



S F S THE SCHOOL
FOR FIELD STUDIES

TANZANIA

Student Field Preparation Guide Summer Programs

The School for Field Studies (SFS)



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Introduction

This Student Field Preparation Guide is an important tool to help you prepare for your SFS experience! Use it to prepare for your phone interview, after you are accepted to the program, as you prepare to depart, while you are in the field and even after you return home.

We begin with a reminder list and timeline of the vital tasks you need to accomplish, including what you need to send to SFS prior to departure. There is information about traveling to and from the program, visa instructions, and arrival at the airport on the first day. There is a description of what life is like at your Center on a day-to-day basis and what to expect as far as living conditions. We have included a packing list and some financial suggestions to help guide you. Finally, we have included some resources on safety and traveling abroad. Please be sure to read through the entire guide and don't hesitate to contact your Admissions Counselor with any questions.

Terms and Regulations Contract

Note that as a condition for participation in an SFS program, you are required to document that you have read, understood and accepted all academic, safety, administrative and operational policies, rules and requirements by reading and signing the SFS Terms and Regulations Contract.

Preparing for Departure

Preparation Checklist

Please see the SFS website for PDFs of forms and access to your online account & checklist. Most forms can be submitted online through the account that you created when you applied to your SFS program, but any other forms/information can be submitted by mail, email, or fax:

The School for Field Studies
100 Cummings Center, Suite 534-G
Beverly, MA 01915
Email: admissions@fieldstudies.org / safety@fieldstudies.org
Fax: 978.922.3835 (general) / 978.232.1254 (safety)

If you have questions about items on your online checklist or cannot access it, please contact admissions.

Read this Guide carefully in its entirety, including sections on Program Overview, SFS Policies, and Traveling and Living Abroad.

To be submitted by the deadline that applies to your session:

SFS Summer 1 & Combined Programs: April 15th
SFS Summer 2 Programs: May 15th

- **SFS Terms and Regulations Contract.** Submitted electronically through your SFS online account.
- **Acknowledgement and Assumption of Risks Form.** Submitted electronically through your SFS online account.
- **FERPA Notice and Consent.** Submitted electronically through your SFS online account.
- **Passport number and expiration date** (passport must be valid for at least six months after the last day of the program). Submitted electronically through your SFS online account.
- **Pupil's Pass information.** See *Passport and Visa* section of this document for instructions.
- **SFS Medical Forms:**
 - **SFS Online Medical Review Form.** Self-disclosure form that you complete online. Submitted electronically through your SFS online account.
 - **SFS Physical Examination & Authorization Form.** To be completed by a physician and submitted to the SFS Safety Department via fax, scan and email, or regular mail.
 - **Psychotropic Medication Form** and/or **Counseling Questionnaire**, if applicable, to be completed by your prescribing physician and/or counselor, therapist, psychiatrist, or psychologist and submitted to the SFS Safety Department via fax, scan and email, or regular mail.

Please note: No student may enter the field until Final Medical Approval is granted by SFS personnel. This includes receipt and review of the SFS Online Medical Review Form and Physical Exam and Authorization Form. The Counseling Questionnaire, Psychotropic Medication Form, and supplemental documentation from a medical specialist may also be necessary. Inaccurate or incomplete information on any of the SFS medical forms may be grounds for rescinding an offer of admission, recalling a student from the program, or restricting student participation in certain activities. In addition, students are responsible for informing SFS of any changes to their health status that occur after submission of SFS medical forms.

Other Preparation To-Do's

- Make sure you've paid your tuition, room & board in full! Work closely with the SFS Admissions & Finance Departments to be certain everything is in order.
- Obtain passport/check to make sure your passport is valid at least 6 months after the program ends.
- Contact SFS alumni on campus or as provided by SFS to learn more about what to expect.
- If you are a permanent resident (*NOT* a citizen) of the United States or an international student returning to school in the US after the program, please be sure to have the necessary documentation for re-entry into the United States.
- Make travel arrangements that meet the schedule outlined by SFS. If you do not book using Advantage Travel, you must submit your itinerary to your Admissions Counselor and have it approved prior to purchase.
- Schedule a consultation with a travel doctor or your physician *at least 60 days* prior to departing for the program. Be sure to review:
 - Your vaccination history and requirements for every region in which you plan to travel.
 - Your prescription and over-the-counter medications. Prescription medications should be in their original, labeled containers. Work with your physician and insurance to ensure you have enough prescription medication to last the full duration of the program, as it is rare you will be able to find the medicine you need in-country.
 - Review and understand what the specific risks are for each region and country you will be visiting during the program and any pre- or post-program travel.
 - The Program Information for Participants and Medical Professionals, listed on your Physical Exam and Authorization Form. Consider your level of fitness as well as any medical or physical accommodations that may be needed.
- Make sure you have **comprehensive international health insurance** (*required*). Documentation of your insurance is necessary on the SFS Online Medical Review Form. Check with your provider to make certain that your policy offers coverage outside of the United States and specifically in the country or countries where you are going.
- Configure your laptop to access your home school's online libraries and e-journals before you arrive in the field (see *Library* section for further details).
- Make two clear copies of your flight itinerary and your passport. Take one copy of each with you and leave one copy with a friend or family member and save copies in your email inbox.
- Complete the SFS Pre-departure Exercises (emailed to you about 2 months prior to departure)
- Do some research on Tanzania! Set up google alerts for news articles, read about Tanzanian history and current events, research Tanzanian culture (the **Culture Smart** series of books is a good place to start)

Travel Arrangements

You are responsible for making your own travel arrangements and for paying your travel to and from the program. You have many choices: you may wish to book your ticket over the Internet, through your local travel agent or by working with Advantage Travel Agency to book a seat on the group flight arranged by SFS for most summer programs. For this program the group flight is **highly recommended**. **You will receive your travel instructions from your Admissions Counselor 3-4 months prior to the start of the program.**

Advantage Travel

You are not required to travel on the suggested itinerary, nor is it guaranteed to be the cheapest flight available. However, there are several benefits to booking the suggested itinerary through Advantage Travel:

- Your itinerary is guaranteed to meet the group pickup/drop off program schedule.

- Advantage Travel has some influence with airlines to make ticket adjustments in the event of last-minute program date changes or cancellation, lost tickets, or other unforeseen circumstances.
- This travel agent is familiar with SFS programs.
- This will be one-stop shopping for your travel plans, both to and from the program and for other trips if you plan to travel during pre/post-program.
- It will be fun to begin your travels with your fellow SFS students!

Making Your Travel Arrangements

Be sure to arrive at the Kilimanjaro International Airport (JRO) on time! If you do not book using Advantage, all travel plans must be reviewed and approved by your SFS Admissions Counselor prior to purchase. The Advantage Travel Agency suggested itinerary determines the program meeting time at the destination airport (JRO), as well as the program departure time. SFS staff members will meet the student group at the airport at the specified arrival time and coordinate transportation to the Center. If the suggested itinerary arrives in the late afternoon or evening, all students and staff will spend the night at a hotel in Arusha (the city just west of the airport) and will travel to the Center the following morning.

Regardless of whether the ticket is purchased through Advantage Travel or another agent, SFS is not responsible for reimbursing travel expenses for programs cancelled or rescheduled due to acts of war or civil unrest, acts of God, strikes, weather, quarantine/epidemics/sickness, government regulations, or failure of equipment, power or communications. Therefore you may wish to purchase travel insurance to protect your investment in your ticket.

Note that you are required to complete the entire program up until the drop off time (which is usually at least two hours before the suggested departure flight). **Regardless of your travel plans after the program, you may not leave the program early and you must be dropped at the end of the program at the designated drop off location.** If you are traveling independently after the program, you can make your plans from the Kilimanjaro International Airport. Carefully check the end dates of your semester session and plan your travel accordingly.

TRAVEL TIP: Join a frequent flyer program! Also, check with your agent about multiple stops or stopovers; long trips are an excellent opportunity to see other countries or regions for a small fee or at no extra cost, but this usually needs to be arranged at the time of ticket purchase.

CARBON OFFSET: In an effort to make your semester with The School for Field Studies more sustainable, we ask you to consider a carbon offset for your flights to and from Tanzania. Ask the airline or travel agent.

SUMMER COMBINED STUDENTS: you will be responsible for yourself during the time between sessions as this is non-program time. You will be dropped off at the Kilimanjaro International Airport at the end of Session 1 and are expected to meet the group back at the airport for the beginning of Session 2. You will be able to store your luggage at the field station between sessions.

Passport and Visa

Make sure that your passport is valid until six months after the program ends and renew it as soon as possible, if necessary.

SFS students will need a **tourist visa** for Tanzania. US citizens **do not** need to apply for a tourist visa in advance of entering Tanzania – the visa will be processed upon arrival. Non-US citizens should inquire with the Tanzanian embassy as you may be advised to obtain a tourist visa in advance.

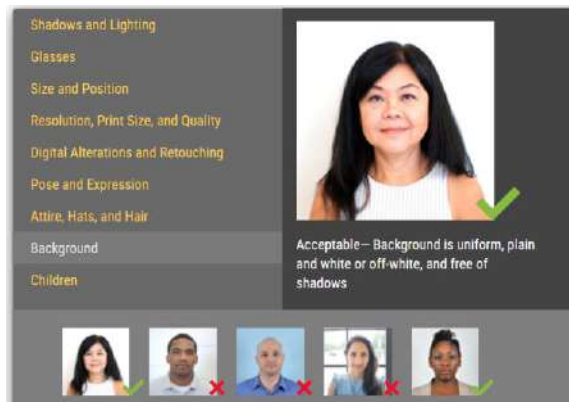
Please bring **\$100 in cash** with you in order to process your tourist visa upon arrival at the airport in Tanzania. Be sure to carry new bills (printed in 2006 or later) in large denominations. See the **Finances** section of this guide for more information on the funds you will need to bring with you.

Pupil's Pass Instructions

SFS staff will also process pupil's passes for students, which will grant you resident student status during the program. The cost of these passes is factored into tuition, so there is no additional fee, and you'll receive these passes from SFS field staff once you arrive in Tanzania.

Please **email** the following info to your Admissions Counselor as soon as possible after being accepted (due by the deadlines previously indicated):

- Scanned color copy or clear photograph of your passport (biography and signature pages, make sure your passport is signed) sent via email as a JPEG, PNG, or PDF image file.
- 4 digital passport photos. You **must** create this photo sheet using the following link: <http://www.epassportphoto.com/>. The photo you upload to this site must meet all the requirements for a standard US passport photo. You can find information about the requirements here: <https://travel.state.gov/content/travel/en/passports/requirements/photos.html>, and here is an example of an acceptable image from that website:



Step 1: Go to <http://www.epassportphoto.com/>. Choose United States and Passport (2 x 2") from the drop-down menus and click GET MY PASSPORT PHOTO.

Step 2: You will be presented with two options for ordering and printing, but we do not want you to order and pay for hard copies of your photos! You can bypass these options by scrolling down to the bottom of the page and clicking the **FREE Do It Yourself** link.

Step 3: You will need to upload a photo – follow the guidelines that are provided on this page of the website. You will be asked to crop the photo. Use the tool to frame your face in the picture.


Step 4: Click **CONTINUE** and wait for about 60 seconds while the website creates your array of 4, regulation size passport photos. Once they are ready, you will be able to download the photos as a .jpeg (picture) file, save them to your computer, and email them to your Admissions Counselor as an attachment.

