The faculty-led Sri Lanka Global Health program is offered by International Academic Programs (IAP) at the University of Wisconsin-Madison. This experiential learning course engages students in learning the basic elements of the holistic grassroots development strategy of the village-based Sarvodaya Movement, with special focus on the implications for individual, family and village health. In addition to visits and discussions at the movement’s institute for higher learning, national and district headquarters, the trip will include a three-day shramadana work camp, instruction in photo mapping and strategies for promoting intergenerational community self-knowledge.

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. More information on Sri Lanka and the Sarvodaya Movement is available in the “From A to Z: A Student’s Informal Field Guide to Sarvodaya and Sri Lanka.”

Questions about your program abroad (housing options, facilities abroad, etc.) as well as questions relating to academics (e.g. course credit and equivalents, registration deadlines, etc.) should be directed to International Academic Programs at UW-Madison.

This program handbook contains the following information:

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Contact Information

On-Site Program Information
Suzanne Gauloucher
Nelson Institute for Environmental Studies
Center for Sustainability and the Global Environment
Office: 608-262-5961
Cell: 608-354-1864
E-mail: gaulocher@wisc.edu

Shafia Powell
Program Coordinator
Sarvodaya USA
E-mail: shafia@sarvodayausa.org
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 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 Sri Lanka
210 Galle Road
Colombo 03
Sri Lanka
Phone: +94(11)249-8500
E-mail: consularcolombo@state.gov

Program Dates
Start date: July 19, 2013 (Students depart for Sri Lanka)
End date: August 9, 2013 (Students leave Sri Lanka)
Your resident directors will give you more detailed travel information. Please do not purchase air tickets without talking with them first.

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

**Immigration Documents**

*Passport*
A passport is needed to travel to Sri Lanka 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](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*
IAP asks all students to acquire an Electronic Travel Authorization (ETA) before leaving for Sri Lanka. This can be completed online at: [http://www.eta.gov.lk/slvisa/](http://www.eta.gov.lk/slvisa/) The cost for a tourist visa with double entry for 30 days is 30USD.

**Handling Money Abroad**
The official currency of Sri Lanka is the Sri Lanka Rupee (LKR). As of 4/4/2011, the exchange rate was $1 USD to 110 LKR.

**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 are airfare, visa entrance fee, a few meals, and spending money.

**ATM/Debit cards:** It is possible to withdraw money across the island at ATMs using your bank debit and credit cards. 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. Be aware that you might not have access to an ATM in smaller towns and villages. 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
You will be moving frequently throughout the country and into rural locations. It is recommended you pack LIGHT. You will also want to consider a backpack as opposed to wheeled luggage for ease of movement in areas without paved sidewalks. Women should plan to dress modestly, especially when visiting religious sites.

- 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
- 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. is best to bring a number of rechargeable batteries since electricity may not be entirely reliable.

The Academic Program
General Information
Classroom presentations by community health and social services personnel will be integrated with short-term residence in rural villages. Using the framework of asset-based community development as well as Gandhian and Buddhist practice, students will explore topics such as nutrition, maternal and child health, infectious diseases, prevention and treatment of violence, psychosocial rehabilitation, traditional healing and meditation in the context of ethnic and religious diversity, poverty, recovery from natural disaster and civil war. Readings and interviews with the leaders of Sri Lanka’s largest non-government organization (in 15,000 villages) will provide background.
Individual participants will be expected to produce a combination of at least five short reflection papers, slide presentations, website postings or exhibits; a small group project on specific topics, and one large group photo mapping project with village residents.

**Language:** Teaching will be conducted in English. For the field work in the villages, there will be Sri Lankan partners who will aid with translations.

**Course Information**
All students will be enrolled in a 3 credit course, Inter-Ag and Nutritional Science 421, Global Health Field Experience.

**Registration**
IAP will automatically register all students for the required course. Students do not register for the class themselves.

**Pass/Fail/Drop/Audit**
Please refer to the IAP Study Abroad Handbook for academic policies on pass/fail. It is not possible to drop the course.

**Living Abroad**

**Sri Lanka**
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 Sri Lanka. 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.

- U.S. Department of State: [http://www.state.gov/r/pa/ei/bgn/5249.htm](http://www.state.gov/r/pa/ei/bgn/5249.htm)

More information on Sri Lanka and the Sarvodaya Movement is available in the “From A to Z: A Student’s Informal Field Guide to Sarvodaya and Sri Lanka.”

**Housing**
Students will stay in a combination of hotels and home stays for the duration of the program.

**Transportation**
Transportation in country will be provided by Sarvodaya Movement. Road conditions in Sri Lanka are very different from what we are used to in the States. Please take extreme caution when near busy roads.

**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.

Violent crime is not a serious problem for travelers in Sri Lanka, but some tourists find themselves the victims of scams. Stay with the group, or at least with a friend, during down time. If something doesn’t feel right don’t be afraid to walk away. Be cautious around someone who actively seeks your business on the street. This regularly results in a scam.

The violent civil war in Sri Lanka ended in 2009 and while the country has been relatively peaceful since, be aware that the conflict may be still fresh in people’s minds. Landmines are being cleared out from some parts of the north and some parts of the east and some cities and towns still suffer heavy damage from the conflict. Tourists were not targeted during the war and no tourists were killed, though some were injured. You will be with the group for the majority of you stay in Sri Lanka and should not encounter any problems from lingering conflicts in the country. Regardless, you should take advice from your Resident Directors and the Sarvodaya Movement very seriously and follow directions closely.

**Health**

It is recommended that you read through the Center for Disease Control (CDC) recommendations for travel to Sri Lanka [http://wwwnc.cdc.gov/travel/destinations/sri-lanka.aspx](http://wwwnc.cdc.gov/travel/destinations/sri-lanka.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.

**Food and Water:**

Safe water will be provided at program sites and home stays. 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.

**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. 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](http://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](http://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 Websites of Interest**

- U.S. State Department Students Abroad site: [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)
- U.S. State Department Students Abroad site: [http://www.studentsabroad.state.gov/](http://www.studentsabroad.state.gov/)
Current exchange rates
http://www.oanda.com

Lonely Planet
http://www.lonelyplanet.com