Important Names & Addresses

The Learning Abroad Center provides a full range of services from preliminary program advising to assistance with re-entry. Do not hesitate to contact the Learning Abroad Center staff with your questions. Prior to departure, please direct all questions to the Learning Abroad Center. Friends and family members should always contact the Learning Abroad Center, not the on-site staff, for assistance, even once you are overseas.

In the United States
Learning Abroad Center
University of Minnesota
230 Heller Hall
271 19th Ave. S.
Minneapolis, MN 55455-0430
Phone: 612.626.9000
Fax: 612.626.8009
Toll Free: 888.700.UOFM
Email: UMabroad@umn.edu
Web: UMabroad.umn.edu

Amber Bathke, Associate Program Director
abathke@umn.edu
612.626.2234

Scott Daby, Program Director
daby0005@umn.edu
612.626.7138

Emergencies
In case of a serious emergency, contact the Learning Abroad Center at 612.626.9000. If it is after business hours, a recording will give you a number to call. The Learning Abroad Center has someone on call for emergencies and to contact the on-site administrators if needed. Once overseas, participants should contact their in-country program staff.

In Tanzania
Telephone Codes
011—International access code from the US. The code from other countries will probably be different.
255—Tanzania country code used for dialing from outside Tanzania
27—Arusha city code. Not necessary for calls from within Arusha

Time Differences
Tanzania is eight hours ahead of Minnesota during the summer months.

Addresses
NOTE: Please direct all pre departure questions to the Learning Abroad Center, not to the on-site staff.

Your Address in Tanzania
During your stay in Tanzania, mail should be sent to you at the following address:
Your name (clearly spelled out)
c/o Klub Afriko Cultural Orientation Center
P.O. Box 12248
Arusha, Tanzania

US Embassy
For information on the local US Embassy in Tanzania, please visit the following website: http://usembassy.state.gov.

Web Addresses
Visit the Study Abroad in Tanzania website for useful health, safety, travel, development, and country web links: UMabroad.umn.edu/programs/africa/tanzania.

Program Health & Safety
Program health and safety information is available at http://global.umn.edu/gosafe/index.html.
Purpose of This Handbook

This program handbook provides an overview of your unique study abroad program. It contains information relevant to the Study Abroad in Tanzania program as well as specifics about the country. The handbook should be used in tandem with the Learning Abroad Center’s online orientation and website for information regarding registration, credit, payment, refunds, academic policies, health, safety, insurance, and cultural adjustment.

Introduction to Tanzania

Living in Arusha

Arusha is a city of approximately 300,000 people with over a million in the surrounding area. It is the hub of the tourism industry in northern Tanzania with good infrastructure and amenities. It lies in the highlands of northern Tanzania at an altitude of about 3,900 feet on the slopes of Mt. Meru and less than an hour from the city of Moshi and Mt. Kilimanjaro. To the west lie Serengeti National Park, Ngorongoro Crater, and Olduvai Gorge.

Introduction to Study Abroad in Tanzania

The information below can help ensure that your learning goals match the Study Abroad in Tanzania’s program learning outcomes. Consider these statements and reflect on your own goals for the program.

Program Learning Outcomes

Students having participated in the Study Abroad in Tanzania program will:

- Learn to identify, define, and solve complex problems through studying public health issues
- Appreciate the similarities and differences in community health challenges in Tanzania and the US and in strategies for addressing them in both contexts
- Use their knowledge of Tanzanian culture to effectively navigate cross-cultural differences
- Learn to appreciate diverse worldviews, accept complexity, and embrace ambiguity
- Function as effective team members by appreciating and interacting with individuals different from themselves

On-Site Staff & Partners

Dina Matthews is the program coordinator, a US American who has lived in worked in Tanzania for over 15 years and has previous experience directing study abroad programs in Arusha. She is fluent in Swahili and is very knowledgeable about both Tanzanian culture and the American student experience there.

The program orientation, host families, transportation, and excursions are organized by Klub Afriko, a Tanzanian-owned cultural exchange and tourism organization with many years experience hosting visitors and students in Arusha.

Preparation & Planning

Documents

Passport

A valid passport is required to enter Tanzania and to re-enter the US. For information on applying for a passport, see the US Department of State website: www.travel.state.gov.

Passport processing typically takes eight weeks. You also need a passport in order to apply for the required Tanzanian visa, which will take at least an additional two weeks, so plan ahead and apply in advance.

Visa

You must obtain a visa in order to enter Tanzania. All participants must use Perry International, based in Chicago, to process their visa. Perry’s processing fee is included in your program fee; you only need to submit payment to Perry International for the actual cost of the visa plus shipping. Since you need special documents from our office, which we send to Perry International for all students, you must use Perry’s services for your visa. You will need to send your actual passport and other application materials directly to Perry. We highly recommend that all materials are sent using a secure, trackable shipping method.

Visa information is located on the Learning Abroad Center’s website. Additional information can be found on Perry International’s website at http://perryvisa.com/visaRequirements/22006TanzaniaStudentUSWashington%20DC.php.

Your passport and visa are valuable documents. You cannot leave your host country without them. Once in country, the on-site staff will give you advice about keeping your passport and visa secure. When you do need to carry your passport, always keep it in a money belt. It is always wise to have a copy of your passport and visa in a separate location in Tanzania and one copy at home in case your passport is lost or stolen. The process of replacing a passport is much easier if you have a copy of it. If your passport is lost or stolen, you should notify the on-site staff who can help notify the local police and the US Embassy in Dar es Salaam.
Travel & Visits
You are encouraged to travel during official program break periods or after the program is completed. During the semester, travel on the weekends should be limited to nearby locations in order to ensure that you are able to maintain good rest, health, and timely completion of all coursework. Students are not permitted to travel during the program to countries currently under a US State Department Travel Warning, which includes Kenya. See travel.state.gov for the most up-to-date list. It also compromises the host family experience if you are away every weekend. Before traveling, complete the correct permission form with the on-site staff and be aware of any relevant travel concerns or State Department advisories. It is important that you share your travel plans with the on-site staff, including dates, destinations, and information about how to reach you in case an emergency should arise. Also, be aware that if you leave the Arusha area you should travel with your actual passport, not just a photocopy.

