Congratulations on being selected to participate in the Global Health study abroad program in Nepal!

This program is offered by International Academic Programs (IAP) at the University of Wisconsin-Madison. This IAP Program Handbook supplements handbooks or materials you receive from your faculty leader as well as the General 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.

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CONTACT INFORMATION

ON-SITE PROGRAM INFORMATION

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Resident Director:
   Shisir Khanal, Sarvodaya Nepal  
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   977-1-4433787 (office)  
   977-981-302-0253 (Mobile)

UW-Madison Information
   International Academic Programs (IAP)  
   University of Wisconsin-Madison  
   106 Red Gym, 716 Langdon St.  
   Madison, WI 53706  
   Tel: 608-265-6329, Fax: 608-262-6998  
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Kate Hamoonga
   IAP Study Abroad Advisor  
   (608) 265-6296  
   hamoonga@studyabroad.wisc.edu

Emergency Contact Information
   In case of an emergency, call the main IAP number (608) 265-6329 between 7:45 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
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.

Embassy of the United States of America
Maharajgunj, Kathmandu, Nepal
Tel: +977-1-400-7200
Fax: +977-1-400-7281
Web: http://nepal.usembassy.gov/
Email: consktm@state.gov

PROGRAM DATES

MAY 24 - JUNE 11

PREPARATION BEFORE LEAVING

IMMIGRATION DOCUMENTS

Passport: A passport is needed to travel to Nepal. If you do not already have a passport, please apply for one immediately. 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: US citizens will be able to purchase a 15-day multiple entry tourist visa for Nepal upon arrival at the airport. If you are not a US citizen, please contact your Study Abroad Advisor. There is a fee of $25 for the visa. On the return, all foreigners, regardless of their length of stay, must pay an airport exit tax (currently approximately $20).

MY STUDY ABROAD PROGRAM ACCEPTANCE AND FINANCIAL INFORMATION

Accepting a spot on your program
Upon acceptance into the program, you will receive an email inviting you to log into your My Study Abroad account where you will find information about accepting a spot on your program and a program cost sheet. The program cost sheet includes specific program cost information (total program fee, a payment schedule, estimated additional expenses, payment policies, etc.) You will need to fill out acceptance forms and pay a $100 deposit to confirm your space on the program.
Financial Aid
UW-Madison students are only able to utilize financial aid for IAP study abroad programs that are four weeks or longer in duration.

Billing
The UW-Madison Bursar Office will send you an e-bill for the term you are studying abroad with a payment due date of 30 days after the bill is issued.

HANDLING MONEY ABROAD
The official currency of Nepal is the Nepalese Rupee (NPR).

Budget: In country transportation, housing, most meals, excursion fees and lectures are included in your program fee. The only things you will need to budget for during your program is airfare, visa entrance fee, meals in Kathmandu, and spending money.

ATM/Debit cards: It’s increasingly easy to find ATMs in Nepal, even in smaller towns. You can also withdraw money using your ATM card at the airport when you arrive. ATM machines usually support MasterCard, Visa, Plus and Cirrus international networks. You should inform your bank in advance of your travel to facilitate international use.

Safety with Money
Use the same precautions with money abroad that you would when traveling in any large city in the United States. Be aware of pickpockets in crowded areas and on public transportation. Carry your money and other documents in a money pouch worn inside your clothing. Use the same precautions you take at home when using an ATM; keep your pin number separate from your ATM/debit card and use machines inside banks or other buildings. Maintain a copy of all credit card numbers, traveler check numbers, and any PIN numbers in a safe place, and do not carry these with you at any time. Leave a copy of these documents with your Financial Representative in the United States.