If you do not currently have a passport valid for at least 6 months after the program ends, please begin the application or renewal process as soon as possible. **Please submit Pupil's Pass info to your Admissions Counselor ASAP. This information is very important and is needed to complete your immigration forms in advance so that your Pupil's Pass will be ready for you when you arrive!**

Arrival at the Airport

As you step off the plane at JRO, you will need to go through customs and immigration on your own (SFS representatives cannot pass by security at this point). You will need to complete an Immigration Form to process your tourist visa. Here is a photo of the form so that you know what to expect:

EAST AFRICAN COMMUNITY



THE UNITED REPUBLIC OF TANZANIA

ENTRY / ARRIVAL DECLARATION FORM / FOMU YA KUINGIA / FORM D'ENTRE
(Immigration Regulations 1997)

Please Complete in Capital Letters/Tafadhali Joza kwa Herufi Kubwa /Completez en majuscule s'ilvous plait

Surname/Jina la ukoo/Nom de Famille

Other names/Majina mengine/Prenoms.....

Date of birth/Tarehe ya kuzaliwa/Date Naissance

Place of birth/Mahali pa kuzaliwa/Lieu de Naissance

Gender/Sex/Jinsia: Male/Mme/Masculin Female/Mke/Feminin

Nationality/Utaifa/Nationalite.....

Country of current residence/Nchi unamoishi/Pays de residence

Occupation/Kazi/Profession

Passport No./Nambari ya Pasi/Numero de Passeport

Date of issue of passport/Tarehe ya kutolewa/Date de delivrance

Place of issue of passport/Mahali ilipotolewa/Place de delivrance

Date of expiry/Tarehe ya mwisho/

Physical address in Tanzania /Anwani nchini Tanzania/Adresse en Tanzanie

i) Tel No/Nambali ya Simu/Numero du Telephone:

ii) Hotel (Hotel/L'Hotel) Place/Mahali

iii) Contact Person or Institution/Mwenyeji wako ama Asasi / Institution

Purpose of travel/visit / (Fill from overleaf 1, 2, ... 9 as appropriate) /
Sababu ya kuingia/(Angalia ukurasa wa nyuma 1, 2,... 9 kama ifaavyo)
/Object de votre sejour/duree (voir au verso 1, 2, ... 9)


Any other (specify) /Sababu nyingine/Autres specifiques

Flight/Vessel No./Nambari ya chombo/No de vol

Mode of travel/Namna ya usafiri/Moyen de transport:

Air/Ndege/Avion Water/Maji/Mer/limo Rail/Reli/Train Road/Barabara/Route

Date/Tarehe/Date Signature/Saini/Signature



Website/Tovuti: www.immigration.go.tz

Welcome to Tanzania, the Land of Mount Kilimanjaro and Zanzibar

Here are some tips for how to answer the questions:

- Occupation/Kazi/Profession: **STUDENT**
- Physical address in Tanzania:
 - You can leave Telephone Number and Hotel blank in this section
 - Place: **MOYO HILL CAMP, RHOTIA**
 - Contact Person: **BERNARD KISSUI, THE SCHOOL FOR FIELD STUDIES**
- Purpose of travel (on the back of the form): **SCHOOL**

The standard issuance for tourist visas is 90 days, which is more than enough for the SFS program! Once you complete the form, you will proceed to the window to present the form, your passport, and \$100 USD to process the visa.

After passing through immigration and customs, you will proceed to baggage claim to collect your luggage. If any bags did not arrive, you should complete a lost baggage form at the airline desk (SFS staff members can come into the baggage claim area to help you with this form with permission from the security guards by the exit doors). **SFS staff members will be waiting outside baggage claim with a sign to clearly identify themselves!**

About SFS Tanzania

Weather and Climate

Daytime temperatures average in the 60s with evenings in the 40s – it will be colder than you might expect! Please be prepared to dress in layers as temperatures can vary significantly over the course of the day. The Tanzanian side of Mt. Kilimanjaro is quite green and rainy. Even though June, July, and August do not fall during Tanzania’s rainy season, we suggest that you bring rain gear and warm clothing for some of the cool nights at the Center and on expedition.

Moyo Hill Camp

The Moyo Hill Camp (MHC) is centrally located in the heart of the northern tourist circuit of Tanzania, surrounded by multiple protected areas of different types, including the famous parks of Serengeti, Ngorongoro Conservation Area, Lake Manyara, Tarangire, Arusha and Mt. Kilimanjaro, and Wildlife Management Areas. The region is referred to as the Tarangire-Manyara Ecosystem (TME) and is situated on the Maasai steppe, an area that extends north into Kenya.

SFS built MHC in 2010 on three acres of wooded land on the Manyara Escarpment, a plateau starting at the top of a dramatic vertical rise at the margin of Lake Manyara. The Center is located just 20 km west of and uphill from the Lake Manyara National Park and sits at approximately 5,500 ft. above sea level. MHC is located in Rhotia, a small agricultural village. Students can walk into Rhotia from campus and visit the local coffee shop or convenience stores for a soda or candy bar. Further to the west is the bustling town of Karatu, and to the east, on the savanna plains at the base of the escarpment is the small town of Mto Wa Mbu, a tourist stopover. Students typically spend their free days in the markets or restaurants in Karatu and Mto Wa Mbu.

MHC is a fenced facility nestled among maize plantations and other agricultural crop fields. The Center is accessed by a secure gate off a rural road, and the gate is monitored 24/7. The Center consists of multiple buildings, including the administrative center which houses the faculty and staff offices, the kitchen, a classroom and library, a computer lab, and a common area which serves as an eating and social activity center. Student housing (called *bandas*) consists of duplex suites with four beds, study desks, and a bathroom per suite. There is covered patio where students enjoy studying, playing games, and watching movies using the projector. Many nights are spent around the campfire at the Center, as well!

Electricity is provided throughout MHC, but it is important to back up your computer work regularly and to keep your electronic devices charged just in case of power outages. There is a backup generator as well to ensure an uninterrupted academic program. Water from municipal supply and rainfall is captured and stored in tanks on site, and water is stored on site. The water at MHC is filtered by reverse osmosis and a three-stage filter, so **filtered drinking water is always available at the field station**. The Center is well-lit, but you will want to have a reliable flashlight/headlamp.



Dining Hall



Gazebo



Walkway with bandas

Library

The field station maintains a library of field guides and textbooks. The focus of the collection is on topics of direct relevance to the Center. You are encouraged to bring additional appropriate literature and, when possible, to leave material for the library. Because our library is not exhaustive and internet access is limited, you may find it useful to bring scholarly articles from scientific and social science journals (e.g. Journal of Wildlife Management, Conservation Biology, Journal of Mammology, Ecology, Society of Natural Resources, Ecotourism, etc.), preferably electronically on a thumb drive. Articles that discuss the environment, ecology, or natural resources in East Africa are particularly useful.

You should plan to rely on the databases and online library available to you through your home institution during your SFS program. SFS does not provide additional access to any e-library resources from our Center. Before arriving in-country for your SFS program, you should make arrangements with your home school to have remote access to your library's online journals, as you will use this very often during your program. **Make sure you know your remote library log-in and password, understand your home school's policy on accessing library materials remotely, and configure your laptop to access your school's online libraries and e-journals before you arrive in the field.**

Vehicles

In order to travel anywhere in Tanzania, you will be transported in an SFS vehicle. Whether for field exercises, game drives, expeditions, or for non-academic excursions, you will be spending a good amount of time in SFS vehicles. Most of the vehicles have hatched-top roofs for easy viewing of wildlife. When vehicle pop-top roofs are open it is prohibited to sit on top of the roof during game viewing or on the road travel for safety reasons.

Tanzanian roads are an adventure in and of themselves, ranging from smooth tarmac, to bumpy rocky dirt, to sticky mud, to dusty tracks, to cow path, to no road at all. Flat tires come with the territory!

Food

Expect familiar meals such as pasta dishes, curried or sautéed vegetables, pizza, lentils, rice, beans, potato dishes, maize, and meat. You will regularly be treated to novel East African vegetarian favorites such as chapatti (flat bread), sukuma wiki (collard greens), and mandazi (fried dough/donuts).

Breakfasts usually include eggs, pancakes, toast, porridge, and cereal. Packed lunches during field exercises are generally chopped veggies, peanut butter and jelly, and hard-boiled eggs.

While you will probably be familiar with most dishes and their ingredients, the actual food preparation differs somewhat from the Western norm. Dishes prepared in East Africa – whether they are traditional or Western – tend to be cooked with a greater amount of oil than you might be used to. For those individuals who maintain a strict "fat-free" diet or prefer fat-free foods, the food preparation in East Africa will require you to be flexible and open-minded.

Special Dietary Requirements

Student Dietary Needs are defined as documented by a medical professional (such as food allergies) or required because of religious observance. These dietary needs must be listed on the student's online medical review and the student must notify their Admissions Counselor and the SFS Safety & Student Life Department of this need prior to travel to the Center. It may be difficult to accommodate some dietary requirements due to lack of resources/ingredients that can be sourced locally.

Student Dietary Preferences, such as a vegan or vegetarian diet may be accommodated, but the variety of food may be limited due to the location of the program, travel schedules, etc. Due to buffet-style serving and the logistics of purchasing food for a large group, options for dietary preferences can be repetitive and limited. Similarly, specialty items, such as gluten-free pasta, tofu, almond milk, and other similar items, are often not available locally. Be prepared to supplement your diet by bringing protein powder, granola bars, nut butter, etc. from the US. In some countries where

we operate, specialty items and snacks may be available in town for you to purchase, but please be aware these are often quite expensive.

Special Religious Requirements

If you have questions regarding a religious holiday which falls during program time, please contact your Admissions Counselor immediately upon acceptance. We will try to accommodate students' religious observances. However, schedules often involve complex coordination with many parties and reservations are often made months in advance. Any missed program time must be made up.

Cleaning and Responsibilities

Students will be expected to help with certain responsibilities throughout their stay at Moyo Hill. One of the responsibilities is to help the kitchen cook and clean up for meals. This is not an every-day duty and students can expect to help with cook-crew about once a week. Student cook crews prepare breakfast each day and are responsible for washing all pots, pans, utensils, and plates after dinner in addition to other cleaning duties. This is a great way for students to get to know the local staff, fellow students, and will also introduce you to some of the East African recipes!

In addition to kitchen duties, you may also serve on a committee concerned with greening the site, planning social events, or helping to organize field trips. Students will rotate responsibilities of cleaning bandas, site maintenance, monitoring recycling/composting and organizing the library. Please come prepared to contribute and pull your weight as part of the team.

A Typical Day at the Center

Start Time	Description
0630	Early wake up time for rotating Breakfast Crew, Occasional Nature Walk
0730	Breakfast
0800	Lecture or Field Work
1000	Lecture or Field Work
1200	Lunch
1400	Lecture or Field Work
1700	Free Time, soccer/games, community visit
1900	Dinner
1930	ReKAP (Reflection, Kiswahili, Announcements, Presentation)

Other activities may include a data collection exercises, workshops, guest lectures, community service projects, student-organized activities (nature film, talent show, group game, or committee meetings), Kiswahili lessons or free time.

A Typical Week at the Center

Your weekly schedule in Tanzania will vary over the course of the session. After the first few days of orientation and organization, you will have about 15 lectures a week, plus 3 to 5 other meetings (organizational, project presentations, guest lectures). The afternoons are typically filled with field trips, labs or reading time. In general, you will spend about 60% of your time in the field and 40% in the classroom, and you will have a six-day academic week (usually Monday through Saturday), with Sundays as free days. You will also go on a multi-day expedition to a national park, which allows students to visit different local communities and do extensive, focused research in a particular conservation area. Expeditions are an exciting element of the academic program. One or two community engagement activities are also planned during the summer sessions. You will have an opportunity to work with local community groups and schools on various projects.