If any friends or relatives wish to visit, they can only visit during official program breaks or after the program ends. Visits during the regular program dates are not allowed.

Packing
Packing is highly individual, and no single list will work for everyone. A packing list is provided in the country-specific section of this guide. The following considerations can help you pack wisely.

Packing Principles
Think about laundry. Lighter colors help you stay cool, but darker colors show dirt less; you might wish to strike a happy medium if you expect to be in hot areas. Stress lightweight fabrics that can be easily hand-washed, can hold up to repeated washing, and do not need ironing. You will do laundry with your host family, which will most likely involve handwashing your clothes in a series of buckets. A key question for choosing clothes: How long does it take to air dry?

People dress nicely every day in Tanzania, especially in the cities. Clean, fairly conservative Western office-type apparel is appropriate. Include one or two dressy outfits for evening outings, for which people tend to dress up. Ripped, baggy, or faded clothes will make you stand out.

Be conservative. Some clothing that is common on a US campus would be considered provocative or inappropriate in Tanzania. Shorts are not typically worn by men or women and would not be considered appropriate for daily wear, even in hot weather. Longer shorts are fine for lounging around at home but are generally not worn in public. Do not plan on wearing shorts except when you go to the beach. Tank tops will also attract unwanted attention. T-shirts and long-sleeve shirts are more common and are a better choice during your stay. Women tend to wear pants or skirts.

Choose your luggage wisely. A larger, durable backpack is the best option for luggage combined with a smaller daypack for excursions and weekend travel that can be used as a carry on. Leave space in your luggage or consider bringing a collapsible duffel bag to use as a second checked bag if you plan to purchase a lot of souvenirs and other items.

Anticipate possible delays (or even losses) in checked baggage when packing your carry-on. Pack in your carry-on anything that you would need during your first two or three days in country, including prescription drugs, electronics like cameras and computers, and small items that are fragile, irreplaceable, or of significant monetary value. Keep your yellow fever vaccination card in your carry-on in an accessible place, since you may be asked for it at the airport upon arrival.

Remember you can buy things in country. Products, such as batteries, electronics, personal hygiene, feminine products, etc., are often more expensive in these countries and not always readily available. Simple toiletries are available but finding specific brands common in the US may be difficult.

Don't take the kitchen sink. The most consistent hindsight of returned students is “I took too much.” Be selective. No one will need all the things on the packing checklist in the Appendix. Decide what, and how much, is really essential to you. Try to get by with one large backpack and a carry-on. Keep in mind that your room with your host family will not be very large and storage space will be minimal.

A Note on Electricity
In Tanzania, the supply of electricity tends to be erratic, with frequent blackouts and occasional power surges. You will need a good surge protector if you are taking a laptop computer or any other sensitive items, and if you are using a computer you should save documents frequently.

Tanzanian electricity is 220V compared to 110V in the US. Many newer electronics are designed to work across this range of voltages and will not require a power converter. Check the item’s power cord to make sure it will work at 220V. For items that will not, you will need a converter to step up the power to 220V.

You will need one or more power adapters for Tanzania to be able to plug your items into the different-shaped outlets. The two-round prong type common in parts of Europe and the three prong type common in England are both used in Tanzania. We recommend you bring both types of adapters or a universal adapters. You may also want to bring a grounded-to-ungrounded adapter if your electronic or electrical items have grounded plugs. These adapters are available in any hardware storage and are very inexpensive. Bring these things from home because they are difficult and expensive to obtain in Arusha.

Electricity is very expensive. Host families may want students to limit their use of electronic appliances in the home.
FERPA

It is important to be aware that the Learning Abroad Center and the Office of Student Finance, in compliance with the Federal Family Education Rights and Privacy Act of 1974 (FERPA) and Regents policy, cannot share financial information with a third party (including parents, spouse, guardians, etc.) without your written permission. You can download a Student Information Release Authorization at onestop.umn.edu. Complete the form and send it to OneStop Student Services, University of Minnesota, 333 Science Teaching & Student Services, 222 Pleasant St. SE, Minneapolis, MN 55455. The Learning Abroad Center must receive a copy of a notarized Power of Attorney form in order to share any program-specific information.

Power of Attorney

We strongly encourage you to designate someone as your Power of Attorney while you are abroad. Your Power of Attorney can act as your legal representative in a number of situations. Review the information on the website at: UMabroad.umn.edu/students/policies/finances/powerofattorney.

Health & Safety

Health

The website of the Centers for Disease Control, www.cdc.gov/travel, provides extensive information and advice on immunizations and on staying healthy in your country.

Medical facilities and health conditions in Tanzania are significantly less advanced than in the US. Mental health support, in particular, is rare. Inform yourself prior to departure what precautions to take while living in Tanzania.

Long before travel, consult with a health provider specializing in travel medicine; most general practitioners lack the requisite knowledge. Do this as early as possible, since some immunization series begin many months before departure.

Following consultation with a travel health specialist, you will need a number of immunizations based on where you will travel during the program. Be sure to mention all areas within Tanzania and any neighboring countries that you plan to visit before, during, and after the program. Ensure that these are recorded in your international immunization record, a yellow card that you should keep with your passport.

A Few Additional Tips

- Avoid eating in restaurants with poor hygiene or buying food from street vendors. Assure yourself that food is well cooked.
- Avoid uncooked fruits or vegetables unless you can peel them yourself.
- Wash your hands frequently.
- Drinking tap water is not recommended in Tanzania. Drink boiled or bottled water (either carbonated or non-carbonated). Soft drinks are usually okay, but beware of juices that may be diluted with water.
- Ice is as unsafe as water. Never add it to drinks unless it has been made from boiled or bottled water.
- If you travel to high altitudes, avoid intense exercise until you have adapted. Drink lots of liquids and eat lots of carbohydrates. Monitor any symptoms of altitude sickness, which can include headaches and nausea.

