Global Health Field School: Kampala, Uganda – Summer 2018
IAP Program Handbook

The Global Health program in Kampala, Uganda, is offered by International Academic Programs (IAP) in collaboration with the Global Health Institute (GHI) at the University of Wisconsin-Madison. This IAP Program Handbook supplements 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 (itinerary, housing, facilities abroad) as well as relating to academics (course credit and equivalents, insurance) should be directed to International Academic Programs at UW-Madison. Questions about the details of the field experience and course content should be directed to the Program Leaders.

This program handbook contains the following information:
Contact Information .........................................................................................................................2
Program Dates ..................................................................................................................................3
Travel and Arrival Information .........................................................................................................3
Preparation Before Leaving ............................................................................................................3
The Academic Program .....................................................................................................................6
Living Abroad .....................................................................................................................................7
Student Testimonials .......................................................................................................................10
Contact Information

UW Program Leaders
Dr. Ann Evensen
Director of Global Health
Associate Professor in Department of Family Medicine and Community Health
UW Family Medicine Clinic-Verona
100 N Nine Mound Rd
Verona, WI 53593
Email: ann.evensen@uwmf.wisc.edu
US cell: (608) 628-4280; Verona clinic: (608) 845-9531
Ugandan Tel: distributed upon arrival

Dr. James Ntambi (sabbatical Spring 2018)
Professor in Biochemistry and Nutritional Sciences
Nutritional Sciences
1415 Linden Dr
Madison, WI 53706
Email: jmntambi@wisc.edu
Tel: (608) 265-3700, (608) 262-4845
Ugandan Tel: distributed upon arrival

On-Site Program Contact
Ms. Susan Nassaka Byekwaso
Coordinator, International Programmes
College of Health Sciences
Makerere University
P.O. Box 7072 Kampala
Tel: +256-772-419313, +256-414-542999
Email: sbyekwaso@yahoo.com or snassaka@med.mak.ac.ug
Web: http://chs.mak.ac.ug/

International Academic Programs (IAP)
University of Wisconsin-Madison
Lindsay Heiser, Study Abroad Advisor
301 Red Gym
lheiser2@studyabroad.wisc.edu
716 Langdon St
Kristin Calkins, Enrollment Specialist Advisor
Madison, WI 53706
kcalkins@studyabroad.wisc.edu
Tel: 608-265-6329
Fax: 608-262-6998
www.studyabroad.wisc.edu
Judy Humphrey, Financial Specialist Supervisor
jhumphrey@studyabroad.wisc.edu

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. Register on-line at [https://travelregistration.state.gov](https://travelregistration.state.gov) through Smart Traveler Enrollment Program (STEP). If you are not a U.S. citizen, register at your home country’s embassy or consulate.
U.S. Embassy in Kampala, Uganda
1577 Ggaba Road
P.O. Box 7007
Kampala, Uganda
Tel: 256-414-259791
Fax: 256-414-259794
Email: KampalaWebContact@state.gov
Web: [https://ug.usembassy.gov/](https://ug.usembassy.gov/)

**Program Dates**
<table>
<thead>
<tr>
<th>Event</th>
<th>Date</th>
</tr>
</thead>
<tbody>
<tr>
<td>Students arrive in Uganda</td>
<td>May 20, 2018</td>
</tr>
<tr>
<td>Program begins</td>
<td>May 21, 2018</td>
</tr>
<tr>
<td>Students depart Uganda</td>
<td>June 2, 2018</td>
</tr>
</tbody>
</table>

A full course syllabus will be provided by the Program Leaders.

**Travel and Arrival Information**
Participants will need to make their own travel arrangements for arriving in Uganda by the course start date. A contact person from Makerere University will meet students at the airport on the arrival date. A suggested flight will be shared with the group by the Program Leaders since it is most convenient for our hosts if we arrive and depart as a group.

Please do not purchase tickets until you have the arrival date and suggested flight path from Program Leaders. We do not encourage arrival outside of the designated meeting time. If you schedule yourself to arrive at a different time, it will be your responsibility to get to your housing in Kampala and you should inform your PL and IAP that you do not plan to travel from Entebbe to Kampala with the group.

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

**Immigration Documents**

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

**Visa**
A passport valid for 6 months beyond the date of entry, visa, and evidence of yellow fever vaccination are **required** for entry into Uganda. US passport holders can obtain information and details from the US Department of State at [https://travel.state.gov/content/passports/en/country/uganda.html](https://travel.state.gov/content/passports/en/country/uganda.html). The State Department advises that visas are no longer be available at Entebbe Airport upon arrival. Airlines have been informed to deny boarding to passengers traveling to Uganda unless they can show proof of approval for a visa.
Students who are US passport holders are advised to apply for a single-entry ordinary tourist visa for the program, unless you have personal travel plans that require multiple entries to Uganda. Unfortunately you are not able to apply for a “student pass” as you will not be formally admitted to Makerere University. For the ordinary tourist visa, there is a fee of $50.00.

