Physical Therapy: Kampala, Uganda – Summer 2014
IAP Program Handbook

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 Sara Smiley, field course director or Karen Patterson, coordinator of the UWDPT Global Health Program.

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Contact Information

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Sister Juliet: Tel: 077-3-719-994

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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 with the U.S. Embassy before departure as this will help in case of a lost passport or other mishap. Register on-line at https://travelregistration.state.gov. Non-U.S. citizens should register with 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 2014
Fri, May 23    Arrive in Entebbe
Sat, June 14   Program ends; Depart Entebbe
A full course syllabus will be provided by the Resident Director.

Preparation before Leaving
Refer to the Pre-Departure Checklist in the IAP Study Abroad Handbook for essential information.

Immigration Documents
Passport
A passport is needed to travel to Uganda and to obtain your 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. You will apply for your visa upon arrival at the Entebbe airport. The single-entry visa fee is $50.00 and it is valid for three months from the date of arrival. Note that you must pay in US cash and that no change will be given; do not use one and five dollar bills and aim to provide higher denomination bills. You must bring US currency minted after the year 2002 and in good condition or it may not be accepted.

You can obtain the latest information and details from the Embassy of the Republic of Uganda at http://www.ugandaembassy.com

Handling Money Abroad
The Uganda shilling is the legal currency in Uganda. The Uganda shilling is divided into denominations of 1000, 2000, 5000, 10,000, 20,000 and 50,000 for paper notes, while coins are in the denominations of 50, 100, 200, 500 for coins. In Kampala, there are a number of ATM machines where you can withdraw cash from your US bank. There is usually a conversion/convenience fee charged by your bank. Please contact
your bank in advance to ascertain the international fees for ATM and credit card use, as well as informing them you will be using your card abroad. It is a good idea to also request a PIN for your credit cards in the event of an emergency. There are also places to exchange American money but they must be $50 or higher and after 2002 with no tears (need to be in good condition).

Be prepared to barter with locals for goods sold by vendors outside a shopping mall or similar structure. This is a common practice. During the initial orientation onsite, you will be given rough estimates of what various goods should cost. Very few facilities accept credit cards, and there are usually additional fees to use them. If you are considering credit card use, be sure to inform your provider that you will be using in a foreign country so your account is not blocked due to unexpected activity.

**Packing**

The items below were suggested by past participants:

- Walking shoes, sandals
- Towel, wash cloth – quick dry material
- Camera
- Personal toiletries
- 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
- Males – Khaki/dress pants, neckties, button down or collared shirts (short sleeve ok), belt
- Socks – will want them for hospital as need to wear special shoes in ICU
- White Lab Coat
- Name Tag
- Stethoscope
- Snacks
- Water bottle
- Travel book
- Backpack or messenger bag that you can keep close to you
- Small flashlight and/or headlamp
- Personal medications (ibuprofen, peptobismol, cold medication, allergy medication) and small first aid kit.
- Malaria medication for prophylaxis is essential.
- Medications that you occasionally need, just in case (medication for rashes, urinary tract infections, yeast infections, etc.)
- Length of rope/cord to use as clothes line
- Small container of detergent to wash out clothes
- Small plastic bags (like those for pets). Women may want to bring these for discrete hygiene product disposal as bathrooms may not have trash cans and tampons cannot be flushed.
- Small note book to carry with you and pens

**Food Suggestions (coordinate with others)**

- Peanut butter
- Nutella
- Gatorade/propel packets
Luna/cliff bars/energy bars
Candy for kids
Poptarts or something guilty for you...
Fruit snacks
Favorite AMERICAN snack/candy
Emergen-C/airborne

Avoid Bringing
- Valuables, items with great sentimental value, expensive electronics
- Jeans (they are heavy and take a long time to dry)
- Camouflage or military-style clothing

Electronics
It is recommended that you only bring a camera and no other electronic items. You should bring an electrical converter if you need to recharge 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 rural sites may be uncertain. A number of internet cafes are in communities and there is some internet access at Makerere.

Travel and Arrival Information
You will need to make your 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
Staff from UW-Madison will serve as Resident Directors in Uganda. You will also attend lectures from 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

Enrollment, Credits and Grading
You will be enrolled by IAP for a placeholder class prior to the program start. Do not register for PT600. You will earn 1 credit of PT600 Service Learning Seminar in Physical Therapy after successful completion of the summer field program. The PT600 course will replace the IAP placeholder when your grade is processed by IAP. All courses are graded pass/fail.
Living Abroad

Kampala is Uganda's capital city and a bustling metropolis with an estimated population of 1.72 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, you will stay in Kampala. While in Kampala, you stay at a guesthouse, located on Makerere University’s campus. Facilities at the guesthouse include large, shared rooms; furnishings are minimal. You will spend one week living, learning and working in community health sites located outside Kampala with very basic facilities. Bedding and mosquito nets are provided at all housing.

Housing in Nkokonjeru will be at a cottage across the street from Providence Home. It has running water and electricity but 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.

