



# TANZANIA FIELD GUIDE

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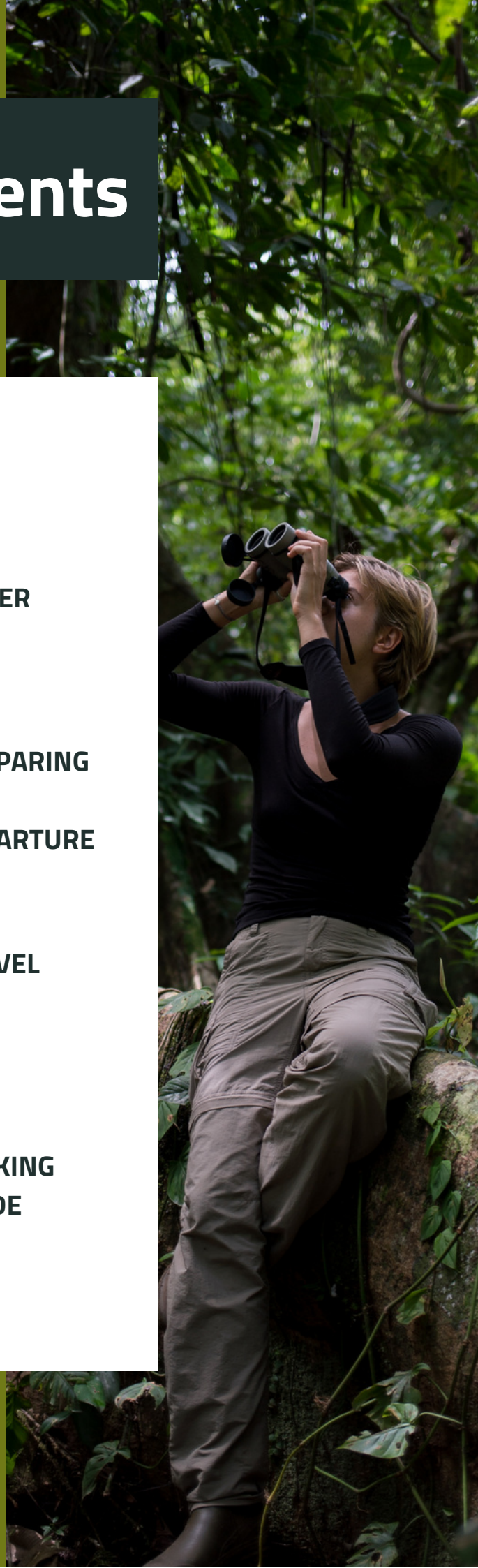
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**LIFE IN THE FIELD**



# The Center



## Academic Foci

- The center sits in the heart of the northern Tanzania tourist circuit which includes Serengeti National Park, Ngorongoro Conservation Area, Lake Manyara National Park, Tarangire National Park, Arusha, and Mt. Kilimanjaro.
- The region offers a wide variety of protected areas including national parks, game reserves, game-controlled areas, wildlife management areas, and community forest reserves. This area also contains the rich traditional cultures of the Maasai, Hadzabe, and Iraqw communities each providing unique approaches to wildlife conservation.
- Unfortunately, the porous boundaries between the protected areas and local communities alongside rapidly increasing human populations have led to habitat fragmentation, interrupted migratory routes, and greater human-wildlife conflict.
- Tanzania is home to the "Big Five"- lions, elephants, leopards, buffalo, and rhinos. It also has many other charismatic megafauna including giraffes, hippos, hyenas, jackals, warthogs, baboons, cheetahs, zebras, wildebeest, and much more!

### SEMESTER: WILDLIFE MANAGEMENT STUDIES

African large mammal behavior and ecology. Field ornithology and herpetology. Human-wildlife conflict. Wildlife conservation and community-based conservation. Habitat assessments.

### SUMMER 1: FUNDAMENTALS OF WILDLIFE MANAGEMENT

Behavioral ecology. Community conservation approaches. Human-wildlife conflict. Wildlife and natural resource management policies.