Please visit https://visas.immigration.go.ug/ to begin the e-visa application process. Ugandan e-visas are valid for 90 days from the date of issue, so it’s important not to begin the process too early. You will need to upload a copy of your passport information page (the page with your name, photo, etc.), a passport-sized photo (you can get passport-sized photos taken at the Wiscard office or most pharmacies such as Walgreens), and your yellow fever vaccination certificate. For the proof of vaccination, please provide an International Certificate of Vaccination (ICV) for yellow fever. To learn more about the yellow fever vaccination or to locate a vaccination clinic, please visit the CDC’s yellow fever resource page.

Use Susan Nassaka Byekwaso’s contact information for your on-site contact. Again, select tourism as your reason for travel as you are not enrolled in a Ugandan university. Your point of entry should be Entebbe if you are traveling with the group. You should receive confirmation that your application has been submitted shortly after you complete it online. This is the first step, but not all.

Next, your application is processed. Any change in the status of your application will be sent to the email that you entered in your application. These communications can be also checked through the Uganda electronic Visa/Permit website in "Manage your application" under "Applications" from the main menu on the e-visa site. To manage your application, you’ll need to enter that application ID number, passport number, and birthdate.

Once your application has been processed, you should get an approval letter, sent by email or downloaded through the Uganda electronic Visa/Permit website. This letter establishes that you are eligible for the approved visa or permit. The barcode on the approval letter will be used for accessing your application at Entebbe, so bring the printed letter with you in your carry-on! This will speed up the final approval process.

Completion of the e-visa process takes place at Entebbe airport. The e-visa process grants you permission to enter Uganda, then upon arrival to Uganda (at the selected point of entry), you will be inspected by an Immigration Officer who will determine if your application is finally approved, and you will have to pay the visa fee. Make sure you have exactly $50 in cash (newer, unwrinkled bills) as change may not be given.

If you have any questions about the visa process as you are completing it, please contact IAP.

**Handling Money Abroad**

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. If you are
considering credit card use, be sure to inform your provider that you will be using in Uganda so your account is not blocked due to unexpected activity.

Travelers are encouraged to obtain US dollar bills newer than 2008 (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-sleeve okay)
- Pajamas
- Hat, if desired
- Personal toiletries
- Towel, wash cloth (made of quick-dry material)
- White lab coat, name tag
- 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
- Headlamp or small flashlight
- Camera
- Photocopies of all documents, credit cards, passports, air travel itinerary, e-visa approval letter
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. 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.

It’s recommended that you bring a camera in some form, but minimize other electronic items. You should bring an electrical converter to recharge their camera batteries. Some students used their smart phones/devices. If you choose to bring a device that uses data, check with your provider to understand cost before departure. The program will distribute mobile phones to small groups of students during your in-country orientation, providing a local phone number. It is risky to bring a laptop since security at the COBES sites is uncertain. A number of internet cafes are in communities and there is some internet access at Makerere.

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.

The Academic Program

General Information
Program Leaders from UW-Madison will serve as your main on-site contacts in Uganda. You will also attend lectures from faculty from Makerere University.

Course Information
The Health and Disease in Uganda Field Experience is an intensive program that provides students in health-related disciplines the opportunity to learn about important health issues, including nutrition, maternal and child health, and infectious diseases. During the program, students will spend time in community-based health care centers and will visit healthcare facilities. In addition, students interact with faculty, staff, and students from Makerere University, Mulago Hospital, and other institutions and non-governmental organizations. Throughout the program, participants will be introduced to the life, health, disease, and culture of Uganda. Students will explore topics such as: major infectious diseases (malaria, HIV/AIDS), maternal child health services, and traditional healing in Uganda. Students will also receive some language training in Luganda.

Enrollment, Credits, and Grading
Students will earn 2 credits of PHS 645 after successful completion of the summer field program. Participants are not allowed to take this course for pass/fail credit. You will be enrolled by IAP for a 2-credit summer placeholder class prior to the program start. Once you return from the program and students’ final grades are submitted to IAP, IAP will replace the placeholder course with PHS 645 and your letter grade.
Living Abroad

Kampala is Uganda’s capital city and a bustling metropolis with an estimated population of 1.72 million people. The city was originally built on seven hills, but now encompasses 20 hills. English is the official and most widely spoken language in Uganda. However, there are 20 tribes whose members speak more than 60 dialects. Luganda is the major language in the Kampala district and the most widely used after English. Luganda is frequently spoken at Mulago Hospital. Swahili is another major language in Uganda.