PACKING SUGGESTIONS
- Important documents (passport, emergency contact information, insurance card, ATM card, money, etc.) should be in your carry-on luggage. Also, make sure that you make a copy of important documents and leave them with a friend or family member back home to access in the case of an emergency.
- Take enough prescription medication to last the duration of the program. Keep prescription medication in their original packaging and carry a letter/prescription from your doctor explaining your condition and use of medication. Prescriptions should be packed in your carry-on luggage.
- Leisure clothes (long skirts, loose long pants, t-shirts, casual shoes)
- Comfortable walking shoes (also shoes for rain)
- Jacket or fleece
- Swimsuit
- Water drinking bottle
• First aid kit: Pain reliever, band-aids/ointment for cuts, diarrhea medicine (pepto)
• Sunblock, lipbalm, hat and sunglasses for protection from harmful effects of UV sun rays.
• Antibacterial hand wipes or alcohol-based hand sanitizer containing at least 60% alcohol.
• Insect repellent
• Towel
• Camera
• Small flashlight/ headlamp
• Pocket knife (if you have one)
• Luggage lock
• Valuable items, expensive jewelry, and items that cannot be replaced should be left at home.

Electronics
It is recommended that students only bring a camera with them and no other electronic items. Students should bring an electrical converter if they need to recharge their camera batteries. It is best to bring a number of rechargeable batteries since electricity may not be entirely reliable. Students will be able to access computers in the hotel in Kathmandu for email, through internet is sporadic and often very slow.

TRAVEL AND ARRIVAL

Flight
IAP requires that students arrive within a specific window of time into Kathmandu in order to be picked up at the airport. Your Resident Director will be in touch with you regarding flight options and arrival details.

Arrival
Upon arrival, students will be picked up at the Kathmandu airport and transported to a hotel.

THE ACADEMIC PROGRAM

Course Dates and Schedule: May 24th – June 11th
Pre departure:
  Introduction to Nepal & Sarvodaya
  MDGs and Nepal: What next?
  Travel 101 and Trip details
May 24th- 25th: Travel to Nepal (Plane from Chicago)
May 26th- 29th: Kathmandu
  Visit cultural sites
  Hospital and NGO visits
May 30th – May 31st : Community Health & outreach (Dhulikhel)
  Visit Dhulikhel Hospital
Visit Outreach site of hospital and help with outreach programs per the needs of the hospital

June 1st – June 4th: Village stay (Location TBD)
- Take part in Shramadhana – School based nutrition programs / Community Health Center outreach
- Visit Community Health Center
- Visit with Female Community Health Worker

June 5th: Kathmandu
- Break
- Visit with NGOs and cultural sites

June 6th - 7th: Bandipur
- Explore the historical city
- Participate in small projects with the local library

June 8th - 9th: Kathmandu
- NGO visit
- Wrap up activities

June 10th – Depart Kathmandu
June 11th: Arrive in USA

REGISTRATION AND CREDIT
IAP will enroll you for 3 study abroad placeholder credits which will be replaced by 3 credits of Inter-Ag & Nutritional Science 421 upon successful completion of the program.

GRADING
Information about grading will be provided in the course syllabus.

LIVING ABROAD

NEPAL
Your experience will be more rewarding if you are educated about the country you are living in. Before departure, try your hardest to learn as much as you can about Nepal. Also, read the Preparing to Live in Another Culture section of the IAP Study Abroad Handbook. Consult the following resources as well as travel books in the Study Abroad Resource Room (250 Bascom Hall). Remember- it won’t be possible to prepare yourself completely. There will be situations you will not have anticipated and your flexibility will determine in great part the kind of experience you will have while abroad.

Kathmandu is the largest city and capital of Nepal, making it the hub of Nepal’s traditional culture and arts. Travelers can experience an exhilarating shock when entering the city. Narrow winding streets, vegetable and spice markets, impressive architecture and hidden temples all create Kathmandu’s thrilling atmosphere. Although the city has become modernized over the years, visible by the amount of traffic pollution, a walk through the back-streets will reveal a world
unchanged since the Middle Ages. Looking past the city views, a chain of mountains paints a beautiful calming picture.

A 218 square miles of land, situated above 4400 ft above sea level with three historic, artistic and cultural towns namely Kathmandu, Patan and Bhaktapur together form what is known as the 'Kathmandu Valley'. Kathmandu is the hub of Nepal's traditional culture and arts. This is the place for rest, relaxation and easy-day sightseeing of historic and artistic temples and monuments, and mountain views. Being the capital city of Nepal, it has a lot to offer.