### SUMMER 2: CARNIVORE OF THE AFRICAN PLAINS

Carnivore behavioral ecology. Predator-prey interactions. Human-wildlife conflict. Wildlife and natural resource management policies.



## Community Engagement

You will live at a field station as a cohort, rather than in a homestay, local apartment, or university dorm. This means that you will not necessarily be eating local cuisine, speaking a local language, or navigating the local culture every day. However, we fundamentally believe that meaningful research is only possible with the input of local people and in consideration of cultural history, so community engagement may vary each term to reflect the requests of our partners.



## Chores

There is no cleaning service at the center, so students are expected to take responsibility for their space during their stay. Students will help set up/clean up for meals and engage in a center-wide clean-up about once a week. Specific chore responsibilities and schedules will be shared during orientation





# Climate

Temperatures range from 50-90°F. Prepare for cooler weather than you would expect by packing lots of layers.



## Identity

Every country is shaped by its history, and therefore attitudes towards gender identity, sexual orientation, ethnicity, and religion can differ greatly. Keep in mind that what seems like discrimination may simply be curiosity. Additionally, most SFS students expect to encounter differences between themselves and their host country but don't realize the most significant differences may be between themselves and their student group. Research how different aspects of your identity might be perceived in a new context. You may want to research political and societal issues, racial, ethnic, and religious composition, LGBTQIA+ climate (Resources [1](#) and [2](#)), and cultural norms and local laws. Reflecting on your own culture and identity before studying abroad can help you better navigate your experience abroad.

It is a privilege to study in another country and be welcomed into these communities. It is not your place to try and change its culture or values. While you will be learning about the country and its people, you will be an ambassador of your own country and culture. SFS campuses are permanent fixtures, and these communities are home to our staff members year-round. Behavior that is disrespectful, illegal, or contrary to cultural norms can degrade the relationship with the community, and can impede meaningful interactions for peers, SFS staff members, and future students.



## Setting and Facilities

3-acre center in the agricultural community of Rhotia.

RURAL ← ● → URBAN

RHOTIA	KARATU	MTO WA MBU	ARUSHA
5-minute walk	15-minute drive	30-minute drive	3-hour drive
Population ~29,000	Population ~280,000	Population ~17,700	Population 535,000
Nearest town. Corner store, tailor, and one cafe.	Shops, cafes, lodges for swimming/eating, clinic and local markets.	Shops, cafes, lodges for swimming/eating, hiking, and local markets.	International airport. Tourist hub. Advanced medical care.

HOUSING	OTHER FACILITIES
Six buildings, or "bandas," with twelve rooms, 4 people per room in twin bunk beds. Shared desk and shelving unit.	Central building, or "chumba," contains kitchen, dining area, and student lounge with games, dart board, and ping-pong table.
En-suite bathroom with shower (hot water) and western-style toilet.	Additional buildings include classroom and library, staff offices, staff housing, and open-air gazebos.
	Students must pay to use washing machine (detergent not provided), ~2 USD per 5-gallon bucket. No dryer. Students can also do their laundry by hand.



## Food

SFS can accommodate most dietary needs, but the variety of food may be limited due to local availability and cost. SFS cannot accommodate strict Halal or Kosher diets. Due to limited dietary variety, SFS always recommends bringing vitamins, protein bars, nuts, favorite snacks, etc.

Meals may consist of rice, chapatti (unleavened bread), ugali (corn flour dough), lentils and beans, roasted vegetables, fresh fruit, and meat like goat or beef. Snacks may include tea and coffee, fruit, popcorn, toast with jam, or baked items.



## Exercise

The center has a grass volleyball court/soccer field, a punching bag, and a few basic weights. Can walk/run around community using buddy system.



## Time-off

Semester students will be given a mid-semester break in Arusha supervised by SFS staff. Students are responsible for food during this break, but SFS will provide hotel accommodation.

Summer students will not have the opportunity to travel independently. Students participating in Summer 1+2 will be responsible for their own food and accommodation between sessions.

See page 11 for estimated costs.



## Money

The local currency is the Tanzanian Shilling (TZS).

