

dar es salaam tanzania

arts and sciences / spring 2012



cīee

program handbook

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Part I: THE CIEE PROGRAM in Dar es Salaam

Welcome to your Academic Endeavor in Tanzania!

This is a fascinating time to study in Tanzania, a country that will tantalize your senses with the diversity of its people, the variety of stunning and unique landscapes, and the endless energy of one of Africa's most exciting destinations. The city of Dar es Salaam offers the hustle and bustle of a major African city, complete with exciting public markets, an active seaport, and various multiethnic neighborhoods. While at the University of Dar es Salaam (UDSM), you will have the chance to live together with local students, gaining valuable insight into the current generation of young Tanzanians. In addition to your courses at UDSM, you will have the opportunity to explore some of the most beautiful landscapes anywhere on this planet – from the beaches of Zanzibar to the majestic slopes of Mt. Kilimanjaro.

A Short History of Modern-Day Tanzania

Formerly a German colony and later under British administration, Tanganyika gained independence from colonial rule in 1961. Modern-day Tanzania is made up of two formerly separate entities - the island of Zanzibar and the mainland of Tanganyika. Several outside powers influenced the modern-day development of Tanzania, including the Arabs, British, and Germans. The Arab influence on Tanzanian is particularly evident on Zanzibar, which is predominantly Muslim.

There are around 120 different ethnic groups in Tanzania, as well as fairly large populations of Arabs and Asian Indians. Despite this diversity, Tanzania as a whole remains reasonably well-integrated, with comparatively high levels of religious and ethnic tolerance, particularly on the mainland.

Tanzania has undergone many political and social changes since independence. In 1995, it held its first multi-party elections. In 2000, it held its second multi-party elections, and President William Benjamin Mkapa was elected for the second time. In 2005 elections, Jakaya Mrisho Kikwete, the former Foreign Minister, was elected president. Modern-day Tanzania is becoming increasingly urbanized and is experiencing significant economic stress.

Dar es Salaam – the town

Dar es Salaam (Haven of Peace) is home to nearly three million people (roughly 10% of the country's total population), and is Tanzania's major city and economic capital. A steady supply of foreign investment and tourism has helped keep the poverty levels in Dar lower than in other parts of the country. What was once just a small fishing village is now the largest city in Tanzania and a center of business, commerce, and culture. Despite its size, Dar is still a down-to-earth, manageable place, with a thriving seaport, a diverse mix of African, Arabic, and Indian influence, and close ties to its Swahili roots. Some 50% of Dar residents are Muslim, with the other half a mixture of Christians and other religious groups.

Tip! Read as much as you can before departing for Tanzania. Be prepared to arrive in Dar es Salaam with an open mind, ready to take in new and different perspectives.

The University of Dar es Salaam

The University of Dar es Salaam (UDSM) opened in 1970 after the East African Authority decided to split the University of East Africa into three separate universities for Tanzania, Kenya, and Uganda. Located approximately 13 km from the city center, the campus occupies more than 1,600 acres. There are approximately 18,000 students enrolled at the main campus, including about 160 international students (60 from the U.S.). UDSM is comprised of seven Schools, several Colleges and Institutes, and related Departments. The University has a wide range of traditional offerings similar to undergraduate programs at U.S. colleges and universities.

The CIEE Program at the University of Dar es Salaam

Overall Program Goals

The goals of the Arts and Sciences program are for students to gain an understanding of contemporary Tanzania; to understand Tanzania's role in East Africa; and to explore diverse African perspectives through classes taught by UDSM professors and living in residence halls shared with Tanzanian students. In addition to coursework, these goals are met through a variety of community engagement and field-based activities.

ACADEMIC PROGRAM

UDSM has a wide range of traditional offerings similar to undergraduate programs at U.S. colleges and universities. The program provides an opportunity for students from all academic disciplines to live and study in Tanzania, learning firsthand about the country and its people, while continuing to pursue their own academic goals in a selected number of classes for CIEE students taught by UDSM professors. These goals are achieved through integrated living with Tanzanian students and immersion into the cultural and social life of the University and the surrounding community.

Academic Culture

CIEE students are required to undertake a full program of courses, including all assignments and written examinations. Teaching methods at the University normally involve a mix of lectures, tutorials, seminars, and, in the sciences, laboratory classes. The system is geared toward the serious student who is motivated, self-sufficient, and deeply interested in the subject matter. Courses may involve three to four contact hours each week – with additional contact hours for classes which include tutorial sessions. The typical contact hours for the 3-credit CIEE elective area studies courses is 45 hours per semester.

THE CIEE Arts and Sciences program follows the American academic calendar with an additional week for orientation at the beginning of the semester. The UDSM academic calendar is a bit different from the North American calendar, with the academic year running from early October through mid-July. The first semester goes from October to February and the second from March through July. The CIEE program runs from August to December for Fall Semester and January to May for Spring semester.

Students can expect things to be a bit chaotic and slow to start at the beginning of each term. The timetable may be revised for the first few weeks before a final, conflict-free, class schedule is ironed out. Please bring your patience!

Faculty

With the exception of the CIEE Language and Culture Practicum course, all courses are taught by the faculty of the University of Dar es Salaam.

Nature of Classes

Participants take classes alongside other CIEE students only. CIEE participants are not direct-enrolling in University courses. Some classes may include other short term international students. The CIEE Kiswahili Language and Culture Practicum is for CIEE students only. The additional Kiswahili language course on the other hand is taught alongside other international students.

Local Variations on CIEE Academic Policies

This section supplements information on CIEE's general academic policies contained in Part IV.

CIEE students enroll in:

- CIEE Kiswahili Language and Culture practicum
- Kiswahili language course (semester-long)
- And typically an additional four (4) CIEE elective area studies. All courses are taught in English. Students choose from a list of pre-arranged CIEE area studies courses, including an optional for-credit internship course.

Please note that direct enrollment in UDSM courses with other Tanzanian students is not possible due to the difference/variation in the academic calendar dates.

Credits: Total recommended credit for the semester is 16 semester/24 quarter hours and for the academic year is 31 semester/46.5 quarter hours.

The Kiswahili Language and Culture Practicum has 20 contact hours and recommended credit of 1 semester/1.5 quarter hours. The Kiswahili language course has 45 contact hours and recommended credit of 3 semester/4.5 quarter hours. CIEE elective courses are typically 3 semester/4.5 quarter hours and 45 contact hours.

Grading

Most courses at UDSM utilize a continuous assessment model including written assignments, projects, research exercises, essays, and written and oral examinations. For most courses, 40% of the semester grade is determined by course assignments and assessments, while 60% is determined by the final exam. **The CIEE courses are graded on an American academic grading scale.**

Cultural Activities and Field Trips

Students have the opportunity to participate in a variety of local and regional field trips and excursions. These may include the National Museum, Kariakoo Market, Bongoyo Island Marine Reserve, Bagamoyo, Arusha, as well as national parks such as Mikumi and Ruaha, Udzungwa Mountains, and Zanzibar.

Community Engagement and Field Studies

There are numerous options for community engagement. These include UDSM student organizations such as the UDSM Education Students Association, the Students Sports Council, and the International Students Association. Additional volunteer projects may be arranged through consultation with the CIEE Resident Director and UDSM staff. Most volunteer opportunities close to the UDSM campus involve working with children in schools, orphanages, or volunteering at clinics and community health centers. CIEE students may also take an Internship for Academic Credit as one of their CIEE elective classes during the semester. Internships for credit are arranged and supervised by the Resident Director.

DEPARTURE AND ARRIVAL

What should I know before I reserve my airfare?

When it comes to purchasing your airfare, there is no sure way of knowing whether or not you got the best rate. However, there are a lot of on-line tools that can assist you. The best advice anyone can give you is to do your research before purchasing your ticket. One website is not enough and oftentimes the cheapest ticket is not the one that is right for you.

As the Tanzanian embassy **requires** a round-trip flight itinerary in order to issue a visa, **all participants, including academic year students, should purchase round-trip tickets.** We strongly suggest that you purchase a ticket with a low change fee in case you wish to change the return date should your plans change (for example if you wish to travel after your program). Academic year participants will probably end up changing their return dates, as the official program dates are not published well enough in advance.

