Table of Contents

Welcome to Your Program

P. 3 | Academic Program
Country/City Background
Host University Overview
Courses and Program Requirements
CIEE Academic Field Trips

P. 7 | Office and Onsite Staff
Study Center Office and Location
Site Staff Team

P. 8 | Arrival and Departure
Discount Airfare and Booking
Delayed Arrivals

P. 9 | Orientation
Online Pre-Departure Orientation
On-site Orientation

P. 10 | Housing and Meals
Homestay
Private Accommodations
Problems with Housing

Before You Leave

P. 12 | Essential Documents
Passport
Visa

P. 13 | Additional Items
iNext Travel Insurance Card
Lost Passport Kit
Spare Passport Photos

P. 18 | Personal Finance
Cost of Living
Budgeting

P. 19 | Financial Arrangements and Banking
Money and Banking

P. 19 | Packing
Clothing
Electronics

While Away

P. 22 | Living in Botswana
Cultural Adaptation
Meeting Batswana
Special Notes

P. 25 | Transportation
Local Transportation
Independent Travel

P. 25 | Communications and Mail
Telephones and Cellular Phones
Program Mailing Address

Additional Resources

P. 27 | Policies and Procedures
CIEE Program Policies

P. 27 | Suggested Reading
Books on Botswana
Books on Cultural Adaptation

P. 28 | Additional Info
Websites
Suggested Packing List
Welcome to Your Program

Academic Program

Country/City Background

Come discover the beauty and enchantment of Botswana! With a rich cultural history, breathtaking landscapes, and incredible biodiversity, Botswana is a wonderful country in which to study abroad. You’ll have the opportunity to live and study alongside the best and brightest at the University of Botswana, to immerse yourself in the local culture, and to choose from unique courses focusing on Southern Africa. Living in Gaborone, a rapidly-developing city and center of commerce and politics, you will feel the pulse of one of Africa’s most economically successful and stable countries. Stepping outside of Gaborone, you’ll explore the spectacular natural wonders that have made Botswana famous. With the Kalahari Desert, the Okavango Delta, and numerous national parks within your reach, you can fuel your passion for adventure and exploration.

A Short History of Botswana

Botswana is roughly the size of France or Texas and is made up of mostly long stretches of flat empty spaces, low populated cities, and the Kalahari Desert. When one thinks of the country, images of elephants, lions, giraffes, and many exotic animals come to mind, as Botswana’s tourist industry focuses mostly on safaris and wildlife preserves. Yet, despite the country’s successful tourist industry, the economy is primarily supported through exports in coal, gold, methane, copper, and diamonds.

Botswana is still a young democratic country, having only achieved its independence in 1966. At the time, it was considered to be one of the 10 poorest nations in the world, with a bleak future and much of its youth migrating to neighboring countries for work and education. As mining developed and the government took joint control with De Beers over the four diamond mines, the country’s financial situation quickly improved. Botswana is now considered to be one of the most successful examples of development and growth. The economy has exploded. Cell phones, the Internet, and consumerism have found their place in the culture and the educated youth are eager to welcome newer technologies.

With such large supplies of precious metals and gemstones, it should be no surprise that there is a growing gap between the rich and poor. In the major urban areas like Francistown, Gaborone, and Lobatse, one can find palatial homes, massive shopping centers, expensive cars, and well maintained roads. However, just outside in neighboring villages, one witnesses a rift between the two lifestyles. The villages have high unemployment and small homes built with raw materials and very little sanitation, electricity, or other modern conveniences.

Botswana’s population of slightly over 2.0 million is young, with about 43% under the age of 15 and 50% living in the major urban areas. HIV/AIDS is widespread amongst the population. It is estimated that over 17% of the country’s adult population is infected with HIV, marking it as the second highest in the world after Swaziland. The infection rate has increased so dramatically that the life expectancy rate dropped by more than 25 years between 1995 and 2005. With the assistance of the international community, the United Nations, the Merck Company Foundation, the Bill and Melinda Gates Foundation, and numerous grassroots organizations, the education, prevention, and treatment of HIV/AIDS has moved to the forefront. Today, more than 50% of the infected populations that can benefit from antiretroviral therapy are receiving treatment. The percentage is sure to only grow.
The skull of an 8 year-old girl, dating back 2.5 million years, was found less than 110 miles from Botswana’s southern-most border. Stone Age tools have been found throughout the country suggesting that Homo erectus inhabited the region more than 500,000 years ago. It is estimated that Homo sapiens were first present more than 200,000 years ago and archeologists surmise that the ancestral Bushmen, the San, have lived in the region for more than 4,500 years.

Christian missionaries started to appear in the early 19th century, and by 1810 they had explored as far south as Kenya. Despite many of their deeply oppressive practices, they introduced foreign traders who spread a modern economy, new wealth, advanced medicine, education, and the country’s first postal service. Prior to their independence, the Batswana lacked financial support from the occupying British government and they relied heavily on the churches to educate their youth.

