UW Healthcare in Tanzania – Summer 2017
Program Handbook

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

Questions about your program abroad (housing options, facilities abroad, etc.) as well as questions relating to your relationship with your host university or academics (e.g. course credit and equivalents, registration deadlines, etc.) should be directed to your Study Abroad Advisor or Program Leader.

This program handbook contains the following information:

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

Contact Information

On-Site Program Information
UW Madison Program Leaders:
  Susan Gold, susandillongold@gmail.com, (255) 757 701 329
  James Sosman, jms@medicine.wisc.edu
  Gregory Gauthier

UW-Madison Information
CALS International Education and Study Abroad
University of Wisconsin-Madison
116 Agriculture Hall, 1450 Linden Drive
Madison, WI 53706
Tel: 608-890-4196
Email: studyabroad@cals.wisc.edu
Web: www.studyabroad.wisc.edu

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<thead>
<tr>
<th>For Program Advising &amp; Grades:</th>
<th>For Financial Matters:</th>
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<tbody>
<tr>
<td><strong>Susan Huber Miller</strong></td>
<td><strong>Susan Breitbach</strong></td>
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<td>IAP Study Abroad Advisor</td>
<td>IAP Financial Specialist</td>
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<td>Tel: 608-265-0673</td>
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<td>E-mail: <a href="mailto:susan.hubermiller@wisc.edu">susan.hubermiller@wisc.edu</a></td>
<td>E-mail: <a href="mailto:sbreitbach@studyabroad.wisc.edu">sbreitbach@studyabroad.wisc.edu</a></td>
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Updated: 1/3/17
Emergency Contact Information
For questions or general concerns that do not involve the immediate danger or threat to
the health or safety of a student, call the main IAP number (608) 265-6329 between 8:00
a.m.-4:30 p.m. Monday-Friday. Calls received outside normal operating hours will be
returned as soon as possible the next business day.

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

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

U.S. Embassy in Tanzania
686 Old Bagamoyo Road,
Msasani
P.O. Box 9123,
Dar es Salaam
255-22-229-4000
darwebmaster@state.gov
http://tanzania.usembassy.gov/

It is highly recommended that students register with the State Department's Smart
Traveler Enrollment Program (STEP) and download the free mobile app. This is a free
service that allows U.S. citizens and nationals traveling abroad to register with the nearest
U.S. Embassy or Consulate. Sign up for the STEP program at https://step.state.gov/step/.
This program will benefit students by:

- Providing important information from the Embassy about real-time and country-
specific safety information
- Maintaining contact with the U.S. Embassy in case of a natural disaster, civil
unrest, or family emergency
- Establishing an efficient way for friends and family to maintain contact in
emergency situations

Program Dates
May 17, 2017 – June 4, 2017

Preparation Before Leaving
Refer to the Pre-Departure Checklist on pages four and five of the IAP Study Abroad
Handbook for essential information.

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

Visa
An ordinary/tourist visa is required. U.S. citizens must have a U.S. passport valid for at least six months beyond the end of the program. You will apply for your own visa. Some countries require at least two blank pages in your passport for visa information. Your Study Abroad Advisor will provide you with visa guidelines and additional information.

Handling Money Abroad This will be discussed in your pre-departure orientation

Packing General items to pack include: tennis shoes/hiking shoes, closed toe shoes (may be tennis shoes), comfortable clothing, a hat, sunglasses, sunscreen, and insect repellent. More specific packing information will be discussed in your pre-departure orientation.

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

Travel and Arrival Information
A more complete itinerary will be provided at the pre-departure orientation. Group flights will be arranged and booked through IAP. Contact the program’s Study Abroad Advisor or program leader with questions or concerns.

The Academic Program

Course Information
This course and study abroad program are approved as a field experience for the Global Health Certificate. Students must have completed at least one of the Certificate of Global Health’s core classes prior to program start. Please refer to the course syllabus for the program for more information.

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

Field Study
Be aware that a field study can be stressful for many reasons. Students are away from the comfort and familiarity of home/campus and this might be uncomfortable. Students will meet local individuals and will face language barriers and cultural differences. As a field study participant, students will be expected to be a team member. Students will be with the same travel mates for days, evenings, and even nights as they share bus rides, meals in restaurants, and overnights in hotels or local homestays. It is a 24-hour job to be a field study participant. Please anticipate these challenges and be ready to address them with respect and grace. On-site staff and leaders are there to help students with difficult situations, to encourage open conversations, and to build greater understanding.
During a field study, students visit many sites, oftentimes multiple in one day. At many of these sites, the people students interact with have typically volunteered their time to teach about their business / culture / country. It is essential to remain respectful and considerate with everyone you meet throughout the program. Keep in mind that each site offers firsthand experiences and opportunities to learn about the local people, culture, and programs.

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

**In-Country Information**

**City/Site Specific Information:** Dar es Salaam, Moshi, and Zanzibar City

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

**Transportation:** All in-country travel is arranged by program staff.

**Safety:** UW-Madison is dedicated to maintaining the personal safety and security for each of our study abroad participants. Our office takes necessary precaution, remains in close contact with the program staff, and will work with them in case of an emergency. While traveling abroad, make sure safety is your first priority. Safety will be discussed further during pre-departure orientation. Visit [http://internationaltravel.wisc.edu/](http://internationaltravel.wisc.edu/) for more resources.

**Health:** This will be discussed in your pre-departure orientation. All students will receive health insurance coverage through Cultural Insurance Services International (CISI). The cost of the insurance coverage is included in program fees. Please refer to your My Study Abroad account “Health and Insurance” tab or visit [www.culturalinsurance.com](http://www.culturalinsurance.com) for more information.

**Communication**

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

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

- Dial the country *exit* code for the country you are in. Oftentimes this is “00.”
- Dial the country *access* code for the country you want to reach. For the United States it is “+1” or “011.”
Follow with the area code and the local number as normal.

**Example:** Tanzania’s exit code is “000.” To call to the U.S. from Tanzania, the following format would be used:
- 000-1-XXX-XXX-XXXX

To call *from* the United States *to* an international country:
- Dial the United States’ exit code “011,” the country code for the country you want to reach, the area/city code, and the phone number

**Example:** Brazil has country code 55, Rio de Janeiro has city code 21. To call Brazil from the U.S., the following format would be used:
- 011-55-21-XXX-XXXX

- Note: some countries employ varying numbers of digits for area/city codes and for telephone numbers. Don’t be surprised if the number you are trying to call has more or less than the standard “three plus seven”
- The international code for Tanzania is +255

Sometimes, calling internationally can be unreliable and expensive. Skype may be the best communication option when internet connections are available, strong, and secure. Visit [www.skype.com](http://www.skype.com) for more information and to sign up.

### ADDITIONAL RELEVANT INFORMATION/WEBSITES OF INTEREST

**UW Madison International Travel:**
[http://internationaltravel.wisc.edu/](http://internationaltravel.wisc.edu/)

**U.S. State Department Students Abroad:**
[http://www.studentsabroad.state.gov/](http://www.studentsabroad.state.gov/)

**UW-Madison International Academic Programs**
[http://www.studyabroad.wisc.edu](http://www.studyabroad.wisc.edu)

**U.S. State Department:**
[http://travel.state.gov](http://travel.state.gov)

**Center for Disease Control**

**Current exchange rates**
[http://www.oanda.com](http://www.oanda.com)

**Lonely Planet**
[http://www.lonelyplanet.com](http://www.lonelyplanet.com)