Tanzania is primarily a cash-based economy. However, all students are required to bring a credit/debit card with at least \$3,000 in funds in case of emergencies. Mastercard and Visa are the most commonly accepted cards internationally. Be sure to notify your bank that you will be traveling internationally.

You should bring at least \$400 USD with you to start. Staff will assist students in exchanging USD for TZS after arrival. When bringing USD to exchange, travel with bills in excellent condition (clean, unwrinkled, unmarked, with no tears). Only bills made after 2006 can be exchanged. \$50 and \$100 bills receive better exchange rates. You will have access to ATMs to replenish your cash supply in Karatu and Mto wa Mbu.







## Electricity

The electrical voltage in Tanzania is 230 (the U.S. uses 120). Check all electrical devices to see if you need a voltage converter. Tanzania uses plug type D and G (the U.S. uses A and B). All students will need plug adaptors.

Power outages are common and while the center has solar panels and a backup generator, there may be times where electricity is gone for several hours.



## Internet

Wireless internet is available at the center, but it is slow and intermittent. SFS reserves the right to limit internet activities occurring on our servers including, but not limited to, streaming or downloading audio/video content (Facetime, Netflix, etc.).



## Computers

Students need to bring laptops with Microsoft Office (or the ability to open Microsoft files offline) and a USB port. Electronic devices are subjected to a much harsher environment than normal. In particular, Apple products do not fare well in high humidity and are more difficult to repair or replace locally. Please take precautions to protect your device.

Please download QGIS and R prior to arrival. Both are available online for free.



## Phones

Students with unlocked phones can purchase local SIM cards and phone plans for approximately ~\$20 USD per month. Most students choose to rely solely on WIFI.



## Mail

Packages and letters can be sent using courier services; DHL is the best option to use. The average one-way travel time for Airmail from the U.S. to Tanzania is 10-14 days. Therefore, no mail can be sent during the last 2 weeks of programs, as students will not receive it! Mail will not be forwarded.

Address: Student Name, Center for Wildlife Management Studies,  
P.O. Box 304. Karatu, Tanzania, East Africa.







# Health & Safety in the Field



## 24-Hour Emergency Hotline

SFS maintains a 24-hour emergency hotline. If you need to urgently contact a student in the field, call 978.219.5113.



## Student Health & Wellness Manager

The Student Health & Wellness Manager is a full-time primary medical responder and student support personnel on campus. They are certified in Wilderness First Response, or equivalent certification, and trained in sexual assault first response. They also counsel students on adjusting to life abroad, conduct risk assessments, and help coordinate program logistics and community outreach.



## Orientation

Upon arrival to campus, students receive an orientation about the local community and culture, center operations, and relevant risks and hazards. Prior to arriving on program, students should research the inherent risks associated with traveling abroad.



## Medical Care

SFS maintains a detailed risk assessment and management plan outlining risks and response protocols, including nearby medical facilities and their treatment capabilities. These plans ensure that staff are always aware of the best route for appropriate medical care.

If a visit to a medical care facility is needed, an SFS staff member will accompany the student to the appointment. Be aware that there may be times when access to medical care is delayed, such as on expedition. Students are responsible for all medical costs and all incidental expenses including transportation, accommodations, etc., incurred by all parties involved. This may include costs related to COVID-19 quarantining. Some medical emergencies or conditions may necessitate medical withdrawal from the program. Final decisions on medical withdrawal are made by SFS.



## Mental Health Support

Adjusting to new routines, relationships, and cultural environments while away from your usual support systems can be challenging. The ways you manage stress, take care of yourself, or find joy may not be available to you while you are abroad. Many students also struggle with the rigorous schedule that is inherent to the nature of SFS programs. Understand that you may have decreased communication with home, limited privacy and alone time, and infrequent or modified opportunities for exercise.

