

## UW Health, Education, & Tanzanian Culture– Summer 2020 Program Handbook

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UW Healthcare in Tanzania 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 IAP 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 your Study Abroad Advisor or Program Leader.

This program handbook contains the following information:

- Contact Information
- Program Dates
- Preparation Before Leaving
- Travel and Arrival Information
- The Academic Program
- In Country Information

### Contact Information

#### On-Site Program Information

UW Madison Program Leaders:

Susan Gold, [sdgold@wisc.edu](mailto:sdgold@wisc.edu), 608-213-5392 (can contact via Whatsapp)

Stephanie Symes, [steph.symes@gmail.com](mailto:steph.symes@gmail.com)

On-site partner: Nardo Msuya, 255-754-560-610

#### UW-Madison Information

CALS Study Abroad

University of Wisconsin-Madison

116 Agriculture Hall, 1450 Linden Drive

Madison, WI 53706

Tel: 608-890-4196

Email: [studyabroad@cals.wisc.edu](mailto:studyabroad@cals.wisc.edu)

Web: [www.studyabroad.wisc.edu](http://www.studyabroad.wisc.edu)

*For Program Advising & Grades:*

**Rebecca Johnson**

CALS Study Abroad Advisor

Tel: 608-890-0978

E-mail: [rebecca.h.johnson@wisc.edu](mailto:rebecca.h.johnson@wisc.edu)

*For Financial Matters:*

**Susan Breitbach**

IAP Financial Specialist

Tel: 608-890-3360

E-mail: [sbreitbach@studyabroad.wisc.edu](mailto:sbreitbach@studyabroad.wisc.edu)

### **Emergency Contact Information**

For questions or general concerns that do not involve the immediate danger or threat to the health or safety of a student, call the main IAP number **(608) 265-6329** between 8:00 a.m.-4:30 p.m. Monday-Friday. Calls received outside normal operating hours will be returned as soon as possible the next business day.

If an emergency arises after-hours or on weekends, you can reach the IAP Staff On-Call at **(608) 516-9440**. This number is **ONLY for emergencies**, otherwise, please call the main desk.

### **Embassy Registration**

All program participants who are U.S. citizens must register with the U.S. Department of State's Smart Traveler Enrollment Program (STEP) before departure. Registering with STEP alerts the U.S. Embassy in Tanzania of your presence in the country and you will receive any travel alerts relevant to your location. You can register on-line at [travelregistration.state.gov](https://travelregistration.state.gov). If you are not a U.S. citizen, register with your home country's embassy or consulate.

U.S. Embassy in Tanzania  
686 Old Bagamoyo Road,  
Msasani  
P.O. Box 9123,  
Dar es Salaam  
255-22-229-4000  
drsacs@state.gov  
<https://tz.usembassy.gov/>

### **Program Dates**

December 31, 2020 to January 17, 2020

### **Preparation Before Leaving**

#### **Passport**

A passport is needed to travel to Tanzania and to obtain your student visa (IF APPLICABLE). 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 (<http://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. If not, you should apply for a passport renewal as soon as possible.

#### **Visa**

An ordinary/tourist visa is required. U.S. citizens must have a U.S. passport valid for at least six months beyond the end of the program. You will apply for your own visa. Some countries require at least two blank pages in your passport for visa information. Visas are applied for online through the Tanzanian Embassy USA website after flights have been purchased. Please contact your Program Leader before you apply. The visa cost is \$100 and is good for one year.

**Handling Money Abroad** Gift cards do not work in-country. You will be able to use your debit card or whatever card you use in the U.S. to withdraw funds from an ATM in-country and in local currency. This will be discussed in your pre-departure orientation

**Packing** General items to pack include: tennis shoes/ hiking shoes, closed toe shoes (may be tennis shoes), comfortable clothing, a hat, sunglasses, sunscreen, and insect repellent. Long pants, hiking pants, or capri's instead of leggings. Leggings are not appropriate to wear instead of pants – you will not be permitted to wear them. More specific packing information will be discussed in your pre-departure orientation.

**Electronics** This will be discussed in your pre-departure orientation.

## Travel and Arrival Information

A detailed day-to-day itinerary will be provided as part of your pre-departure orientation. Students will make their own travel arrangements, but are given guidelines for arrival routes, dates and times, and are encouraged to coordinate with other program participants. Students should plan to purchase refundable flights with flexible cancellation policies if at all possible.

## The Academic Program

### Course Information

This course and study abroad program are approved as a field experience for the Global Health Certificate. Students must have completed at least one of the Certificate of Global Health's core classes prior to program start.

All participants will be enrolled in three credits of Nutritional Sciences 421.

### Getting Credit

To receive course credit, you should submit your Course Equivalent Request (CER) by following these instructions:

1. [Log into your MyStudyAbroad portal.](#)
2. Select the "Academics" tile.
3. Select "Option 1: Pre-Approved CER".
4. Select the appropriate course by clicking the blue "ADD" button.
5. Hit "Submit Request."

### 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.

## **In-Country Information**

### **Cities/Sites**

Dar es Salaam, Moshi, and Zanzibar City

### **Housing**

Students will stay as a group in simple, hotel-like accommodations with breakfast and dinner included. This information will be provided by the program leader and can be used to register with the State Department's STEP program.