The program typically has one day off per week. A variety of activities are planned with student input and can include such things as hiking, bike riding shopping at local marketplaces, and visiting various nearby historical sites or local churches.

Students and the Local Community

Moyo Hill Camp is located in the village of Rhotia, near the town of Karatu, and there are several small satellite communities and villages that are within walking distance of our camp. Please remember that what is considered acceptable or appropriate varies in every culture and be sensitive to this when you are away from the Center or interacting with community members. The Student Affairs Manager will brief you on this in more detail during Orientation.

There will be opportunities to do volunteer work – the projects offered vary depending on the time of year as well as the schedule of the program. SFS strives to play an active role in and be an integral part of the community, so there will be plenty of opportunities to get acquainted with local people.

Day-long Home Stay

After learning about the history, culture, and customs of the Iraqw tribe (the dominant tribe in the Rhotia region), you will have an opportunity to stay with an Iraqw family in Rhotia for a day. During this day-stay you will have the opportunity to learn how these families cook, clean, make a living, and most importantly enjoy their down time. It is a unique opportunity to build a closer relationship with the Rhotia community.

Basic Kiswahili

Kiswahili is spoken throughout East Africa (Tanzania, Kenya and Uganda), along the Eastern borders of the Democratic Republic of Congo and Burundi, and along the Northern border of Malawi. It originated with the coastal Swahili tribe, and is still spoken in its purest form along the coast of Tanzania and on the island of Zanzibar. The language tends to become more and more ungrammatical as one moves further inland, and while the language form spoken and written in Nairobi is essentially the same, it is marked by its own idioms and style. Except for the coastal people, Kiswahili is not frequently the first language spoken by East Africans, but it is the national language of Tanzania. It is the general language of communication for East Africans, most of whom also speak some English as well as their own tribal language such as Kikuyu, Kamba, Luo, etc.

Kiswahili is a very logical, easy-to-learn language, and any attempt to use it will get a very warm reaction from the local people. Here are a few of the basics which you might like to practice before your arrival in East Africa.

Vowel Pronunciation

A as in “Father” or “Far” but slightly shortened

e.g. MAMA – mother; BATA – duck; BWANA – man/mister/sir

E as in “Bed” or “End”

e.g. EMBE – mango; WEWE – you; KWELI – true, truth

I as in the double E sound in “Feel”

e.g. MIMI – I/me; RAFIKI – friend; KITI – chair

O as in “So” or “Coast”

e.g. HUKAMBO and SIJAMBO – hello; MOJA – one; MOTO – hot; SOKO – market

U as in the double O in “Loose” or “Too”

e.g. GUMU – difficult; TATU – three; KUKU – chicken

Consonant Pronunciation

They are pretty much the same as in English, except there is no Q and there are slight changes in the pronunciation of: J takes on a slight “DY” sound as opposed to the “DJ” sound Americans are used to.

R has a slight tip-of-tongue roll (such as Spanish) which can be picked up after hearing it.

Double Consonant Pronunciation

These look very strange to the American eye, but are sprinkled liberally throughout Kiswahili and are easy once you get the hang of them. You will see lots of “M”s and “N”s before other consonants and the trick to pronouncing them like a native is to NOT make the classic Western mistake of sticking a vowel between them. Here are some examples....

NZURI - This word means “good” and pronounced by almost humming “MMM” and then saying “ZURI” Don’t even consider placing a vowel in there or the word will come out sounding like “Missouri” and all of the market stall owners will raise their prices knowing that one is a MZUNGU (a tourist).

And finally, keep in mind that the stress in Kiswahili words fall on the next to last syllable.

Good Words/Expressions to Know

HUJAMBO/SIJAMBO	Hello (singular-between two people)
MAMBO/POA	Informal/most common greeting
HABARI?	How are you?
NZURI	Good (response to Habari)
POLE	Sorry
TAFADHALI	Please
NDIO	Yes
HAPANA/LA	No
MBAYA	Bad
ASANTE	Thank you
KARIBU	Welcome (or You’re Welcome)
MINGI	Many, Much
SANA	Very
KIDOGO	Little, Few
KUBWA	Big
SHINGAPI	What is the Price?
GHALI	Expensive
RAHISI	Cheap, Easy
GUMU	Difficult
PESA	Money
JINA LANGU NI	My name is...
NINASOMA	I am studying...
SITAKI KUNUNUA	I don’t want to buy
NINATAKA HII	I want this
UNAFANYA NINI	What are you doing?
SIFAHAMU	I don’t understand
SIJUI	I don’t know
UNATAKA NINI	What do you want?
NINAHITAJI MSAADA	I need help
TOKA HAPA	Go away (literally: “From here”)
KWA HERI	Goodbye
BAADAE	See you later
MIMI NI MWANAFUNZI	I am a student
NAMBA	Numbers
MOJA	One
MBILI	Two
TATU	Three
NNE	Four
TANO	Five
SITA	Six
SABA	Seven
NANE	Eight
TISA	Nine
KUMI	Ten

KUMI NA MOJA	Eleven
KUMI NA MBILI	Twelve
ISHRINI	Twenty
THELATHINI	Thirty
AROBAINI	Forty
HAMSINI	Fifty
SITINI	Sixty
SABINI	Seventy
THEMANINI	Eighty
TISINI	Ninety
MIA	One Hundred
MIA MBILI	Two Hundred
ISHIRNI NA MOJA	Twenty one
AROBAINI NA TANO	Forty five
MIA MBILI NA HAMSINI	Two hundred fifty

You will have plenty of opportunities to learn and practice Kiswahili during your time in East Africa. There is no Swahili course offered during the summer programs, but the staff may hold a few evening sessions for students who are interested in learning more. If you would like to get a head start on your study of the language, a book called *Simplified Swahili* by Peter Wilson is available for about \$20 and is extremely well explained and organized. There is also a book called *Teach Yourself Swahili* that is quite good.

Communications

Telephone

You can purchase a local cell phone (about \$15) and a Tanzanian SIM card (about \$1) within the first few days of the program. You may also explore getting an international calling & data plan for your personal phone from home. If you do not purchase an international data plan, it is advised that students keep their cell phones in airplane mode to reduce the risk of expensive accidental international data use. If you have an unlocked cell phone (not linked to a US based service provider like Verizon or AT&T), you can purchase a Tanzanian SIM card to use in that phone.

Despite these options, the time difference and busy schedule of the program can make it hard to stay in touch regularly, so make sure that your friends and family are aware that your ability to call home will be limited.

Internet

Wireless internet access is available for students to support research and educational work, and to contact home during the program. You may use the internet to communicate with friends and family at home via email, and you may use the wifi on your personal cell phones from home to text using iMessage or WhatsApp. **It is important to keep in mind that the internet is slow and required a good deal of patience, so you cannot expect to use the internet the same way you do at home.** In order to maintain the stability of the network, the following actions are prohibited:

- Downloading any non-research related files.
- Downloading large files, especially audio/video files.
- Downloading any software application
- Gaining unauthorized access to remote Internet systems or abusing Internet systems or Internet users.
- Taking actions that compromise the security of the center network.
- Representing The School for Field Studies in any manner.
- Distributing SFS-owned knowledge or propagating falsified information about SFS.
- Spamming, hacking, virus distribution, etc.
- Illegally copying or redistributing copyrighted material.
- Viewing pornographic or illegal content.

In the event of any violation of this policy, SFS reserves the right to suspend or terminate any or all Internet access. These rules can be adapted and changed at any time. We must emphasize the fact that the Internet is a resource and not a luxury; therefore **personal use for things like social media, etc. should be kept to a minimum**. Sending and receiving emails is acceptable, but the internet is not strong enough to use for Skype or streaming any kind of video.

Mail & Address Information

Mail should be addressed as follows:

(Student Name)
SFS Center for Wildlife Management Studies
P.O. Box 304
KARATU, TANZANIA
East Africa

It is important to ask your family and friends not to send packages of any kind (including care packages) to the Center.

The only mail which is easily accepted by the post office is regular letter envelopes; 5 inches by 7 inches is the largest size envelope the SFS post office box can receive. Also, please do not send money, credit cards or valuable documents, as they can easily get lost.

Airmail from the U.S. usually takes 10 to 14 days. Mail is collected from our mailbox and transported to the Center once per week unless the program is on expedition. However, please be aware that mail may arrive after the program has been completed due to delays in processing. Outgoing mail is deposited in a mailbox at the Center and deposited at the central post office 1-2 times per week.

The approximate cost to mail a letter or postcard to the U.S. from Tanzania is 1600 Tanzanian Shillings, which is approximately 90 cents, depending on the exchange rate.

News from the Field Blog

Be sure to let your friends and family know to check SFS News from the Field (www.fieldstudies.org/blog) often! Updates will include photos, posts from the faculty on what students have been doing most recently, as well as entries from students with their thoughts about their experience. It's a great way for your loved ones to follow your exciting adventures!

Packing List

The SFS suggested packing list contains all the items that are essential for the program. It was compiled based on feedback from past students and current staff. You must have the required equipment when you arrive, as many items will be difficult to acquire locally at a reasonable cost or unavailable entirely. When packing, remember that most airlines will allow you to check only two pieces of luggage plus one carry-on that must fit under the airline seat or in the overhead compartment and be within strict size and weight limits. Check with your travel agent or airline for up-to-date baggage requirements. Standard baggage limits provide sufficient room for all you will need here for a summer session. If you do pack excess weight, the airline may charge you extra (at least \$90-\$150 per bag).

If you plan to borrow or buy equipment, be certain to do so well in advance. Replace any worn straps or buckles, mend holes, and have all equipment in working condition and ready to go upon arrival. Pack your gear beforehand to determine how much it will weigh and whether you need to adjust what you have packed to meet the requirements of the airline. Anything strapped to the outside of your pack may get separated from the backpack or bag, so carrying items in this way is not recommended. You are welcome to use whatever types of luggage you prefer (duffel bags, rolling suitcases, backpacks, etc.), but we recommend bringing one bag large enough to fit a week's worth of gear for expedition.

PLEASE NOTE: As of June 1, 2019, all single use plastic bags are banned in Tanzania. This ban extends to tourists/visitors as well as local residents, so that means that you cannot use plastic bags while packing. This includes Ziploc bags, trash bags, and even duty-free shopping bags.

We recommend carrying the following items in your carry-on bag in case your luggage is delayed in transit:

- Passport and copy of the biography & signature pages of your passport
- Driver's license and college student ID (if you have one)
- Tourist Visa (if you have a non-U.S. passport and cannot process a tourist visa on arrival)
- Flight Itinerary – please print out the email confirmation sent to you by your travel agent or online booking company
- SFS Travel Letter with emergency contact phone numbers for Advantage Travel and SFS (sent in an email from your SFS Admissions Counselor)
- Day pack
- Some toiletries (check airline limits on liquids, gels, and aerosols!)
- Camera, binoculars, and other delicate and expensive items
- Laptop computer in protective case
- One complete change of clothing, including socks, underwear, and warm clothing- especially important if your bags are delayed!
- Cash for tourist visa and personal spending throughout the program
- Debit card and credit card
- Prescription medications (including malaria medication)
- Eyeglasses/contact lenses

Electrical Appliances

There are electrical outlets in the bandas and 24 hour electricity at the field station; however one should always be prepared for power outages. These are quite common, so headlamps are a must (included in packing list)! The voltage in East Africa is 220-240v so you will need a **converter** if your device is 110v. Note that laptop computers often already include a built-in converter – check the label on the back to see if this is the case (if it says “110-240v,” that is fine). You will also need **adapters** to fit your plug to the shape of East African outlets (British-type plugs with three fairly large rectangular prongs in a triangular formation, one perpendicular to the others). The adapters need to be British – the ones that say “for Africa” on them are usually not compatible.