In the 1890s, attempts were made to incorporate Botswana into the Union of South Africa under the tutelage of the British South Africa Company but Kgosi (chief) Khama III, Bathoen, and Sebele went to Britain to protest against incorporation. They were aware of how brutal company rule was in places like Southern and Northern Rhodesia (Zimbabwe and Zambia) and they did not want to be subjected to the same treatment. Consequently, in 1895, Queen Victoria decreed that Botswana was to remain under the protection of the British Crown. Soon railways and the installation of the telegraph cauterized 20th century development.

The next development that had a significant impact on Botswana’s future occurred in Cape Town, South Africa in the 1960’s. Harold Macmillan’s “Winds of Change” speech led to a peaceful and carefully negotiated deliverance of independence on September 30, 1966. Sir Seretse Khama was elected as the country’s first leader under a parliamentary democracy and Gaborone became Botswana’s capitol city.

Soon after independence diamonds were discovered and the present-day Botswana started to take shape.

Gaborone

Gaborone was selected as the capitol city of Botswana in 1966, after the country’s independence. It is the largest city in the country with an estimated 250,000 residents. Gaborone’s close proximity to Johannesburg, South Africa opens many opportunities for easy travel, technological advancement, and commercial trade. When Gaborone became the capitol, it was very small and mostly covered in brush. Its lack of “modern” infrastructure turned into an advantage as the city could be designed from the ground-up. Today, Gaborone is packed with office towers, shopping malls, and fast-food restaurants. For the most part, one can find any western amenity desired within the city of Gaborone.

The city houses embassies for Angola, France, Germany, Namibia, South Africa, the United Kingdom, the United States, Zambia, and Zimbabwe. Many more countries have embassies or consulates that are located in South Africa.

Gaborone is considered to be a very safe city with a low crime rate. Although uncommon, petty-crime does still occur and visitors and residents alike should use common sense practices during their stay.

Ethnic Identities

In Botswana, all nationals, regardless of ethnic identity, are called Batswana. About 50% of the population speaks Setswana, which is a national language. English is the official language, as well as the prevalent language spoken for business and governmental affairs. The Bakalanga is the second largest group and they tend to be more prevalent in Francistown than in Gaborone. Other ethnic groups in the country include Batawana, Bangwato, Banwaketse, Bakgatla, Basarwa, Baherero, and Bayeyi.

The oldest population is the Basarwa (often referred to as the “San” or “Bushman”). In early history, they were hunters and gatherers who adapted successfully to the harsh and dangerous living conditions of the Kalahari Desert. Today, the remaining 60,000 – 80,000 Basarwa are struggling for recognition and their share of the natural resources. The Basarwa can still be found living in the Kalahari and many tribes are protected and supported by the Botswana government. Although seen as an important part of Botswana's
cultural identity that should be preserved, there is a movement to integrate them more into modern society through controversial relocation efforts.

**Host University Overview**

**The University of Botswana**

The University of Botswana was established as the country's first institution of higher learning in 1982. The University's campus is the combination of two former universities: The University of Botswana, Lesotho, and Swaziland and the University of Basutoland, Bechuanaland, and Swaziland, both of which had campuses in Gaborone.

Currently there is a student population of approximately 15,000 and a staff of over 2,000, including over 800 academic staff. The University’s vision is to be a leading academic center of excellence in Africa and the world. Its mission is to improve economic and social conditions for the Nation while advancing itself as a distinctively African University with a regional and international outlook. The University’s values recognize a commitment to students, academic freedom and integrity, cultural authenticity, and internationalism. It is comprised of six faculties, a School of Graduate Studies, and five academic centers.

**Differences in Academic Culture**

CIEE students are taught alongside University of Botswana undergraduates and are required to undertake a full program of courses, including all assignments and written examinations. *Students will notice striking differences between their home educational system and that of the University of Botswana. UB's academic environment is part of the challenge of studying in Botswana.* This system, following the British model, allows students greater responsibility and initiative in a less structured environment. Professors expect a great deal of individual study. Learning by memorization is the model most often used in classes. This entails professors reading from notes, or from books, with the expectation that students copy word for word their recitation. Most classes at UB are very large, thus making classroom interaction with the professor very rare.

To American students, direct-enroll courses at the University of Botswana may not be as demanding or engaging compared to their home institution.

Teaching methods at the University normally involve a mixture of lectures, tutorials, seminars and, in the sciences, laboratory classes. Classes typically meet two to three times per week for lectures, but may have required supplemental tutorials, seminars, and/or labs. Lectures may involve as many as 100 students while tutorials and seminars will have smaller class sizes, ranging from 15 – 25 students.

The CIEE Study Center follows the University of Botswana calendar with an additional period of time for orientation at the beginning of the semester. The UB academic year is similar to the North American calendar; the fall semester runs from August to December and the spring from January to May. This differs from many other Southern African universities that operate on the Southern Hemisphere academic calendar. The UB system is geared toward the serious student who is motivated, self-sufficient, and deeply interested in the subject matter.

**Student ID**

You will receive a student ID from the University of Botswana. Benefits of this ID can range from access to the library to reductions in museum fees, trains, etc.

An International Student Identity Card (ISIC) qualifies you for some discounts on buses that connect Gaborone-South Africa.