Past participants have found great rates on non-refundable tickets with the following companies: www.sidestep.com, www.kayak.com, www.mobissimo.com, www.travelocity.com, and

www.orbitz.com. Please note that tickets purchased from these sites may have high penalties for changing the return date. Others have gotten creative when making their travel plans by purchasing their domestic tickets separately from their international tickets. It is possible that you will find a better rate at an international airport in a different part of the country. If you find a deal on a domestic flight to that city, it can potentially save you a significant amount of money.

Other participants have played around with the dates by arriving a day or two early. This is tricky because **participants who arrive early must arrange their own accommodations for the extra nights (hotel and ride from airport to hotel). Early arrivers must also make their own arrangements to meet up with the group at the orientation site.** After arranging all of this, some students find that they spend their airline savings on hotels and taxis. The key thing to remember is that you cannot arrive after the official program arrival date, even if it's going to save you a lot of money.

How do I get there?

The cost of transportation to and from the program is not included in the CIEE program fee. Students must make their own flight arrangements to arrive on the date indicated in the document titled Program Dates, Details, & Updates, which is located on your online MY CIEE account.

Those students who arrive on the program start date will be greeted at the airport by the CIEE Resident Staff. Please look for a CIEE sign when exiting customs and immigration in the International Arrivals Terminal at Dar es Salaam International Airport.

If you arrange your own transportation, you must time your arrival so you can meet the other program participants at CIEE's orientation site. Further information will be provided in the Final Details Email that will be emailed to students approximately 30 days prior to the program start date.

Discount on Airfare

As a part of your program fees you will receive an iNext travel insurance card/student ID that allows a \$15.00 discount on flights costing \$100.01 to \$249.99 and a \$25.00 discount on flights costing \$250.00 or more when you purchase your airfare through Student Universe (www.studentuniverse.com). Simply type iNext into the Promo Code text box when you finalize your

reservation. Student Universe is a travel agency that offers plane tickets at a reduced student rate. Aside from Student Universe's already discounted student fares and the iNext discount, most Student Universe tickets allow changes to the ticket for as little as \$50. If you have one of these tickets, you can make your plans to travel independently even after you have already arrived on-site. Your iNext card is valid for 365 days, and the code can be applied towards any two fares purchased while you are covered by iNext.

What happens when I arrive?

Upon arrival, you will be asked to give your address at your port-of-entry. Your exact mailing address in Tanzania will be shared with you in the Final Details email, which you can expect to receive about 30 days prior to the program start date.

After you pick up your luggage you will go through customs. Customs officials may want to verify that electronic items (computers, cell phones, iPods, etc.) are for personal use only. In Tanzania, these items are heavily taxed if imported. The customs officer may write a list of these items in your passport, and you will need to show that they are in your possession when you leave the country at the end of the program.

You will be met at the Dar es Salaam International Airport by CIEE Resident Staff; then you will travel together to the program orientation site. If you travel independently, you are responsible for arriving on time for orientation at the orientation site (again, the orientation site is disclosed in your final details email).

If you plan to arrive in Tanzania before the start of the program, please inform your CIEE Advisor (Portland, Maine office). CIEE may be able to help you with reservations at the orientation site, however please note that any extra nights will cost extra and you are responsible for paying the hotel directly. If CIEE is unable to help with your early arrival accommodations, you will be responsible for making your own early arrival accommodations (hotel, taxi, drive to orientation site). CIEE will only pay for your housing from the start of orientation.

Soon after arrival, please call your parents to let them know you had a safe flight and that everything is going well. A brief phone call will relieve them of their worries. At this time you can also pass along exact information on how they may reach you. The on-site Resident Staff will assist you with this process.

CIEE also advises that students leave their flight information with their parents prior to departure.

Orientation

All students must arrive on-site on or before the program start date. It is required that all students attend CIEE's mandatory on-site orientation. If you are delayed en route to the orientation site, you must notify CIEE as soon as you realize that you will be late.

The mandatory CIEE orientation in Dar es Salaam introduces students to the city, country, culture, and the academic program, and provides students with practical information about living in Tanzania. The orientation includes both UDSM activities and specific CIEE orientation sessions focusing on health and safety, local transportation, and survival Kiswahili. Ongoing orientation discussions and a re-entry workshop at the end of the semester are designed to help students with cross-cultural adjustment and adaptation.

CIEE Program Staff

The CIEE Resident Director supervises and administers this program. The Resident Director also assists students with academic, administrative, and day-to-day matters. Please reference the Dates, Details, Arrival Information document for up to date program staff contact information.

Housing and Meals

CIEE students live in UDSM residence halls and share double rooms with a Tanzanian student or CIEE students. Every effort is made to match CIEE students with a local Tanzanian roommate once the local students are on campus (the academic calendar for CIEE students and local student varies a bit so there may be a period where you might not have a local roommate). All residence halls are very basic in their amenities. Each room is equipped with two beds and desks and a small cabinet for clothes and storage. Bathroom facilities are shared. All residence halls have live-in staff members who have degrees in education and experience with student counseling.

Dorms have laundry rooms where students wash their clothes by hand. There are also clothes lines for drip-drying clothes. It's important to pack clothes that can withstand repeated hand-washing. While most students wash their own clothes, University workers often offer laundry services to students at reasonable rates.

As most residence halls do not have cooking facilities, students generally take all their meals in University cafeterias or local eateries. Meals are not included in the program fee and are the responsibility of the student. Students should plan to spend an additional \$1100 per semester on meals. Please see the CIEE website for estimated additional costs:

<http://www.ciee.org/study/programOverview.aspx?plD=1837#6costs>.

Internet

CIEE students use UDSM computer facilities and neighborhood Internet cafes. Very limited wireless access is sometimes available on campus; students should bring wireless-enabled laptops or netbooks. Most CIEE students purchase a wireless modem/router on site for guaranteed internet access. **Students should insure their laptops**, as CIEE is not responsible for lost or stolen personal computers. Theft of computers, digital cameras, cell-phones and electronic devices is very common. We recommend that students taking a laptop consider installing security/theft recovery software. One example of this software is Computrace LoJack for laptops, made by Absolute software. In case of theft or loss of such property, students will find it easier to process insurance claims if they have copies of receipts showing the original purchase of the items.

Part II: Before You Leave Home

PREPARE FOR YOUR EXPERIENCE

Preparing for study abroad entails a lot more than just packing a suitcase. In fact, the thought and effort you put into preparing yourself will largely determine the success of the program you are embarking upon. At CIEE, we will do everything we can to provide you with the information you require prior to departure. But there is only so much we can do, and it is important for you to recognize your own responsibilities, which include:

- Thoroughly discussing your study and travel plans with your financial aid office, study abroad office, and academic advisor.
- Reading all of the materials that CIEE has sent to you, including this handbook. Many of the questions that students ask are answered in this handbook.
- Doing additional reading about the region/country you will be visiting and the customs of the host culture. While you couldn't possibly be prepared for every new experience that awaits you, reading

about the host country will give you a base of knowledge that will serve you well in the early weeks of the program. Please refer to the Reading List at the back of this handout for required and recommended reading.

- Arriving at the program site with an open mind, a sense of adventure, and a positive attitude toward what lies ahead.

In addition to these required steps, there is a lot more we recommend you do to inform yourself before you go.

Get a Good Guidebook

Past participants recommend that you purchase a good guidebook and read a lot of it before you go. The *Lonely Planet* series is useful. Other guidebooks include the *Let's Go* and *Real/Rough Guide* series. *Insight* guides provide good background and cultural information. Pay particular attention to sections on obtaining maps and other information from tourist offices, customs of the host country, currency exchange, telephoning home, safety, transportation, and general travel advice.

Tap Other Resources

Other good ways to learn about Dar es Salaam:

- Check your college or university study abroad office for useful services and information.
- Seek out Tanzanians through cultural organizations, international student organizations, and Africa area studies departments or centers at your college or university.
- Surf the Web. Many web sites, such as www.lonelyplanet.com, offer travel information, slide shows, and tips from other travelers.
- Check libraries for detailed information and keep yourself informed of current events through the news media.