Because electricity is limited, you should not bring any appliances such as hair dryers, curling irons, etc. There are limited power strips at the center, so don't expect to be able to plug in all your electronic devices and have them charged all the time.

Required Clothing, Equipment, and Personal Items

General Clothing Guidelines

- It is often very dusty in Tanzania, so it is best to bring clothes that are darker in color to avoid noticeable dirt as well as wear and tear. Conversely, we also strongly recommend bringing 1 or 2 outfits of light-colored field clothing because darker clothing is more attractive to biting flies and other insects in some regions.
- The style of dress in East Africa is much more modest than in the US due primarily to a large conservative Christian and Muslim population, so it is important to make sure that one's clothing is culturally appropriate. Standards of dress are always modest in local communities - meaning long slacks for men and long skirts or long, loose pants for women. While at the Center you will have more flexibility in what you can wear, but you will always be surrounded by East African staff so we must ask that you keep the following in mind as you pack your bags. If you pack in accordance with these recommendations, you and those around you will feel comfortable.
 - Use the images below to help you plan for clothing that you'll wear around campus vs. what you'll wear out in the community. Loose fitting clothing that covers your shoulders, midriff, and thighs is best.
 - If you plan to bring shorts, please make sure they are at least mid-thigh length or longer. If your shorts are shorter than this, please wear leggings underneath to cover more skin. Use the images below as a guideline.

Community Wear Guidelines

These guidelines should be followed any time you are outside of Moyo Hill

Appropriate Community Wear:

- *Shoulders and knees should be covered*
- T-shirts
- Long skirts
- Pants and jeans (skinny jeans are fine)
- LONG shorts – at least to the knee
- Shorts/skirts/dresses over leggings



Inappropriate Community Wear:

- Tank tops
- Low cut shirts
- Leggings/yoga pants
- Shorts/skirts/dresses above the knees
- Sheer skirts/dresses without a slip



Camp Wear Guidelines

Please follow these guidelines anytime you are outside of your banda at Moyo Hill

Appropriate Camp Wear:

- T-shirts
- Tank tops
- Pants and jeans (skinny jeans are fine)
- Shorts/skirts/dresses that are **not more than a few inches above the knee**
- Shorts/skirts/dresses over leggings



Inappropriate Camp Wear:

- Short shorts/skirts/dresses
- Spandex shorts
- Crop tops
- Very revealing/low armhole tops
- Leggings/yoga pants without something over them



Leggings worn under running shorts/shorts that are mid-thigh length. Please also bring this same level of enthusiasm for soccer!

Please keep in mind that this packing list does not have amounts suggested, so pack according to your own needs and how frequently you plan on hand washing your laundry. Students in the past have said that packing enough clothes to last for about one-week was sufficient, but this can vary from individual to individual.

Required Clothing

- Shorts. Must be loose fitting, mid-thigh length or longer – see images above.
- Loose fitting long pants.
- Loose T-shirts and tank tops. Tank tops should have wide, shoulder-width straps.
- Long-sleeved shirts: Light fabric for working in the field and for protection from the sun and insects, and heavier ones for warmth and layering
- Sweaters or sweatshirts for layering in colder weather
- Rain jacket
- Loose-fitting dresses or skirts for women. Dresses should cover the shoulder (thick sleeveless straps are acceptable if you have a light sweater or shawl to wear over your shoulders) and go below the knee.
- Some normal “every day” clothing! Jeans, sweaters, etc. Skinny jeans are acceptable. You don’t need strictly field clothes. You should bring some of the clothing that you’d normally wear to class or out with friends for days when you are just around the field station or spending time at cafes in town.
- At least one nicer outfit for nights out at restaurants
- Pajamas
- Underwear and socks: including at least two pairs of wool (light wool) or synthetic (not cotton) hiking socks.
- Sports Bras for women
- Sturdy and comfortable sneakers and/or hiking shoes. We won’t be doing any strenuous hiking during the program, so there is no need to buy a new pair of hiking boots. We do play a lot of soccer and Frisbee at the Center, so running sneakers will be used frequently! In the evenings, all students will be required to wear closed toe shoes. Styles such as Crocs or closed toe sandals are not appropriate for evenings.
- Rugged sandals (like chacos or tevas – something with straps and a thick sole)
- Flip-flops for the shower
- Hat(s) for sun and rain protection
- Bandana or handkerchiefs to protect you from sun and dust
- Sunglasses

Please note that our schedule includes relatively little hiking but plenty of time enjoying nature from our Land Cruisers. Please take this into consideration when packing as it is **not necessary to purchase a hiking backpack, new hiking boots, or new wardrobe of quick-dry clothing.** The type of clothing available in outdoors stores will come in handy on expedition, particularly in the event of inclement weather, but most students indicate that they wore their ‘everyday’ clothing more often than they’d expected during the program. However, you should still plan that any clothing you opt to bring will experience plenty of wear and tear during the session due to work in the field, excessive wear, and hand washing – don’t pack any clothing that you wish to keep in perfect condition!

Required Personal Items, Gear, and Toiletries

- Reliable, strong flashlight with extra batteries and bulbs; headlamps are strongly recommended
- Electrical converters/adapters, if needed for electrical appliances, computers, etc.
- 2 one-quart (or one-liter) plastic canteens or water bottles. Water bottles with a narrow mouth or with a splashguard insert are especially useful because it's very difficult to drink out of wide mouth bottles while traveling along the bumpy roads.
- Tupperware container – multi-chambered is good! This is essential as we spend many days outside of camp and you will need to bring a packed lunch on these occasions.
- Portable mug (for hot drinks on expedition)

- Knife, spoon and fork for expedition "Mess Kit"
- Binoculars - an integral part of the field experience! You can borrow a pair or check pawn shops if you do not have a pair and/or cannot afford a pair. Look for something that is relatively lightweight but sturdy. 8 or 10 x. 40's are ideal. Make sure they are properly aligned before leaving.
- Sunscreen. The high elevation equatorial sun can be more intense than in most areas of the U.S. There is a large surplus of leftover sunscreen at the field station left behind by previous student groups, though, so don't over pack!
- Insect repellent – how much you'll use will depend on rainfall during your stay so use your best judgment. Again, there is some left behind by the students so do not bring too much.
- Small bag of toiletries. Past participants recommend bringing enough to last the length of the program. Some European and American products can be purchased in town, but are generally more expensive. Women should bring enough tampons or sanitary napkins for the duration of the program (or consider alternatives such as the Diva Cup). **If possible, all products you bring should be biodegradable.** Be sure to include 2-3 small bottles of hand sanitizer in your toiletries.
- Nail clippers/files
- Biodegradable laundry detergent, scrub brush and clothes pins for hanging laundry. Laundry soap (non-biodegradable), clothes pins and scrub brushes are available for purchase locally. If you plan to purchase your soap in East Africa, you should still bring enough to get you through the first week or so until you have time to get into town to buy some. If you're not comfortable hand washing your clothing, laundry can be done by local women for a small fee – it's a great way to support the community.
- Personal first-aid kit (aspirin, motion sickness medication, Band-Aids, antibiotic cream, ibuprofen, tweezers, clippers, Q-tips, Pepto Bismol - preferable to Imodium - antibiotics, etc.) You should bring over-the-counter medications you might need as they will not be available at the field station and are often not available locally!
- Powdered drink mixes to flavor your water (Gatorade, etc.) This may seem minor, but it is important for hydration and for some variety in your beverage options!

Required Items for the Banda

- Sleeping Bag (good to about 30 degrees F) and stuff sack (waterproof and dustproof). You can use this for bedding in your banda as well as on your camping trip.
- Pillow, pillowcases, and sheets (fitted and flat - the beds at the field station are standard single/twin size)
- Sleeping pad for expedition
- Alarm clock if you do not have an alarm feature on your watch/phone.
- Bath towel and washcloth – towel made of quick-dry material in dark color suggested

Required Items for the Field and Classroom

- Laptop computer with a protective case. As a general recommendation, this should be a PC (preferably) or Mac laptop less than 6 years old, containing Microsoft Office 2003 or later software, or office software that can export Microsoft Office compatible documents. If you are bringing a Mac computer, bringing a **VGA adapter** will allow you to connect your Mac to a projector to display PowerPoint presentations (we have a few extras at camp but they break and go missing, so bringing your own is a good idea). Mac computers are less resilient and sometimes fail in the hot, dusty weather in East Africa, so bring a PC computer with you if possible. There are no computer repair services available locally.

NOTE: SFS cannot accept responsibility for ensuring the safety of students' personal computers, either onsite or in the field. Personal laptop insurance coverage can often be obtained through the credit card used to buy the equipment (check with your credit card company), or through homeowners' insurance. You will be responsible for backing up and managing files saved on your personal laptop or on any Center laptops. Be sure to take your project data with you upon completion of the program, as it will not be available from SFS later. It's a good idea to bring external drive, or Discs to back up photos and documents in case anything happens.

- 1-2 Notebooks; lots of pens and/or pencils.
- 1 USB flash drive (also known as a USB keychain drive, USB micro drive, or USB thumb drive), with a capacity of at least 4 GB. You will use this to take your work and photos home with you at the end of the program, and to move data files between computers.
- Small, collapsible camp chair or stool field lectures and expeditions (Crazy Creek is a good brand). SFS Alumni highly recommend bringing these to improve your field lecture experience!

Optional Clothing, Equipment, and Personal Items

This list has been compiled based on suggestions and feedback from previous students – you might not need to bring **all** of these items, so it is important to keep in mind what you might *personally* need as you read through this list!

