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.

This program handbook contains the following information:

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- PROGRAM DATES
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- PREPARATION BEFORE LEAVING
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ON-SITE PROGRAM INFORMATION

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Resident Director:
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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
Web: www.studyabroad.wisc.edu

Kate Hamoonga
IAP Study Abroad Advisor
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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 23 - JUNE 14 (SEE BELOW FOR ITINERARY)

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 30-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 $40 for the visa. Students should have $40 dollars in cash along with a passport-sized photo to get the visa on arrival.

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. Please take larger and newer bills from the US, due to the threat of counterfeit bills, money exchanges prefer newer and larger US bills (20, 50, 100). You can exchange US currency to Nepali currency once you are in country where the field course leaders will take you to a money exchange.

ATM/Debit cards: It’s increasingly easy to find ATMs in Nepal, even in smaller towns. When using ATMs it draws cash in Nepali currency so you don’t have to go to a money exchange and the rates are in line with the exchanges. 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. There is usually a 150 rupee (~$1.5) ATM fee along with international transaction fee from your bank. Please check with your bank about how much the fees before you decide to use it (UW Credit Union has a 1% fee so if you withdraw a 100 dollars you get charged a dollar from the bank).

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
• Sleepsack or light sleeping bag (You can make a sleepsack by sewing up a flat sheet)
• Headlamp/ 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.
• Optional: Steripen is a quick and easy way to sterilize water. These are expensive but could be a useful investment if you travel a lot. Other methods of sterilizing water can be found in stores such as REI.

**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 23th – June 14th

May 23th- 25th: Travel to Nepal (Plane from Chicago)

May 26th- 28th: Kathmandu
   Visit cultural sites
   Hospital and NGO visits

May 29th – June 1st: Community Health & outreach (Dhulikhel)
   Visit Dhulikhel Hospital
   Visit Outreach site of hospital and help with outreach programs
   per the needs of the hospital

June 2nd – June 6th: Village stay (Location TBD)
   Take part in Shramadhanha – School based nutrition programs /
   Community Health Center outreach
   Visit Community Health Center
   Visit with Female Community Health Worker

June 7th: Kathmandu
   Break
   Visit with NGOs and cultural sites

June 8th- 10th: Bandipur/Pokhara
   Visit Community Health Center & District Level Hospital
   Explore the historical cities
   Hike the surrounding trails

June 11th -12th: Kathmandu
   NGO visit
   Wrap up activities

June 13th – June 14th: Travel to 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.

**HOUSING**

You will be staying with a host family for a portion of this program. Students will be paired with Nepali students during the home stays to facilitate with language and cultural barriers.

**Homestay Expectations**

1. Show sensitivity to Nepali culture, values, ideas and family norms regarding hours, manners, customs, dress and religion.

2. Be willing to learn about a different culture and language.

3. Arrive at your homestay before dark (7:00pm) every evening. It is not always safe to be out after dark.

4. Use your program facilitators as your main resource persons if issues arise in your placement.

5. Keep personal possessions in your locked backpack/suitcase when you are away from the house so that they are out of the way. Village homes are small and each room in often used for multiple purposes.

**HEALTH**

It is recommended that you read through the Center for Disease Control (CDC) recommendations for travel to Nepal [http://wwwn.cdc.gov/travel/destinations/nepal.aspx](http://wwwn.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.

**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](http://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/dialing.html](http://www.timeanddate.com/worldclock/dialing.html). Some of above steps can vary if you are using a calling card.

If you are planning on using your personal cellphone in Nepal, please speak to your provider about the international rate when calling the US from Nepal. Field course leaders will have local phones that students can use.

Websites of Interest:

- International Academic Programs (IAP) at UW-Madison: [www.studyabroad.wisc.edu](http://www.studyabroad.wisc.edu)

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

- U.S. State Department: [travel.state.gov](http://travel.state.gov)

- Center for Disease Control: [www.cdc.gov/travel/](http://www.cdc.gov/travel/)

- Current Exchange Rates: [www.x-rates.com](http://www.x-rates.com)