Check Travel Advisories

The U.S. government issues travel advisories and consular information for most countries. To receive updated information or advisories for Tanzania and other countries you may be traveling to, go to the following website:
<http://www.travel.state.gov/travel/warnings.html>.

You can also get this info at any of the 13 regional passport agencies, by writing and sending a self-addressed, stamped envelope to the Citizens Emergency Center, Bureau of Consular Affairs, Room 4811, N.S., U.S. Department of State, Washington, D.C., 20520.

Be Informed about Home, too

It is important that you be well informed about your own country, region, and home town. New friends and acquaintances in your host country will be just as curious about you as you are about them. Be prepared to discuss your home political system, culture, traditions, history, holidays, geography, and social structures.

Participants say...

Learn as much as you can before you come here. Be prepared for culture shock; be prepared to be independent.

ESSENTIAL DOCUMENTS

When preparing to travel and live abroad, it is essential that you obtain all the proper documents prior to your departure. CIEE cannot accept responsibility, financial or otherwise, for a student who travels without the proper documents.

Passports

A passport and visa are required of U.S. citizens for travel to Tanzania. Passports should be valid for at least six months after the intended return date from Tanzania. As a general precaution, all travelers are advised to carry a photocopy of the photo/bio information page of their passport and keep it in a location separate from the passport.

You are responsible for obtaining a passport prior to the start of the program. You must have a signed passport, valid for at least 6 months after your intended return date from Tanzania. If you do not have a passport, please apply for one immediately as the process can take several weeks or even months. If you already have a passport, be sure that it is valid for the required period. Citizens of other countries should check directly with the Tanzanian consulate regarding entry requirements.

Trap: Passport pitfalls

Under no circumstances should your passport be altered. Guard it carefully against loss or theft. Do not forget to sign your passport. Never pack your passport in luggage while traveling; it should be easily accessible at all times.

U.S. citizens applying for their first passports must apply in person at a passport agency or at one of the several thousand federal or state courts or U.S. post offices authorized to accept passport applications. Complete information can be found at the U.S. Department of State website (travel.state.gov).

Applicants must present the following materials:

- 1) A completed Passport Application Form (DS-11)

- 2) Proof of U.S. citizenship (certified birth certificate, expired passport, certificate of naturalization, or consular report of birth)
- 3) Personal identification bearing your photograph and signature, (e.g., a valid driver's license)
- 4) Two recent passport-sized photographs
- 5) A check or money order for the passport fee

Tip: Take a lost passport kit

It happens. So save yourself a major headache. Take with you two U.S.-produced passport photos, a copy of your birth certificate, and the face page of your passport. Keep this "lost passport kit" separate from your actual passport. Also leave one copy of the passport face page with your parents or guardian and give another copy to CIEE staff at the host site. Finally, make a copy of your student visa and give it to the CIEE staff on site.

Visas

A visa is an endorsement or stamp placed in your passport by a foreign government allowing you to enter and stay in that country for a specified period of time. Tanzania requires that you have a student visa prior to entering the country for their academic semester/year of study. All CIEE students are responsible for obtaining their own visa prior to leaving for Tanzania. While CIEE will provide you with the necessary documents for you to obtain your visa, you will need to apply for it on your own. For specific instructions concerning your visa application, please review the link titled *Visa Information*, which is located on your online MY CIEE checklist.

The student visa that you receive will generally be valid for multiple entries. Once in Tanzania, the CIEE resident director will assist you in applying for a residence permit.

Documents for non-U.S. Citizens

If you are not a U.S. citizen, please check with your consulate for regulations regarding your stay in Tanzania and reentry into the United States. You should call the nearest district office of the INS, the U.S. Immigration and Naturalization Service, for information on the documents necessary for you to leave and re-enter the United States.

What documents does a US permanent resident need?

Permanent residents need to apply for a Re-entry Permit, which serves as a passport while overseas. Please check with the nearest INS office for information regarding documentation and procedures for return to the United States.

What documents do I need as a stateless person?

If you do not have a country of citizenship, please contact the nearest INS office and the appropriate consulate or embassy to determine the procedures you must follow to obtain the proper travel documents and visas. In addition, be sure to check with the consulate of any country where you may be spending a night or more in transit to the country of your study program. Failure to do this may result in refusal of permission to enter that country or even to board the aircraft at the point of departure.

Immunization Records

Proof of a **yellow fever** vaccination will be required for entry into Tanzania at the airport. All program participants should receive a yellow fever vaccination prior to departing for Tanzania. The most widely recognized document to show proof that you have been vaccinated is the yellow World Health Organization booklet, International Certificate of Vaccination, which is available from most doctors and health centers. You should carry this document with your passport. Here is how the cover looks:



Since Dar es Salaam (and most of Tanzania) is in a malaria zone, **we also require our students to follow a medical regimen to prevent malaria.** For detailed information on malaria and help choosing the proper medication, please consult your physician and visit the following website:
<http://www.cdc.gov/travel/diseases/malaria/index.htm>.

In addition, participants should be sure that all routine vaccinations (such as MMR, DPT, polio, etc.) are up-to-date. Additional recommended vaccines include:

- Hepatitis A
- Hepatitis B
- Typhoid
- Rabies

Remember that vaccinations need to be planned well in advance; students should begin the process at least 2 ½ months prior to departure. **CIEE strongly suggests that you consult a tropical disease medical expert with regard to the information provided in this document and other inoculations that are not required but might be strongly recommended.**

Please note that these recommendations are based on the best available risk information at the time this handbook was written, and that this information is subject to change at any time.

Health

What health-related steps should I take before I leave?

You are required to complete a medical report in order to participate in the program; please be sure it indicates any allergies you have, in particular to medications and food. This information is confidential and has no bearing on your participation in the program. If you have a chronic illness that needs medical attention, please have your doctor write a clinical report that can be given to a specialist in Tanzania. In addition, we strongly urge you to have a complete physical and dental checkup before departing. Any required dental work should be done at home. Women should also have a checkup by a gynecologist.

What medical supplies should I take with me?

If you take prescription drugs, pack a sufficient supply with you for your time abroad. (Be sure to take these in their original packages and with the original prescription.) Students who wear glasses or contact lenses should be sure to take an extra pair as well as a copy of their prescription. If you use oral contraceptives, please take an adequate supply with you.

Pack medication for diarrhea, constipation, upset stomach, surface scratches and cuts, sore throat, coughs, or colds. Bring a supply of multivitamins, including calcium and iron (especially for women). Be sure to take medicine for any recent or chronic ailment that might recur in Tanzania. Some over-the-

counter medications may be available, but it is highly advisable that you bring extra supplies of any medications or prescriptions that you use regularly. Bring the generic names, not the brand names.

Toiletries: For both men and women, common toiletries are available in Tanzania but choice will be limited. Bring your own supply if you are particular about a brand or are on a tight budget. Bring enough sunscreen of good quality to last you for a few months. Tampons and sanitary pads are widely available in Tanzania, but are often more expensive than what you are used to paying in the U.S. If there's a health food store in your area, you might consider buying a re-usable tampon called the Keeper.

Contact Lenses: If you wear contacts, bring a sufficient supply of contact lens solution, as it is not as widely available.

What other precautions should I take?

Students should inform the Resident Staff of any existing health problems, including mental health, or any potential problems you anticipate arising throughout the course of the program. This includes allergies to any medications and any food allergies. CIEE staff will use this information to ensure that appropriate accommodations are made. Please inform the Resident Staff if you become ill during the program.

General Wellness

The following tips are offered in the hope that your participation in the program will be pleasant and free from illness.

1. Watch what you eat. While every student can expect at least one bout with diarrhea, you can take steps to reduce the frequency and severity of attacks.

- Carefully wash all raw fruits and vegetables, except those whose skins can be peeled (such as bananas).
- Avoid raw or undercooked foods.
- Drink only bottled, treated, or filtered fluids.
- Remember that ice cubes and water on the outside of a bottle or container may be contaminated. Dry all containers before opening and pouring, and wipe any surface that will come in contact with your mouth. Brushing your teeth with tap water is safe, however.