Medication Overseas

Keep in mind that it is illegal to ship medication overseas, and any packages that are held at customs abroad will require payment of a high import tax before they are released. Bring all necessary medication (including such items as birth control) with you to your study abroad site.

Malaria Prevention

Malaria is a very serious illness. Your travel health specialist will recommend that you take a prophylactic (preventive) drug for malaria, possibly beginning before you are scheduled to arrive in country. It is essential that you purchase and take the necessary medication. Without medication you will become very ill very quickly and may need hospitalization. While the medication cannot prevent you from contracting malaria, it significantly reduces the symptoms, allows you time to seek medical attention at a clinic in country, and facilitates a speedy recovery.

Atovaquone-proguanil, doxycycline, or mefloquine are all effective malaria prophylactics in Tanzania; chloroquine is NOT effective in Tanzania. Your travel clinic will help you decide which medication is right for you. Speak with your US health care specialist about possible side effects and alternative anti-malarials if a change needs to be made overseas. Not all overseas physicians are aware of the different types of medications available so inform yourself before you leave. Should you experience side effects once overseas, speak with the on-site staff about possible alternative medications.

Students in the past have inquired about purchasing medication in country against malaria. In order to be protected, you must take the medication prior to your departure. Exposure to malaria-carrying mosquitoes could occur as soon as you arrive in country, and it is difficult to arrange clinic visits immediately upon arrival. Clinic visits
are quite time-consuming, and medication in country can be unreliable. If you determine that your country-specific conditions require medication, purchase and take your medication while in the US.

Insect repellent with at least 21% DEET will additionally help ward against malaria-carrying mosquitoes. 3M’s Ultrathon, which contains 30% DEET, has been recommended by health professionals. You should use insect repellent both during the day and especially at dusk and in the evenings.

**Rabies Vaccination**

Rabies vaccination is recommended but not required prior to departure. Although it is highly unlikely that you will encounter an infected animal, it is an added precaution to be protected prior to your arrival in Tanzania and will simplify medical treatment in country.

**Safety in Tanzania**

The Learning Abroad Center forwards all relevant new or revised State Department travel advisory bulletins to the in-country staff, who share them with students. Read them carefully. The most recent travel information for every country of the world is also posted at [www.travel.state.gov](http://www.travel.state.gov). The on-site staff also keep in touch with the US Embassy in times of political unrest or natural disasters such as floods or earthquakes.

Petty crime is not uncommon in Tanzania, especially in Arusha or larger cities. You should be especially cautious of pickpockets in crowded areas such as buses and markets by keeping a low profile and not unnecessarily displaying valuable items like phones and cameras suggested. Non-essential valuables (expensive jewelry, items with a great deal of sentimental value, etc.) are best left at home in the US. Klub Afriko has a safe where you can store your passport when not using it, extra cash, and so on.

You should walk with at least one other program participant or member of your host family to and from your host family. See the transportation section below for safety tips regarding taxis and local transportation options.

Streets are often unlit and very uneven, especially in homestay areas. You may want to carry a small pocket-size flashlight for navigating the streets in the evening.

**Sexual Harassment & Sexual Assault**

Do not tolerate behavior that feels threatening or disrespectful. When in any doubt, consult with an on-site staff or faculty member with whom you feel comfortable. Report any incidents of sexual harassment or sexual assault to on-site staff immediately.

**Health Insurance**

All students enrolled at the University of Minnesota are required to have US health insurance. This includes students registered for education abroad. For more details and specific process information for students with University of Minnesota Student Health Insurance through the Student Health Benefits Office, visit the Learning Abroad Center’s US Insurance webpage: [UMabroad.umn.edu/students/healthsafety/intlhealthinsurance/ushealthinsurancerequirement](http://UMabroad.umn.edu/students/healthsafety/intlhealthinsurance/ushealthinsurancerequirement).

In addition to your US health insurance, the University has contracted with Cultural Insurance Services International (CISI) to provide comprehensive international travel, health, and security insurance. This coverage is mandatory for all students and included in the program fee. You are covered by CISI only for the dates of the program. If you plan to travel before or after your program you should extend your CISI coverage or purchase your own insurance.

CISI does not include any preventive care, and individuals are advised to consult their medical providers for any check-ups or preventive care prior to departure.

Your CISI card and insurance policy will be emailed directly to you. Carry the card with you at all times. If you have any questions or need additional information about CISI, visit the Learning Abroad Center’s insurance webpage: [UMabroad.umn.edu/students/healthsafety/intlhealthinsurance](http://UMabroad.umn.edu/students/healthsafety/intlhealthinsurance).

**Coordinated Flight**

Participants will receive flight information and booking instructions from Village Travel, which handles flight arrangements for the Learning Abroad Center. Students from the Twin Cities area fly in a group; students from elsewhere join that group in either a US or a European hub. Coordinated flight information will be available in late April. Visit Village Travel’s website at [www.villageinc.com](http://www.villageinc.com) for flight details.

If for any reason you choose not to book your flights through Village Travel, you must provide the Learning Abroad Center with a copy of your itinerary. You will also be responsible for the cost of your individual airport pickup (about $65).

**Staying after the Program**

If you intend to stay in Tanzania after the program ends, you are responsible for your own housing and your transportation to the airport when you depart. It is not acceptable to remain in your homestay after the program. In all cases, you must pay for any lodging after the program ends.

For students departing on the official coordinated flight on the program end date, the on-site staff can help arrange transportation to the airport for you, but it will be at your own expense.
Practical & Program Information

Homestay Families

Life with a Tanzanian family can be a wonderful adventure if both parties understand and adapt to cultural differences. The homestay is an important venue for practicing Swahili and for gaining insights into Tanzanian culture. On-site staff will outline your rights and responsibilities in the homestay. Remember that for the most part you are expected to adapt to the family, not the family to you. The families are told that overall your presence should not lead them to change their customs, operating rules, or food.