**Campus Life**

There are dances, plays, and other events as well as many activities that revolve around the active groups on campus. Opportunities exist to join clubs, music, theater, or art groups; to provide volunteer
service for social organizations; to participate in athletics; and to attend lectures, discussions, and receptions. Sports such as soccer, swimming, diving, and tennis are popular. Local newspapers and news shows will keep you well-informed on international and local events.

Courses and Program Requirements

At the University of Botswana, you will take:

- CIEE Setswana language and culture practicum (runs semester-long)
- 4-5 regular University courses at the University of Botswana (UB). Students are required to take at least 1 course that has a specific focus on Botswana or Southern Africa. Students may choose from courses in any faculties and departments for which they have the necessary prerequisites.
- With prior approval from their university, students may substitute a for-credit CIEE Internship for one UB course.
- Study abroad students enroll in the CIEE Language and Culture Practicum, and four or five regular University courses, one of which must have a focus on Botswana or Southern Africa. With prior approval, students may substitute a for-credit CIEE Internship for one University of Botswana course.

Grading System

Most courses at the University of Botswana utilize a continuous assessment model, which includes written assignments, projects, research exercises, essays, and written and oral examinations. Courses are assessed on a percentage scale, a letter grade (A – F), and a grade point.

Credits

Total recommended credit for the semester is 15-17 semester/22.5-25.5 quarter hours and 30-34 semester/45-51 quarter hours for the academic year. Most UB courses are 45 contact hours with recommended credit of 3 semester/4.5 quarter hours but may range from 2-4 semester/3-6 quarter hours and 30-60 contact hours per class. Hence our indication that you will enroll in 4-5 UB classes, depending on the suggested credit per course.

Volunteer Opportunities

There are numerous options for community engagement. These may include a Work-Camp Association (in which on-campus groups build houses in a two-week program); UB Human Rights Organization; SAHA (Students Against HIV/AIDS); Princess Marina Hospital (ideal for students in the health sciences); and the United Nations. CIEE participants are encouraged to participate and our Resident Staff is available to facilitate the process. Detailed information concerning the different organizations and projects will be made available and discussed during the on-site orientation.

CIEE Academic Field Trips

Students have the opportunity to participate in a variety of local and regional excursions. These may include visits to the Gaborone Game Reserve, the National Museum, the Kolobeng Ruins (the remains of David Livingstone’s 1840 mission), the Jwaneng diamond mine, and the Kalahari Desert. A multi-day safari to the Okavango River Delta or Chobe National park is a highlight of the program each semester. More information about the planned activities will be shared during your onsite orientation.


Previous students have visited a landfill to learn about solid waste management in Botswana. They have also visited the Botswana Meat Commission where they learned about food hygiene in light of the fact
that Botswana exports most of its beef to the EU. Most of Botswana is desert that makes water a highly priced resource and as such there efforts to recycle sewage water and students on this program have an opportunity to visit such facilities. The Jwaneng diamond mine gives our students an opportunity to learn about occupational and environmental health issues in Botswana.

Office and Onsite Staff

Study Center Office and Location

This address should be used for initial mail, and for your contact and address on your visa application.

Student Name
c/o Basetsana Maposa, CIEE Resident Director
University of Botswana
Block 247, Office #432
P. Bag 0022
Gaborone,
Botswana

Site Staff Team

With the exception of the CIEE Language and Culture Practicum and the Seminar on Living and Learning (taught by your CIEE Resident Director, Basetsana Maposa), all courses are taught by University of Botswana Faculty. The highly qualified academic faculty of 827 is nationally and internationally recognized as experts in their fields. Of the 827 faculty, an overwhelming majority (between 60% - 70%) are not native to Botswana, and hail from other African countries such as Kenya, Zimbabwe, and South Africa.

Arrival and Departure

Discount Airfare and Booking

Included in your program materials will be an iNext insurance card/student ID that allows airfare discounts through Student Universe (www.studentuniverse.com)

Benefits include:

- $15.00 discount on flights costing $100.01 to $249.99
- $25.00 discount on flights costing $250.00 or more
- Simply type “iNext” into the Promo Code text box when you finalize your reservation
- Your iNext card is valid for 365 days; the discount code is applicable for up to two separate purchases
- Most tickets allow changes to the ticket for as little as $50

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.

The first thing to keep in mind is that airlines typically will not let you make a reservation nine months or more in advance. If you are studying abroad for the fall and spring semester, odds are that you will not be
able to book your return ticket for the actual program departure date. Instead, you will have to look at purchasing a ticket that allows you to change your return ticket with little to no additional fees.

Nowadays, airlines typically will not allow their customers to fly into a foreign country on a one-way ticket. As some countries require visitors to show their return ticket in order to acquire visa, airlines have difficulty keeping track of certain requirements. In order to streamline their approach, most airlines simply will not allow a customer to board without purchasing a return ticket. **All students – including academic year participants - should therefore purchase a round-trip ticket.**

Past participants have found great rates on non-refundable tickets with the following companies [www.sidestep.com](http://www.sidestep.com), [www.kayak.com](http://www.kayak.com), [www.mobissimo.com](http://www.mobissimo.com), [www.travelocity.com](http://www.travelocity.com), and [www.orbitz.com](http://www.orbitz.com). Others have gotten creative when making their travel plans by purchasing their domestic tickets separately from their international tickets. It’s 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 very tricky because participants who arrive early must make their own reservations for the extra nights they are in the host city and they must get from the airport to their hotel and then from the hotel to the Study Center all on their own. After doing 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.

