The Physical Therapy program in Kampala, Uganda, is offered by International Academic Programs (IAP) 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 (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.

Questions about details of the field experience should be directed to Sarah Smiley, field course resident director.

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Contact Information

On-Site Program Information
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Ms. Susan Nassaka Byekwaso
Makerere University
Tel: 077-2-419-313
Email: snassaka@med.mak.ac.ug

Sister Bernadette
Providence Home
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011-256-782-757862

UW-Madison Information
Erica Haas-Gallo
IAP Study Abroad Advisor
106 Red Gym, 716 Langdon Street
Madison, WI 53706
Tel: 608-265-6329
E-mail: haasgallo@studyabroad.wisc.edu
Web: www.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. 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 Kampala, Uganda
Plot 1577 Ggaba Road
P.O. Box 7007,
Kampala, Uganda
Tel: 0414 25 97 91  /2/3/5  Fax: 0414 259 794
E-mail: KampalaWebContact@state.gov
Web: http://kampala.usembassy.gov/
Program Dates 2013

Wed, May 22  Depart US
Fri, May 24  Arrive into Entebbe airport at 7:45am
Mon, May 27  Orientation/Mulago Hospital
Sat, June 1  Leave for safari-Murchison Falls*
Mon, June 3  Return to Kampala around 6pm
Tues, June 4  Travel to Nkokonjeru
Sun, June 9  Travel to Buluba
Wed, June 12  Return to Kampala
Fri, June 14  Fly out of Entebbe

*Murchison Falls excursion is an additional, optional expense paid by the student.

A full course syllabus will be provided by the Resident Director.

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 passport valid for three months beyond the date of entry, visa and evidence of yellow fever vaccination are required for entry into Uganda. American nationals holding USA passports need an entry visa for Uganda. Visas are available at Entebbe Airport or may be obtained from the Embassy of the Republic of Uganda. Students can obtain the latest information and details from the Embassy of the Republic of Uganda at http://www.ugandaembassy.com

Embassy of the Republic of Uganda, Washington DC:
http://www.ugandaembassy.com/visa.html#6

Visa Requirements:
1. One duly filled Application form by each applicant,
2. 2 passport size photographs
3. Must submit original Passport valid past the date of your expected departure from Uganda.
5. Applicants may be requested to submit additional supporting documentation.
6. An international Inoculation Certificate against yellow fever.
7. A prepaid self-addressed USPS Express Overnight return envelope only must be included with applications sent by mail.
There is a single entry visa fee of $50.00 and it is valid for three months from the date of arrival. Visa fees must be paid in a postal money order payable to UGANDA EMBASSY, on submission of visa application. Personal Checks are not accepted. Please note that the visa fee is non-refundable.

Visa documents are also available in your My Study Abroad account.

Handling Money Abroad
Past students have reported that it is most effective to use cash while in Uganda. Students should plan to convert half of their money at the beginning of the trip and plan to lock the remainder either in a suitcase or in a safe at the Guesthouse. Students should plan to convert money at a bank. Students must bring US currency minted after the year 2002 or it will not be able to be cashed. It is best to bring large bills, either 100s or 50s, since these provide the best exchange rates. Do not bring traveler’s checks since the exchange rate is poor. In Kampala, there are a number of ATM machines where you can directly withdraw cash from your US bank. Students should be prepared to barter with locals for goods. This is a common practice. During the initial orientation onsite, students will be given rough estimates of what various goods should cost.

Packing
The items below were suggested by past participants:
Walking shoes, sandals
Towel, wash cloth
Camera
Personal toiletries
Re-hydration salts
Insect repellent
Permethrin spray, DEET insect repellent
Sunscreen/ lip balm
Sunglasses
Tissues
Hand sanitizer/ wipes
Women should bring multiple knee length or longer skirts
Women can bring capris to wear on free days, but must wear long skirts or pants on other days
White Lab Coat
Name Tag
Stethoscope
Snacks
Water bottle
Travel book
Backpack or messenger bag that you can keep close to you
Personal medications (ibuprofen, pepto bismol, cold medication, allergy medication.) Malaria medication for prophylaxis is essential.
Medications that you occasionally need, just in case (medication for rashes, urinary tract infections, yeast infections, etc.)