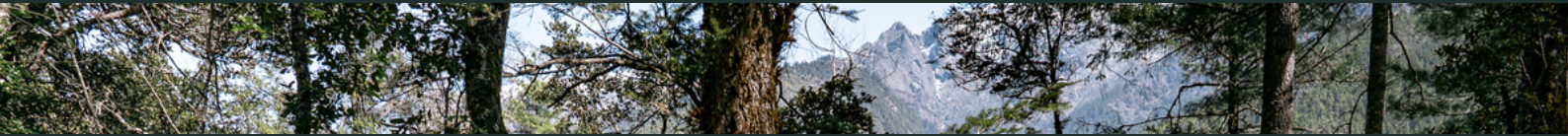
SFS is partnered with Morneau Shepell to provide students with access to free, mental health and wellness support by chat, phone, and video that can be accessed whenever connected to wifi. Students should download My Student Support Program (My SSP) in the app store or on the [My SSP website](#). My SSP is a supplemental resource, and students should work with their mental health provider to create a primary support plan. Students who undergo regular counseling should verify that their mental health provider is available while they are abroad.



# Sexual Health & Wellness

When it comes to sexual health and wellness during your program, please consider:

- The ramifications that a short-term relationship may have on a small residential campus or within the local community.
- Access to protection, medication for sexually transmitted infections, and emergency contraception may not be available.
- The current dialogue and understanding of consent in the U.S. does not always apply in other cultures.
- If you feel subjected to sexual harassment, you should walk away from any situation that makes you uncomfortable without concern for being culturally inappropriate. You can report harassment or assault to any SFS staff member.
- In the case of a sexual assault, SFS will make every effort to support you. This includes access to medical care, the option to report to local law enforcement, and identifying additional support resources. Local laws, definitions, and legal implications often differ from those in the U.S. Different laws and limited availability of resources such as rape kits can be complicating factors in responding to a report of sexual harassment or sexual assault in foreign countries.



## LGBTQIA+

SFS is welcoming of all students at our centers. However, when traveling throughout the country, please be aware of the following:

- Laws and social customs may differ from your home country, and countries that criminalize same-sex partnerships may also use the law to criminalize gender identities and gender expressions.
- Cultural practices may not support freedom of expression and travelers may experience discrimination and harassment.
- Some cultural practices are based on traditional gender roles and gender expressions. As a result, those who do not identify as they physically present may sometimes be misgendered or misidentified.
- Some languages are gendered, resulting in a lack of terms that encompass non-binary and gender-neutral identities.
- Health services specific to transgender people may be limited or unavailable. You may also be denied services in your affirmed gender while you are traveling abroad.
- It is not always possible to use preferred names or gender identities (visa paperwork, plane tickets, hotel reservations, and government sites). Gender X is not recognized worldwide, and you may need to provide binary sex information.



## Social Drinking & Drugs

There is no consumption or possession of alcohol allowed on campus. If you choose to consume alcohol on your days off in which you are off campus, please do so in moderation and maintain respectful behavior toward others.

Possession of marijuana and cannabis-infused products, including some cannabidiol (CBD) oils, is currently illegal under U.S. federal law. SFS does not allow possession or use of any drugs or medications that are illegal for the full duration of SFS programs including free time and weekends away. Check local laws before possessing, purchasing, or using electronic cigarettes or vaping devices on program.





## **PREPARING FOR DEPARTURE**





# Program Costs

The relationship SFS has with your school will determine your billing process. Within a week of acceptance, you or your school will be required to pay a non-refundable deposit to reserve your spot. Afterward, our finance department will reach out to you or your school to collect tuition payments. Up-to-date costs and refund policies can be found [here](#).

Included in SFS program costs are program advising and orientations, tuition and research fees, airport transfers, housing, meals during program time, field excursions and cultural activities, emergency evacuation and 24/7 support, and official transcript processing.

PROGRAM	BILLING DEADLINE
Spring	November 1st
Summer 1 or 1+2	April 1st
Summer 2	May 1st
Fall	June 1st