As a precaution, carry prescription anti-diarrhea medication with you at all times. Severe diarrhea can develop very quickly and, depending on where you are, you might not have immediate access to a toilet.

2. Deal with common ailments. When you first arrive in Tanzania, your body will take a while to adjust. You may experience stomach and intestinal disorders (traveler's diarrhea) during the first couple of weeks, and these may recur from time to time during your stay. Prepare yourself before departure for Tanzania by making an appointment with a tropical disease expert who can prescribe anti-diarrhea medication. Over-the-counter medications are good for minor ailments; however, in the event that you experience severe diarrhea, you will need a prescription-strength drug.

Contact the Resident Director and seek medical attention immediately if you experience any of these symptoms: a fever of 101 degrees or more, severe cramping, vomiting, blood in the stool, dehydration, or persistent symptoms (those that do not subside within 3 to 5 days).

Pay particular attention to re-hydrating yourself when traveler's diarrhea occurs, as maintaining fluid intake is important. Smart travelers carry World Health Organization Oral Re-hydration Salts (WHO ORS) packets, which can be found at stores and pharmacies in almost all developing countries. If you cannot find these packets, to restore fluid levels drink 8 ounces of the following re-hydration solution after each episode of diarrhea:

1 liter boiled or carbonated water

1/2 teaspoon salt

1/2 teaspoon baking soda

4 tablespoons sugar

3. Be aware of the sun. Take care in the tropical sun. Students should be especially aware walking long distances during the hottest times of the day. Bring enough sunscreen of good quality to last you for a few months. Wear sunglasses and use sunscreen during exposure. Drink plenty of water and consume adequate amounts of salt to help avoid heatstroke.

4. Treat minor cuts. In the tropics, bacteria breed quickly. Minor cuts can turn into bad infections if not cared for promptly with an antibiotic cream or iodine. Keep your clothes, towels, undergarments, and shoes dry to prevent fungal growth.

5. Don't swim or walk barefoot in streams, lakes, or rivers. This is to avoid the parasites that might live in such water.

6. Stay active. Sports and exercise can provide a well-needed release from the stress of class and culture shock.

Malaria

Malaria is endemic in Tanzania. Unless malaria prophylactics are taken faithfully as prescribed, there is a significant risk of contracting a serious or fatal disease. Consequently, **CIEE will not accept you or retain you on the program if you do not agree to take anti-malaria medication as prescribed.** The only exception to this rule is if you produce a statement from your doctor prior to the commencement of this program recommending that you not take a malaria prophylactic due to medical reasons. Students are required to sign a form acknowledging this warning and agreeing to take prophylactic anti-malaria medication regularly as prescribed. Participants should purchase their anti-malarial drugs prior to travel. According to the CDC website, drugs purchased overseas may not be manufactured according to U.S. standards and may not be effective. They may also contain counterfeit medications or contaminants and therefore be unsafe to use.

Malaria is caused by a parasite transmitted by the bite of an infected mosquito. Only certain mosquitoes can transmit malaria, but they are present in almost all countries in the tropics and subtropics, including Tanzania. They are most active from dusk to dawn. It is very unlikely that you will be infected with malaria during daylight hours. The symptoms of malaria include fever, chills, headache, muscle ache, and malaise. Early stages of malaria may resemble the flu.

Students should avoid exposure to mosquitoes. You can reduce the number of mosquito bites by following these precautions:

- Wear protective clothing (long-sleeved shirts, socks, pants) during the period when mosquitoes tend to bite, which is from dusk to dawn.
- If possible, stay inside screened areas from dusk to dawn, and use netting over your bed if mosquitoes are present.
- Use insect repellent with at least 30% DEET.
- Soak or spray your clothing and bed nets in Permethrin, an insect repellent licensed for use on clothing.

Some visitors to Tanzania have prevented malaria by taking certain drugs and by using individual protection measures against mosquitoes, but even these measures don't protect everyone. Malaria symptoms can develop as early as 6 days after the first exposure to infected mosquitoes or as late as several months after departure from an endemic area, even after preventive drugs are discontinued. Malaria can be treated effectively in its early stages,

but delaying treatment can have serious consequences.

Check with the Centers for Disease Control (CDC) for current warnings and recommendations regarding risks of malaria. **CIEE strongly recommends that you review over the CDC's brochure titled "Preventing Malaria in Travelers."** You may find this document by clicking the following link:

<http://www.cdc.gov/malaria/pdf/travelers.pdf>

For more information about malaria prophylaxis, please review the information provided by the CDC: <http://www.cdc.gov/travel/malariadrugs.htm>

AIDS: The HIV virus is now pandemic, meaning it is present everywhere. Although the HIV rate in Tanzania is very low compared to many other countries, it is still a very serious medical concern and you should take all appropriate precautions to avoid exposure. In Tanzania condoms are available at all pharmacies and most general shops and kiosks.

Smoking: Tanzania banned smoking in many public places in July 2003, with smoke-free zones declared on public transport, as well as in schools and hospitals. The government also banned the selling of tobacco to those under 18 and advertising on radio and television and in newspapers.

CDC Recommendations

We strongly advise students to consult the Centers for Disease Control for recommendations for travelers preparing to go to Tanzania. If you plan to travel after the program to other countries, you may want to consult the CDC's information specific to these countries. The CDC web site is www.cdc.gov.

Medical Facilities:

During orientation, you will receive information on which doctors to consult and clinics to use. In extreme emergencies, the Resident Director will organize the evacuation of a student to an appropriate care facility.

Insurance

If you are covered by a personal or parental insurance plan, CIEE recommends that you continue this coverage while abroad. Prior to departure, you should contact your current insurance carrier concerning coverage for accidents, illnesses, and liability cases that occur outside the United States. Check your policy's limitations before making any assumptions about coverage. Most U.S.-based insurance companies will not cover property lost or stolen overseas. The iNext Policy offered through CIEE covers some lost or stolen property. Keep

receipts of valuable items, especially electronics, in case you will need to file a claim for lost property.

Accident and Sickness Insurance

Each participant is covered by the iNext Platinum Plan designed to help cover the cost of unforeseen illnesses or accidents that occur while abroad. Additionally, the policy offers Emergency Medical Evacuation coverage, together with 24-hour Emergency Assistance Services. The policy also offers coverage for travel document replacement and limited travel delay and lost/stolen personal effects coverage. Coverage begins two weeks before the program start date and continues for 364 days.

A complete description of the iNext Platinum Plan is in the online checklist accessed via MY CIEE. It is important that you read the plan carefully and note exactly what coverage it provides, and note items that are excluded from coverage.

The iNext Insurance is designed as a supplemental or secondary plan only, and does not cover liability. It also does not include routine physical, dental examinations or preventive medicine. Students are not covered for injuries resulting from acts of war or other political unrest such as riots and demonstrations.

Please note that CIEE does not cover medical expenses on-site. Students pay for any medical costs incurred and then file a claim directly with the insurance company for reimbursement. CIEE does not act as an intermediary between participants and the insurance company.

Primary Insurance Plan Brokers

If you do not have a primary insurance plan, you may wish to enroll in one. The following brokers offer individual insurance plans:

HTH Worldwide
www.hthworldwide.com
Tel: 877-424-4325

Wallach & Company, Inc.
www.Wallach.com
Tel: 800-237-6615

SAFETY

The health and safety of program participants abroad is understandably an important issue for all concerned. CIEE's approach to safety is threefold. First, we conduct a careful safety evaluation of every

program we run. Next, when students arrive on site, we conduct a thorough orientation, which includes tips on reducing risk and handling difficult situations should they arise. Finally, program staff continuously monitors local conditions in order to provide guidance to participants throughout their stay.

Experience has shown that the single most important factor in assuring a safe study abroad experience is the sensible and cautious behavior of the participants themselves.

When traveling abroad, you should exercise additional caution until you become familiar with your new surroundings. Always remain alert to what is going on around you, especially in crowded tourist areas and on public transportation.