Homestay Conditions

In terms of physical living conditions, all homestays are expected to meet the following:

- The location should be relatively safe and as close as feasible to the program site.
- The home should be clean and orderly and offer adequate study space for the student.
- The home should have at least one bathroom, which should meet basic standards of sanitation.
- The family should be able to offer an adequate diet, quantitatively as well as qualitatively, with food handling that meets reasonable standards of hygiene.
- The kitchen should have at least a stove and a refrigerator.
- Adequate quantities of boiled or bottled water should always be available for the student’s use.

Housing Considerations

Homestays are an integral component of the in-country learning experience. All students live and share most meals with a host family, although during the first several days of orientation you will be housed at Klub Afriko.

A typical home in Tanzania is small but very clean, of concrete block construction and with a main living area, kitchen, bathroom, and 1-3 bedrooms. Most yards are gated for security. Most families have a TV and DVD player and often watch television together in the evening. Your house may or may not have running water. Clean water will always be available for drinking, cooking, and washing, but you will likely take “bucket showers.” This consists of using a cup to pour water from a larger bucket over yourself to wash. It may take some getting used to at first, but students report that they soon adjust and feel just as clean as they would after taking a shower in running water. All homes have electricity, but power outages are frequent.

A typical room with a host family is very basic with a bed, mosquito net, small desk, chair, and minimal space for storage.

Students take breakfast and the evening meal with their host families during the week and all three meals on weekends. Lunch is provided at Klub Afriko on class days. Although you generally will be expected to eat the same food as your family, the program staff does ask the families to accommodate the dietary needs of students who are specific dietary preferences (vegetarian, vegan, etc.) or food allergies. Many students who are vegetarians in the US decide instead to relax their standards during their time in Tanzania in order to minimize the inconvenience to non-vegetarian host families.

Students report that the homestays are among the richest and most challenging dimensions of study abroad. You will find that a tremendous amount of your language and cultural learning takes place while you are at home. Students constantly bring insights gained from their families into the academic program, and, similarly, the classroom learning helps provide tools for a successful homestay. The program places students with a variety of families in terms of family size, profession, ethnic background, etc. Not only do students speak in class about the differences among their families, but they also drop in on fellow program participants in their homes. Think of each visit as an important learning experience.

Homestay Placement Process

Families host students for a variety of reasons. They are genuinely interested in the cross-cultural experience. Some may hope to practice their English. All welcome the small income supplement that the homestays represent.

The in-country staff strives to match students with families that meet many of the characteristics as possible that students have requested on their forms. It is often not possible to find a family that meets all the criteria a student has listed.

The Learning Abroad Center typically receives basic information about your homestay family (name and address) approximately one week prior to the program start date, and we will send the information to your University of Minnesota email account. Last-minute changes occasionally occur.

Tips for a Successful Homestay

The in-country staff seek families eager to incorporate US students into their lives. Host families are generally warm and welcoming and will want their students to participate in social events with friends and extended family. When you are placed with a family, you will probably get more than the family itself. You will get a wide range of friends, not to mention information, coaching, advice, and endless opportunities to practice your Swahili language skills. If you and the family are both willing to throw yourselves into making the experience a rich one, you are likely to look back on your homestay as a highlight of your time in Tanzania.
A successful homestay requires consideration and cultural sensitivity. At times your cross-cultural skills and insights will be stretched to the limit. The in-country staff will provide initial support and information during orientation and ongoing coaching to create a smooth linkage between you and your host family. Staff are always available to assist and sort out cultural adjustment problems as they arise. Host families have often hosted many US and European students in the past so they may have some experience with cross-cultural issues and US norms and expectations.

The notion of private space and time is not as common in Tanzania as in the US. You will need to strike a balance between spending time with your host family and having time to yourself in your room. Spending all your time at home in your room may be viewed as rude and may cause your host family to wonder if you are sick or unhappy.

You will find your homestay parents and siblings very concerned for your well-being. They will be good sources of information and advice about negotiating the transportation system, safety precautions, etc. At the same time, their concern might occasionally seem to border on over-protectiveness, especially if you are a woman. Host families typically expect students to be in after dark for safety reasons. Since Arusha is near the equator, light and dark hours are fairly evenly divided, and people live much more by the sun’s patterns than in the US. When the sun goes down, for example, many families begin cooking, then eat dinner, spend some time watching TV or playing games, and then go to bed. People typically rise very early. If you want to go into Arusha for the evening, they may arrange for a family member, relative, or friend to go with you. This will undoubtedly differ from your social life back home and may feel somewhat restrictive. Understand that the family is not trying to control you but to ensure your safety in a place and culture unfamiliar to you.

The on-site staff encourages students to do laundry with the host family. Since dryers are infrequent, have sufficient undergarments for the delay in receiving your items back.

When you leave the house, let the family know where you expect to be and approximately what time you plan to return. Never stay overnight elsewhere without first notifying your family.

In case of minor illnesses, your family will help you seek medical attention. In the case of more serious problems, you and your family are expected to notify the on-site staff immediately in order to coordinate the best possible treatment.

Most families are conservative about relations between men and women. You are not allowed to have overnight guests of the opposite sex or to receive visitors in a closed bedroom.

Be judicious in your use of alcohol. Your host family will disapprove of substance abuse, and drunkenness could irreparably damage your relations with people who are important to you.

It is important not to abuse hospitality. Remember to ask the family for permission to bring friends, and be ready to cover extra expenses when inviting them.

Keep your room very neat and tidy and be respectful of the common spaces in the house. Since you are a guest in the home, your bedroom should be kept in a manner that shows your respect and appreciation. The notion of personal and private space may be quite different compared to what you are accustomed to in the US, and your room in your host family is not the same as having your own room back home. Do not leave your clothes strewn on the floor or leave personal belongings around the house. Do not put your shoes on furniture, including your own bed. Unfortunately, US students are often viewed as messy and disrespectful. Do your part to correct this image. Personal hygiene is also very important. You are a guest in their home and should present yourself with respect and cleanliness.

If you have questions about your homestay experience, speak to the on-site staff. As in the US, it is not acceptable for you to be asked, for example, to assist with caring for a host family member on a daily basis, be exposed to drunken or rude behavior, or tolerate any sexual advances. Although it is extremely rare for a host family experience to involve any of these, speak to the on-site staff if you have any concerns.

