UW Agriculture, Health & Nutrition in Uganda– Winter Intersession & 2017-18
IAP Program Handbook

UW Agriculture, Health & Nutrition in Uganda is offered by International Academic Programs (IAP) at the University of Wisconsin-Madison in conjunction with the College of Agriculture and Life Sciences (CALS) at the University of Wisconsin-Madison. 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 International Academic Programs at UW-Madison.

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Contact Information

On-Site Program Information
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UW-Madison Information
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Emergency Contact Information
In case of an emergency, call the main IAP number (608) 265-6329 between 8:00 a.m.-4:30 p.m. Monday-Friday; after-hours or on weekends call the IAP staff on call at (608) 516-9440.

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

U.S. Embassy in The Republic of Uganda
Plot 1577 Ggaba Road
P. O. Box 7007
Kampala, Uganda
Attn: Consular Section
Phone: + 256 414 306 001
Email: KampalaVisa@state.gov
https://ug.usembassy.gov/

Program Dates
Tuesday January 2, 2018- Saturday January 20, 2018

Preparation Before Leaving
Refer to the Pre-Departure Checklist in the IAP Study Abroad Handbook for essential information.

Orientation
You are expected to attend one of these Health and Safety Workshops before you depart for your program. Register here:

Nov 10, 2017 Europe
Nov 17, 2017 Europe
Dec 8, 2017 Europe
Nov 10, 2017 Asia/Oceania
Nov 17, 2017 Latin America
Dec 8, 2017 Africa/Middle East
Dec 14, 2017 No location
Dec 14, 2017 No location

You are also expected to attend the Global Health Field Course Orientation.
November 8, 2017
5:30 – 7pm
Immigration Documents

Passport
A passport is needed to travel to Uganda 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
A visa is required for U.S. citizens on this program. U.S. citizens must have a U.S. passport valid for at least six months beyond the end of the program. It is your responsibility to apply, pay for and receive your visa BEFORE you depart the United States. Check the Uganda Directorate of Citizenship and Immigration website for the latest details on the visa application process. This website provides a checklist for needed items for the visa and a link to the online application. https://www.immigration.go.ug/

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

The Ugandan shilling is the legal currency in Uganda. The Uganda shilling is divided into denominations of 1000, 2000, 5000, 10,000, 20,000 and 50,000 for paper notes, while coins are in the denominations of 50, 100, 200, 500 for coins. In Kampala, there are a number of ATMs where you can withdraw cash from your US bank. There is usually a conversion/convenience fee charged by your bank. Please contact your bank in advance to ascertain the international fees for ATM and credit card use, as well as informing them you will be using your card abroad. Request a PIN for your credit cards in the event of an emergency. The PIN can only be delivered by mail, so request several weeks in advance.

Be prepared to barter with locals for goods sold by vendors outside a shopping mall or similar structure. This is a common practice. During the initial orientation onsite, you will be given estimates of what various goods should cost. Very few facilities accept credit cards, and there are usually additional fees to use them. Credit card use is not advised because so little facilities accept them outside of Kampala.

Travelers are encouraged to obtain US dollar bills newer than 2006 (and that look newer also—not torn or wrinkled) for the best exchange rate. Older or torn bills may not be accepted at money changing stations. Small denominations ($20, $10, $5, $1, and coins) also fetch low value on the Ugandan market. If you bring US dollars to change to Ugandan shillings, it’s important to bring $50 and $100 bills for the best exchange rates.