Contrary to its traditional reputation, high unemployment and an escalating crimes rate have made Dar es Salaam a less safe city in recent years. The University of Dar es Salaam campus and its environs have not escaped these trends. You must be careful about what you do and where you go, just as you would in any city in the world. During orientation you will be given a comprehensive list of emergency contact details as well as procedures to follow.

Remember that you are more likely to be a victim of crime if you have been drinking and have become intoxicated with alcohol.

Emergency contact numbers

Upon your arrival you will be given an emergency contact card. Carry the card with you at all times and program numbers into your cell phone so that help is always within easy reach. In case of an emergency, parents or family can also reach you by calling CIEE in Portland. The CIEE home office is in daily contact with our Dar es Salaam office.

PERSONAL FINANCES

Cost of Living

The exchange rate is not constant. The *New York Times* and similar publications publish exchange rates daily. You may also reference www.x-rates.com or www.oanda.com for up to the minute exchange rates. You should keep abreast of how a rate fluctuates leading up to departure.

What costs are covered by my CIEE fee?

CIEE Study Center fees include an optional on-site airport meet and greet, tuition, housing, orientation, full-time program leadership and support, cultural activities, local excursions, field trips, pre-departure advising, visa fees, and a CIEE iNext travel card, which provides insurance and other travel benefits.

What expenses should I budget for?

CIEE does not cover transportation to and from the program site, local transportation, books and supplies, meals, and other personal expenses.

Tip: Passport and credit card numbers

Remember to leave a copy of your passport and a list of credit card numbers at home.

Besides inflation and currency exchange, another variable that will affect your spending abroad is your individual taste requirements. When creating a budget, it may be helpful to consider how much you normally spend during the course of a semester and inflate it a bit. Although the cost of living for a student in Tanzania is comparable to that of a student in the United States, the added cost of independent travel along with the impulse to splurge makes careful budgeting imperative. Former students have saved considerably through limiting vacation travel to the general area around Dar es Salaam. We suggest you take extra money, if possible, for unforeseeable expenses.

Please see the CIEE website for a detailed cost breakdown:

<http://www.ciee.org/study/programOverview.aspx?pid=1837#6costs>.

MONEY AND BANKING

Tanzania Shilling (TZS)

The unit of currency in Tanzania is the Tanzania Shilling (TZS), which is broken down into 100 cents. It comes in notes of 5, 10, 20, 50, 100, 200, 1,000, 5,000, and 10,000 denominations. As of June 1, 2011, the conversion rate was 1 U.S. Dollar for 1,518 Tanzanian Shilling.

Please arrive in Tanzania with a couple ways to obtain money so that in the event one method fails or is inconvenient, a back-up option is available. Most students rely primarily on withdrawing money from ATM machines. If you bring some U.S. dollars, bring it in a mixture of large and small denominations and ask the CIEE staff to safeguard it (and any other valuables) in the CIEE office safe. As you start planning for your trip, go to your bank early on and **make a special request for currency notes**

printed after the year 2000. Please note that most Tanzanian businesses, banks and forex bureaus have stopped accepting US currency notes printed in the 1990's. *You should not need US dollars for daily use as long as you have an ATM machine and you are not required to bring US dollars. This is just in case you bring dollars with you – you are best off safeguarding it somewhere rather than in your room.*

Cash

It is advisable to change a little money at the airport when you arrive. To change money later in your stay, there are several places in Dar es Salaam where you can exchange currency. You can expect to get the best rates if you change money at forex bureaus (foreign exchange bureaus), which are located all around town. For changing money, banks such as NMB, CRDB, and NBC have branches throughout the country. It is best not to change too much cash at a time, since changing shillings back into dollars is costly.

ATMs

The majority of ATMs and bank branches in Tanzania **accept only Visa cards** (preferably visa debit cards!). Very few ATMs accept MasterCards. NMB, NBC, Standard Chartered, Barclays, Stanbic and CRDB banks all have branches in Dar and some other major cities, and they have ATMs that allow you to withdraw shillings with a Visa card to a maximum of TSh 400,000 per day. A very small number of businesses and even fewer ATMs accept MasterCard. The Visa card network remains the best option for credit, debit, and ATM cards in Tanzania. Most sizable towns have at least one bank with an ATM.

Prior to departing the United States, memorize your four-digit pin number in numbers (not letters), since keypads may read differently overseas. Many merchants in Tanzania will accept/swipe your credit or debit cards and require you to key in the pin, instead of using your signature as in many American businesses. **You MUST inform your bank that you will be travelling overseas.** As a measure of protection, many banks put a hold on accounts where there are transactions that appear suspicious (such as sudden withdrawals from ATMs in Tanzania!). Ask your bank for a customer service or account manager you can contact directly on the phone or by email about your accounts, replacement cards and other banking issues.

Participants say...

When changing money, make sure to ask about commission charges; some banks don't charge, but others do.

Students should NOT plan to bring Travelers Checks to Tanzania. Past students in Dar who brought Travelers Checks could not change them because of the terrible rates/commissions.

Banks

Most banks are open Monday to Friday, 8:30 -12:30 (some places are open until 16:00), and on Saturday from 8:30 – 13:00. Forex Bureaus have longer hours and in the cities are open on Sundays. Some students may want to look into opening a bank account in Tanzania. Please inquire with your Resident Director once you arrive on-site. Remember to be extra careful with your bags and person when coming out of a bank with cash or after using an ATM. Don't be an easy target for pickpockets!

Tanzania has a 20% value-added tax (VAT) that's usually included in quoted prices.

 **Tip: Credit card and debit card numbers**
Remember to keep a list of your credit and debit card numbers separate from the cards. Include the phone numbers to which you can call the banks for assistance, typically listed on the back of the cards.

Credit Cards

Visa and MasterCard can be used for most top-end hotels, a few tour operators, and the occasional midrange place in Dar es Salaam. Many places attach a commission – usually 5% to 10% - to credit card payments. They certainly are not as widely used as in the West, so students should not expect to rely on them for most purposes.

Sending and Receiving Money

You can also have funds wired to you through a Western Union office, MoneyGram International, FedEx, DHL, or another courier service, but for a fee.

PACKING AND BAGGAGE

Try to organize and pack a day or two prior to departure so that you can judge if you'll be able to carry your bags (you must be able to do this). Some students have even practiced by carrying their bags around the block! Also, by packing early you'll have time to rest before the long trip.

Consider using a backpack or duffel bag, especially if you are planning to travel on your own after the program; suitcases can be quite heavy even when empty. A knapsack or flight bag is great for carry-on luggage and for field trips. On your flight to Dar Es Salaam, keep your essential medication, toiletries, a change of clothes and underclothes, and documents

in this carry-on bag in the event luggage is lost or delayed in transit. It is strongly recommended that you lock all of your checked luggage to prevent theft of items en-route.

What are the baggage limits?

Limits vary. Read the weight limitation and baggage allowance information provided by your international airline carrier. Generally flights overseas permit two pieces of checked baggage and one carry-on piece. Each checked bag must weigh less than 70 pounds. Total dimensions (length + width + height) of the first piece must be less than 62 inches, and the second piece less than 52 inches. Total dimensions of the carry-on must not exceed 45 inches and must be able to fit below the seat in front of you or in the overhead compartment. If your baggage exceeds any of these standards you may be charged for excess baggage. Check with your airline regarding any items that are oversized.

What should I pack?

For a complete list of what to take, please see the Suggested Packing Checklist at the end of this handbook. Experienced travelers agree: take as little as possible.

Clothing

Due to Tanzanian custom, most locals wear clothing that covers the knees. Men typically wear pants, and women tend to dress in long skirts or pants. While you will see people wearing shorts and short skirts in tourist areas, it is generally advisable that you, as a resident, attempt to adhere to the Tanzanian customs. It is particularly important to avoid short skirts and shorts in Zanzibar and other predominately Muslim areas.

Women should be particularly conscious of the clothing they wear. Skirts above the knee and tight, low-cut tops may lead to being perceived as "easy" and invite unwanted attention. Tanzanian women almost never wear shorts unless they're doing sports. Long skirts and dresses are the norm, although many young women and students wear jeans and trousers. Sleeveless shirts are acceptable as long as they cover the shoulders but spaghetti straps are not. You can easily have some inexpensive clothing made from the colorful African fabrics available in markets.