- Reusable shopping tote, metal straw, cloth napkins and other items to keep your single-use plastic/paper consumption to a minimum!
- Water-resistant watch
- Hard drive or flash drive with movies/shows (you won't be able to access Netflix from the Center, so bring your favorites with you)
- Camera, extra batteries (enough to last several days during expedition), and lots of memory cards. If you plan to use rechargeable batteries, you need to bring your own charger.
- Roll of duct tape. This can come in handy for fixing all kinds of things.
- Hiking boots – these are great for work in the field, but if you don't have a pair that are already broken in, your sneakers will suffice. However, if you plan to climb Mt. Kilimanjaro after the program, these are a must!
- Yoga mat
- Earplugs (especially if you are a light sleeper) – the camp is often loud in the morning due to chickens and some students getting up early to help in the kitchen
- Sleeping mask – the security lights outside the bandas that need to be on all night can be bright and often bother students while they are trying to sleep
- Swimsuit. Swimming is only done at tourist lodges and is always optional. Two-piece swimsuits are acceptable for women.
- Paperback books (can be shared with other students and left at the Center at the end of the program)
- Writing materials (journal, stationary, address book)
- Relevant journal articles. Recommended, but not required. (Please reference the Library section of this guide).
- Recommended field guidebooks. We have enough copies of these field guides in the Moyo Hill Camp library for students to check-out, but if you wish to have personal copies, please purchase them before arriving at the Center.
 1. *The Behavior Guide to African Mammals Including Hoofed Mammals, Carnivores, Primates* by Richard Despard Estes (**2012 edition**)
 2. *The Kingdon Field Guide to African Mammals* by Jonathan Kingdon (the pocket version of this guide is NOT an acceptable substitute)
 3. *Birds of Kenya & Northern Tanzania* (Helm or Princeton edition) by Dale A. Zimmerman, Donald A. Turner and David J. Pearson
- Materials for ReKAP (Reflection, Kiswahili, Announcements, and Presentation) – during the course of the program each student will be asked to lead a ReKAP session at least twice. You may wish to bring from home any items that you'd like to use for the Reflection and Presentation portions of your session(s). **The Reflection** is generally something creative you'd like to share with the group such as a quote, poem, or song that helps reflect on your experience that day or throughout the program. **The Presentation** is an opportunity for you to share something about yourself with your fellow students. Whether you choose to teach a song, a dance, a new game, or make a presentation on a fun trip or experience you've had before, this is an opportunity to help the other students get to know you better.
- Clipboard for taking notes in the field
- An English to Swahili dictionary, ideally a pocket dictionary (google translate is often incorrect for Swahili translations)

- Spare glasses or contact lenses
- Baby wipes – can be very useful during days in the field or on expedition
- Pumice stone/foot cream – your feet will get very dry!
- Small repair kit (needle, thread, safety pins, super glue, etc.)
- Pocket knife. A Swiss Army knife is ideal, but make sure it's packed in your checked luggage.
- Musical instruments- please bring these! Check the baggage requirements for your airlines to find out how best to pack
- Used schoolbooks, children's reading books, or other general reading material for local elementary and high schools. We have started a reading program in Rhotia with the local primary school and would love any old children's books to add to the library!
- Items to donate to the community or trade at markets. Students have found that they were sometimes able to trade watches, water bottles, pens, sunglasses, and new clothing.
- Any snack food or candy that might not be available in East Africa. It is easy to find Nutella, peanut butter, chocolate, cookies, chips, and soda locally, but harder to find things like trail mix or specific brand names like Oreos or M&Ms.
- Protein bars or powder are a must if you wish to follow a vegetarian or vegan diet during the program.
- Vitamin C supplements or powder to mix into your water
- Probiotics. You might experience some stomach upset while in Tanzania due to the different food, water, and bacteria. Bringing probiotic supplements (beneficial bacteria that can help prevent stomach upset and diarrhea) can help with this.
- Recreational items for free time such as Frisbees, hacky-sacks, board games, cards, knitting, DVDs (and portable speakers if your lap top speakers aren't loud enough!)
- Small tape recorder. The sounds of Africa are as interesting to take home as the sights.
- Textbooks to donate to the Center. Our library is small but it can be helped enormously through donations of old science, statistics, economics, or African Studies texts.
- Puzzles, crayons, coloring books, or colored pencils to donate to local community projects

Finances

Virtually all your needs are taken care of while you are at the Center, but there are a few additional expenses and a variety of personal expenditures that you may make at your discretion. Souvenirs (including group t-shirt), postcards, postage, sodas, and meals in restaurants are the most common expenses. There is a duka (store) at the Center that sells soft drinks, candy bars, class t-shirts, books, stickers, postcards, and postage (approximately \$0.50 - \$1.00 for each letter to the USA). The duka is generally open daily for a short period during lunch and dinner. Meals purchased on the road or in town usually cost between \$2 and \$10. Occasionally, while on expedition, an optional buffet lunch can be arranged at a safari lodge, which will cost \$15-\$25. Non-program days in Tanzania include activities that generally cost between \$10-\$20 USD.

Be sure to bring money in case you need to visit a medical clinic (even if you have insurance) and/or have lab tests done. Local clinics accept cash only (US dollars and local currency). Credit cards are accepted at larger hospitals, but they usually require a high deposit payment of around \$1000. These hospitals do not accept American insurance so you would have to pay the full price up-front and work out re-imbusement with your insurance company later on. **Please see the section on *Medical Care in Tanzania* for more information on the cost and availability of health care.**

You should carry a good amount of USD with you to the program – the exact amount is up to you based on what you feel comfortable traveling with, but we'd recommend at least \$200. Make sure the bills are the new multi-colored type with the larger numbers and larger pictures of presidents on them, as the old ones are no longer accepted by the banks or money change offices! Bring bills from **2006 onward** – the newer, the better. \$50-100 bills get the best exchange rate. Do not exchange money at the airport upon arrival as the exchange rate is terrible! There will be many opportunities to exchange your US Dollars for Tanzanian shillings while at the Center. **There is a lockbox which will be kept in the staff**

offices where valuables and cash can be stored. Do not bring Traveler’s checks as they get terrible exchange rates and are not accepted at many places.

As a backup option, students should bring an ATM card to withdraw more cash as ATMs are available in the towns the program visits. An ATM card or credit card with pin code (preferably Visa) is the best option. Notify your bank that you will be abroad so that the bank does not put a “freeze” on your card for unexpected international charges.

If you have a credit card other than Visa, check with the issuer before departure to see what services they have available in East Africa. American Express is not easily accepted in Tanzania, and only a few banks have ATM machines that will accept MasterCard and Visa cards with a pin numbers (although for use as a credit card it is relatively well-accepted). Overall, Visa is your best bet.

Wire transfers that would be routine in the U.S. tend to be expensive and inefficient in East Africa. In some cases, funds have “disappeared” for a number of weeks. We do not recommend them.

Estimated Costs (US Dollars)

<i>Expenditure</i>	<i>Estimated Cost (US\$)</i>
Tanzania Tourist Visa	\$100
Estimate for local phone & minutes	\$25
Estimated cash needed for medical expenses	\$100
Additional personal spending money for souvenirs, snacks, drinks, and activities	At least \$270
Total	\$500

Tips for Living and Studying Abroad

Introduction

Upon arrival to your SFS campus, all students participate in an orientation that provides information specific to the Center and country, including local community and culture, daily Center operations, and relevant risks and hazards. Prior to arrival on program, SFS recommends that students take time to understand the risks associated with travel in a foreign country as well as ways to increase their own personal safety. The following is a useful guide that provides information on best practices when traveling abroad.

Country Information

Visit government websites to learn country-specific information about your destination:

- Bureau of Consular Affairs: www.travel.state.gov
- Overseas Security Advisory Council: www.osac.gov
- CIA World Fact Book: www.cia.gov/library/publications/the-world-factbook/index.html

Personal Safety

Understand the potential health and safety hazards you could encounter while traveling. Consider that most incidents resulting in injury or death of students while participating in study abroad involve:

- Transportation and traffic accidents
- Use and abuse of drugs or alcohol
- Sexual harassment and assault
- Crime or theft
- Mental health issues
- Region-specific illnesses

Situational Awareness

Be aware that travelers, especially those who have just arrived abroad, are often a likely target for petty theft or crime. Take steps to protect yourself by being aware of your surroundings.

- Travel in pairs or groups.
 - Avoid traveling alone or being out past local curfew.
 - In the event of confrontation, remain calm and focus on de-escalation and removing yourself from the situation.
- Keep belongings close to your body.
 - Consider leaving valuables or “flashy” jewelry at home or on campus.
 - If carrying valuables, make sure they are not visible or easily accessible in outer pockets of backpacks or purses.
- Be wary of undue attention or affection.
 - Be cautious about accepting food or drink from strangers. Where alcohol is served, keep an eye on your drink at all times and do not accept drinks that you did not see being opened in front of you.
 - Understand that the idea of consent varies between different countries and cultures. The current dialogue and understanding of the concept of consent in the US often does not apply in other cultures. Situational awareness and understanding of local cultures is an important factor in reducing risk in certain situations.
 - Protect yourself from sexually-transmitted diseases by using protection (e.g. condoms) or practicing abstinence. While it may be intriguing to start a relationship in a new country, consider the ramifications that a fleeting or short-term relationship may have within the local community.
- Avoid events that might be prone to civil disturbances, including protests, demonstrations, elections, and anniversaries of difficult events. If you see a protest forming, leave the scene. Even demonstrations meant to be peaceful can turn violent with little or no warning.
- Trust your instincts; if a place does not feel right, move to an alternative location as quickly and safely as possible. If that is not an option, find a secure area and shelter in place.

Local Laws and Cultural Norms

Know the local laws to avoid putting yourself in a situation that could have been easily prevented. Behave maturely and in a way that is respectful of local cultural norms.

- Be aware that there might be country- or region-specific laws on alcohol consumption, smoking, behavior in public (e.g. public displays of affection, public intoxication, behavior at cultural sites, photography, etc.), carrying prescription medications, and many others.
- Wear clothing that is consistent with, and respectful of, local dress. Some monuments and places of worship may require certain parts of the body to be covered.
- Be aware that non-verbal communication (such as body language and hand gestures) considered harmless in the United States may be inappropriate or culturally insensitive to people in other countries.
- Be aware of local events or holidays where you are traveling, as some religious events or holidays require a heightened sense of cultural awareness or specific behaviors.

LGBTQ+ Rights in Tanzania

There has been increasing political and social intolerance towards members of the LGBTQ+ community in Tanzania. In 2018, there were calls for arrest of LGBTQ+ individuals in Dar es Salaam and ongoing targeting and harassment of LGBTQ+ individuals in Tanzania. Most recently, the U.S. Department of State released an updated Travel Advisory in early 2019 indicating that tensions have continued. Consensual same-sex sexual activity is illegal both on the mainland of Tanzania and on Zanzibar, and is punishable by long prison sentences. Members of the LGBTQ+ community in Tanzania have been arrested, targeted, harassed, and/or charged with unrelated offenses. Public displays of affection between persons of the same sex may be met with harassment or violence. Non-governmental organizations (NGOs) that support the LGBTQ+ community and their staff may also be targeted and harassed by local authorities.

Please consider the following sources to read more about the current climate within Tanzania for members of the LGBTQ+ community:

- **November 3, 2018 Security Alert from the US Embassy in Tanzania:** <https://tz.usembassy.gov/security-alert-u-s-embassy-dar-es-salaam-tanzania/>
- **Travel Advisory for LGBTQ+ community in Tanzania:** <https://travel.state.gov/content/travel/en/international-travel/International-Travel-Country-Information-Pages/Tanzania.html>
- **US Department of State LGBTI Travel Information:** <https://travel.state.gov/content/travel/en/international-travel/before-you-go/travelers-with-special-considerations/lgbti.html>

The US Embassy in Tanzania recommends the following actions:

- Employ sound security practices including monitoring local and international news.
- Review internet footprint and social media profiles. Remove or make private images and language that may run afoul of Tanzanian laws regarding homosexual practices and explicit sexual activity.
- Know that although under Article 36 of the Vienna Convention on Consular Relations, Tanzanian officials are obligated to alert the American Embassy if they arrest American citizens, this is not consistently done. Detained or arrested citizens should, therefore, ask authorities if consular notification has been made.

Our Safety and Student Life Department consults with the U.S. Department of State and is in constant communication with our local staff to identify any changes in the local political environment that may impact the SFS Tanzania program or any of its students. At this time, increased intolerance is mainly isolated to the geographic region of Dar es Salaam, although we advise students to avoid large crowds, protests, or demonstrations.

Food Safety

Water used for consumption and food preparation at SFS centers is filtered or boiled. Students are able to access potable drinking water at all times while on campus or on field trips. When off campus, students are encouraged to carry potable water from campus and consider safe drinking and eating practices. Remember:

- Water in many regions is often not potable, including ice, juices, and water for brushing teeth or showering. Be aware of how cups, plates, and utensils are cleaned or rinsed, as food or drink can be contaminated by utensils rinsed in non-potable water.
- If sampling street food, consider how it was prepared. Avoid raw or undercooked meat, fish, and shellfish or cooked food that has been allowed to stand for several hours at ambient temperature. Instead, eat food that has been cooked through and is still steaming hot.
- If consuming fruits or vegetables, select options that can be peeled or appropriately washed.
- Avoid unpasteurized milk and milk products, including cheeses.