Before you leave for Tanzania, it may be difficult to imagine the depth of the bonds that can develop between you and your host families. There is a special magic to friendships that cross deep cultural boundaries, and you may find the relationship with your family to be quite unlike other relationships you have experienced.

As your life becomes filled with the US hectic pace following your return, however, it can be all too easy not to take the time to keep in touch. An occasional letter, postcard, or email from you means a great deal to a family for whom you are as unforgettable as they for you. Take a few moments to write from time to time. Keep in mind, however, that host families should not be expected to host you after your study abroad experience or on future visits.

Students often bring a gift to their host family as a small thank you for their hospitality. Since you may not know much about your host family prior to departure, we encourage you to bring generic gifts that can be used by an entire family rather than individual gifts. Past students have recommended items from or about your hometown, state, or university such as a book, calendar, magnets, or keychains. Another option is candy, sweets, or foods, especially those unique to or made in your hometown or state.

Diversity & Tanzania

Race & Ethnicity

Race can influence students’ perspectives on their host country. Students of color often learn a great deal about
their identity as a US citizen through an experience in a foreign country, and they sometimes find the new cultural context quite liberating. On the other hand, they occasionally encounter new forms of prejudice and discrimination. It is important that participants of all races avoid projecting American assumptions and attitudes about race onto the host culture. For example, definitions of racial categories, if they exist at all, may be very different from those in the US.

It is difficult to generalize about the overt and covert levels of racism that may or may not exist in any given culture, or to predict what a particular student’s personal experience will be. It can be said that any experience abroad will be a combination of circumstances, attitude, and coping skills.

Students going to a location related to their ethnic heritage—for example, an African-American student to Tanzania—might wish to examine critically their expectations in advance. If part of your reason for enrolling in this program is to explore your own identity, be careful not to romanticize what you might find. Students often discover that local people perceive them much more in terms of their American identity than their racial or ethnic background. You may gain rich insights into your roots, but do not expect members of the host society to treat you as a returning brother or sister.

Gender

Gender roles tend to be quite rigidly defined in Tanzania, especially in rural areas, compared to the US. You may find that people respond quite differently to you depending on whether you are male or female. You may also observe a strongly gender-based division of labor in your homestay family. This sometimes challenges students’ cross-cultural understanding and skills. As in other areas, try to understand what is going on rather than to judge. It is all right to gently test the limits of gender roles—for example, if you are male to see what happens when you offer a couple of times to help with the dishes in your homestay, or if you are female to try to be more assertive than you observe among female colleagues in your agency—and be sensitive to the feedback you receive. Another thing that American students often find shocking about Tanzanian culture is the existence of “house girls.” These are young women, often cousins or extended family members, who act as live-in help for the family. Although this may be an uncomfortable experience for American students, it is simply part of the Tanzanian culture. Above all, resist any temptation to launch a one-person crusade to change things. For example, even if you feel that your homestay mother and sisters are “oppressed,” you will not be able to “liberate” them, and any attempt to do so could irreparably harm your relations with your family.

Women may experience “cat calls” and other forms of gender harassment while overseas. Be prepared in advance for this possibility and consider the following coping strategies: Look straight ahead and keep walking; walk with a purpose and do not appear to be wandering without aim, walk quickly and with confidence; say “no” or “no, thank you” with conviction; consider wearing local attire to help you blend in. Develop a tough skin and do not take the matter personally; avoid walking alone or at night. It is also a good idea to get to know someone fairly well before giving them your phone number, since unfortunately some people may have ulterior motives for getting to know you.

Sexual Orientation

Attitudes toward sexuality are very traditional. People are generally intolerant of different sexual preferences. Homosexual acts are currently illegal in Tanzania and carry a penalty of up to life in prison. These attitudes and laws mean that Tanzania is not a safe place to be “out.” Although it can be challenging to suppress or hide this part of your identity while abroad, Tanzania is simply not a safe place to express this part of your identity.

Consult with the Learning Abroad Center staff for more information on gay, lesbian, bisexual, and transgender issues if you have any questions. There are also resources available on the LAC website at UMabroad.umn.edu/students/identity/gbt.

For additional resources, you can also contact the Office for Equity and Diversity at http://diversity.umn.edu.

Disabilities

In-country staff members are more than willing to help locate personal assistance or arrange testing accommodations as needed, so long as they learn early enough of your needs. If you will need any kind of accommodation while in Tanzania, you must work with the Disability Resource Center and submit an Accommodation Request Form as early as possible.

The level of physical accessibility is very poor. For example, wheelchair-accessible transportation is virtually non-existent and elevators are very rare in Arusha and the surrounding communities. Sidewalks, where they do exist, are often broken and filled with potholes. On the other hand, local people tend to be very supportive and will often assist you in gaining access to public transportation or buildings. It is important to consider your comfort level in asking for access assistance while abroad. For more information on access and available accommodations, contact the Learning Abroad Center.
Academics

Program Overview
All participants will take two courses:

• TANZ 3005 Public Health in Tanzania (3 cr)
• TANZ 3006 Medicine in Tanzania (3 cr)

Global Identity: Connecting Your International Experience to Your Future
This optional, one-credit course will provide opportunities for you to “make meaning” of your learning abroad experience and prepare you to communicate your intercultural competence to future employers, graduate schools, or law schools. As global connectivity becomes increasingly important, you are asked to think beyond the borders of your own perception and better understand the world based on the new ideas and experiences to which you are exposed. Your ability to work in a multi-cultural setting and to succeed in different cultural contexts is vital to your future. This course will help you apply these skills to your post-graduation plans.

Textbooks
Texts and readings will be available for purchase in Arusha or provided to you in class.

Language of Instruction
All instruction is in English.

Hours of Student Effort
University of Minnesota policy specifies that each semester credit should reflect approximately 15 instructional contact hours of 60 minutes and twice that amount for out-of-classroom assignments. The policy also notes that certain kinds of courses with a strong experiential component—including field seminars, internships, and research projects—may involve fewer classroom contact hours than this and greater out-of-classroom hours.