Some people have commented that Tanzanian women do not dress all that differently from students in the U.S. Please keep in mind that while a Tanzanian woman might dress casually, she is more experienced with warding off the aggressive

advances and wedding proposals of her male counterparts.

Tanzanian society places a premium on looking neat and presentable. To the Tanzanian, appearance reflects the degree of one's respect for oneself and others. You will find that university students tend to dress very neatly for classes, not in sweats. Many people wear jeans in Tanzania, but you might find them unbearably hot except in August and September. During the remainder of the year, lightweight cotton clothing is essential (as temperatures often exceed 100 degrees in December and January).

U.S. students have often said they have taken too much clothing. Nothing ruins traveling abroad more than having too much luggage, especially when you have to carry it yourself. You can save packing space by coordinating your clothing so that tops and bottoms can be easily mixed and matched. Bring comfortable walking shoes.

Jewelry: Do not take expensive jewelry with you to Tanzania. Not only is there a very good possibility of loss or theft, but also fine jewelry is rarely appropriate.

Participants say...

Bring enough contact lenses to last.

Prescriptions:

If you take prescription drugs, ask your doctor to give you a copy of the prescription with the **name of the generic drug, not a brand name**, as your brand may not be available in Tanzania. In fact, if the drugs are not perishable, take a supply sufficient enough to last you through the end of the program, as you may have difficulty renewing the prescription in Tanzania.

Mementos from home

Bring things from home that you can share with your Tanzanian friends. This includes pictures of yourself and your family in the United States, recipes you like to cook, typical items from your community, college, or region of the United States, and items related to talents you may have and wish to share.

PREPARING FOR CULTURAL ADAPTATION

Although cultural adaptation is highly individual, research indicates that most people go through similar stages in adapting to a new environment. Any travel you've done abroad, and perhaps even within your own country, has exposed you to culture shock. But if you've never had to overcome culture shock,

you might want to read about it before you depart. You'll find books relating to cultural adaptation and culture shock on the recommended reading list at the back of this handbook.

During your on-site orientation, the Resident Staff will discuss details about culture shock and give strategies for adapting to your new surroundings. Near the end of the program, they will also provide information on reverse culture shock and suggest ways of coping with returning home.

Part III: Living in Dar es Salaam

Weather and Climate

While much of the country is high plateau or temperate grasslands, the area around Dar has a hot, humid, tropical climate moderated by the breeze off the Indian Ocean. Temperatures in and around Dar es Salaam range between 60 and 90 degrees Fahrenheit, so no cold weather clothes are needed except for travelling to other parts of Tanzania (e.g. visiting the game parks and areas around Mt. Kilimanjaro). Throughout the country, the driest and coolest months are from June to October and the warmest from December to March. The long rainy season (*masika*) is from mid-March to May with rain almost every day during this period. A shorter rainy season (*mvuli*) occurs during October and November.

Time Zones

Time in Tanzania is GMT/UTC plus three hours year-round. The time difference is 7 hours ahead of EST (8 hours during daylight savings time).

Telephone

Students can make domestic (from about \$.10 per minute) and international calls (from about \$2 per minute) from Tanzania Telecom offices in all major towns, as well as from telephone shops (where you can also send faxes). Calls to mobile phones cost TSh500 per minute. Students can purchase card phones in major towns, but will not get much time for their money when calling internationally.

Cell phones:

Like many parts of the developing world, mobile communications infrastructure is far more advanced in Tanzania than its fixed-line counterparts. Cell phones are widespread and SIM cards and top-up

cards are available everywhere from formal phone shops to street vendors. Tanzanian cell phones can direct dial to the U.S., but the cost is exorbitant (approximately \$5/minute). Incoming calls are free. To reach a mobile telephone number from outside Tanzania, dial the country code, then the mobile phone code without the initial 0, and then the six-digit number. All mobile phone companies sell starter packages, and the Resident Staff will provide students with advice on how to purchase a cell phone.

Fax / Scanner / Printer

If you need course approval in order to guarantee a semester credit, the CIEE Office will allow you to scan necessary documents which can be sent to your home university by email. The CIEE Office printer, scanner, and fax are only available for business related issues.

E-mail and Computers

Students use limited UDSM computer facilities and neighborhood Internet cafes. Students should bring wireless-enabled laptops and plan to buy a wireless modem and data plan in Dar es Salaam. The CIEE Office at UDSM has a wireless hotspot you can get a password and access to. Plan on buying a wireless modem from one of the local telecommunication companies to have guaranteed internet service all the time. The modems cost about \$50, and monthly data packages range from about \$20 to \$50 depending on a student's usage.

Please be sure to insure your laptop if you decide to bring it along as CIEE is not responsible if it is lost or stolen. Laptop thefts are very common. Keep receipts of your laptop purchase as you will need it to file an insurance claim if a theft occurs.

Mail Service

Regular postal service from the United States to Tanzania is often very slow; it may take two to three weeks to receive letters from the U.S. Postal packages take longer to arrive, and must be collected at a central post office downtown after inspection and payment of any customs duties due of the contents of the package and a standard package handling fee. There are two post offices on/near campus for students to buy stamps and send letters, cards, or small packages back to the USA. Due to the risk of theft in the Tanzanian postal service, we do not recommend that packages be sent via ordinary mail. We suggest that they instead be sent with a courier service (like FedEx or DHL). Packages sent by FedEx or DHL to the CIEE Office on

campus will be delivered and can be collected from the Resident Director. We suggest that packages sent by mail or courier service be labeled "second hand/used" and are given a very low dollar value to the contents. Otherwise, students may end up paying expensive import taxes.

Electrical Appliances

The current in Tanzania is 220 volts, 50 cycle AC, not the 110-60 you are used to. Electric converters and adapter plugs must be used to connect some North American equipment. Travel supply shops and some hardware stores in the U.S. carry them; you should buy these before you go. If you are buying any new electrical items to bring with you, try to get dual-voltage models so you won't need a converter although you will still need the adapter plug.

GETTING AROUND

Local Transportation

Most Tanzanians rely heavily on mini-buses, or daladalas, for inexpensive public transport. Daladalas are invariably packed to bursting point and do not run on a set schedule. Students typically take daladalas when going downtown from the University and the ride takes about 40 minutes.

Taxis are more reliable by comparison, but you will need to bargain with the driver for a fare. Please be sure to bargain BEFORE getting in the taxi! There are taxi stations in areas around town and by the Mwenge daladala station. Registered taxis are cars that have white license plates.

The on-site program orientation will include more details about how to navigate the transportation system in Tanzania.

Independent Travel

You will no doubt want to explore other areas around Dar, particularly on weekends. At the conclusion of the program you may also plan to explore other regions of Tanzania.

CIEE's rules for independent travel: Since you may not miss any classes, you may travel independently only on weekends, breaks, and after the program ends. Do not travel to regions of Tanzania where transportation is unreliable or scarce. The Resident Director has final authority over the appropriateness of all travel plans.

We do not recommend that any students travel alone. During the semester you will meet others who want to explore Tanzania.

All plans for travel outside of the immediate area must be approved by the Resident Director, and you must supply a detailed itinerary and contact details for the duration of your journey. Failure to do so may result in dismissal from the program.



MEETING TANZANIANS

Just as it is impossible to define a typical American, it is equally impossible to define a typical Tanzanian. You will meet many types of people in Tanzania who have different opinions, attitudes, and habits. The more you interact with Tanzanian people, the better chance you'll have of forming relationships and understanding the culture. During these interactions, use common sense, intelligence, and a sense of objectivity. Be prepared to discuss your views freely and openly, and try to listen with an open mind.

You will arrive in Tanzania with some preconceptions about Tanzanians and will encounter Tanzanians with preconceptions about people from the United States. Try to put aside stereotypes and make judgments based on real experiences. If you are confronted with what you feel is a false stereotype about the United States, be frank and truthful, yet tactful in your response. Avoid refuting arguments with odious comparisons to Tanzania. This type of response will only create bad feelings. A positive and serious response from you will help dispel myths about the United States.