BASIC COSTS (BILLED BY SFS)	SEMESTER	SUMMER 1	SUMMER 2	SUMMER 1+2
Tuition	\$19,600	\$5,555	\$5,555	\$11,110
Room & Board	\$5,750	\$2,395	\$2,395	\$4,790
BASIC PROGRAM COST	\$25,350	\$7,950	\$7,950	\$15,900
ADDITIONAL COSTS (ESTIMATED, ACTUAL COSTS MAY VARY)				
Airfare	\$2,000	\$2,000	\$2,000	\$2,000
Passport	\$200	\$200	\$200	\$200
Visa fees (if applicable)	\$100	\$100	\$100	\$100
Immunizations/Medications	\$800	\$800	\$800	\$800
Personal Expenses	\$800	\$400	\$400	\$800
Program Breaks	\$500	N/A	N/A	\$300
ESTIMATED ADDITIONAL PROGRAM COSTS	\$4,400	\$3,500	\$3,500	\$4,200
TOTAL PROGRAM COSTS (BASIC + ADDITIONAL COSTS)				
ESTIMATED TOTAL PROGRAM COST	\$29,750	\$11,450	\$11,450	\$20,100



## Financial Aid

All students are welcome to apply for SFS financial aid. Financial aid applications are reviewed on a rolling basis starting in February for summer programs, April for fall programs, and September for spring programs. Early submissions are encouraged. Students who submit an SFS financial aid application by the payment deadline will be considered for our full range of aid options. Learn more [here](#).



# TRAVEL



## PASSPORT

You must have a passport in hand four months prior to departure that is valid for at least 6 months after your arrival to Tanzania.



## VISA

Students will enter Tanzania using a tourist visa which will be applied for and granted before arrival. Tourist visa costs are the responsibility of the student and cost approximately \$100 USD, prices subject to change. Students' tourist visas will be supplemented with a student visa (Residence Permit: Class C) which will cover them for the remainder of their stay. Staff will process and pay for student visas.

Non-U.S. citizens may require a different visa process and are responsible for applying for, obtaining, and paying their own visa valid for the duration of their stay.

If traveling before or after the program, make sure that your visa will remain valid for the entirety of your stay.



## FLIGHTS

Students are responsible for the cost of flights to and from their program. Students will receive travel instructions at least 2 months prior to the start of their program. Do not book flights before receiving these instructions.

SFS staff will meet students at the airport on the date and time specified in the airport instructions and transport them to the center. Students will receive airport instructions 1-2 weeks prior to the start of their program. If traveling before the program, you are responsible for meeting the group at the airport at the designated date and time. Additionally, SFS is not responsible for transporting or storing luggage before or after the program.

SFS is not responsible for reimbursing travel expenses for programs canceled or rescheduled due to acts of war or civil unrest, strikes, weather, quarantine/epidemics/sickness, government regulations, or failure of equipment, power, or communications.





# Medical Requirements



## Medical Approval Process

Students are required to complete the SFS medical approval process using our HIPPA-compliant portal to inform SFS staff of their medical and mental health needs and accommodations. The review is not meant to exclude, but to inform and allow support systems to be put in place. No student may enter the field until medical approval is granted by SFS. [More information.](#)



## Vaccinations & Medications

### Required

- At least 1 COVID-19 vaccine within 1 year of the program start date, but no less than 2 weeks before departure.
- Yellow Fever vaccine
- Malaria prophylactic medication for the entire program and pre- and post-exposure dosage

### Recommended

- [Centers for Disease Control](#), travel clinics, or medical providers can provide further recommendations



## Accommodating Disabilities

SFS will work with students, schools, and physicians to determine the required accommodations and whether it can be safely and reasonably maintained on program. While SFS strives to meet students needs, due to the remote nature of the programs, there are varying levels of accessibility, services, and accommodations. Students with questions regarding physical or mental health accommodations should contact the Office of Student Affairs and learning accommodations should contact the Office of Academic Affairs.



## Insurance

Students are required to buy health insurance. It is the student's responsibility to ensure that their coverage is valid in their program country(s) for the full duration of their program and covers basic medical care, including non-urgent illness or injury, laboratory tests, and pharmaceutical needs. SFS does not provide company recommendations. Keep in mind:

- Most domestic health insurance plans do not provide comprehensive coverage for out-of-country medical expenses.
- Schools may provide international health insurance or have their own insurance requirements for studying abroad.
- Most insurance companies provide coverage on a reimbursable basis. Therefore, students need to bring a credit card to pay for medical expenses and then request reimbursement later on.

