Global Health: Kampala, Uganda – Summer 2015
IAP Program Handbook

The Global Health 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 (course content, itinerary, housing, facilities abroad) should be directed towards your Program Leader. Questions relating to academics (e.g. course credit and equivalents, registration deadlines, insurance) should be directed to International Academic Programs at UW-Madison.

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Contact Information

UW Program Information
Professor Cindy Haq
School of Medicine and Public Health
4260 Health Sciences Learning Ctr
750 Highland Ave
Madison, WI 53705
Tel: (608) 263-6546
Email: clhaq@wisc.edu

Professor Scott Mead
1198 Health Sciences Learning Ctr
750 Highland Ave
Madison, WI 53705
Tel: (608) 265-9212
Email: sm5@medicine.wisc.edu

On-Site Program Information
Ms. Susan Nassaka Byekwaso
Coordinator, International Programmes
College of Health Sciences
Makerere University
P.O.Box 7072 Kampala
Tel: +256-772419313/+256-414-542999
Email: sbyekwaso@yahoo.com or snassaka@med.mak.ac.ug
Web: www.med.mak.ac.ug/electives

INTERNATIONAL ACADEMIC PROGRAMS CONTACT

International Academic Programs (IAP)  Erica Haas-Gallo
University of Wisconsin-Madison  Study Abroad Advisor
106 Red Gym, 716 Langdon Street  E-mail: haasgallo@studyabroad.wisc.edu
Madison, WI 53706
Tel: (608) 265 6329
Fax: (608) 262 6998
www.studyabroad.wisc.edu

Kristin Calkins  Enrollment Specialist Advisor
E-mail: kcalcins@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. Register on-line at https://travelregistration.state.gov through Smart Traveler Enrollment Program (STEP). If you are not a U.S. citizen, register at your home country’s embassy or consulate.
2015 Program Dates
Students arrive in Uganda May 19
Students depart Uganda June 6
A full course syllabus will be provided by the Resident Director.

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.

Your Program Leader (PL) will provide you with arrival time and date. Please do not purchase tickets until you have the arrival date and suggested time. If you arrive outside of the designated meeting time, it will be your responsibility to get to your housing in Kampala and you should inform your PL that you do not plan to travel from Entebbe to Kampala with the group.

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 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). 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. Visas are available at Entebbe Airport. You can obtain the latest information and details from: http://travel.state.gov/travel/cis_pa_tw/cis/cis_1051.html#entry_requirements

American nationals holding USA passports need an entry visa for Uganda. There is a single entry visa fee of $50.00 and it is valid for three months from the date of arrival. If visa is obtained at the airport, note that no change will be given; do not use one and five dollar bills; aim to provide higher denomination bills. Students must bring US currency minted after the year 2004 or it may not be accepted.

Embassy of the Republic of Uganda, Washington DC:
http://www.ugandaembassy.com visa.html#6
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. Request a PIN for your credit cards in the event of an emergency. The PIN can only be delivered by mail, so request several weeks in advance.

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 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 Uganda so your account is not blocked due to unexpected activity.

Packing
The items below were suggested by past participants:
- Walking shoes (sandals are okay for free time; closed-toe during program)
- Women should bring one or two knee length or longer skirts which are loose fitting
- Women can bring capris to wear on free days, but must wear long skirts on other days
- Tops/blouses with sleeves. Tops should not be low-cut; cap-sleeves are fine. Sleeveless tops/tank tops are not culturally appropriate in Uganda.
- Men will need ties during professional program activities
- Pajamas
- Hat, if desired
- Personal toiletries
- Towel, wash cloth
- White lab coat
- Water bottle
- Meal substitute snack bars (e.g., PowerBar, Luna Bar) and other snacks
- Tissues
- Hand sanitizer/ wipes
- Sunglasses
- Prescribed and over-the-counter medications (in original container with documentation of prescription)
- Prophylactic medication as prescribed by your primary care provider to prevent travel related diseases such as Malaria
- Medications that you occasionally need, just in case (medication for rashes, urinary tract infections, yeast infections, ibuprofen, Pepto Bismol, allergy, etc.)
- 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.
- Re-hydration salts
- Sunscreen/lip balm
- Insect repellent
- Permethrin spray, DEET insect repellent
- Backpack or messenger bag that you can keep close to you
- Waist or neck pouch for passport
- Travel book
- Luggage locks
- Headlamp or flashlight
- Camera
- Photocopies of all documents, credit cards, passports, air travel itinerary

**Electronics**

Electric Power in Uganda is 240V running at 50Hz. The Plug type used is rectangular blade plug. You may want to consult your local electronics store for information on your particular converter needs or consult REI’s guide: [http://www.rei.com/learn/expert-advice/world-electricity-guide.html](http://www.rei.com/learn/expert-advice/world-electricity-guide.html).