If you experience any uncomfortable situations or are unsure of how to deal with a particular problem, consult with the Resident Director. Be cautious until you know and understand local values and customs.

Participants

say...

Enjoy yourself, socialize with the people, learn about their culture and respect it, and don't compare things to life back home. If you do, be critical of Americans as well as Tanzanians. And be prepared for culture shock, including surrounding issues of race. No doubt you'll think about such issues as development, imperialism, and neocolonialism.

It made me realize how wasteful and greedy Americans can be.

Your sense of spirituality may be challenged or enhanced during your stay in Tanzania.

Special Note to Female Students

Women from the U.S. may notice that women in Tanzania do not necessarily take on the same roles as do women in the U.S. Encountering this may be a difficult experience for female students. Many Tanzanians do not understand that the U.S.-style familiar manner with strangers is merely a gesture of friendliness. Outgoing behavior may be misconstrued as something more. A smile at a stranger could possibly be misunderstood as an invitation to spend the evening together. As a precaution, give your address and phone number only to people you know and trust.

Some difficulties arise because of the stereotypical image of Western women portrayed in movies and the media. American women, in particular, have acquired a reputation for enjoying a free and easy lifestyle. This contrasts with the more traditional ways of Tanzania. As a result, even though you are accustomed to having a lot of freedom in the way you dress and the way you interact with others, be cautious until you become familiar with the Tanzanian social norms. Single Tanzanian women, for example, do not typically go out alone. If you attend a dance on or off-campus, find a male escort or go with a group of trusted friends. Never go alone.

As a foreign woman in Tanzania, you can expect to be propositioned quite often by men in ways you are not used to back home. Your initial reaction may be to strike out, feeling insulted. Unfortunately, this reaction may only lead to laughter from the man and more discomfort on your part. The best way to handle the situation is to joke with the man and keep the conversation light. For example, you might say you don't have time or that you are on your way somewhere. This way he saves face and treats the interaction as a game. "Next time" is a useful phrase to end the event on a stable note. On the other hand, be alert for someone pushing too far. If a man becomes physical with you at any time, tell him very firmly to stop, and remove yourself from the situation immediately.

The way men and women relate in Tanzania may make it difficult for you to make male friends. It's not hopeless, however!

Participants	say...
Women should be prepared to be approached by men a lot. It's not necessarily threatening, but it does get annoying after a while. Also, you'll feel much more comfortable in town and on campus wearing pants or long skirts instead of miniskirts or shorts.	

Customs and Etiquette

Use only your right hand when eating, gesturing or when handing something to another person. Use of the left hand is considered rude and unclean. When visiting the market, please show respect to the market women. Many are successful entrepreneurs and will expect you to show them deference. The last thing you want is to make a market woman angry with you!

A useful phrase in difficult social situations is "next time" or "not today." If someone begs for money, demands that you purchase something, or is otherwise insistent, say that you have no money but will "next time." This phrase might get you out of the oddest circumstances.

In general, Tanzanians are very generous. If you visit another's home, you will most likely be offered a drink. If they are eating, they will invite you to join them. Tanzanians sometimes see Americans as stingy, and your actions will determine whether or not they apply this stereotype to you.

Never smell food that has been given to you before you eat it. Doing so may imply that you think you have been given bad food. Better to just say "thank you" and enjoy!

Part IV: Policies and Procedures

Please click on the following link to view CIEE's Policies and Procedures: <http://ciee.org/study/terms.aspx>.

This website includes:

General Policies

- Admissions
- Late Arrival and Early Departure
- Exceptions
- Drug and Alcohol Violations
- Alcohol Policy
- Dismissal from the Program

Academic Policies

- Student Academic Orientation

- Course Loads, Credits, Equivalencies and Grades
- Academic Records
- Attendance
- Pass/Fail and Audit
- Drop/Add Period
- Incompletes
- Withdrawal from a Course
- Academic Honesty
- Appeals

Program Fees and Payment Policies

- Confirmation of Participation
- Payment of CIEE Program Fees
- Due Dates, Late Fees and Interest
- Exclusion from Participation
- Late Fees and Interest
- Withdrawal and Deferral Policy
- Program Cancellation

Please make sure to review this website. Your signature on the "Program Participant Contract" indicates that you have read and agree to comply with all of the policies provided to you on that website.

A NOTE FROM CIEE

Credits and Grades

Most students who choose to go abroad for a term or a year report that the experience is one of the most powerful and enjoyable parts of their undergraduate education. We hope that when you return home, you will have had an equally memorable experience.

Many students report that study abroad is also challenging, and that coming to terms with the challenges is one of the things that make it so powerful and memorable. Some students, however, report that the challenges of dealing with another country's academic culture are sometimes more frustrating than enjoyable.

The academic programs that CIEE provides are to varying degrees integrated into another culture's academic framework, and are often governed by rules that are unfamiliar to U.S. students. At CIEE we want you to experience the challenges of adapting to a new culture, of accepting different teaching styles, and embracing forms of learning that may be different from what you are used to.

But we are sure you will agree that problems associated with your credits and your grades should be avoided—that these should not turn out to be "opportunities for growth." We want to help you avoid these problems, and with some careful planning and attention to detail, you can:

1. Managing Your Registration.

You are probably going to sign up for five classes during your session overseas. Although it's surprising, one problem faced by some students when they return home is that the Course Registration Record we have for them doesn't match what the student actually took. You can avoid this. Read on.

Make it your responsibility to keep your Course Registration Record accurate and up to date.

Students select a preliminary course schedule, either in the U.S. before going abroad or after arrival at the Center. The courses selected constitute your Preliminary Registration, which will be sent to your home or sending school. There will be an opportunity to change courses during the first days of the regular semester (the "drop-add" period). Once this add-drop period ends, all courses for which you are registered will remain final, and will be permanently listed on your Course Registration Record. These will be the courses that will appear on the credit and grades report that we will send to your home or sending school after the session ends (called the "CIEE Academic Record").

Although CIEE staff, both in the U.S. and at your site, will make every effort to ensure that your Course Registration Record is accurate, we cannot do this unless you correctly follow all the formal procedures for making changes. **You must fill out a form to drop or add a course.** It is not sufficient to tell your professor, the CIEE Resident Director, or another staff person that you are changing courses—you must complete all required paperwork or the change is not official. In some cases you will also be required to obtain permission from your home institution.

To sum up, **make it your responsibility** to ensure that your Course Registration Record is accurate. If at any time you are not sure, ask to see a copy of it.

There's a difference between DROPPING a course and WITHDRAWING from one.

As noted above, once the drop-add period is over, all the courses for which you are registered will remain permanently on your record. However, if you realize, *after the end of the drop-add period but before the middle of the session*, that special circumstances will prevent you from completing a course successfully, it may be possible to "Withdraw" from the course. Please also be aware that it is not possible to add a course after the add-drop period. If you do withdraw from a course, it will remain on your CIEE Academic Record with a "W" grade. Permission to Withdraw from a course is not automatically granted just because a student is not doing well; it is only granted when there are circumstances that the Resident Director believes *prevented* a student from doing well, and *only before the program's withdrawal*

deadline. There is also required paperwork to complete if you are withdrawing from a course.

After the withdrawal deadline, all courses that remain on your Course Registration Record will be posted on your CIEE Academic Record with a letter grade. If you stop going to a course, fail to take the final examination, or fail to turn in required coursework, you will receive an F.

2. Getting Good Grades.

The time to think about your grades is at the beginning of each course, not at the end.

Make sure you understand the basis on which the professor will be assessing your work. Practices vary from country to country. Often a single final paper or examination will be the most important (perhaps the only) opportunity to demonstrate what you have learned and/or achieved in the course. In some courses, the basis for grades may have been explained during orientation or during the registration process. An explanation may appear on the course syllabus, and/or the professor may announce grading policies. In some cases, you may not be sure how the professor will be calculating the grade. In this case as well, **make it your responsibility to be sure you understand the basis for grading in each course.** If you're not sure, ask the professor or the Resident Director.