Other features of the city include the Szezibwa Falls, Ugandan National Theatre, St. Balikuddembe Market (formerly Owino Market) and Nakasero Market. Entebbe International Airport is located at Entebbe, 35 km (22 miles) away, while Port Bell on the shore of Lake Victoria is 10 km (7 miles) away. Kampala hosts one of only seven Bahá'í Houses of Worship in the world. It is known as the Mother Temple of Africa and is situated on Kikaya Hill on the outskirts of the city.

Housing

Housing is included for the duration of the program. For the majority of the program, students will stay in Kampala. While in Kampala, you will stay at a guesthouse located on Makerere University’s campus. Your program leaders will reside in a nearby guesthouse, also on the Makerere campus. Facilities include large, shared rooms; furnishings are minimal. You will have shared bathrooms that will have a flush toilet and water for bucket baths. You will spend one week living, learning and working in community health sites located outside Kampala with very basic facilities. At these sites access to water, flush toilets, and reliable electricity may not be consistent. Bedding and mosquito nets will be provided at all housing sites.

We typically place students in rooms with others of the same sex. In some locations, this is necessary for legal or cultural reasons. We understand that not all students may identify as female or male, and we want to create a welcoming environment for you while you are abroad. We are happy to work with students who identify as transgender, genderqueer, gender non-conforming, and/or non-binary regarding life abroad. If you have questions or concerns regarding housing as it relates to your identity, please contact your Study Abroad Advisor.

Transportation

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 not allowed 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 US 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 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 well represent our University and our country.

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) Students**

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](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](https://www.travel.state.gov/lgbt) page. The Advocate’s Uganda page features recent LGBT-related news: [http://www.advocate.com/uganda](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](https://www.studyabroad.wisc.edu/LGBT.html).

**Dress for Men and Women**

As you are engaging in a professional experience in Uganda, it is important to observe the Ugandan standards for professional attire. Men should wear ties in professional settings. Safari or zip-off pants are inappropriate in professional settings. Closed-toe dress shoes should be worn in professional settings. Please take your white lab coat. In your free time, you may wear more casual clothing; however, neither women nor men should wear shorts in public. Additionally, women should adhere to clothing guidelines in the Safety section above.

You will be advised about such safety considerations as part of your on-site orientation where such matters will be discussed, both about specific areas of concern and in general, the program-specific emergency plan.
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/](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:


To learn more about travelers' health, please visit the CDC website: [http://wwwnc.cdc.gov/travel/default.aspx](http://wwwnc.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](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 brining these to Uganda if they are susceptible to these conditions.

Communication

When making calls, keep in mind time zone differences ([www.timeanddate.com/worldclock](http://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, or dial + area code and the 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.howtocallabroad.com](http://www.howtocallabroad.com).

Students will be given basic cell phones (a phone for every few students) when they arrive in Uganda. It costs about $1.00 per 1-2 minutes to call the US. Minutes can be purchased with the phone.

Student who wish to take their own phone and plan to use it for calling should confirm that it is a 4-band, unlocked phone capable of accepting a SIM card (GSM). SIM cards in Uganda typically cost $2-$3.
Skype: In Uganda, the utility of Skype from a PC is dependent on the bandwidth of your Internet service provider and more often than not, you will be unable to use Skype from a PC in Uganda. However, your family can call you using Skype to a local landline or mobile phone.

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

“Learn as much as you can about the country beforehand- they will respect you more if you know about their country. You can also have better conversations with people.”

“I felt I received a wide variety of experience through different levels of hospitals, clinics, community, etc. I enjoyed each part a lot.”

“There is such a cultural difference between Americans and Ugandans that many times we didn't even notice things that we did were rude. It was great to opportunity to learn cultural humility while presenting to a global audience.”

“I had an eye-opening experience and was exposed to many different diseases than we see in the United States.”

“I was exposed to a lot of medical conditions that are rare in the U.S. and got to learn how resourceful healthcare practitioners can be when resources are limited.”

“Our COBES site was awesome and the people we interacted with there were really inspiring. It was really great being a guest in a community and building relationships with people made it easy to learn and ask questions.”

“I thought that getting immersed into the communities was such a great experience. Even though our conditions were not the best, being able to experience life the way the community did was an experience of a lifetime.”

“I learned a lot about healthcare and the barriers that people face and how different yet similar they are to problems here. I feel like I am a more well-rounded healthcare student now and will be able to treat my patients with more compassion and see them as a person and not just a set of problems.”