Protection from Insects

When exposure to ticks or biting insects is a possibility, travelers should practice preventative measures:

- Take prophylactic medications where recommended
- Use a chemical-based insect repellent
- Wear lightweight, loose-fitting clothing
- Tuck pants into socks and wear closed-toe shoes and long-sleeve shirts
- Be aware of active times of day for insects in the region, and prepare accordingly
- Use a mosquito-net at night, if needed
- Check yourself for ticks, both during outdoor activity and at the end of the day

Policies

By signing the SFS Terms and Regulations Contract, students agree that they have read, understand, and will abide by all SFS policies. Violation of any policy may result in disciplinary action.

SFS Policies are in effect at all times throughout the full duration of Program Time, including downtime, rest days, and field trips. The SFS Policies function under a set of Operational Objectives, which are common sense principles designed to support SFS centers and their students in functioning safely and successfully. The Operational Objectives include:

- Ensuring the well-being, health, and security of students and staff
- Providing high-quality academic programming
- Maintaining positive and cohesive local community relations
- Maintaining local and international standards necessary to successfully operate all Centers and SFS Headquarters

Students should consider the Operational Objectives at all times in order to prevent circumstances that may prevent them from successfully completing the program, disrupting the program experience of other students, or compromising the ability of SFS to operate. Such circumstances can include injury, preventable illness, reckless behavior, poor judgement, or acting in a way that harms community relations. Through pre-departure literature and program orientation, SFS works to empower students and requires them to manage their behavior in order to achieve the following objectives and aims:

- Taking responsibility for their own behavior
- Being aware of health, safety, and security risks present in the local area or specific to an activity
- Having good situational awareness
- Behaving maturely and in a way that is respectful of local cultural norms
- Knowing the country or region-specific laws
- Maintaining good individual and SFS relationships with the local community and other communities you may encounter

During Non-Program Time, which on certain programs may include designated breaks such as Weekends Away or Mid-Semester Break, certain SFS Policies are not in effect. While not under the full set of SFS policies, students are expected to observe the SFS Operational Objectives at all times.

SFS-Wide Policies

Alcohol Policy

No possession or consumption of alcohol is permitted on SFS property including any SFS vehicles, common areas, student quarters, Center grounds, field trip sites, or during any program activities. Any use of alcohol that in any way compromises the Operational Objectives will be addressed and may include disciplinary action. The permissible drinking

age is defined by the laws of the country that the Center is located in. Centers may have additional restrictions. Please check with the Student Affairs Manager or Center Director regarding pertinent local laws.

Drug Policy

Use or possession of any drugs, chemical or medications that are illegal or interfere with the Operational Objectives of any SFS program or site, is prohibited. Illegal drugs are defined by United States and host-country laws. SFS reserves the right to interview, investigate, search for and confiscate any substances or paraphernalia in violation of this policy. SFS has a zero tolerance illegal drug policy – violation of this policy will result in expulsion. This policy is in force from the beginning to the end of the program, including Non-Program Time.

Violence Policy

There is no place for violence of any kind at SFS. Violence can be verbal as well as physical. Some examples include making threats, verbal intimidation, bullying, aggressive physical contact or behavior otherwise designed to frighten or intimidate. This list is not intended to be comprehensive. Violence of any sort will not be tolerated by SFS and may be grounds for immediate expulsion from the program. This policy is in force from the beginning to the end of the program, including Non-Program Time.

Sign-Out Policy

All students must sign themselves in and out of the Center so that they can be located in case of an emergency.

Visitor Policy

Aside from visiting professionals and guest lecturers, SFS does not allow visitors on site during the program because it is disruptive to the program schedule and the dynamics of the group. For security reasons, no local visitors are allowed on the Center property without prior consent from the Center Director. This policy increases students' and staff's safety, security, and sense of privacy.

Local Laws Policy

SFS supports and complies with all local laws. Students will be briefed on local laws and expectations soon after arriving at the Center. Any violation of a local law will result in SFS disciplinary procedures and in addition, may subject you to local penalties such as fines, arrest, or deportation. This policy is in force from the beginning to the end of the program, including Non-Program Time.

Swimming Policy

Swimming is always at your own risk. Where SFS maintains swimming pools or conducts recreational swimming during program time or on SFS property, protocols and guidelines will be presented. Recreational swimming is always optional and may be prohibited on certain programs or in certain regions due to local hazards or cultural practice. In Panama and the Turks and Caicos, where swimming is integral to the program, there will be a swim assessment and orientation to waterfront guidelines. In such cases, students must successfully complete a swim assessment, conducted by trained SFS staff, before participating in any other swim-related activities.

Motor Vehicle/Boating Policy

SFS students may not operate SFS motor vehicles or motor boats. SFS students may not ride in an SFS motor vehicle or motor boat without an SFS-approved operator. Students may not ride in non-SFS motor vehicles or motor boats without prior Center Director approval. Operating a motor vehicle, or operating or riding on a motorbike, motorcycle, moped, ATV, or motorized recreational watercraft, is prohibited for the full duration of the program, including Non-Program Time.

Seatbelts must be worn in all motor vehicles, where available. SFS Centers that utilize motor boats have additional Center-specific protocols including maximum occupancy, approved seating, personal flotation devices, radio protocols, rescue and first aid equipment in compliance with all local regulations.

Sexual Harassment Policy

It is the policy of SFS to respect the rights of students to work and study in an environment free from any type of sexual harassment and to investigate and resolve any reported cases of sexual harassment. Each administrator, faculty member and student is responsible for ensuring a work and learning environment free from sexual harassment. SFS policy specifically prohibits any faculty or staff member from having a sexual relationship with a student at any time while the student is enrolled in an SFS program. In addition, no SFS employee shall threaten, promise, or insinuate, either explicitly or implicitly, that any student's refusal to submit to sexual advances will adversely affect the student's status with SFS, including but not limited to influence on grades or recommendations.

Moreover as a part of its overall nondiscrimination policy, SFS prohibits all forms of harassment of others because of race, color, religion, sex, age, sexual preference, national origin, physical or mental disability, or veteran status. In particular, an atmosphere of tension created by disparaging racial, ethnic, sexual, or religious remarks does not belong in the SFS workplace or learning environment and will not be tolerated.

Campus-Specific Policies

The SFS Center in Tanzania has policies that are unique to the program, taking into consideration local environmental hazards and the local community and culture. Campus-specific policies may change at the discretion of SFS staff. Upon arrival to campus, students will be presented with a complete list of campus-specific policies; the following list is not exhaustive.

Curfew

Curfew is 6:45 pm every evening. Quiet hours begin at 10:00 pm every night. Students are not allowed to leave campus prior to 6:30 am each morning.

Buddy System

Students are required to travel in groups of two or more whenever traveling outside of the Center, including walking into the local town or using the outside running trail.

Shoes

Due to the presence of snakes and other dangers, students must wear close-toed shoes at all times during field trips and excursions and after dusk while at the Center.

Dress Code

Tanzania is a very conservative country, and modesty should be exercised. Out of respect for the community and the local culture, students must wear loose-fitting clothing that covers themselves from shoulders to knees (and everything in between) while in town. Modest shorts and tank tops are permitted on campus.

Swimming

Students may only swim in designated pool areas when a staff member is present. Swimming or wading in rivers, creeks, or lakes is prohibited for the duration of the program.

Transportation

Students are not permitted to ride or operate motorbikes or motor vehicles or take public transportation of any kind (e.g. buses, taxis) while on program.

Disciplinary Procedures

Violations of any SFS-wide policies, Center-specific rules and protocols and Operational Objectives may result in one or more of the following disciplinary actions:

- Verbal warnings
- Written warnings
- Probation
- Expulsion

All staff and students are expected to understand and to actively support the standards of behavior as presented in our written materials and in our on-site orientations. While all staff are responsible for understanding and enforcing our standards for behavior, all formal disciplinary measures for students are at the discretion of the Center Director in consultation with his or her staff and Headquarters, where appropriate. Generally speaking, behavioral issues arising out of misunderstandings or that are not overly compromising to SFS Operational Objectives will be addressed with education, clarification and intermediate disciplinary measures (warnings/probation). However, any behavior that significantly compromises the Operational Objectives or any violation of SFS policy may be cause for immediate expulsion. In the event of an offense at the level of Written Warning or above, SFS will contact the student's home institution. SFS also reserves the right to contact parents/guardians in the event of any behavior that potentially compromises the student's ability to participate in our program. In the event that a student is asked to leave the program, SFS will return the student to the point of program departure at his or her own expense. At this time, any and all responsibility on the part of The School for Field Studies will cease. Students who are expelled or who depart early from the program will be withdrawn from all courses and receive no credit. All outstanding financial obligations to SFS remain in full effect.

Insurance

Emergency Evacuation and Repatriation Insurance

All SFS students are automatically enrolled in the SFS Emergency Evacuation and Repatriation insurance plan through American International Group, Inc. (AIG). This insurance is effective for the duration of the program and does not cover personal travel before or after the program.

Benefits of the SFS Emergency Evacuation and Repatriation insurance plan include:

- \$350,000 for emergency medical evacuation
- \$100,000 for emergency security evacuation
- \$20,000 for repatriation of remains

The coverage provided by the SFS Emergency Evacuation and Repatriation insurance plan is **NOT** the same as health, medical, or dental insurance. The plan covers the cost of transportation, accommodations, and medical care associated with an evacuation (e.g. life-saving support during transport in an air evacuation), in cases where the evacuation is deemed medically necessary. This insurance plan does not cover urgent or emergency medical care, basic medical care, laboratory tests, or pharmacy needs. **Therefore, students on SFS programs are required to supply their own health insurance, valid in the country or countries in which the program operates, for the full duration of their SFS program.**

Health Insurance

Students on SFS programs are required to supply their own health insurance, valid in the country or countries in which the program operates, for the full duration of their SFS program. Students are not allowed to join an SFS program without identifying such coverage.

Students looking to obtain health insurance should keep in mind the following:

- Most domestic health insurance plans do not cover out-of-country medical expenses. Students should check with their policy provider on what services are available out-of-country.
- Students should check to see if their home institution provides or offers international health insurance.
- Most insurance companies provide international coverage on a reimbursable basis, as most foreign public or private medical care facilities do not accept insurance for payment. Therefore, **students need to carry cash and/or a high-limit credit card to pay for medical expenses up front**, and then request reimbursement when they return home.

In the event that a student requires medical attention during a program, a staff member will accompany him or her on the visit(s) to a medical care facility. Students are liable for all incidental expenses, including medical costs, transportation, accommodations, etc., incurred by all parties involved during these visits. Students must pay in full for these expenses prior to departure from the program.

Personal Property Insurance

SFS does not provide insurance for personal property of students, staff, and visitors.

Travel Insurance

SFS does not provide travel insurance or reimbursement for trip cancellation. Students can look into options for travel insurance through their personal travel agent or through Advantage Travel.

Health and Safety

Introduction

Every region has its own unique health challenges. Statistically, the most common injuries sustained by students on SFS programs are recreational in nature and the most common medical problem is traveler's diarrhea. However, international traveling and living presents potentially significant health and safety risks and challenges.