**Fees**

The cost of transportation to and from the program is not included in the CIEE program fee. Students should make their flight reservation to arrive on the date and time indicated in the **Program Date, Details and Updates** link in your online account. Specific information on the location of the orientation, including the hotel address, contact information, and detailed directions to the site, will be included in a **Final Details** email sent about a month before departure.

**Dates**

Students should make their flight reservation to arrive on the date and time indicated in the link titled **Program Dates, Details, and Arrival Information**, which is posted on your on-line account.

Those students whose arrival coincides with the indicated times will be greeted by the CIEE Resident Staff. Please look for a CIEE sign or flag when exiting the International Arrivals Terminal.

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, which will be e-mailed to students approximately 30 days prior to the program arrival date.

Upon 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. Members of the Resident Staff will assist you with this process.

You will be met at the Sir Seretse Khama International Airport (airport code GBE) by the Resident Staff and travel together by bus to the orientation site. If you travel independently, you are responsible for arriving on time for orientation.

If you plan to arrive in Gaborone before the start of the program, please contact your CIEE Study Abroad Advisor or CIEE Resident Director if you would like to arrange accommodations at the orientation hotel. However, any extra nights will cost extra. CIEE will only pay for your housing from the start of orientation/official arrival day.

**Delayed Arrivals**
If you are delayed en route to the orientation site, you must leave a message with the CIEE home office at 1-800-407-8839 and Resident staff as soon as you realize that you will be late. CIEE does not permit students to arrive after the program start date for any circumstance with the only exception being unforeseen flight delays.

In the event of a forced or unforeseen early departure from the program, any alternate arrangement to complete course work must be approved in writing by a representative of your institution and the CIEE Chief Academic Officer.

Orientation

Online Pre-Departure Orientation

Before leaving home you will be participating in a CIEE Online Pre-Departure Orientation. During the online orientation, you will:

- Be meeting with other students online
- Get information about your program and site from your Resident Director
- Receive important alumni tips and concerns
- Get time to ask any questions you may have before leaving home.

The orientation will allow you to connect, reflect and learn about what others in your group would like to accomplish.

The CIEE goal for the pre-departure orientation is simple: to help students understand more about the program and site, as well as their goals for the program, so that they arrive informed and return home having made significant progress toward their goals.

On-site Orientation

It is required that all students attend the onsite orientation, which lasts approximately one week.

During orientation, the resident staff (and local student guides) will provide a structured introduction to the country, the culture, and the academic program. They will also give you lots of practical information about living in Botswana, including:

- A review of emergency procedures
- Detailed information on health, well-being, and safety issues
- Academic information relating to the program and university
- Information on home stays
- Introduction to your host family
- Local tours and guided visits in order to help with adjustment
- Further orientation continues throughout the program

As orientation is a busy time for our students and the main goal is to help you to adjust to your new home, this is not the appropriate time for family and/or friends to visit the site. Past participants who arrived with family and/or friends have stated that the transition was more difficult because they felt that they had to both entertain their visitors while fulfilling all of the orientation requirements. This added distraction made it more difficult to bond with their peers and to fully integrate themselves into the program.
Housing and Meals

Students have two housing options: on-campus undergraduate residence hall or local homestay.

Homestay

CIEE offers a limited number of homestays with local Batswana families. Students commute to and from campus on public transportation. Each student will have his or her own family to allow for that unique individual experience. Students who choose a homestay in Gaborone will be guaranteed a room to themselves that will come with a bed and bedding, a chest of drawers or a closest, a chair and a reading desk. As a significant member of the family, students will have access to the kitchen and the living room and other shared facilities.

Students will be provided with breakfast and dinner Monday through Fridays and breakfast, lunch and dinner on weekends and public holidays. Students will also have that occasional snack in between meals. Students in homestays are expected to play their part by way of helping with chores such as making their own beds, washing their own clothes, cleaning their rooms and sometimes the kitchen and living rooms, doing dishes, etc.

Students use public buses that are mini vans that are called 'combis', each of which takes 15 people max per ride. Although the drivers often drive 'wildly', combis are very safe and reliable. You just need to budget your time because buses do not run on a schedule. The commute should take you between 30-45 minutes one way because combis wait until they are full to leave and they stop along the way dropping and picking up other people.

Host families are drawn from across the socio-economic spectrum and as such students choosing this housing option have different living conditions. For example one family will have a curfew while others will not!

Meals

Breakfast and Dinner are provided during the week by the host family, and three meals are provided on weekends. During the week, lunch will be your responsibility.

