UW Mobile Clinics & Health Care in Uganda– Summer 2018
Program Handbook

UW Mobile Clinics & Health Care in Uganda 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
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Travel and Arrival Information
The Academic Program
In Country Information

Contact Information

On-Site Program Information
UW Madison Program Leaders:
James Ntambi, jmntambi@wisc.edu, Office-(608) 262-4845, In Country +256 785 014 577
Solomy Ntambi, mailto:skntambi@wisc.edu, In Country +256 787 919 541 if dialing from U.S.

UW-Madison Information
CALS International Education and Study Abroad
University of Wisconsin-Madison
116 Agriculture Hall, 1450 Linden Drive
Madison, WI 53706
Tel: 608-265-3835
Email: studyabroad@cals.wisc.edu
Web: www.studyabroad.wisc.edu

For Program Advising & Grades:
Laura Paris
CALS Study Abroad Advisor
Tel: 608-265-1464
E-mail: lparis@wisc.edu

For Financial Matters:
Susan Breitbach
IAP Financial Specialist
Tel: 608-890-3360
E-mail: sbreitbach@studyabroad.wisc.edu
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 Kampala
1577 Ggaba Road
Kampala, Uganda
+256-414-259791
KampalaWebContact@state.gov
https://ug.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
August 12, 2018- August 28, 2018
Students must depart from the U.S. on Saturday, August 11 in order to arrive in Uganda by Sunday, August 12.

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 Uganda and to obtain your student visa. 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.

For general information on visas including required documents and fees: https://www.immigration.go.ug/

For the visa application: https://visas.immigration.go.ug/

**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. Students are responsible for making their own travel arrangements, but are given guidelines for arrival routes, dates and times and are encouraged to coordinate with other program participants. 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.

Students will spend two weeks in Uganda talking with patients in the company of Ugandan health care professionals. While you will not diagnose or treat, you may work with nurses and/or other health staff to identify health issues confronting patients and observe the health care professionals’ response to those conditions.

Students will be enrolled in two 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**: This program will take place in the Lweza/Mukono area in the Mukono District of Uganda.

**Housing**: Students will stay at the Lweza Guesthouse in the community. Students share rooms and bathrooms. All beds have bed nets and there is internet available via wifi. Internet access and telephone service are quite expensive in Uganda. Students are responsible for their own costs associated with accessing the internet or making international phone calls. Students have the option of renting their own mobile wifi hotspot through companies such as Xcom Global or possibly through their mobile phone provider. We recommend you look into this before departure.

We recommend you limit your internet usage while on your field study to better engage with the local culture and your classmates. Let your families and friends know in advance that you may not be in touch on a regular basis during your 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 included in program fees. Please refer to your My Study Abroad account “Health and Insurance” tab or visit www.culturalinsurance.com for more information.

Communication

When making calls, keep in mind time zone differences (www.timeanddate.com/worldclock). Country and city codes can be found online (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:** Uganda’s exit code is “000.” To call to the U.S. from Uganda, the following format would be used:
  - 000-1-XXX-XXXX-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 Uganda is +256.

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 for more information and to sign up.

ADDITIONAL RELEVANT INFORMATION/WEBSITES OF INTEREST

UW Madison International Travel:
http://internationaltravel.wisc.edu/

U.S. State Department Students Abroad:
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
Student Testimonials

The testimonials below are from past participants; they reflect various students’ experiences and are included to provide different perspectives:

“I have never learned more about Global Health and life in general than in my three weeks in Uganda. The hands-on experience that we had fostered learning and growth more than any other academic setting could.”

“The people! I met so many amazing people, those connected to the program and those that we engaged with in the community. Everyone was so immediately welcoming and loving, and it made my learning experience that much better. I also really enjoyed its set up--with the more emotionally challenging activities in the first week and the lighter, fun activities in the second. I don't think I could have participated in three mobile clinics right before I went home, because it is necessary to have a day or two of reflection and relaxation after those physically and emotionally draining days of mobile clinics.”