Packing
The items below were suggested by past participants:

- Walking shoes (sandals are okay for free time; closed-toe during program), socks
- Women should bring multiple knee length or longer skirts that are loose fitting (for the hospital days, avoid wearing floor-length skirts as they may collect dirt and germs from the wards).
- Women can bring capris to wear on free days, but must wear skirts on other days
- Tops/blouses with sleeves. Tops should not be low-cut; cap-sleeves are fine. Sleeveless tops/tank tops are not culturally appropriate in Uganda.
- Men will need collared shirts and ties during professional program activities (short-sleeves okay)
- Pajamas
- Hat, if desired
- Personal toiletries
- Towel, wash cloth (made of quick-dry material)
- Water bottle
- Meal substitute snack bars (e.g., PowerBar, Luna Bar) and other snacks
- Tissues/TP
- Hand sanitizer/wipes
- Sunglasses
- Prescribed and over-the-counter medications (in original container with documentation of prescription)
- Prophylactic medication as prescribed by your primary care provider to prevent travel-related diseases such as Malaria
- Medications that you occasionally need, just in case (medication for rashes, urinary tract infections, ibuprofen, Pepto-Bismol, allergies, etc.)
- Small plastic bags: Women may want to bring these for discrete hygiene product disposal as bathrooms may not have trash cans and tampons cannot be flushed.
- Re-hydration salts
- Sunscreen/lip balm
- Insect repellent, Permethrin spray, DEET insect repellent
- Small amount of detergent, string for clothesline
- Backpack or messenger bag that you can keep close to you
- Waist or neck pouch for passport
- Travel book
- Luggage locks (must be TSA approved)
- Headlamp or small flashlight
- Camera
- Photocopies of all documents, credit cards, passports, air travel itinerary

Avoid Bringing:

- Valuables, items with great sentimental value
- Jeans (they are heavy and take a long time to dry)
- Camouflage or military-style clothing


**Electronics**

Electric Power in Uganda is 240V running at 50Hz. The Plug type used is rectangular blade plug (also known as a U.K. plug adaptor). You may want to consult your local electronics store for information on your particular converter needs or consult REI’s guide: [http://www.rei.com/learn/expert-advice/world-electricity-guide.html](http://www.rei.com/learn/expert-advice/world-electricity-guide.html).

It’s recommended that you bring a camera in some form, but minimize other electronic items. You should bring an electrical converter to recharge camera batteries. Some students used their smart phones/devices. Cellular device data will not work in Uganda, unless you purchase a local sim card for your phone. A number of internet cafes are in communities and wifi will be available at your housing location.

We recognize that you will likely want to remember this experience through photographs. **Please remain extremely mindful of whom, when and where you take pictures.** Remember that you are engaging in a professional and academic experience. Please respect the privacy of individuals by asking permission to take their pictures. Consult with your field directors and/or host agencies about the appropriateness of taking photos. For more information on photography and ethics, please read the *Ethics and Photography in Developing Countries* in the appendix and Unite for Sight’s helpful website: [http://www.uniteforsight.org/global-health-university/photography-ethics](http://www.uniteforsight.org/global-health-university/photography-ethics).

**Travel and Arrival Information**

A more complete itinerary will be provided at the pre-departure orientation. Students will make their own travel arrangements, but are given guidelines for arrival routes, dates and times and are encouraged to coordinate with other program participants. Students will be picked up at the Entebbe airport and all in-country travel is arranged by program staff.

**The Academic Program**

**Course Information**

This course and study abroad program are approved as a field experience for the Global Health Certificate.

**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. Please anticipate these challenges and be ready to address them with respect and grace. On-site staff and
leaders are there to help students with difficult situations, to encourage open conversations, and to build greater understanding.

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

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

Living Abroad

City/Site Specific Information: Students will be primarily visiting the cities of Mukono, Masindi, and Ndere.

Housing: Students will stay together with the UW-Madison program leaders in a guest house for the duration of the program.

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

The main mode of transportation while in Uganda is walking, public taxis called mutatus, and vehicles for private hire. Bring adequate walking shoes. You will be transported in vans for the various excursions and when transferring locations. Although motorcycle taxis called boda bodas are abundant in Kampala, they are very dangerous and the cause of many serious accidents and fatalities. Students are advised not to use this form of transportation while participating in the field course.