Private Accommodations

On-Campus Dormitory

Students who choose the on-campus housing will share double rooms with local or other international students in an undergraduate residence hall. In the dorm rooms, you will have a single bed, blankets and a bed cover with some pillows, a chair and a reading desk, and a closest. Bathrooms and shower facilities are shared. There are bathroom and showers on each floor. The residence hall has limited internet connectivity. Internet on campus, especially in the dorms, is very slow and frequently breaks down. The University of Botswana is currently rolling out wireless and not all of the spaces including your dorms are covered yet. The dorms are located in close proximity to the main cafeteria, the UB sports complex, and laundry facilities. For laundry, students can chose to buy tokens from the UB convenience store and use the washing and drying machines right across from the dorms. Alternatively, students can hand-wash from faucets in the dorms and drip-dry (hang-dry) their clothes. If you choose to drip-dry your clothes, you will need to stay with them as there have been cases of students missing their clothes. Since no one really has time to wait for clothes to dry - you are probably best off using the laundry facility!

Meals

Students can take their meals in the two dining halls on campus. You can choose to purchase a meal plan or purchase individual meals on a daily basis. **There are no cooking facilities in the residence**
hall but a small CIEE-provided fridge placed in one of the students’ room that students can use. Cooking in the residence halls is prohibited. Although there are a couple of malls within walking distance from UB with a variety of restaurants most of them are pricey which prohibits students from eating there on a daily basis. There are food vendors around UB but we usually discourage our students from buying from the vendors because most of them recycle food.

**Problems with Housing**

If you are uncomfortable with your housing arrangements, please discuss the situation with the Student Services Manager immediately. If you have a problem, we will do our best to help you improve your situation.
Before You Leave

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 proper documentation.

Passport

The passports of all travelers entering Botswana must contain at least two clean (unstamped) visa pages at each time entry is sought. Otherwise, there is a very strong probability that the traveler will be refused admission. 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 a minimum of six months after the date you enter Botswana or for the duration of your program plus any travel, whichever is longer. If you do not have a passport, 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. 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. 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 required amount.

Visa

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.

US citizens do not require a student visa for Botswana but must be in possession of a valid passport. You must also bring a copy of your birth certificate with you to Botswana. This will be needed so that CIEE and UB can help apply for your residence permit on site. Although U.S. citizens are not required to have a visa while in Botswana, it is likely that they will need a visa to visit bordering African nations. If a student is planning to do any independent travel outside of Botswana, it is their responsibility to inquire with the appropriate embassy.

Documents for non-U.S. Citizens

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

**Permanent Residents**

Permanent residents need to apply for a Re-entry Permit, which serves as a passport while overseas. Being out of the United States for more than one year may jeopardize your permanent resident status. Check with the nearest INS office for information regarding documentation and procedures for return to the United States.

**Stateless Persons**

If you do not have a country of citizenship, 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.

**Additional Items**

**iNext Travel Insurance Card**

CIEE provides you with supplementary iNext travel insurance while you are abroad. You will need to have your iNext card with you to access the policies’ provisions. For more information, please refer to the Insurance, Health and Medical section below.

**Lost Passport Kit**

Preparing a lost passport kit can help you speed up the process in re-obtaining your passport if it is lost or stolen while you are abroad.

A passport kit should include:

1. Two passport photos
2. Official copy of his or her birth certificate
3. Photocopy of passport’s photo, signature, and visa pages

**Spare Passport Photos**

You may need to bring up to 2-4 additional passport sized photos for both school ID and city registration purposes.

**Insurance, Health and Medical**

**iNext Travel Insurance**

The iNext Accident and Sickness Insurance policy

- Helps you cover cost of accidents and/or routine sickness while abroad
- Offers Emergency Evacuation and Emergency Medical Transportation coverage
• 24-hour Travel and Medical Assistance Service
• Offers you travel document replacement and limited travel delay and lost/stolen baggage coverage.
• Coverage begins two weeks before the program start date and continues for 365 days.
• This Health Insurance is an additional or secondary policy only, and does not cover liability.
• It also does not include routine physical, dental examinations, or preventive medicine.

You can find a complete description of the Accident and Sickness Insurance policy on the enrollment website. It is important that you read the policy carefully and note exactly what coverage it provides and excludes.

**Personal 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.

**Immunizations**

In short, Botswana does not require vaccinations for entry into the country. All participants should still consult with their primary physician or a nearby immunization/travel clinic about recommended travel vaccinations (information where to find this is usually obtainable from your primary physician, the CDC and if you simply search online for a nearby immunization clinic). While there are none required for entry into Botswana, there may be recommended ones that you should discuss with your medical expert. We are providing additional immunization information below but these are just informational, they may change, and ultimately your physician is the expert!

Again, vaccinations are not required for entry unless you are arriving from sites of disease outbreak or from countries where yellow fever is endemic. So, if you plan to travel to any other African or South American country on your way to the program, please consult the CDC or the Botswana Embassy for details; you may need to get a yellow fever vaccination. If you are simply flying from the US to Botswana – then you don’t need yellow fever vaccination.

If you need to show proof that you have been vaccinated against yellow fever and cholera, the most widely recognized document for this purpose is the yellow World Health Organization booklet, International Certificates of Vaccination, which is available from most doctors and health centers. Carry this document with your passport.

Although no vaccinations are necessary, if you plan to travel to remote villages, you may want to get a hepatitis shot. Also, if you plan to travel through the outback of Africa, you should get vaccinated for yellow fever and carry a supply of malaria medication. While these health risks are not present in Gaborone, they are in other areas of Botswana and Africa.