Study Abroad in Tanzania courses conform to these standards. Instructional contact hours includes didactic instruction during field trips. Out-of-classroom hours of student effort are achieved through reading assignments, assignments, group work, excursions, and cultural contact with host families and program-sponsored activities.

Grades & Credit
All courses must be taken for A/F credit. The Study Abroad in Tanzania program does not permit S/N (pass/fail) registration. The University of Minnesota's A/F grading scale includes grades of A, A-, B+, B, B-, C+, C, C-, D+, D, and F.

All program coursework is posted on a University of Minnesota transcript approximately eight weeks after the end of the program. For non-University of Minnesota students, the Learning Abroad Center sends a transcript of work completed on the program to the address the student has specified on the Transcript Release Form. Verify that this address is the correct one. Non-University of Minnesota students can order additional copies for a charge directly from the University of Minnesota's transcript office at: www.onestop.umn.edu/onestop/grades.html.

Using Credit for Specific Purposes
Regardless of whether or not you are a University of Minnesota student, obtaining credit is one thing, and getting that credit accepted toward an academic major or minor is another.

Many students wish to use one or more of their courses for such purposes. Students are often able to negotiate one or more of these courses toward an appropriate major on the home campus. This will likely require documentation—one of the reasons it is so important to hold onto syllabi, graded assignments, etc. For more information, see UMabroad.umn.edu/students/academics/requirements.

Incompletes
The Study Abroad in Tanzania program does not grant incompletes or allow students to opt out of a particular course. All coursework must be handed in by the end of the program. Rare exceptions can be requested in cases such as serious health problems or family emergencies. These exceptions must be approved in advance by the on-site director.

Academic Rigor
Students will need to learn to function simultaneously in two cultural contexts. Local time as experienced in the village or the family may be more fluid and informal than we are used to in the US. It is important to learn to flow with local time; it is equally important to retain enough structure and self-discipline in the academic part of life to avoid getting behind on assignments. Students who fail to attend class or who miss community engagement hours without prior permission from the on-site director will be dismissed from the program.

Student Grievances
Academic grievances are complaints brought by students regarding the provision of education and academic support services affecting their role as students. For grievances concerning University of Minnesota Learning Abroad Center or affiliated programs offered through the Learning Abroad Center, students should make inquiries and appeals to the appropriate University officials, in the following order: the program representative in the Learning Abroad Center, the Director of the Learning Abroad Center, the Student Dispute Resolution Center, and the Office of the General Counsel. For complaints concerning non-University of Minnesota programs, students should make appeals to the program sponsor.
Coming Home

The Re-Entry Experience

The following tend to be among the biggest issues:

- **Poverty and affluence:** Students catch many glimpses of the meaning of real poverty. You will gain a new perspective on resource use as you observe the austerity of most people’s lives in your host country. Everything is used until it is worn out, then re-used by someone else who is still poorer. Your host family may discourage you from showering more than a minute or two per day in order to conserve water, or from reading late at night because of the energy that a light bulb consumes. Things you have always taken for granted may come to seem unimaginable luxuries. Then, when you return home, you may experience a profound sense of resentment at over-consumption and waste in the US. People in the US may seem to have far too much, and their dissatisfaction about still not having enough may seem incomprehensible.

- **US influence:** Living in another country, especially a poorer one, affords many opportunities to observe the economic, political, and cultural roles the US and its corporations play on the global stage. Especially when viewed from the perspective of the poor in your host country, those roles may seem less than constructive. Upon return to the US, you may feel resentful that such issues trouble your friends and family members so much less than you think they should.

- **Ignorance and distortion:** You may find yourself intensely resentful of the US media. Coverage of the rest of the world, when it exists at all, may seem shallow and ethnocentric, and the depths of American ignorance may appall you. Remember, though, that you were probably almost equally ignorant of your future host country a year ago.

- **Social justice:** The inequalities of Tanzania probably hit you daily throughout your experience. Now, upon return, you will likely be more attuned to see the inequalities in our own society. You will find yourself asking why so rich a country should have the most inequitable distribution of income and wealth anywhere in the industrialized world, and you may find it strange that others here can be so oblivious to injustice.

- **Values and pace:** The study abroad experience leads many students to re-examine their own values and lifestyle. Although the slow pace of life in Tanzania may have been frustrating initially, you finally did learn how to just “be,” rather than always needing to “do.” Now the hectic pace of US life may well feel disconcerting, even offensive. US society may seem obsessed with productivity, leaving little time for cultivating the human relationships you have found central to Tanzanian culture.

Program Logistics

On-Site Staff

The on-site staff work closely as a team to manage the program and maintain frequent email communication with the Learning Abroad Center. Several staff manage different components of the academic program while additional staff are in charge of homestays, meals, transportation, and other logistics.

If you have questions about your courses, you can speak with Dina Matthews or the course instructor.

Facilities

The program center facilities include classroom space, offices, a small kitchen, and outdoor gathering area for tea breaks. Wireless internet access is available at the center and printing is available for a small fee.

Living in Tanzania

Arrival

Students arriving on the coordinated flights will be met at the airport. If for any reason you will not be arriving as planned, contact the Learning Abroad Center.

When you will arrive at the airport you will need to pass through the immigration checkpoint. There will be a wall on the far side of the room with a sign saying “VISAS.” You should NOT enter this line since you should already have your visa in your passport. Go to the immigration lines on your left where you will present your passport and visa and do fingerprint scans before proceeding to the luggage claim area. After you pick up your luggage, you will pass through the customs area, which is often unattended. You may, however, be asked to show your yellow fever vaccination card.

Beyond the customs area is the arrival area where you will see many drivers and tour operators with signs waiting to meet clients. A program staff person will be waiting for you and will drive you to the center about 45 minutes away. There are minimal facilities at Kilimanjaro airport and most shops and offices are closed in the evening when flights typically arrive.