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 is often scarce. It is risky to bring
a laptop computer since security at the COBES sites is uncertain. A number of internet cafes are in communities and there is some internet access at Makerere.

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. Suggested flights will be shared with the group since it is most convenient for us to arrive and depart as a group, but it is not required.

The Academic Program

General Information
A faculty member from UW-Madison will serve as Resident Director in Uganda. Students will also attend lectures from other UW-Madison faculty and faculty from Makerere University during orientation. For more information on Makerere University visit: http://www.mak.ac.ug/

Course Information
The UW-Madison Doctor of Physical Therapy program in Uganda is an intensive program that provides DPT students the opportunity to learn about physical therapy needs in Uganda. During the program, you will spend time in Mulago Hospital and surrounding villages. In addition, students interact with faculty, staff, and students from Makerere University, Mulago Hospital, and other institutions and non-governmental organizations. Students will also receive some language training in Luganda

Credits
Students will earn 1-credit PT 600 Service Learning Seminar in Physical Therapy after successful completion of the summer field program

Pass/Fail/Drop/Audit
All courses are graded pass/fail.

Course Equivalent Requests and My Study Abroad
Each course you take abroad must be assigned a UW-Madison “equivalent” course in order for your grades and credits to be recorded on your UW-Madison transcript. In order to establish UW-Madison course equivalents for your study abroad courses, you will submit a Course Equivalent Requests through your My Study Abroad account. Detailed information on the UW course equivalent process that you will use through your My Study Abroad account is available in the IAP Study Abroad Handbook.

Please refer to the IAP Study Abroad Handbook for additional academic policies.

Living Abroad
Kampala is Uganda’s capital city and a bustling metropolis with an estimated population of 1.2 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 Ssezibwa 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, students stay at a guesthouse, located on Makerere University's campus. Facilities at the guesthouse include large, shared rooms; furnishings are minimal. Students will spend one week living, learning and working in community health sites located outside Kampala with very basic facilities.

Housing in Nkokonjeru will be at a cottage across the street from Providence Home. It has no running water but water is available and electricity though it is not always reliable. There are flush toilets, mosquito nets, linen for beds and will be shared rooms. Furnishing is minimal but there is a community room. Meals will be prepared and eaten at Providence Home.

**Transportation**
The main mode of transportation while in Uganda is walking and public taxis called mutatus. Students should bring adequate walking shoes. Students 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. Students are not allowed to use this form of transportation while participating in the field course.

**Safety**
Crimes such as pick pocketing, purse snatching, and thefts from hotels and parked vehicles are common. 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.

To reduce the risk of crime keep belongings close, be aware of surroundings, and never walk alone at night.

**Health**
All students should visit a travel health clinic to obtain all necessary immunizations and prophylactic medication at least one month prior to travel. Evidence of yellow fever vaccination is required to enter Uganda. Students should consult the Center for Disease Control and their physician to determine other vaccinations and/or other health precautions they need to take after acceptance to the program.

Students are encouraged to drink large quantities of water and to bring oral rehydration packets. 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 bringing these to Uganda if they are susceptible to these conditions.
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 web pages at http://www.cdc.gov/malaria/index.htm.

Information on vaccinations and other health precautions, such as safe food and water precautions and insect bite protection, may be obtained from the Centers for Disease Control at http://wwwn.cdc.gov/travel/default.aspx.

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, 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.timeanddate.com/worldclock/dialing.html). Some of above steps can vary if you are using a calling card.

Students are able to purchase inexpensive cell phones when they arrive in Uganda. It costs about $1.00 per minute to call the US. Minutes can be purchased with the phone. The program will provide a cell phone for each student so that they have ready access to the resident director. You will be able to buy minutes to text home, if desired.

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.

Preparations Before Leaving
“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.”

Travel and Arrival Information
“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 before."

“Buckle up when in any vehicle!”

Academic Program
“You will keep a journal, give a presentation and fill out a log at your site visits.”
“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!”

“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.