CIEE strongly suggests that you consult a tropical disease medical expert with regard to other inoculations that are not required but might be strongly recommended. These include inoculations against tetanus, polio, measles, typhoid, meningococcal meningitis, gamma globulin (protects against hepatitis A), and hepatitis B. All childhood vaccinations must be up-to-date.

Remember that vaccinations need to be planned well in advance; begin the process at least 2-1/2 months prior to departure.

CIEE strongly suggests that you consult a tropical disease medical expert / travel clinic with regards to other inoculations, which are not required but might be strongly recommended. These include inoculations against:
- Cholera
- Tetanus
- Polio
- Measles
- Typhoid
- Meningococcal meningitis
- Gamma globulin (Hepatitis A)
- Hepatitis B
- Again…Yellow Fever is required!
- Malaria (you don’t get immunized but you do take prophylactics orally. Discuss the options with your medical expert)

All childhood vaccinations must be up-to-date

**Medical Supplies**

If you take prescription drugs, take 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 extra pairs as well as a copy of their prescription. If you use contraceptives, please take an adequate supply with you.

Pack medication for diarrhea, constipation, upset stomach, surface scratches and cuts, sore throat, coughs, and 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 Botswana. Some over-the-counter medications are 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.

**Tips for General Wellness**

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

**Malaria**

This disease is not an issue in Gaborone, but if you are planning on traveling to a malaria zone, you may be at risk. These areas include regions that are about 2 hours outside of Gaborone including the **Okavango Delta**. You will also need malarial pills if you are going to travel to other countries notably Zambia, Zimbabwe, Mozambique, etc. 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. They are 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. The CDC, Centers for Disease Control, advises that travelers who become ill with fever during or after travel in a malaria risk area should seek prompt medical attention and inform the physician of their recent travel history.

Some visitors to Botswana 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 six days after the first exposure to infected mosquitoes or as late as several months after departure from a malarial area, even after preventive drugs are discontinued. Malaria can be treated effectively in its early stages, but delaying treatment can have serious consequences. According to the CDC, the risk for malaria in Botswana is very low. However, in rural
areas (including game parks and northern Botswana) the risk is high. **You will need anti-malarial medication for the CIEE excursion to northern Botswana, such as the Okavango Delta.**

Please visit the CDC website and speak with your medical provider for more information on anti-malarial medication.

Here are some other ways to reduce the risk of contracting malaria:

- Wear protective clothing during the period when mosquitoes tend to bite, which is usually from dusk to dawn.
- Stay inside screened areas from dusk to dawn, and use a netting over your bed if mosquitoes are present.
- Use insect repellent with at least 30% DEET.

**Deal with common ailments**

When you first arrive in Southern Africa, 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 Southern Africa by making an appointment with a travel disease expert who can prescribe anti-diarrhea medication. You might also want to bring over-the-counter medications 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 stools, dehydration, or persistent symptoms (that do not subside within 3 to 5 days).

**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, such as bananas, whose skins can be peeled. Avoid raw or undercooked foods.

Pay particular attention to rehydrating yourself when traveler's diarrhea occurs, as maintaining fluid intake is important.

**Be aware of the sun**

Take care in the sun. Wear sunglasses and use sunscreen during prolonged exposure to the sun. Drink plenty of water and consume adequate amounts of salt to help avoid heatstroke. Spring participants: be aware that you arrive in Botswana during the summer.

**Stay active**

Sports and exercise can provide a well-needed release from the stress of class and culture shock. A Frisbee or volleyball game is also a good way to meet and learn from other Batswana.

**Tuberculosis**

Some rural areas of Botswana are tuberculosis endemic areas. If you have TB or other respiratory problems you should bring additional medicines with you and avoid these areas.

**AIDS**

The HIV virus is now pandemic, meaning it is present everywhere, including Africa. The World Health Organization has confirmed that donated blood is HIV-tested in the main centers in Botswana. However, the risk to you while studying abroad is determined less by geographical location than by individual
behavior. You must take precautions: avoid behavior that spreads the disease, such as intravenous drug use and unprotected intercourse.

HIV/AIDS is a prevalent problem in Botswana with some estimates suggesting that over 24% of its adult population is infected. Almost every family has been affected by this pandemic in some way. The Centers for Disease Control (www.cdc.gov) reports that:

According to Botswana 2003 Second Generation HIV/AIDS Surveillance data, the HIV infection rate among pregnant women aged 15-49 years was 37.4 percent. A 2004 household survey confirmed the high infection rate in adults of reproductive age.

HIV is most prevalent among Batswana aged 25-34 years. Young women are at higher risk for HIV infection than their male counterparts: the prevalence among women aged 15-19 years was 9.8 percent, vs. 3.1 percent of men of the same age.

**Smoking**

Smoking is banned in all public places in Botswana and is only allowed outdoors on the University campus.

**CDC Recommendations**

If you plan to travel after the program to other countries, you may want to consult the CDC information specific to these countries. The CDC website is www.cdc.gov.