Safety:

While Uganda is generally safe, crimes such as pick-pocketing, purse snatching, and thefts from hotels and parked vehicles do occur. Pick-pocketing and the theft of purses and bags is common on public transportation. The U.S. Embassy states that American citizens visiting Uganda are advised not to accept food or drink offered from a stranger, even a child, because such food may contain narcotics used to incapacitate a victim and facilitate a robbery.
Adopting the proper mindset is essential to avoid crime; security takes advance planning and routine discipline and is incumbent upon everyone. To reduce the risk of crime, keep belongings close, be aware of surroundings, and never walk alone at night. Personal security measures should be adhered to at all times. You are urged to maintain good situational awareness while in Uganda. Do not walk alone at night. Walk in a group, or at least in pairs. Avoid isolated areas. Maintain a low profile (clothing, behavior, speech, politics). Use extra caution when crossing the street. Minimize the amount of cash and number of credit cards you carry. Always have a plan for communication and a list of emergency contact information with you. Only give personal information to known and trusted persons. Let someone know about planned absences and means of contact.

Women
Please note that no matter where in the world women travel, women will generally be safer and more included in the culture if dressed appropriately for the norms of the locale. While conforming to the local standards of dress might contradict American values of individual self-expression and equality, adhering to local codes of conduct demonstrates respect for that culture. It is important for us to remember that we are guests in other countries. Though we may not fully understand the reasons for particular dress standards or other local customs, it is our responsibility to be courteous guests and represent our University and our country well.

The Ugandan Parliament passed a controversial anti-pornography bill in 2014 that defines pornography quite differently than commonly thought of in the U.S. Women should not wear clothes that reveal their thighs or cleavage; skirts should cover the knees and tops should cover the upper chest. Women may choose to wear pants, but these should definitely cover the knees. Additionally, please don’t travel with any books/magazines that feature women in revealing (by Ugandan standards) clothing.

Lesbian, Gay, Bisexual and Transgender (LGBT)
Uganda’s Feb 2014 Anti-Homosexuality Bill was signed to permit the imprisonment of anyone who "attempts to promote or in any way abets homosexuality and related practices." Although the bill was struck down in Aug 2014, you may encounter sentiments favoring the bill. Homosexuality is already illegal in Uganda under a 1950s penal code that remains in force and prescribes jail for those found guilty of homosexual acts. You may read the nullified 2014 bill here: http://www.scribd.com/doc/208894975/Anti-Homosexuality-Act-2014-1

Social acceptance of homosexuality remains low, and Lesbian, Gay, Bisexual and Transgender (LGBT) individuals – or suspected LGBT individuals – could face harassment, imprisonment, or blackmail and violence. Individuals or organizations viewed as supporting LGBT rights also face harassment. The Embassy advises all LGBT U.S. citizens who are residents or visiting Uganda to exercise caution. For further information LGBT travel, please read the US Department of State’s LGBT Travel Information page. The early 2016 elections in Uganda may have an impact on LGBT issues. The Advocate’s Uganda page features recent LGBT-related news: http://www.advocate.com/uganda.

If you identify as LGBT, IAP staff are supportive of your identity and it is our hope that you feel comfortable discussing your identity with your Study Abroad Advisor and/or Program Leaders.
Other students on your program may also be people with whom to find support and reinforcement. We want you to be able to be true to yourself and your identity while abroad, but we also want you to be safe. Please visit IAP’s website for students who identify as LGBT for additional resources: https://www.studyabroad.wisc.edu/LGBT.html.

**Health:**

It’s important that you consult with a healthcare provider well-versed in travel medicine or travel clinic to plan for your time abroad. University Health Services (UHS) has a travel clinic that provides health services for those planning foreign travel, including vaccines and immunizations. Information about the travel clinic and how to make an appointment can be found online at http://www.uhs.wisc.edu/services/medical/travel-clinic/. The UHS travel clinic does book out in advance (sometimes as much as six weeks), and some immunizations must be done at particular times. Please make an appointment as soon as possible with the UHS travel clinic. Some countries require particular vaccines to enter. **Evidence of yellow fever vaccination is required to enter Uganda.**

If you are not covered by UHS care, please consult with your insurance company to see what clinics or healthcare providers with travel medicine specialties are covered. There are a number of travel clinics in Madison including: Dean http://www.deancare.com/medical-services/travel-medicine/ and UW Health http://www.uwhealth.org/travel-vaccinations/locations-and-maps/10381.