### Emergency Evacuation and Repatriation Insurance

All students are automatically enrolled in an emergency evacuation and repatriation insurance plan through American International Group, Inc. (AIG) for the duration of their program only. This plan covers the cost of transportation, accommodations, and medical care associated with medically or politically necessary evacuations (e.g. life-saving support during air evacuation). It includes up to \$350,000 for emergency medical evacuation, \$100,000 for emergency security evacuation, and \$20,000 for repatriation of remains. The coverage provided does not cover basic medical care, laboratory tests, or pharmacy needs. Students on SFS programs are required to supply their own comprehensive health insurance as outlined above.





## **PACKING GUIDE**





# Packing Considerations



## Luggage

SFS does not have a specific policy regarding how much or what type of luggage students bring, so pack according to your needs. Make sure you bring only what you can maneuver yourself, and check with all airlines for luggage restrictions and fees.



## Culture & Climate

Most program time is spent in classrooms or vehicles, so students often wear their “normal” clothes more often than their field clothes. However, prepare for lots of dust and sun. It is not necessary to buy new clothing just for this program. Many students bring old clothes to wear in the field and leave behind at the end of the program. Do not bring anything that you would not want damaged!

### **Dorm room**

Crop tops, spandex, and shorter shorts are okay

### **Around the center**

Loose T-shirts or tank tops that cover back and waist

Shorts/skirts/dresses mid-thigh or longer, 5-inch inseam minimum

Pants, leggings, or yoga pants are okay if not sheer material

### **Community wear and Guest lectures**

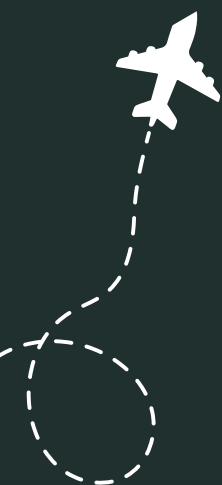
Shoulders, blades, knees, and everything in between need to be covered

No leggings or yoga pants

No tank tops

Tsetse flies (which have a nasty bite) are common and are particularly attracted to dark clothing.

As you pack, please consider the impact of the products that you bring with you to your program, both the ingredients and packaging. Plastic can be difficult for waste management in remote environments. Plastic bags are banned in Tanzania. While this law is rarely enforced among tourists, please avoid trash bags, Ziploc bags, and other single-use plastics out of respect for their government and the environment. Think about bringing a reusable tote, metal straw, cloth napkins, and other items. We also highly encourage biodegradable soaps, shampoos, and conditioners.





# Optional Packing

▪ **Shorts/Skirts** Minimum 5-inch inseam around camp. **SHORTS/SKIRTS MUST COVER KNEES OUTSIDE THE CENTER.**

▪ **Pants** Loose, lightweight blends. You will want pants for field work and pairs for non-field time. **LEGGINGS CAN ONLY BE WORN AT THE CENTER.** We recommend field pants that can zip to shorts.

▪ **T-shirts** that completely cover the shoulder, back, and waist. **SPAGHETTI STRAPS, CROP TOPS, AND V-NECKS NOT ALLOWED.**

▪ **Tank tops** should have wide shoulder-width straps.

▪ **Long-sleeved shirts** Light-weight fabric for working in the field and heavier ones for warmth.

▪ **Sweaters or sweatshirts**

▪ **Waterproof rain jacket with a hood**

▪ **Underwear and Socks** 2+ pairs of long, lightweight, moisture-wicking synthetic (not cotton) hiking socks and a few pairs of normal socks.

▪ **Casual/Nice clothes** for your off days in town. Only shirts that cover the shoulder, back, and waist and shorts/skirts/pants that cover the knees are permitted. **NO TANK TOPS, LEGGINGS, OR ATHLETIC PANTS OUTSIDE THE CENTER.**

▪ **Pajamas** appropriate for shared spaces.

▪ **Sun hat and sunglasses** Hat should have brim.

▪ **Bandana or Scarf** for the dust.

▪ **Hiking boots** with thick soles to protect from thorns.

▪ **Sneakers**

▪ **Sandals** with heel straps.

▪ **Flip-flops or crocs** for around the center or showering.