**Medical Facilities**

The medical system in Gaborone is excellent and U.S. citizens can expect treatment comparable to what they receive in the U.S. Located just outside of the University gate is a large, fully equipped, and state-of-art medical complex that is open 24 hours a day, 7 days a week. The Gaborone Private Hospital is open 24 hours a day, 7 days a week. For more information visit their website on www.gaboroneprivatehospital.co.za

Students may visit the Department of Health Services, located at Block 120, if they are feeling ill. The Department provides free professional service to customers and often will give basic medicines at no cost. The core functions of the Health Services include provision of general health, including reproductive health, counseling, health education (including prevention), and consultation services. The consultation service includes assessment of illnesses, diagnosis, treatment, and initiating referrals as appropriate. For example, referrals are made when a customer needs services provided by laboratories, x-rays, and psychiatrists.

The Department works closely with a student group called Health Outreach Program. The students in the program visit residential areas to make assessments and identify health problems as well as mobilize students to identify and solve health problems that face them. A nurse is always on duty after working hours and during weekends and holidays to take care of any emergencies that may arise.

**Things to do before you leave**

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 CIIEE, 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.
• Making any necessary arrangements for the following academic year, including housing, registration, and graduate school application. If you are a senior, be sure to make necessary arrangements for graduation.

• 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. (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.

Personal Finance

Cost of Living

Your CIEE Program fees include:

• Pre-departure information and services
• Optional on-site airport meet and greet
• Orientation
• On-site support
• Tuition
• Cultural activities and require local excursions and field trips
• iNext health insurance
• Housing

Important Note: You will need money for meals (homestay students only need to budget for lunches during the week), entertainment, toiletries, cosmetics, gifts, local transportation, school supplies, and independent travel.

Budgeting

You will need money for one meal a day, 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 in a semester and inflate it a bit. Although the cost of living for a student in Botswana 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 Gaborone. We suggest you budget extra money, if possible, for unforeseeable expenses. Calendar and Academic year students will also have to budget for independent travel and lodging during break.

Currency Rates

The currency exchange rate is not constant. For up-to-the-minute exchange rates visit:

www.x-rates.com
Financial Arrangements and Banking

You should arrive in Botswana with a few different ways to get money. A few reliable options are below.

- Bankcards
- Credit Cards
- Traveler Checks

Money and Banking

The unit of currency in Botswana is the Pula (which translates into "rain"). Note that denominations are 10, 20, 50, and 100, with the largest coin being 5 pula. The pula is made up of 100 thebe.

ATM’s are widely available throughout Gaborone and on campus.

An easy way to use and transfer money for personal spending is through Visa and MasterCard Debit Cards, which are widely accepted. Diners Club and American Express Cards are accepted in most restaurants and tourist destinations. Cash advances on credit cards typically have very steep interest rates that are normally much higher than the purchase APRs. Be sure to read the fine print for your credit card. Students in the past have also relied on Western Union for money transfers.

As a back-up option you may want to bring a visa credit card.

You can also consider opening a local bank account and our staff in Botswana will help guide you through this process if that’s something you’re interested in.

Packing

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 upon completion of 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, keep your essential medication, toiletries, and documents in this carry-on bag in the event luggage is lost or delayed in transit. Also, pack items that you will need for the overnight stay in Gaborone in your carry-on luggage. If possible, lock all of your luggage.

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.

Clothing

Generally, you should be able to wear the same sort of clothing you would wear in the United States. However, remember that Batswana society places a premium on looking neat and presentable. To Batswana, appearance reflects the degree of one’s respect for self and others.
Choose lightweight, versatile, easy-to-care-for clothing that can be hand washed and drip-dried. It's hot, so bring comfortable cotton clothes, which are also easy to wash and dry quickly. You should avoid synthetics. Men and women both will want to bring comfortable long-sleeved shirts as evening protection against mosquito bites, especially if they travel independently to a malaria zone.

You will be doing a lot of walking throughout the semester. Therefore, durable, comfortable, and practical shoes are absolutely essential. Take a couple of extra pairs of shoes, including at least one pair of dressy shoes. And bring at least one or two formal outfits. For women, a soft-soled and comfortable dress shoe will be especially useful.

Bring a jacket or sweater since it can be cool during the rainy season and in the evenings. The winter can get cold, so be sure to bring some warm clothes.

Women should be conscious of the clothing they select. Short skirts and tight, low-cut tops may not convey the best image and may lead to being perceived as “easy” and invite unwanted attention. Although most local Batswana are comfortable wearing revealing clothing, they are also used to warding off aggressive advances and wedding proposals. Please understand that you may wear the same type of clothing that you do in the U.S., but you will probably be surprised by the different reaction you will get from locals.

Female students should also bring some knee-length skirts/dresses for the rural visit. It is customary for the village stay to wear these items.

U.S. students have often said they took too much clothing. Don’t forget that 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 shirts and sweaters can be worn with different skirts and pants. Also, remember you will most likely want to purchase some clothing in Botswana.

Students who decide to go on safari should be advised that brightly colored or white clothes are not recommended during the trip as they can agitate the animals.

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 Botswana. 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 Botswana. Students should also note that it is extremely difficult to have medication sent from home.

Electronics

The current in Botswana is 220 volts, 50 cycles AC, not the 110-60 you are used to in the US. Electric converters and adapter plugs must be used to connect North American equipment. If you plan to bring any electrical appliance from home, you must use a converter and adapter. We recommend that you purchase the adapter and converter in Botswana as it is difficult to find the right one in the U.S. You will, however, find many small electrical appliances, such as hairdryers, readily available and reasonably priced.