It is recommended that you only bring a camera and no other electronic items. You should bring an electrical converter to recharge their camera batteries. Some students used their smart phones/devices. If you choose to bring a device that uses data, check with your provider to understand cost before departure. The program will distribute mobile phones to students during your in-country orientation, providing a local phone number. 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.

We recognize that you will likely want to remember this experience through photographs. Please remain mindful of whom, when and where you take pictures. Do not photograph government buildings, airports, health facilities or situations involving vulnerable people. Remember that you are engaging in a professional and academic experience. Please respect the privacy of individuals by asking permission to take their pictures. Consult with your field directors and/or host agencies about the appropriateness of taking photos. For more information on photography and ethics, please read the *Ethics and Photography in Developing Countries* in the appendix and Unite for Sights helpful website: [http://www.uniteforsight.org/global-health-university/photography-ethics](http://www.uniteforsight.org/global-health-university/photography-ethics).

**The Academic Program**

**General Information**

Faculty members from UW-Madison will serve as your main on-site contacts in Uganda. You will also attend lectures from faculty from Makerere University.

**Course Information**

The Health and Disease in Uganda Field Experience is an intensive program that provides students in health-related disciplines the opportunity to learn about important health issues, including nutrition, maternal and child health, and infectious diseases. During the program, students will spend time in community-based health care centers and will visit healthcare facilities. In addition, students interact with faculty, staff, and students from Makerere University, Mulago Hospital, and other institutions and non-governmental organizations. Throughout the program, participants will be introduced to the life, health, disease, and culture of Uganda. Students will explore topics such as: major infectious diseases (malaria, HIV/AIDS), maternal child health services, and traditional healing in Uganda. Students will also receive some language training in Luganda.
Credits
Students will earn 2-credits of PHS 645 after successful completion of the summer field program.

Grading
Participants are not allowed to take this course for pass/fail credit.

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, students will stay in Kampala. While in Kampala, you will stay at Edge Guesthouse, located on Makerere University’s campus. Facilities include large, shared rooms; furnishings are minimal. You will have shared bathrooms that will have a flush toilet and water for bucket baths. You will spend one week living, learning and working in community health sites located outside Kampala with very basic facilities. At these sites access to water, flush toilets and reliable electricity may not be as consistent as in Kampala. Bed nets will be provided at all housing sites.

Transportation
The main mode of transportation while in Uganda is walking, public taxis called mutatus, and vehicles for private hire. 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 and fatality. Students are forbidden 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.

Ugandan Parliament passed an anti-pornography bill and the president signed it. The bill defines pornography quite differently commonly thought of in the US. Women should not wear clothes that reveal their thighs or cleavage; ie skirts should cover the knees and tops should cover the upper chest. Women may choose to wear pants, but these should also cover the knees. Additionally, do not bring in any magazines that have sex related articles or women in revealing (by Ugandan standards) clothing. For summaries on this situation visit: http://www.monitor.co.ug/Magazines/PeoplePower/Skirting-real-issues-in-the-anti-porn-Bill/-/689844/2142510/-/f03a9m/-/index.html, http://www.newvision.co.ug/news/291-blogger-what-can-one-say-about-the-anti-porn-law.aspx and http://allafrica.com/stories/201402270558.html. The bill is scanned here: http://parliamentwatchuganda.org/anti-pornography-bill/ and summarized by Ugandan Parliament here: http://www.parliament.go.ug/new/index.php/about-parliament/parliamentary-news/325-parliament-passes-anti-pornography-law.

Lesbian, Gay, Bisexual and Transgender (LGBT)
The US State Department has posted the following information since the passage of the Anti-Homosexuality Bill: Consensual same-sex sexual relations are criminalized in Uganda. This remains the case notwithstanding Uganda’s Constitutional Court August 1st nullification of the Anti-Homosexuality Act. Social acceptance of homosexuality remains very low, and Lesbian, Gay, Bisexual and Transgender (LGBT) individuals – or suspected LGBT individuals – could face harassment, imprisonment, or blackmail and violence. Individuals or organizations viewed as supporting LGBT rights also face harassment. The Embassy advises all LGBT U.S. citizens who are resident or visiting Uganda to exercise caution. For further information LGBT travel, please read the US Department of State’s LGBT Travel Information page.