24-Hour Emergency Hotline

If a parent or guardian needs to urgently contact a student in the field, an emergency call can be made to the **SFS 24-hour Emergency Hotline: 978.219.5113**. After dialing, press "2" when prompted to leave an emergency message and to receive a call back from the SFS Safety and Student Life Department. For non-emergency inquiries while a student is in the field, a message can be sent to safety@fieldstudies.org.

Prescription and Over-the-Counter Medications

Students should bring enough prescription and/or over-the-counter (OTC) medication to last the entire duration of the program. This also applies to any personal travel that may be done before or after the program. If you are having difficulty procuring the full amount of medication, please alert the SFS Safety and Student Life Department immediately, as most medications cannot be replaced or refilled once in country, including common OTC medications. It is important to note that it is illegal to send medications through the mail and this will result in confiscation, criminal charges, or deportation.

While traveling, keep all medications in their original container to avoid issues through border control and customs. Note all medication on the SFS Online Medical Review Form and please alert the Safety and Student Life Department to any changes, including dosage. It is highly recommended that students do not discontinue or alter the dose of certain prescription medications before or during the program. Please consult with your prescribing physician and the Safety and Student Life Department with any questions.

Dietary Requirements

If you have a medically-necessary dietary requirement, you must notify the SFS Safety and Student Life Department prior to arriving at the Center. All dietary restrictions or preferences (e.g. gluten-free, vegetarian, vegan, etc.) should be noted on the SFS Online Medical Review Form and discussed with either your Admissions Counselor or the SFS Safety and Student Life Department. SFS is able to accommodate most dietary needs, but variety of food may be limited due to local availability, cultural practice, and cost.

Accommodating Students with Disabilities

Students requesting physical and health accommodations should contact the SFS Safety and Student Life Department. Students requesting learning accommodations should contact the SFS Office of Academic Affairs. SFS will work with students, home institutions, and physicians to determine the required level of accommodation and whether or not it can be safely and reasonably maintained on program. While SFS strives to make accommodations for most disabilities, due to the remote nature of the programs, there are varying levels of accessibility, services, and accommodations at each SFS center.

Physical Conditioning

Field work by its very nature is physically arduous: the days are long, the traveling seldom comfortable, and creature comforts generally lacking. In order to withstand the pace and rigors of the program as well as any “foreign” health risks of the country, it is strongly advised that you be in good physical health.

Existing Medical Conditions

Students must note any current or past medical conditions on the SFS Online Medical Review Form. If you have any medical conditions that could lead to sudden illness, such as allergies to foods or insect stings, asthma, chronic heart conditions, diabetes, epilepsy, or others, you must inform the SFS Safety and Student Life Department.

If you carry any critical medications (e.g. Epi-Pens, inhalers, glucagon, etc.), you must carry them with you at all times while on program.

If you have asthma, even if you have not had any issues in recent years, it is strongly recommended to bring an inhaler on program. Past students have found that their asthma can be triggered by environmental conditions (e.g. humidity, heat, dust, elevation, allergies, etc.) of certain program locations. Keep in mind, you may be exposed to allergens or environmental conditions you have not been exposed to in the past.

If you have a severe allergy or a family history of severe allergies, even if the reaction has been minor in the past, it is strongly recommended to bring two or more Epi-Pens with you on program. Due to the remote nature of the program, access to medical care can be delayed. In addition, you may be exposed to allergens that you have not been exposed to in the past, as well as the possibility of repeat exposures. Please contact the Safety and Student Life Department with any questions or concerns.

Be certain to take care of any existing medical issues before arriving in country. Due to the remote nature of the program, medical care is not always easily accessible. You may be responsible for all costs acquired to reach advanced medical care for treatment of pre-existing or non-emergency issues, including transportation and accommodations for yourself and an accompanying staff member.

Medical Care in Tanzania

Each SFS Center has a Student Affairs Manager (SAM) who is responsible for risk management, health, and safety on program. SAMs are certified Wilderness First Responders (WFR) and can provide initial first aid in the event of an illness or injury. If further medical care is needed, SFS staff will accompany the student(s) to the nearest and best available medical care facility. In the event of an emergency or hospitalization, SFS will contact appropriate emergency contacts as necessary.

The SFS Center in Tanzania is located approximately 20 minutes from a medical clinic. The clinic, the Foundation for African Medicine and Education (FAME) is owned and operated by an American doctor from California. The clinic offers a variety of inpatient, outpatient, laboratory, and pharmacy services. A visit to the clinic, depending on laboratory tests and prescribed medication, averages between \$20 and \$50 and requires cash (credit cards are not accepted). Students should carry at least \$100 for treatment of minor illness and injury.

For major illness and injury, students would be transported to a hospital in the nearby city of Arusha or air evacuated to a hospital in a neighboring country. The SFS Center in Tanzania is located approximately 2 to 3 hours from Arusha Lutheran Medical Center. Arusha Lutheran is a recently constructed, modern medical facility serving the greater Arusha region. It has an emergency department and a growing number of medical specialties represented. A deposit of \$1,000 to \$2,000 or more is required for admissions to most major hospitals. Visa credit cards are usually accepted.

Keep in mind that most insurance companies provide international coverage on a reimbursable basis, as most foreign public or private medical care facilities do not accept insurance for payment. Therefore, **students need to carry cash and/or a high-limit credit card to pay for medical expenses up front**, and then request reimbursement when they return home.

There are some medical emergencies or conditions that may necessitate medical withdrawal from the program, including injuries and illnesses such as infectious mononucleosis, malaria, or orthopedic injuries that result in reduced mobility. Final decisions on medical withdrawal are made by SFS in conjunction with the treating physician.

Disease in Tanzania

SFS requires that all students consult with a travel medicine clinic or physician who can look at the personal travel itinerary and medical history to develop a health strategy for travel, including appropriate vaccinations, medications, etc.

To locate a nearby travel medicine clinic, ask the Study Abroad Office at your university for recommendations. Your university may provide these services on campus. Alternatively, you can look up nearby travel medicine clinics on the Centers for Disease Control and Prevention (CDC) website: www.cdc.gov/travel.

CDC-Recommended Vaccinations for Travelers to Tanzania

For a list of Centers for Disease Control and Prevention (CDC) recommended vaccinations, visit the CDC website at: www.cdc.gov/travel. **Be sure to schedule your appointment at least six weeks prior to departure, as some vaccinations require a series of doses over a specific time frame.**

Hepatitis A is a viral infection of the liver that results in jaundice and severe malaise. It is rarely fatal, but disease can be protracted, and infected persons can be ill for six weeks or more. The disease is transmitted through ingestion of food or water that is contaminated by infected fecal matter, even in microscopic amounts. Symptoms occur two to six weeks after first exposure to the virus. There are now two vaccines licensed in the United States that are extremely effective in preventing hepatitis A infection, and that are quite safe to administer. Both vaccines require two doses (the booster dose is given six to nine months after the initial dose). The initial dose, however, is effective in providing protection. The CDC recommends that all travelers to Tanzania receive this vaccine.

Hepatitis B is a contagious virus that is transmitted through blood, blood products, and other body fluids (such as semen). Symptoms include a sudden fever, tiredness, loss of appetite, nausea, vomiting, stomach pain, dark urine, joint pain, and yellowing of the skin and eyes (jaundice). Symptoms may last from several weeks to several months, or can develop into chronic hepatitis B with increased chance of liver disease and liver cancer. Travelers can become infected through unprotected sex with an infected person, injection drug use, transfusions with unscreened blood, and contaminated needles, so the CDC recommends this vaccine for travelers who might have sex with a new partner, get a tattoo or piercing, or have any medical procedures. Please keep in mind, medical procedures could be necessary due to unforeseen accidents or illness.

Typhoid fever is a serious disease caused by bacteria in contaminated food and water. Symptoms of typhoid include lasting high fevers, weakness, stomach pains, headache, and loss of appetite. Some patients have constipation, and some have a rash. Internal bleeding and death can occur but are rare. The CDC recommends that all travelers to Tanzania get this vaccination.

Malaria is a disease that is transmitted by mosquitos. Symptoms usually appear within 7 to 30 days but can take up to one year to develop and include high fevers, shaking chills, and flu-like illness. Malaria can cause severe illness and can be life threatening if left untreated. Prevention includes prophylaxis, minimizing exposed skin (long-sleeved shirts and pants) especially between dusk and dawn when the mosquitos are most active, and applying insect repellent containing DEET. **The CDC recommends the use of prophylactic medication to prevent malaria for all travelers to Tanzania.**

Rabies is a fatal viral infection that is transmitted from animals to humans through bites or scratches. The disease causes neurological symptoms that rapidly progress after a one to three month incubation period. Rabies is present in bats, dogs, and among other domestic and wild animals. The most effective way to avoid rabies is to avoid touching or getting too close to wildlife. Alternatively, you can choose to receive the pre-exposure rabies vaccination prior to departing for Tanzania. This vaccination series consists of three vaccinations administered over 21 to 28 days, so plan ahead accordingly. The vaccination does not eliminate the need for getting a post-exposure vaccination if you are bitten by a potentially rabid animal. It does, however, reduce the number of post-exposure injections that are required and eliminates the need to administer rabies immune globulin (which may not be available in Tanzania). The CDC recommends that rabies pre-exposure prophylaxis be given to all persons visiting for more than 30 days in areas of the world where rabies is a constant threat. You should discuss with your doctor the advisability of receiving the pre-exposure rabies vaccination.

Yellow Fever is a viral disease that is transmitted by mosquitoes and causes a flu-like illness that in severe cases can lead to severe liver damage and death. Unlike malaria, yellow fever is transmitted by mosquitoes that bite during the day, not during the evening. The CDC does not generally recommend the yellow fever vaccination for travel to Tanzania, as the risk for exposure is low. However, Tanzania does have strict policies that restrict travel back in to the country after visiting a yellow-fever endemic region. While excellent, mid-level care is available close to the SFS campus in Tanzania, travel outside of the country would be necessary for advanced medical care, certain specialty services, or evacuation. For individuals who do not have the yellow fever vaccination, travel back into the country after receiving such care could be delayed by 7 days or more. In addition, if you intend to travel to neighboring countries before or after the program, the yellow fever vaccination will be necessary.

The recommendations enumerated above are specific for Tanzania. If you are planning to travel outside the country, the health risks may be different, and you should consult with your travel medicine specialist as to what additional measures may be required.

Non-Vaccine Preventable Disease in Tanzania

There are a number of non-vaccine preventable insect-borne diseases found in Tanzania and protective measures are recommended.

Dengue is a viral infection that can cause a very severe flu-like illness. Subsequent exposures can cause symptoms to increase in severity. While rare, severe cases of dengue can be fatal. The disease is transmitted by mosquitoes and is becoming increasingly common in many tropical countries. There is no vaccine against dengue available. Preventative measures include chemical-based mosquito repellent and protective clothing (e.g. lightweight, loose-fitting, long sleeves and pants).

Zika Virus is a mild viral infection that causes flu-like symptoms, including fever, rash, joint pain, and conjunctivitis. The primary concern for Zika virus, as stated by the CDC, is for women who are pregnant or thinking about becoming pregnant. In rarer cases, incidents of Guillain-Barre syndrome and other neurological disorders have been reported. The virus is transmitted by the same mosquito that carries dengue (active during the daytime), so preventative measures are the same: chemical-based mosquito repellent and protective clothing (e.g. lightweight, loose-fitting, long sleeves and pants).