To learn more about travelers' health, please visit the CDC website: http://wwwn.cdc.gov/travel/default.aspx. You can view vaccine recommendations from the same page, scrolling down to the vaccinations link. On the top of the Vaccinations page, there is a link for specific country recommendations.

Malaria is prevalent in Uganda and all students are expected to take antimalarial prophylactic medications. Travelers who become ill with a fever or flu-like illness while traveling in a malaria-risk area and up to one year after returning home should seek prompt medical attention and tell a physician their travel history and what antimalarials they have been taking. For additional information on malaria, including protective measures, see the CDC Travelers’ Health webpages at http://www.cdc.gov/malaria/travelers/index.html.

Students are encouraged to drink large quantities of water and to bring oral rehydration packets as noted in the packing list above. Past students also recommend bringing snacks. Past students have reported that it may be difficult to find medication while in Uganda outside of Kampala. They have suggested bringing any medication that may be needed such as general over the counter medications, prescription medications, and any other medications used. Past students have noted that it is particularly hard to obtain medications for rashes, urinary tract infections, and yeast infections and have suggesting students bring these to Uganda if they are susceptible to these conditions.

**Communication**
When making calls, keep in mind time zone differences (www.timeanddate.com/worldclock). To make an international call to the United States, dial the access code for the country from which you are calling plus the United States country code (always “1”) followed by the appropriate U.S. area code and local number. To call internationally from the United States, dial “011”, the country code, city access code (if necessary) and the phone number. Country and city codes can be found online (www.timeanddate.com/worldclock/dialing.html). Some of above steps can vary if you are using a calling card.

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

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

ADDITIONAL RELEVANT INFORMATION/WEBSITES OF INTEREST

U.S. State Department Students Abroad site: http://www.studentsabroad.state.gov/

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

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

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

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

Lonely Planet http://www.lonelyplanet.com
Student Testimonials

The testimonials below are from past participants; they reflect various students’ experiences and are included to provide different perspectives. The Study Abroad Office does not endorse any specific view expressed in this section.

http://international.wisc.edu/cals-three-weeks-in-uganda/

“Visiting Uganda was a transforming experience. I feel like they gave more to me than I gave to them.”

“I can see myself pursuing study experiences and a future career that is much more based on global health. Although I had never before seen myself pursuing a health related field, I absolutely loved learning from a global health perspective, and I can see myself doing something much more impactful with my engineering degree on a global scale.”

“You’ll be looked at because you are different, but this does not mean that you then know what it’s like to be a minority in America.”

“Being a white American had a strong impact on my experience abroad. The lesson I learned from this was one I didn’t necessarily expect to learn. It was a new experience for me to be looked at because of the color of my skin. However let me be clear, I did not experience racism in any way - that is very different.”

“Most Ugandans speak decent english, so communication was not often an issue. As a whole, Ugandan culture was wonderful. However I think one thing that was difficult for many of the students to accept was the strong Christian culture in many places, and how this interfered with healthcare. Another aspect of Ugandan culture that was especially hard for me to accept was the gender inequality, and the many issues that resulted from this.”

“This program was an incredible experience that allowed us too see many different sides of Uganda, while having fun and learning. It is special because it allows each student to focus on one area of their choice and learn a lot about that, but also to learn about other student’s chosen areas. Having James who is from Uganda was also incredibly special and rewarding to see where he came from and how much he has accomplished since. The Village Health Project in an amazing asset to the program and it was awesome to finally see the project’s they do first hand.”