▪ **One set of sheets, pillow, and pillowcase** Standard twin size. A mosquito net is provided.

▪ **Sleeping bag** rated for 50°F.

▪ **Sleeping pad** for camping trips. Foam or inflatable. If you choose inflatable bring duct tape to repair it.

▪ **Towels** 1 large towel and 1 face/hand towel. Quick dry towels are best!

▪ **Toiletries and Laundry detergent** Basic items can be purchased in town, but you should plan to bring enough with you for at least a week. Preferably biodegradable.

▪ **Masks and COVID tests** Bring enough masks to last the duration of the program and 5+ home rapid tests.

▪ **Record of immunizations and Health history**

▪ **Personal first-aid kit** including Anti-itch creams, Neosporin, Bacitracin, Tylenol, Ibuprofen, Pepto Bismol, Band-Aids, Tape, Tweezers, Nail clippers, Antihistamines, Pro-biotics, Antidiarrheals, Vitamin C, Cold medicines, Hydration salts, etc.

▪ **Prescriptions** Note that overseas prescriptions are not always accepted. You should bring adequate supplies of prescription medications with you to last the duration of your program alongside your doctor's prescription to avoid customs delays. Think about inhalers, allergy medication, contacts/glasses, etc.

▪ **Motion sickness medication/ Dramamine/ Ginger chews** if you experience motion sickness.

▪ **Period care** You can purchase pads in town, tampons are not common. We encourage you to use a menstrual cup or environmentally friendly, biodegradable options.

▪ **Flash drives and/or External hard drive** At least 4 GB recommended.

▪ **Computer** that can open Microsoft Office documents offline and has a USB port.

▪ **Surge protector and Plug adaptors**

▪ **Binoculars** Preferably 8 x 40 but anything in the 6 x 30 to 10 x 40 range is fine.

▪ **Headlamp or flashlight**

▪ **Collapsible chair/camp stool** Crazy creek, etc.

▪ **Day pack** Small backpack suitable for taking gear into the field. 15-30L recommended.

▪ **Notebooks and Pens/Pencils** Can buy locally.

▪ **Water bottles** 2 bottles with 1L capacity each. Alumni recommend insulated bottles!

▪ **Insect Repellent** 1+ bottles.

▪ **Sunscreen** 1+ bottles.

▪ **Tupperware, Silverware, and Travel mugs** for packing lunches.







# Recommended Packing

- **Purse/tote bag** for town.
- **Small clothing repair kit**
- **Laundry bag**
- **Swimsuit**
- **Pocketknife** Checked luggage only.
- **Clipboard**
- **Hammock**
- **Earplugs and Eye mask**

- **Baby wipes and Hand sanitizer**
- **Journal**
- **Games, Movies, and Books**
- **Snacks, Drink powders, and Dietary supplements** Any favorites.
- **Camera**
- **Voltage converter** if needed for electronics.
- **Headphones and/or Bluetooth speaker**
- **Waterproof cases for electronics and silicone packets** (or some water-absorbing equivalent).
- **Extra batteries and External battery packs**
- **Wristwatch**
- **Items to donate to the community** School supplies, books, watches, water bottles, pens, sunglasses, clothing, and sports equipment.



## Contact Us

**Keep up with SFS** follow us on Instagram [@theSFS](#)/[@SFStanzania](#), read [news from the field](#), and find the [full list of the SFS team bios here](#)!

**Questions about billing?** [Billing@fieldstudies.org](mailto:Billing@fieldstudies.org)

Deposit payments, invoices, charges to your account, financial aid packages, billing deadlines, and loan paperwork.

**Questions about health and safety?** [StudentLife@fieldstudies.org](mailto:StudentLife@fieldstudies.org)

Medical paperwork, Immunizations, managing medical conditions during your program, and dietary needs and preferences.

**Questions about academics?** [Academics@fieldstudies.org](mailto:Academics@fieldstudies.org)

Learning accommodations, syllabi, and directed research.

**Questions about admissions or enrollment?** [Admissions@fieldstudies.org](mailto:Admissions@fieldstudies.org)

Which program is the best fit for you, application materials, travel and visa logistics, and other program-specific questions.