HEALTH
It is recommended that you read through the Center for Disease Control (CDC) recommendations for travel to Nepal [http://wwwnc.cdc.gov/travel/destinations/nepal.aspx](http://wwwnc.cdc.gov/travel/destinations/nepal.aspx) as well as meet with your doctor or a travel doctor at least 4-6 weeks prior to departure. Your doctor or health-care provider will determine what you will need, depending on factors such as your health and immunization history, areas of the country you will be visiting, and planned activities. Please try to meet with your doctor as early as possible as there might be sequenced immunizations that are recommended for your travel plans.

Food and Water:
Safe water will be provided at program sites and home stays. Students will need to purchase bottled water when eating out in Katmandu. Diseases from food and water are the leading cause of illness in travelers. Follow these tips for safe eating and drinking:

- Wash your hands often with soap and water, especially before eating. If soap and water are not available, use an alcohol-based hand gel (with at least 60% alcohol).
- Drink only bottled or boiled water, or carbonated (bubbly) drinks in cans or bottles. Avoid tap water, fountain drinks, and ice cubes.
- Do not eat food purchased from street vendors.
- Make sure food is fully cooked.
- Avoid dairy products, unless you know they have been pasteurized.

Diseases from food and water often cause vomiting and diarrhea. Make sure to bring diarrhea medicine with you so that you can treat mild cases yourself.

Alcohol and drug use
Cross-cultural differences exist in the consumption of alcohol. Depending on your host country, you may find the availability and public consumption of alcohol greatly increased or decreased. Often, rules about the acceptability of alcohol use in certain situations or contexts are very different than in the United States. Excessive drinking can impact your health during the program, impair judgment, lead to risk or harm to yourself or others and have an effect on your academic performance.
Penalties for use or possession of illegal drugs can include jail terms, hard labor, and even the death penalty. Neither the U.S. Embassy nor the program offices are able to exercise effective pressure to moderate these penalties. If you are arrested, you are subject to the host country’s laws and neither the UW-Madison’s IAP office nor the U.S. Embassy can protect you from the local legal consequences. While on an IAP study abroad program, you are responsible for obeying all local laws. If IAP learns that program participants are using drugs or breaking other local laws, participants will be confronted and may be asked to leave the program.

SAFETY

IAP is dedicated to maintaining the personal safety and security for each of our study abroad participants. Our office takes necessary precautions, remains in close contact with program staff and works with them in case of an emergency. You are encouraged to contact your IAP Study Abroad Advisor if you are concerned about your safety or welfare.

U.S. citizens are encouraged to exercise the same level of caution they would in major cities or tourist areas throughout the world. Local law enforcement agencies have limited capabilities and do not act according to U.S. standards. Travelers should minimize driving at night, especially outside urban areas. Americans should walk or exercise with a companion, bearing in mind that crowded tourist attractions and resort areas popular with foreign tourists are common venues for criminal activities. Travelers should ignore any verbal harassment, and avoid carrying passports, large amounts of cash, jewelry or expensive photographic equipment. A common scam involves one person dropping change in a crowded area, such as on a bus. When the victim tries to assist, a wallet or other item is taken.

U.S. citizens traveling to Nepal should be aware of the potential for large or violent demonstrations. Frequently, demonstrators burn vehicles, forcibly close businesses, throw rocks at passing motorists, use slingshots to provoke security personnel and burn tires to block traffic, increasing the potential for clashes with the police. Given the frequency, nature, intensity, and unpredictability of disturbances, U.S. citizens are urged to exercise particular caution when demonstrations are announced or reported, avoid areas where demonstrations are occurring or crowds are forming, avoid road travel during these periods, and maintain a low profile. Demonstrations can occur with little or no advance notice.

COMMUNICATION

Telephone: When making calls, keep in mind time zone differences www.timeanddate.com/worldclock. To make an international call to the United States from Nepal, dial “001” followed by the appropriate U.S. area code and local number. To call internationally from the United States, dial “011”, the country code (977) and the phone number. Other country and city codes can be found online www.timeanddate.com/worldclock/dailing.html. Some of above steps can vary if you are using a calling card.
Websites of Interest:
International Academic Programs (IAP) at UW-Madison:
www.studyabroad.wisc.edu

General Orientation Information:
www.worldwide.edu/travel_planner/index.html
(includes topics such as culture shock, international travel, etc.)

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

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

Current Exchange Rates:
www.x-rates.com