### **Transportation**

You will travel as a group and all in-country travel is arranged by program staff.

### **Health and Safety**

Be sure to fully review the required Health and Safety Orientation in your MyStudyAbroad portal for general health and safety guidelines. More specific health and safety guidelines will be discussed in your pre-departure orientations. If you have specific questions or concerns, please contact your Program Leader and/or Study Abroad Advisor.

All students will receive health insurance coverage through Cultural Insurance Services International (CISI). The cost of the insurance coverage is included in program fees. Please refer to your My Study Abroad account "Health and Insurance" tab or visit [www.culturalinsurance.com](http://www.culturalinsurance.com) for more information. Your Program Leader has established relationships with in-country physicians and also has 24 hour access to U.S. physicians for consultation.

### **LGBTQIA-specific safety**

Tanzanian law forbids homosexuality and under the country's criminal code, it is an offense punishable by lengthy prison terms. LGBTQIA students have participated in the program in the past,

but please speak with your Study Abroad Advisor and/or your Program Leader if you have questions or concerns.

Visit <https://studyabroad.wisc.edu/student-identity/lgbt-students/> for more resources as well as review the [Considerations for LGQTIQ Travel Abroad document](#) for additional country specific information.

### **Communication**

Sometimes, calling internationally can be unreliable and expensive. It is often cheapest and easiest to communicate with friends and family back home using email or a communications app such as Whatsapp, Skype, Google Hangouts, FaceTime, etc.

Limited wifi is available. You will be able to check in with your families upon arrival, but access to wifi during the program is not guaranteed. The Program Leaders have working cell phones in-country in case of emergencies.

When making calls, keep in mind time zone differences ([timeanddate.com/worldclock](http://timeanddate.com/worldclock)).

Country and city codes can be found online ([www.timeanddate.com/worldclock/dialing.html](http://www.timeanddate.com/worldclock/dialing.html)). Some of the following steps can vary if you are using a calling card, landline, or cell phone.

To call *from* an international country *to* the United States:

- Dial the country *exit* code for the country you are in. Oftentimes this is “00.”
- Dial the country *access* code for the country you want to reach. For the United States it is “+1” or “011.”
- Follow with the area code and the local number as normal.
- **Example:** Tanzania’s exit code is “000.” To call to the U.S. from Tanzania, the following format would be used:
  - 000-1-XXX-XXX-XXXX

To call *from* the United States *to* an international country:

- Dial the United States’ exit code “011,” the country code for the country you want to reach, the area/city code, and the phone number
- **Example:** Brazil has country code 55, Rio de Janeiro has city code 21. To call Brazil from the U.S., the following format would be used:
  - 011-55-21-XXX-XXXX
- Note: some countries employ varying numbers of digits for area/city codes and for telephone numbers. Don’t be surprised if the number you are trying to call has more or less than the standard “three plus seven”
- The international code for Tanzania is +255

### **Additional Relevant Information/Websites of Interest**

UW Madison International Travel:  
<http://internationaltravel.wisc.edu/>

UW-Madison International Academic Programs  
<http://www.studyabroad.wisc.edu>

U.S. State Department:  
<http://travel.state.gov>

Center for Disease Control  
<http://www.cdc.gov/travel/>

Current exchange rates  
<http://www.oanda.com>

Tourist Information  
<http://www.lonelyplanet.com>

### **Student Testimonials**

“Our leader gave us numerous connections between what we saw and experienced with health and well-being. We visited local hospitals and schools and our leader always took time to explain the various diseases that are affecting Tanzania and what is being done to try and counteract them.”

“It solidified my decision to pursue a master's in public health and foreign policy and to one day work internationally.”

“There was never a visit to a school, hospital, orphanage, or public health organization after which Susan Gold did not emphasize the limitations of access imposed by the law, by traditional cultural norms, or by stigmas that carry across all socioeconomic groups. The limited ability of HIV positive youth to reach full wellness was widely discussed, due to stigma, reliance on U.S. government funding, and traditional values about sexuality and gender roles.”

“Every day was different and allowed us to learn something new, meet different people, and see a new part of the country. I learned a lot from getting so many opportunities to just talk to people, usually my peers.”

“I absolutely loved this program and thus believe it had many strengths. We were given the opportunity to travel through various villages in Tanzania, interact with the people who live there, and just gain a whole new understanding of their culture and way of life. It also helped a lot of us come out of our comfort zone and allowed us to fully take in the beauty of this country. It also allowed us to be a part of Susan Gold's Talking Health Out Loud NGO, and let us talk with adolescent children about sexuality and HIV/AIDS and implement strategies at how they can keep both themselves and their sexual partners healthy by preventing the spread of this disease. This program also helped me gain a whole new group of friends. We all had the opportunity to witness so many unique experiences with each other, and that is something that we will always have a bond over. Lastly, it allowed me to further understand that no matter the color of our skin, the country in which

we live, the food we eat, the religion we practice, or the language we speak, 'tuko sawa', we are all the same."

"Our group had the incredible advantage of having a student who is fluent in Swahili, and thus we were able to properly communicate with the locals through her. I would advise any future participants to try and learn as much of the language as they can before the trip. You definitely will pick up on common words/ phrases throughout the trip, but having background knowledge prior to the program will definitely be an asset to both yours and your peers' experience."