Preparation and Travel
“Learn as much of the language as you can - a little goes a long way! It shows people that you’re trying and that you care, and I found that it lightens up interactions with the local people.”

“I would strongly recommend bringing over-the-counter relief medications for all kinds of GI conditions. We used them all (loperamide, senna, metamucil).”

“Look for flights as early as possible to get better deals, and bring an extra bag with donations - you can then use the bag for things you buy! Also, budgeting for a safari is really worth it.”

Academic Program
“You will probably need to keep a journal, give a presentation, type up your presentation as a paper, and fill out a log at your COBES site.”

“Don’t stress out that you don’t have a computer and resources for the class part. They want you to be reflective and thoughtful and learn from your experiences- not necessarily write a research paper.”
“Be willing to learn!”

**Living Abroad**
“Be open and flexible!”

“It was a bit jarring at first, but also such a valuable experience to be a minority in everyday society. Things move more slowly there, so being prepared for that and accepting that this culture has its own pace that is different from what you may be accustomed to is really important for enjoying the trip.”

“Be flexible! Things are going to change and go wrong. If you let it slide, you will have more fun and learn more!”

"Make sure to be aware of your surrounding when walking around the city and crossing the street because the traffic - all of the vehicles and mopeds weaving in and out of lanes and speeding along - won’t stop for you. Never having been to a developing country before, that was like nothing I had ever experienced."

“Buckle up when in any vehicle!”

“Be humble when communicating. Be a good listener, ask respectful questions, do not assume you know what someone is trying to say. Do not judge their way of life. You are a guest, be gracious.”

“I wanted to become more culturally competent and I have. The week I spent in the village environment really showed me some realities of Africa. I feel like I am a better person.”

“I had never been overseas previously and I wanted exposure to life and culture abroad. I also wanted some grasp of programs in global development and international health and I wanted to find out if a career or stint in one of these things is for me. Furthermore, I hoped witnessing the health system in Uganda would make me a better practitioner wherever I worked. I met all these goals.”

**Most rewarding...**

- Sharing with the health workers, community workers, and particularly the women.
- Visiting so many sites in the community.
- Being able to work autonomously in a community health site.
- The connections I have made with my classmates, professors, communities and staff in Uganda. The things they have taught me I will carry forever.
- Learning about a completely different culture and way of life.
- The wide variety of activities we could participate in and learn from. We were able to visit places an individual person who was visiting Uganda would probably have difficulty visiting- for example – the medical facilities we were able to see.
- I also enjoyed the openness and friendliness of the Ugandan people, as well as having course coordinators and leaders who sincerely cared and invested themselves so that everyone could grow and be fulfilled.
- It was the most enriching and hands-on activity I have ever done.
- Being able to visit Uganda as a partnership with the local university felt like a meaningful and careful way of visiting Africa for the first time. I learned so much from the people we met.
- The experiential learning at both the Kampala sites and the rural sites were amazing. Also the faculty leaders, both UW and Makerere, are so knowledgeable and invested in making sure we learn from each moment of the course.
### Websites of Interest

<table>
<thead>
<tr>
<th>Website</th>
<th>URL</th>
</tr>
</thead>
<tbody>
<tr>
<td>Makerere University</td>
<td><a href="http://mak.ac.ug/">http://mak.ac.ug/</a></td>
</tr>
<tr>
<td>U.S. State Department Students Abroad</td>
<td><a href="http://www.studentsabroad.state.gov/">http://www.studentsabroad.state.gov/</a></td>
</tr>
<tr>
<td>U.S. State Department</td>
<td><a href="http://travel.state.gov">http://travel.state.gov</a></td>
</tr>
<tr>
<td>Centers for Disease Control</td>
<td><a href="http://www.cdc.gov/travel/">http://www.cdc.gov/travel/</a></td>
</tr>
<tr>
<td>Current exchange rates</td>
<td><a href="http://www.oanda.com">http://www.oanda.com</a></td>
</tr>
<tr>
<td>Lonely Planet</td>
<td><a href="http://www.lonelyplanet.com">http://www.lonelyplanet.com</a></td>
</tr>
<tr>
<td>Journey Woman</td>
<td><a href="http://www.journeywoman.com">http://www.journeywoman.com</a></td>
</tr>
<tr>
<td>Uganda Travel</td>
<td><a href="http://www.visituganda.com/">http://www.visituganda.com/</a></td>
</tr>
<tr>
<td>Daily Monitor (Ugandan news)</td>
<td><a href="http://www.monitor.co.ug/">http://www.monitor.co.ug/</a></td>
</tr>
</tbody>
</table>