sarvodaya Movement. Road conditions in Sri Lanka are very different from Madison, WI. Please take extreme caution when near busy roads.

Safety

The Study Abroad Office is dedicated to maintaining the personal safety and security for each of our study abroad participants. Our office takes necessary precautions, remains in close contact with program staff and works with them in case of an emergency. You are encouraged to contact your Study Abroad Advisor if you are concerned about your safety or welfare.

Violent crime is not a serious problem for travelers in Sri Lanka, but some tourists find themselves the victims of scams. Stay with the group, or at least with a friend, during down time. If something doesn't feel right, don't be afraid to walk away. Be cautious around someone who actively seeks your business on the street. This regularly results in a scam.

The violent civil war in Sri Lanka ended in 2009 and while the country has been relatively peaceful since, be aware that the conflict may be still fresh in people's minds. Landmines are being cleared out from some parts of the north and some parts of the east and some cities and towns still suffer heavy damage from the conflict.

Tourists were not targeted during the war and no tourists were killed, though some were injured. You will be with the group for the majority of your stay in Sri Lanka and should not encounter any problems from lingering conflicts in the country. Regardless, you should take advice from your Program Leaders and the Sarvodaya Movement very seriously and follow directions closely.

The local equivalent to the "911" emergency line in Sri Lanka is 119. This number only contacts the police and does not provide access to emergency medical services. Although the number is answered 24 hours a day, police responsiveness may vary.

Health

It is recommended that you read through the Center for Disease Control (CDC) recommendations for travel to Sri Lanka [cdc.gov/travel/destinations/sri-lanka.aspx](https://www.cdc.gov/travel/destinations/sri-lanka.aspx) as well as meet with your doctor or a travel doctor at least 4-6 weeks prior to departure. Your doctor or health-care provider will determine what you will need, depending on factors such as your health and immunization history, areas of the country you will be visiting, and planned activities.

Food and Water

Safe water will be provided at program sites and home stays. Diseases from food and water are the leading cause of illness in travelers. Follow these tips for safe eating and drinking:

- Wash your hands often with soap and water, especially before eating. If soap and water are not available, use an alcohol-based hand gel (with at least 60% alcohol).
- Drink only bottled or boiled water, or carbonated (bubbly) drinks in cans or bottles. Avoid tap water, fountain drinks, and ice cubes.
- Do not eat food purchased from street vendors.
- Make sure food is fully cooked.
- Avoid dairy products, unless you know they have been pasteurized.

Diseases from food and water often cause vomiting and diarrhea. Make sure to bring diarrhea medicine with you so that you can treat mild cases yourself.

Alcohol and drug use

Cross-cultural differences exist in the consumption of alcohol. Depending on your host country, you may find the availability and public consumption of alcohol greatly increased or decreased. Often, rules about the acceptability of alcohol use in certain situations or contexts are very different than in the United States.

Excessive drinking can impact your health during the program, impair judgment, lead to risk or harm to yourself or others and have an effect on your academic performance.

Penalties for use or possession of illegal drugs can include jail terms, hard labor, and even the death penalty. Neither the U.S. Embassy nor the program offices are able to exercise effective pressure to moderate these penalties. If you are arrested, you are subject to the host country's laws and neither UW-Madison nor the U.S. Embassy can protect you from the local legal consequences. While on a study abroad program, you are responsible for obeying all local laws. If the study abroad office learns that program participants are using drugs or breaking other local laws, participants will be confronted and may be asked to leave the program.

Communication

When making calls, keep in mind time zone differences (timeanddate.com/worldclock). To make an international call to the United States, dial the access code for the country from which you are calling plus the United States country code (always "1") followed by the appropriate U.S. area code and local number. To call internationally from the United States, dial "+1", the country code, city access code (if necessary) and the phone number. Country and city codes can be found online (timeanddate.com/worldclock/dialing.html). Some of above steps can vary if you are using a calling card.

Skype is a free, downloadable software application that allows users to make live video and voice calls over the internet. Skype users can also add money to their account and can then use the service to call land lines and cell phones internationally at very low rates. Additionally, Skype also provides an instant messaging function as well as file sharing.

To create a Skype account, users must download the application from www.skype.com and create a user name and password. Once the application is installed onto their computer, they can search for friends either by first and last name or using their friends' Skype usernames. Once a friend is added to a user's contact list, they will be able to see whether that person is available to chat. If two users both have web-enabled video cameras for their computers, they will be able to chat face to face. For users without a web cam, a microphone is all that's needed for calls to another computer.

ADDITIONAL RELEVANT INFORMATION/WEBSITES OF INTEREST

U.S. State Department Students Abroad site:

studentsabroad.state.gov/

UW-Madison International Academic Programs

studyabroad.wisc.edu

U.S. State Department:
travel.state.gov

Center for Disease Control
cdc.gov/travel/

Current exchange rates
oanda.com

Lonely Planet
lonelyplanet.com

Student Testimonials

Language Learning: “I wish we would have been prompted to learn more Sinhalese. I would definitely tell new students to focus more on their language before they go.”

Cultural adjustment: “To adjust to the new culture, being uncomfortable should be expected and is completely normal. Learning about the culture from these uncomfortable situations is worth it.”

Personal Growth: “In about 2 weeks, I feel more confident as a traveler and more able to handle difficult or uncomfortable tasks.”

“I learned so much during this program, experienced a lot, and made great friends!”

“I would recommend this program to other students because it has the ability to teach much more than what is found in a classroom. I learned a lot about myself as a person and improved in many different aspects of my life. It is also a great way to meet new people who share similar interests, but are not necessarily in the same major as you. Through participating in this program, I learned a lot about the health system in Sri Lanka and some challenges they may be facing, the importance of religion and spirituality in their culture, and how community can play a significant role in the health and well-being of an individual.”

Engaging with host family: Use card games, learn a few words in their language, and bring photos from home for non-verbal communication. Bring small gifts for host family such as a deck of cards, small soaps, toys, household items, chocolates or cookies or something “Wisconsin” (example drawstring backpacks with UW).

Health: “For my specific program motion sickness was an issue for many of us as we traveled through the mountains. Medications we found to be helpful to have was pepto bismol, emergen-c, allergy medications, and anti-itch cream for bug bites.”

Money: Take out bigger amounts of the local currency rather than small amounts so you don't have to do it multiple times. This way you don't get a lot of atm charges and don't have to worry about running out of money when you need it and can't use a card.”

“Go into your trip with an idea of how much you want to spend, and convert that to the currency in the visiting country so you do not over-spend on personal things.”

Packing: “Be prepared to walk a lot, [bring] comfortable shoes, comfortable clothes, long skirts, white shirt and pants or long skirt for the temple visits, snacks (optional), sunscreen, and a hat to protect head and face in the sun and from mosquitos.”

Flights: “It's nice to fly with others in your group, especially if you haven't flown internationally before, but it's also a good idea to check other flight plans and get cheaper flights if available.”