Housing in Buluba will be at a guest cottage with running water and electricity. A cook will also provide meals.

Transportation

The main mode of transportation while in Uganda is walking and public taxis called mutatus. You should bring adequate walking shoes. You 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

While Uganda is generally safe, crimes such as pick pocketing, purse snatching, and thefts from hotels and parked vehicles do occur. 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.

Adopting the proper mindset is essential to avoid crime; security takes advance planning and routine discipline and is incumbent upon everyone. To reduce the risk of crime keep belongings close, be aware of surroundings, and never walk alone at night. Personal security measures should be adhered to at all times. You are urged to maintain good situational awareness while in Uganda. Do not walk alone at night. Walk in a group, or at least in pairs. Avoid isolated areas. Maintain a low profile (clothing, behavior, speech, politics). Use extra caution when crossing the street. Minimize amount of cash and number of credit cards you carry. Always have a plan for communication and a list of emergency contact information with you.
Only give personal information to known and trusted persons. Let someone know about planned absences and means of contact.

Women
Please note that no matter where in the world women travel, women will generally be safer and more included in the culture if dressed appropriately for the norms of the locale. While conforming to the local standards of dress might contradict American values of individual self-expression and equality, adhering to local codes of conduct, demonstrates respect for that culture. It is important for us to remember that we are guests in other countries. Though we may not fully understand the reasons for particular dress standards or other local customs, it is our responsibility to be courteous guests and well represent our University and our country.


LGBT
The US State Department has posted the following information since the passage of the Anti-Homosexuality Bill: [http://travel.state.gov/content/passports/english/country/uganda.html](http://travel.state.gov/content/passports/english/country/uganda.html):

Consensual same-sex sexual relations are criminalized in Uganda. On February 24, 2014, Ugandan President Yoweri Museveni signed and enacted the Anti-Homosexuality Bill. The Anti-Homosexuality Act permits the imprisonment, for up to seven years, of anyone who “attempts to promote or in any way abets homosexuality and related practices.” Since some of the language in the law is vague and appears open to interpretation, the Embassy cannot predict with any confidence how it will be implemented.

The law could affect the exercise of the freedoms of expression and peaceful assembly of those who may wish to express support for the human rights of LGBT persons. The U.S. government understands that this law applies to both Ugandan citizens and foreigners in Uganda. With rising numbers of arrests of alleged LGBT individuals on sodomy and other charges, LGBT individuals – or suspected LGBT individuals – could face harassment, imprisonment, or blackmail and violence from independent actors who view the law as license to attack and victimize individuals they suspect of homosexuality. The Embassy advises all U.S. citizens who are resident and those visiting Uganda to carefully consider their plans in light of this new law. LGBT travelers should review the LGBT Travel Information page: [http://travel.state.gov/content/passports/english/go/lgbt.html](http://travel.state.gov/content/passports/english/go/lgbt.html).

If you identify as LGBT, IAP staff are supportive of your identity. You should feel comfortable discussing your identity with your Study Abroad Advisor or Resident Directors. Other students on your program may also be places to find support and reinforcement. We want you to be able to be true to yourself and your identity while abroad, but we also want you to be safe. Please visit IAP’s website for students who identify as LGBT for additional resources: https://www.studyabroad.wisc.edu/LGBT.html.

You will be advised about such safety considerations as part of your on-site orientation where such matters will be discussed, both about specific areas of concern and in general, the program specific emergency plan.

**Health**

You should visit a travel health clinic to obtain all necessary immunizations and prophylactic medication at least one month prior to travel. Please note that UHS travel clinic may book out 6-8 weeks in advance. Evidence of yellow fever vaccination is required to enter Uganda. 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.

You are encouraged to drink large quantities of bottled water. 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 brining these to Uganda if they are susceptible to these conditions.

Malaria is prevalent in Uganda and you 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://wwwnc.cdc.gov/travel/default.aspx.

If medical is needed in Kampala, this is a “western” medicine facility:
- The Surgery-2 Acacia Avenue, Phone# 04104256003

**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.

You will be provided with cell phones, but will need to have them activated when you arrive in Uganda. It costs about $1.00 per minute to call the US. Minutes can be purchased with the phone.
Skype: In Uganda, the utility of Skype from a PC is dependent on the bandwidth of your Internet Service Provider and more often than not, you will be unable to use Skype from a PC in Uganda. However, your family can call you using Skype to a local landline or mobile phone.

**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."

**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!”

“Be open and flexible!”

**Living Abroad**
“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.

**Websites of Interest**

Makerere University  
[http://mak.ac.ug/](http://mak.ac.ug/)

U.S. State Department Students Abroad site:  
[http://www.studentsabroad.state.gov/](http://www.studentsabroad.state.gov/)

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

Center for Disease Control  

Current exchange rates  
[http://www.oanda.com](http://www.oanda.com)

Lonely Planet  
[http://www.lonelyplanet.com](http://www.lonelyplanet.com)

Journey Woman  
[http://www.journeywoman.com](http://www.journeywoman.com)

Uganda Travel  