You will likely not be able to call home upon your arrival unless you bring a laptop and call home via a Skype, Google Chat, or similar service. Klub Afriko does have free WiFi, so if you want to contact your family upon arrival, plan to use Skype or online chat. Telephones are not readily available, you will be exhausted, and orientation will begin quickly. Let your friends and family know that it will take several days for them to hear from you, and you are likely to contact them via email. The on-site staff will notify the Learning Abroad Center.
if a student does not arrive, and we will call the student’s emergency contact, as needed. Remind friends and family members not to contact the on-site staff directly. All contact should be through the Learning Abroad Center.

Orientation in Country
In Tanzania, you will stay as a group at Klub Afriko during the orientation phase, which will last about four days. This gives you some time to recover from the trip and to begin acquainting yourselves with each other. You will move to your host family placement after orientation.

The orientation covers a wide variety of topics including the academic program and its courses; expectations of staff, faculty, and students; cultural differences; homestays; health and safety; local transportation, communication systems; and other practical matters. It will also include a tour of Arusha town and a visit to Arusha National Park. An orientation and program schedule, as well as a handout for emergency needs, will be provided upon arrival.

Communication
You will communicate with their friends and family members in the US through various means.

Computers
Computers are not available at the center. Past students have recommended bringing a laptop. Wireless access is available at the center although it may not be as fast as you are used to at home, and frequent power outages may interrupt your access. Your host family will not have wireless internet.

Staying in touch with friends and family back home is important, but make sure you aren’t spending all your free time emailing and chatting or on Facebook rather than connecting with Tanzanians and learning about the local culture. Past students have looked back on their experience in Tanzania with regret because they spent too much time at the computer instead of interacting with the people around them.

Phones
All students are required to purchase a cell phone with a Tanzanian number. This is not only a good safety precaution, it also facilitates communication between you, your host families, and program staff. During the orientation the first week in Tanzania, the staff will assist you with selecting and obtaining a cell phone. In Tanzania, cell phones are on a pay-as-you-go system. Incoming calls are free, but you will need to purchase minutes for outgoing calls. The cost of a cell phone is included in the program's budget estimate but not the actual program fee. The minutes that you purchase are not included in the estimate because phone use varies widely from student to student. Past students recommend getting a phone that has a built-in flashlight.

Mail
All mail should be sent directly to the address listed at the beginning of this handbook. We recommend that valuable items not be sent to Tanzania because they are often stolen from letters or packages. You may also be asked to pay to have your package released to you. Any important documents should be sent via a reliable, trackable shipping method such as FedEx or DHL.

Consult with on-site staff about the most reliable shipping methods from Tanzania.

Money Matters
Cash
The currency in Tanzania is the Tanzanian schilling, or shilingi. As of April 2015, one (1) USD equals about 1,900 schillings. The exchange rate changes often, so check online before you depart and frequently while in Tanzania. Bills come in denominations of 500; 1,000; 2,000; 5,000; and 10,000. New bills with different designs and sizes were introduced in 2011, but you may find the old versions still in circulation because they are still accepted. Coins are less commonly used. 200, 100, 50 and 25 schilling coins are available.

Dollars are commonly accepted at hotels, tourist sites, and some shops. You may receive a lower exchange rate for single US dollar bills compared to higher denominations.

It is often difficult to get change for larger denomination bills, so try to pay with the smallest bill possible and keep small denomination bills on hand. Badly damaged bills of any kind may be refused, so use caution before accepting them as change.

A debit or check cards is the best way to access your money while in Tanzania. Many ATMs are available in Arusha. Make sure you know your four-digit numerical PIN and notify your bank prior to departing the US that you will be using your card abroad. If you fail to inform your bank, they may assume that your card has been stolen and freeze your account. Be sure to ask about ATM and foreign conversion fees charged by your bank. We also recommend that you (discreetly) take out larger amounts of cash at once, then store what you don’t need for daily use in a safe place at home or in the safe at Klub Afriko.

We recommend you bring $100–200 in US cash in case you have any problem using your ATM card.

Credit Cards
In addition to a debit/credit card, you should also bring a major credit card in your name. VISA and MasterCard are the most commonly accepted. American Express, Diners Club, and others may also be accepted at some locations. Inform your bank in advance of your travel to facilitate international use and find out about any international fees. Credit card advances are rather easily accessible, but there are fees to consider, and you will need to know your PIN. Credit card

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cash advances accrue interest from the moment you take them, even if you pay off your card monthly and do not have
to pay interest on purchases. Getting cash from a debit/check card linked to your checking account is a much better option.

Although many establishments oriented to tourists or the Tanzanian middle and upper classes accept credit cards, do
not expect to use one for purchases as routinely as you might in the US. Street markets and budget hotels, restaurants, and
shops typically do not accept credit cards. Make arrangements for someone to pay your credit card bill in the US while you
are abroad or set up autopay that you can track online.

Other Options
Wiring money can be costly and chancy. Traveler's checks are not recommended since they may be very difficult to cash and
places that do accept them frequently charge a service fee.

Financial Planning
Consult the program budget sheets on the Study Abroad in Tanzania website for recommended spending amounts and
plan to bring the appropriate amount. Review travel guides, such as Lonely Planet, for estimated daily expenses.

Two daily meals (breakfast and dinner) during the week and all three meals on the weekend are provided by your host
family. Lunch during the week is provided at Klub Afriko. You will need to budget for additional expenses like local
transportation, travel, phone minutes, essentials such as toiletries, and other miscellaneous items.

Personal spending habits vary too greatly to predict exactly how much it will cost you to live in your country during
the program, and the amount you spend will depend on your lifestyle and your own objectives. The big variables are
optional activities such as nights out, shopping, gifts, and especially recreational travel. You should budget accordingly.

In the past, many students have found that they spent much more money than they had anticipated. When asked what
they spent it on, however, most have said travel.

Transportation
Host families are located close to the center where classes are taught, and most students choose to walk (20–30 minutes)
or take an inexpensive local minibus or minivan called a dalla dalla. Your host family can assist you with navigating
local transportation the first few times. You will be provided with a list of reliable taxis when you arrive. We recommend
using these taxis in the evening and night. Avoid using dalla dallas on the busy and often dangerous Arusha-Moshi Road
and at night.