The nullified Anti-Homosexuality Bill signed on February 24, 2014 by Ugandan President Yoweri Museveni permitted the imprisonment, for up to seven years, of anyone who “attempts to promote or in any way abets homosexuality and related practices." The language in the bill is vague and appears open to interpretation. The law later was struck down August 2014 due to a lack of quorum at parliament. Although the bill was struck down, you may encounter sentiments favoring the bill. Homosexuality is already illegal in Uganda under a 1950s penal code that remains in force and prescribes jail for those found guilty of homosexual acts. You may read the 2014 nullified bill here: http://www.scribd.com/doc/208894975/Anti-Homosexuality-Act-2014-1


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 Program Leaders. 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 the Spring PHS 644 course and upon arrival to Uganda during the on-site orientation where such matters will be discussed, both about specific areas of concern and in general, the program specific emergency plan.

**Dress for Men and Women**

As you are engaging in a professional experience in Uganda, it is important to observe the Ugandan standards for professional attire. Men should wear ties in professional settings. Safari or zip-off pants are not appropriate in professional settings. Closed-toe dress shoes should be worn in professional settings. Please take your white lab coat. In your free-time, you may wear more casual clothing; however, women and men should not wear shorts in public. Additionally, women should adhere to clothing guidelines in the **Safety** section above.

**Health**

It is very important that you consult with a healthcare provider well-versed in travel medicine or travel clinic to plan for your time abroad. University Health Services (UHS) has a travel clinic that provides health services for those planning foreign travel, including vaccines and immunizations. Information about the travel clinic and how to make an appointment can be found online at [http://www.uhs.wisc.edu/services/medical/travel-clinic/](http://www.uhs.wisc.edu/services/medical/travel-clinic/). The UHS travel clinic does book out in advance (sometimes as much as six weeks), and some immunizations must be done at particular times. Please make an appointment as soon as possible with the UHS travel clinic. Some countries require particular vaccines to enter. Evidence of yellow fever vaccination is required to enter Uganda.

If you are not covered by UHS care, please consult with your insurance company to see what clinics or healthcare providers with travel medicine specialties are covered. There are a number of travel clinics in Madison including:


To learn more about travelers' health, please visit the CDC website: [http://wwwn.cdc.gov/travel/default.aspx](http://wwwn.cdc.gov/travel/default.aspx). You can view vaccine recommendations from the same page, scrolling down to the vaccinations link. On the top of the Vaccinations page, there is a link for specific country recommendations.

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/travelers/index.html](http://www.cdc.gov/malaria/travelers/index.html).

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 bring these to Uganda if they are susceptible to these conditions.
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.howtocallabroad.com. Some of above steps can vary if you are using a calling card.

Students will be given basic cell phones when they arrive in Uganda. It costs about $1.00 per 1-2 minutes to call the US. Minutes can be purchased with the phone. The program will provide a cell phone for each group of students at the COBES site so that they have ready access to the Resident Director.

Student who wish to take their own phone should confirm that it is a 4-band, unlocked cell phone capable of accepting a SIM card (GSM). A SIM card in Uganda will be cost $2-$3.

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.

“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.”

“I felt I received a wide variety of experience through different levels of hospitals, clinics, community, etc. I enjoyed each part a lot.”

“There is such a cultural difference between Americans and Ugandans that many times we didn’t even notice things that we did were rude. It was great to opportunity to learn cultural humility while presenting to a global audience.”

“I had an eye-opening experience and was exposed to many different diseases than we see in the United States”

“Our COBE site was awesome and the people we interacted with there were really inspiring.”

“I liked the rural site visit the most. It was really great being a guest in a community and building relationships with people made it easy to learn and ask questions.”

“I thought that getting immersed into the communities was such a great experience. Even though our conditions were not the best, being able to experience life the way the community did was an experience of a lifetime.”

“I learned a lot about healthcare and the barriers that people face and how different yet similar they are to problems here. I feel like I am a more well-rounded healthcare student now and will be able to treat my patients with more compassion and see them as a person and not just a set of problems.”
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, type up your presentation as a paper, and fill out a log at your COBES site.”

“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.

Websites of Interest
Makerere University http://mak.ac.ug/
U.S. State Department Students Abroad http://www.studentsabroad.state.gov/
U.S. State Department http://travel.state.gov
Center for Disease Control http://www.cdc.gov/travel/
Current exchange rates  http://www.oanda.com
Lonely Planet  http://www.lonelyplanet.com
Journey Woman  http://www.journeywoman.com
Uganda Travel  http://www.visituganda.com/
Daily Monitor (Uganda news)  http://www.monitor.co.ug/