Leishmaniasis is a flesh-eating parasite that is transmitted by sand flies. Symptoms include skin sores that become large scabs or ulcers over time. Prevention includes minimizing exposed skin (long-sleeved shirts and pants) and applying insect repellent containing DEET, especially between dusk and dawn, when the sand flies are most active.

Schistosomiasis is an infection that is caused by a parasitic worm that resides in freshwater snails. The disease is normally contracted when wading, swimming, bathing, or washing in freshwater, including lakes, ponds, and rivers. The acute infection causes flu-like symptoms, but a wide variety of symptoms can occur as the worms move through the body, including paralysis. Symptoms can also manifest many years after the initial infection. Prevention includes avoiding wading, swimming, bathing, or washing in fresh water in regions afflicted with schistosomiasis.

Tick-Borne Diseases can transmit a number of diseases to humans. In Tanzania, the most common disease transmitted by ticks is typhus, which is a flu-like illness that is associated with a rash. Prevention includes minimizing exposed skin (long-sleeved shirts and pants) and applying insect repellent containing DEET.

Trypanosomiasis is a disease transmitted by infected tsetse flies. These flies are most active during the day and are attracted to moving vehicles and contrasting colors, particularly blues, black and purple clothing and bags. Symptoms include fever, rash, lethargy and confusion. Prevention includes minimizing exposed skin (long-sleeved shirts and pants), applying insect repellent containing DEET, and wearing light-colored clothing. The disease can incubate for over a month before symptoms develop, so consult with a physician to rule out this disease should you develop any symptoms upon returning home from the program.

Diarrhea is the most common ailment that students encounter. Diarrhea can be caused by a number of different factors, including 1) the process of acclimating to a new environment or new foods, 2) stress or other emotional challenges, 3) use of certain medications, and 4) infections caused by bacteria, viruses, or parasites. Shortly after arriving in country, students participate in an orientation that explains the importance of diligent hand washing, personal hygiene, kitchen hygiene, careful food handling, and water purification. These are important preventative measures that all students are expected to closely follow throughout the full duration of the program. Students who do experience diarrhea are encouraged to inform the Student Affairs Manager or other SFS staff member so that they may receive the proper treatment, which may include oral rehydration, a bland diet, and potentially a visit to the local medical clinic for diagnostics and medication, if necessary. Prior to coming on program, some students are prescribed an antibiotic for “traveler’s diarrhea” by a home physician or travel clinic. If this is the case, it is highly recommended to consult with the Student Affairs Manager at the onset of diarrhea, prior to starting this medication. Overuse or improper dosage, attempting treatment for a non-bacterial or non-parasitic cause of diarrhea, or failure to properly complete treatment could result in a persistent or worsening condition.

Other Hazards in Tanzania

Some of the hazards associated with this SFS program, field work and living in Tanzania are described below. While SFS has tried to anticipate as many risks as possible, you may nonetheless encounter risks that are not described below.

Heat: Dehydration occurs easily in hot environments. A conscious effort should be made to replace fluids lost through evaporation, which can be as much as two quarts an hour when physically active.

Sun Exposure: The possibility of sunburn is very real. You should bring one bottle of waterproof sunscreen with an SPF of at least 30 for each month of the program. Not only for short-term comfort but also for long-term health, you need to wear sunscreen at all times while outdoors. Also, bring a hat with a brim, sunglasses, and lightweight, long-sleeved, light colored clothing to wear in the sun.

Venomous Snakes: Several species of venomous snakes exist in Tanzania. Students are required to wear close-toed shoes and carry a flashlight when walking after dusk. Upon arrival, students are provided with an orientation on snake precautions. At no time are students to handle snakes.

Wildlife: This program is NOT the typical safari experience. You will be traveling through parks that support a wide variety of potentially dangerous and unpredictable animals such as lions, cape buffaloes, and elephants. Due to the dangers posed by large animals, there will be no unregulated walking in open savanna or bush country.

Crime/terrorism: Crime, incidents of social unrest, and religious tensions are present in large cities in Tanzania. Mugging and petty crime are among the most commonly reported crimes, though there are also reported armed robberies and assaults. There is an underlying threat from terrorism, although there has never been any direct impact to our campus or program. Students are provided additional information during the program orientation.

Motor Vehicle Accidents: Driving on roads in Tanzania is more hazardous than driving in the US, especially at night or during periods of heavy rains. It is also important as a pedestrian to have a heightened awareness of traffic. Do not assume pedestrians have the right-of-way. It is important to utilize only reputable and verified modes of transportation. At no time are students allowed to operate an automobile, boat, motorcycle, scooter, or other motorized vehicle. Students are not permitted to ride on motorcycles, motorbikes, or scooters at any time during the program.

Please note this list is not exhaustive or complete. If you plan to travel to other areas, either inside or outside of the country, the health and safety risks may be different, and you should educate yourself and consult with your travel medicine specialist as to what additional measures may be required.

Cultural Adjustment

Defining Cultural Adjustment

Think about how you are feeling now as you prepare to go abroad with an SFS program. Are you feeling excited? Anxious? Overwhelmed? Content? Afraid?

Now, think about how you might feel when you first arrive at your host country. Will you feel high on life? Bombarded by the newness of it all? Jet-lagged? Irritated or humbled by the reality that you are unable to communicate as well as you are used to being able to?

How will your emotions and thoughts change with time after the initial high of arrival? Will you be amazed and/or frustrated by the differences between how things are done at home and how things are done at your temporary home abroad? Confronted with these differences, will you question values you held and always thought were in the "right"? Will you grow in depth of thought and sense of self? Will you be unbearably homesick and seek out a friend to talk with?

It may seem like a very long time from now, but imagine returning home after study abroad. How do you hope you have changed as a result of your time abroad? How will others see your new personal, cultural, social, and academic

developments? Will it be easy to reconnect with family, friends, and your community? Will it take effort? How will you communicate your experiences and developments and help loved ones take part in an important period of your life?

The flow of emotions and experiences above describes the cultural adjustment process that many students move through before, during, and after their study abroad terms.

So, what *is* cultural adjustment? Most simply put, cultural adjustment is the process of adjusting to a different cultural context. It is the process of filtering through initially identifiable differences in eating style, language, customs, and more to discover the underlying values and assumptions that are the foundation of a certain way of life. Whether you are from the United States or from another country, encountering another way of life may entail questioning your own basic values and beliefs. Cultural adjustment may beg of you to ask the question, “Who am I?” By asking such a fundamental question and working through the answers, you can build a strong sense of self, gain more confidence in who you are, learn to identify at a basic level with people from any background, and become more accepting of others. At this point, you will have begun to develop a sense of global citizenship, a crucial key to developing a peaceful global society.

Signs of Culture Shock

Experiencing some difficulty adjusting to your new environment is normal and even important for personal development. Some students experience:

- Homesickness
- Physical symptoms such as mild colds and headaches
- Anxiety, depression, disappointment, and/or frustration
- Defensiveness toward home culture(s)
- Tendency to put the host or home culture(s) and way(s) of life on a pedestal
- Criticism toward home or host countries
- Gratitude for the chance to rethink world views and customs

Cycling through Cultural Adjustment: The “W” Curve



Based on Oberg (1960) and Gallahorn & Gallahorn (1963)

The model above puts into visual format the process of cultural adjustment previously described.

Arrival: Upon arrival, many students are exhilarated by the myriad of new sights, sounds, and smells of their host country. You may feel physically exhausted from the travel, and you may need to give your body time and care to help it adjust to the different weather, geographic conditions, food, and time schedule. During this initial period, you may experience a variety of heightened emotions.

Culture Shock: After the initial high period, you may begin to notice the many differences between your home and your temporary home abroad. Processing these differences may be difficult, and many students report emotions of anxiety, stress, confusion, homesickness, discouragement, hostility toward the local culture and customs, and even depression. You may experience physical symptoms such as colds, headaches, or stomach upsets. On the other hand, some students experience very little culture shock.

Recovery: Fear not! With effort and time, you will get your legs back under you again. You may wish to employ some of the coping strategies listed in the next section, or find your own way to regain and rethink equilibrium.

Adaptation: At this stage, students have renegotiated belief systems and “the way things are done.” You may feel at home in your residence abroad.

Returning Home: Some students find that just when they have become comfortable with their surroundings abroad, it is time to return home! Because you are traveling back to a familiar place, you may not expect to experience reverse culture shock, which mirrors the culture shock process. Many students experience re-entry culture shock more severely than they do culture shock. The best way to smooth the reverse culture shock process is to prepare for it before, during, and after your time abroad. Make sure to share your experiences and personal development with important family and friends so that they can take part in your growth! Continuous communication in a spirit of sharing (rather than expecting or needing others to understand) will greatly smooth the reentry process.

What Does It Mean To Be From Another Place?

Perhaps this is your first time visiting a foreign country for an extended period. By removing yourself from the USA or your country of origin and being confronted with difference, you may gain a greater awareness of what it means to be American, Chinese, Mexican, or whatever your nationality.

In part because of the USA’s prominent media and political and economic presence, you may find that people around the world have formed viewpoints, even stereotypes about Americans.

Below are some examples of stereotypes of Americans that you might encounter in-country. Keep in mind that there are many different points of view on Americans.

- Wealthy and wasteful
- Caring about the environment
- Heavy drinkers
- Careless
- Want to help others
- Loud and dumb
- Openly friendly and kind
- The youth like to party
- Academically-oriented

As you can see, stereotypes are not always accurate, and they do not apply to every person within a culture. Making generalizations about a culture or people is normal and even useful in learning about them. However, be aware of the possible negative impact of stereotyping. Be open to and appreciative of the great differences between individuals within a population.

A Note to Women and Students from Diverse Backgrounds

What it means to identify as LGBTQIA+, a woman, a person of color, a member of a certain religious group, a participant with a disability, etc. may be very different in your host country than at home. For example, a gay student may find that the host community is much less accepting of homosexuality than his university community. Students who are accustomed to being part of the majority group at home (e.g. Caucasian students) may need to readjust to living as a minority abroad. The change may be for better or for worse, but you might not be treated or viewed in the way that you are accustomed to at home.

Please use the resources available on the Diversity & Inclusion page of our website (www.fieldstudies.org/about/diversity-inclusion) to inform yourself as you prepare for your abroad experience.

Coping with Cultural Adjustment

Here are some suggestions for coping with and growing through the cultural adjustment process:

- Keep a journal. Be your own best counselor and write about the experiences, emotions, and thoughts that you have.
- Take care of your physical body. Be sure to get sufficient exercise and take care of your body’s nutritional needs. Get enough rest and sleep.

- Communicate. If you are feeling particularly down, approach a friend, staff member, or mentor. Sometimes just talking about difficulties you are facing makes the burden seem lighter. Many of the people surrounding you at the Center have experienced or are experiencing the same cultural adjustment process as you. There is strength and comfort in sharing!
- Step out of your comfort zone. When everything around us is new, we sometimes just want to withdraw. Although some level of withdrawal can be helpful, in the end, there is more joy in living fully than hiding from fear. Do not do anything unreasonably risky or foolish, but practice your language skills with community members. Try delicious foods you had never heard of before. Take advantage of your abroad experience, because you will not have the same exact opportunity again!
- Breathe! The simple act of inhaling and exhaling a few times will help clear your mind.
- Keep in touch with family and friends at home. Regularly sharing your experiences will help ease the reentry process. However, be aware of spending too much time on the phone or Internet to the detriment of your abroad experience.
- Remember to be grateful for what you have. A sense of gratitude makes cultural adjustment easier because of a positive outlook. You will see things in a more positive light, and those you meet will respond to you more positively because they can sense your humility and good feelings.