Larger direct buses, some with toilets and AC, are available for major routes and smaller, less well-equipped buses serve
smaller cities and towns.

Kilimanjaro (JRO) airport has flights to several other locations in Tanzania and East Africa through a variety of small regional airlines.

Climate
Arusha is located in the mountains, so the elevation alleviates some of the heat and humidity you would expect in Eastern
Africa. It can get quite warm during the day and cold at night, so pack for a range of temperatures.

Being near the equator, Tanzania experiences only slight seasonal variations in temperature, but it does have wet and
dry seasons. The long, heavier rainy season lasts from late March through late May, and the short, lighter rainy season
is during the months of November and December when it rains nearly daily but only for a short time. The average
temperatures (in Fahrenheit) are as follows:

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Conclusion
Studying abroad is likely to prove to be one of the most profound learning experiences of your life. It will not
always be easy and it will certainly put you outside of your comfort zone at times, but if you are willing to approach
the experience with an open mind, flexibility, patience, and eagerness to learn, you will be forever changed. Program staff
and faculty will do everything in their power to help you achieve your goals for your time abroad, but ultimately it is
you who will make the experience what it is.
Cultural Adjustment

The On-Site Experience

What happens when you suddenly lose clues and symbols that orient you to situations in everyday life? What happens when facial expressions, gestures, and words are unfamiliar? The psychological discomfort and adjustment period in a foreign country is commonly known as culture shock or cultural adjustment.

You will almost certainly experience some form of culture shock. It might hit you after two days, two weeks, or two months—timing varies widely for different people. Six common phases of cultural adjustment are listed below. These may be out of order for you, one phase may last longer than another, or you may skip a step entirely.

Initial Fascination: On arrival your surroundings seem glamorous and exotic, you feel like the focus of attention and activity.

Initial Culture Shock: The initial fascination and euphoria fade as you settle in and you enter an emotional decline.

Surface Adjustment: After the initial "down" (a few days to a few weeks for most), you begin to truly adjust and settle into your surroundings. Language skills begin to improve, and you'll feel less fatigued. Often you'll be forming a small group of friends at this stage as well.

Feelings of Isolation: Difficulties in your new culture seem to stubbornly remain and you grow frustrated with the process.

Integration/Acceptance: After continued effort you find yourself more at ease with language, friends, professional, and academic interests. The culture you are living in is more easily examined. Differences between yourself and the society you live in become understandable and you come to accept both the situation and yourself in it, allowing you to relax and feel at home.

Return Anxiety: Just when you feel at home in the new country it's time to go. Thoughts of leaving new friends raise anxiety similar to those felt before departure. You sense that you've changed as a person and apprehension grows when you think about people at home that may not understand your new feelings and insights, yet you may feel guilty for wanting to stay.

When in any of the above phases you may experience: changes in sleeping habits, feelings of helplessness or hopelessness, loneliness, depression, unexplainable crying, placing blame for difficulties on the program or host culture, homesickness, getting angry easily, increase in physical ailments or pain, compulsive eating, or lack of appetite.

Other symptoms may manifest themselves as well. It is important to understand these are part of a normal process of adjustment, however, if uncomfortable feelings persist for extended periods or seem unbearable, seek assistance from your program's on-site support staff.

A sense of isolation sets in. Boredom and a lack of motivation often follow. Unresolved personal issues often surface during this stage.

Cultural Adjustment Curve

Adjusted from Oberg (1960) and Gallahorn (1963)
Appendix

Packing Checklist

The following list should be adapted to suit your own style and priorities. You may not need all the items on the packing list; they are only suggestions.

Clothing

- Comfortable walking shoes
- 1 pair of dress shoes
- Sandals, and/or flip flops
- 2 dress outfits
- Lots of underwear, durable bras
- Lightweight socks
- T-shirts
- Tank tops
- Skirts/dresses that extend at least to the knee
- 3–4 pairs of pants (jeans, khakis, etc.)
- 1–2 long-sleeve lightweight shirts
- Several short-sleeve shirts
- 1 long-sleeve warm top
- Sweat pants (light-weight)
- Shorts (hiking/sport style) for beach and sports wear
- Bathing suit
- Lightweight waterproof jacket
- Fleece jacket or lining or lightweight sweater
- Lightweight long-sleeve, long-leg pajamas
- Sun hat/cap
- Hat for chilly weather

Household/Personal Items

- Money belt containing passport, international immunization record, credit card, cash card, any dollars you are taking in cash, etc.
- 1–2 towels and washcloths
- Umbrella
- Travel alarm
- Electric adapter (needed for all items) and converter (needed for some items)
- Camera with extra batteries and memory cards
- USB cord to connect your camera to your computer
- Zip/flash drive
- Ziplock plastic baggies
- Flashlight (pocket sized) or headlamp for power outages
- 1–2 refillable water bottles
- Sewing kit, safety pins
- Music player
- Contact information of friends/family/academic contacts
- Guide book (e.g., Lonely Planet or Rough Guide)
- Pocket knife
- Photographs of friends and family, your house, your community, etc.
- Locks for luggage
- Bilingual dictionary
- Copy of passport
- Journal
- Surge protector

Health Items & Toiletries

- A full supply of prescription drugs in original bottles (in case customs needs documentation)
- First aid kit
- Insect repellent (at least 21% DEET)
- Anti-itch gel for mosquito bites
- Condoms, birth control
- Tampons (expensive or unavailable in country)
- Bladder infection medication, yeast infection medication
- Anti-diarrheal medicine
- Pepto-Bismol or similar stomach settler
- Laxatives
- Small packages of tissue or toilet paper
- Pain medicines
- Sunscreen (high SPF)
- Aloe vera gel for sunburns
- Earplugs
- Sunglasses
- Lip balm with sunscreen
- Hand sanitizer or wipes
- All contact lens materials needed for your stay
- An extra pair of glasses and a copy of your prescription
- Toiletries: soap, deodorant, shampoo, and toothpaste are all easily available in country (but take enough for first few weeks); nail clippers, toothbrush, hairbrush or comb, razor
- Granola bars or other non-perishable snacks