How am I doing?

Although grading differs from country to country, there are general guidelines that we can offer.

In the U.S., a student usually forms an idea of how he/she is doing as the semester progresses based on a self-appraisal of participation in class and a general sense of what the professor cares about. In most overseas situations, it is much more difficult, and often not possible at all, for a student to determine this. Although we ask our teachers to give students ongoing feedback, their own academic cultures are often very different in this regard, and many teachers do not always offer feedback in a way that enables a student to form a reliable opinion of his/her progress. We strongly recommend that you ask your professor how you are doing, perhaps two weeks after the semester has started and again two or three times during the session. Don't wait until mid-term time to do this.

"Demanding" doesn't mean the same thing in most overseas academic cultures.

U.S. students are accustomed to forming an idea of how demanding a teacher is based on the pressure that is applied on a day-to-day basis. In the U.S., if a professor repeatedly challenges students to show they have read and understood the assignments, and then chastises those who can't answer, students will conclude that this is a demanding teacher. This

doesn't always happen overseas. "Demanding" in an overseas context may mean simply that the grades awarded at the end of the course are lower than those awarded by other professors.

Because of these differences, you need to take stock of your situation early and often. If the regular clues are not present, you should ask, "How am I doing?" If there isn't yet any basis for the professor to answer that question, you should ask, "What is important in this class? What should I be doing in order to succeed?" Make it your responsibility to actively seek confirmation of how well you are doing in each course.

All the CIEE staff, both in the U.S. and at your program site, want you to have an enjoyable and successful session overseas. We are committed to offering top-quality assistance to help you understand the host culture and its constraints. Please do not hesitate to contact any staff member if we can advise you on how best to manage your overseas experience.

Have a great year, learn all that you can about your temporary home, and try to bring back an excellent and accurate academic record.

Conclusion: The Challenge Is Up to You

Your stay abroad may be one of the most vital and rewarding times of your life. Don't worry about what you are going to miss at school by going overseas. You will learn so much abroad! The people you meet and the situations you experience may be invaluable in the years to come.

We hope you will arrive prepared to adjust to a way of living that is different from your own; to a way of thinking that may be, in some cases, more traditional, more conventional, and more conservative than your own. You will also most likely encounter new and different views about the U.S. and its people. Take the opportunity to learn from these and to clarify misconceptions about the U.S. when you can.

Remember that each person you meet will see you as a representative of the United States. If you can accept differences cheerfully and with an open mind rather than attempting to alter the environment around you, you can contribute to a positive relationship between the country and the United States.

CIEE wishes you every success during the coming months.

Participants say...

Overall my experience abroad is something that I would not trade for anything. Being abroad gave me the opportunity to push myself beyond my comfort zone thus increasing my abilities to deal with more confidence. My only advice to those coming abroad is to constantly push yourself. Venture out on your own and don't let your fears deprive you of the opportunity to try something new.

Part V: Additional Resources

Recommended Reading

We urge you to read several of these publications to expand your knowledge of Tanzania and ease your adjustment to Tanzanian culture. Many of these books can be purchased at your local bookstore or may be available for reference at your campus study abroad office or local library.

Lugalla, Joseph. Crisis, Urbanization, and Urban Poverty in Tanzania. A good book to read for information on Dar es Salaam's and Tanzania's history of political and social development and current problems that the country is now facing.

Mazrui, A.A. (1986) The Africans: A Triple Heritage, Little Brown, Boston. Good as a general overview for students not familiar with Africa.

Peter Wilson (1985). Simplified Swahili, Longman, Nairobi— an excellent guide for early in the orientation before classes are underway.

Rodney, Walter (1974). How Europe Underdeveloped Africa. Washington, Howard University Press

Russell, Joan (1996). Teach Yourself Swahili. NTC Publishing Grp, Lincolnwood, IL

Web Sites

We also encourage you to look at the many sites on student travel as well as on Tanzania and Dar including the following:

www.ciee.org

CIEE's web site. If you haven't already, take a look and find out about other CIEE activities around the world.

<http://travel.state.gov>

The U.S. State Department Bureau of Consular Affairs home page providing Consular Information Sheets, Travel Warnings, U.S. Passport Information and Application Procedures, U.S. Consulate and Embassy Addresses Abroad, and U.S. Customs Information.

www.x-rates.com

Current exchange rates.

www.cdc.gov

U.S. Centers for Disease Control and Prevention. Provides updated information on required immunization and regional health advisories for travelers.

<http://www.udsm.ac.tz/>

University of Dar es Salaam website.

<http://www.tanzania.go.tz/index2E.html>

Official Tanzania national website.

<http://www.lonelyplanet.com/destinations/africa/tanzania/>

The Lonely Planet guide to Tanzania

SUGGESTED PACKING CHECKLIST

Naturally you'll want to pack what best suits your needs and many of these items are completely optional. These are just suggestions based on our own travel experience and feedback that students have shared with us in the past. If you find this list outdated or find that once you get to Tanzania that you would have benefited from knowing about something that wasn't included here (or on the flip side find something noted here that is entirely unnecessary), please email your feedback to Iris Michaud at imichaud@ciee.org. We value and are grateful for your feedback which will benefit future participants.

Important Documents

- Airline ticket (please be sure it's a round-trip ticket!)
- CIEE Student Handbook and pre-departure materials
- Course catalog from your school
- ATM Visa Debit card
- Phone card
- Home Advisor's address, fax, e-mail
- International Certificate of Vaccination (with proof of yellow fever vaccination)
- International Student Identity Card (if purchased)
- Innext Card
- Passport/Photocopy of passport (keep separate from passport)

Clothing

- Bras
- Chinos, khakis, or other comfortable pants/slacks
- Hiking boots with traction
- Pajamas/nightgown
- Lightweight rain poncho or parka
- Sandals
- Shirts or blouses (5-7)
- Shoes (2 pair, including good walking shoes/sneakers/sandals and a pair of dressy shoes)
- Shower sandals/Birkenstocks (1 pair)
- Shorts, cotton
- Skirts or dresses
- Sneakers (1 pair)
- Socks, cotton
- 1 warm wool sweater
- Swimsuit (1)
- Tie
- T-shirts, cotton
- Underwear

General

- Small basic first aid/medicine kit with topical antibiotic cream, gauze, tape, aspirin, antacid, anti-diarrhea medicine, band-aids, cold medicine
- bottle opener and good knife (such as Swiss Army knife – do **not** pack in carry-on!)
- mosquito repellent (deet)
- basic toiletries, for those who are particular about certain brands
- one towel and wash cloth (you can buy more towels in Tanzania if you need more)
- a few non-perishable food items (Gatorade packets, power bars) for traveling or when you want a quick snack
- vitamins
- books - esp. relating to your field of interest, UDSM library collection is limited and often outdated
- Afterbite - to stop mosquito bites from itching (and getting infected. In the tropics infections happen very quickly).
- laptop (highly recommended) with electrical adapter and security/theft recovery software
- money belt
- flash light with extra batteries (or you can buy in Dar)
- i-Pod/small radio, favorite music
- tampons (not easily available –pads you can find)
- small presents and photos of your friends/family (presents could be souvenirs from your area/town, colored pens, stickers & pencils (for kids), cheap watches, make-up, baseball cards, CDs, small games, T-shirts) to share with children/friends/people who will help you along your journey.
- Sunglasses and enough sunscreen for many months (SPF 15 at least)
- Contact lens solution
- Flashlight
- Glasses or contact lenses, extra pair, prescription
- Guidebook (*Rough Guide, Lonely Planet, etc*)
- Dual voltage hair dryer
- Medication you are taking and a copy of the prescriptions
- Money belt or pouch
- Recipes of favorite meals
- Sewing kit
- Bathing suit
- Travel umbrella
- Travel alarm clock
- Beach towel
- Blanket
- Modern Standard Arabic/English dictionary

Once you arrive in Dar, you should probably purchase the following:

- flip-flops, to wear around the dorm
- hangers
- clothes line, clothes pins
- fan
- towel(s) and laundry soap
- school supplies
- spoon or fork
- a plate or a bowl and a jug