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 at all-though you will still need the adapter plug. The adapter should have a plug with two round prongs. If you use a blow dryer, bring a small, dual-voltage travel model (Ronson and Braun make them) and an adapter plug.

Mementos from home

Bring things from home that you can share with your Batswana 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.
While Away

Living in Botswana

Sometimes living in a university environment abroad makes it easy to forget you’re not home. Remember that you are in another country with its own laws and customs, and they are different from the ones you’re used to. Be aware of this and conduct yourself accordingly. Also, be sure to attend classes regularly and participate in program activities.

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.

Climate

During the summer months, October – March, temperatures can soar to more than 104 degrees at midday. The rainy season is typically between October and April, with December and January being particularly hot and wet months. However, the region surrounding Gaborone tends to get the least rainfall. Winters are dry with temperatures in the 60’s and 70’s.

Safety Precautions

The health and safety of program participants abroad is understandably an important issue for all concerned. CIEE was a founding member of the Interassociational Advisory Committee on Safety and Responsibility in Study Abroad. The following website contains information about the Task Force and study abroad safety issues:

http://www.nafsa.org/knowledge_community_network/sec/education_abroad_1/developing_and_managing/practice_resources_36/policies/guidelines_for_health

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.

Although Gaborone is relatively safe, you must be careful about what you do and where you go, just as you would in any major city in the world. Follow these general rules:

- Tourists are common targets for pickpockets.
- Be aware of your backpacks and cameras, especially on crowded buses.
• Avoid carrying large amounts of cash or your original passport with you. Never leave belongings in a parked car.
• Keep your valuables locked in your closet.
• Lock your room when you are not home.
• When you carry your passport, wear it around your neck in a thin pouch inside your shirt. If you must carry it in a bag, use one that can be slung diagonally across your chest and that has a sturdy strap that cannot be easily ripped.
• When carrying a purse or bag be aware.
• Never carry valuables in the pockets of your pants.
• Do not go for walks at night.
• Do not accept rides with anybody you do not know.
• As noted earlier, keep a photocopy of your passport in a separate place. This will speed up the process of replacing your documents should they be lost or stolen.
• Be especially cautious in areas frequented by tourists, such as airports, train stations, museums, and U.S.-style restaurants.
• Be aware of the heating situation provided by your host institution and host residence. For locations where carbon monoxide producing appliances may be present – i.e., any appliance that burns fuel such as gas, oil, kerosene, wood, or charcoal – detailed information on the possible dangers associated with such appliances, along with safe operating instructions, will be provided in the on-site program orientation. For further information, please visit the U.S. Environmental Protection Agency (EPA) website at www.epa.gov.

If you are the victim of a pickpocket, or if something is stolen, inform the Resident Director who will help you make a report.

Incidents of terrorism against U.S. citizens in Botswana and the likelihood of being the victim of a terrorist attack are not common occurrences in Botswana’s history. Indeed, the danger of travel in the region has been greatly exaggerated. Still, you should take certain precautions to avoid possible danger. We advise you to avoid bars, restaurants, night clubs, or resorts known to be frequented by U.S. military personnel. In most cases of terrorism it is not an individual that is the target, but a symbolic location. Please keep the Resident Staff informed at all times of your travel plans.

The Glimpse Foundation

CIEE is an institutional member of The Glimpse Foundation. As a CIEE student, you get access to a full range of services that will help you prepare for your time abroad and/or enable you to share your insights during and after your overseas experience.

These services include:
• Access to Glimpse’s content archive, which currently contains over 400 student-written articles from 88 countries.
• Access to the Glimpse ‘Ask the Expert’ database so you can connect with current and returned study abroad students in your country/region.

To get started go to GlimpseAbroad.org: http://glimpse.org

Meeting Batswana

Just as it is impossible to define a typical American, it is equally impossible to define a typical Batswana. You will meet many types of people in Botswana who have different opinions, attitudes, and habits. The
more you interact with Batswana, 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 Botswana with some preconceptions about Batswana and in turn will encounter some Batswana 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 Botswana. This type of response will only create bad feelings. A positive and serious response from you will help dispel myths about the United States.

Special Notes

For Women

Some female students may experience difficulties in Botswana. Many Batswana do not understand that the U.S.-style of having a familiar manner with strangers of the opposite sex is merely a gesture of friendliness. Outgoing behavior may be misconstrued as something more. A smile at a stranger could be misunderstood as an invitation to spend the evening together. As a precaution, give your address only to people you know and trust. Sexual harassment can be a problem in Botswana, so women should definitely expect to have their personal freedom restricted as compared with in the U.S.

Women should remain alert and cautious of their surroundings as well as situations that may arise. 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 that contrasts with the more traditional ways of Botswana. As a result, even though you are accustomed to having a lot of freedom in the way you dress and interact with others, be cautious until you become familiar with the Botswana social norms. Single Batswana women, for example, may go out alone but female U.S. students are discouraged from doing so because of cultural differences.

As a foreign woman in Botswana, 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 not to engage in conversation. You should also be alert of 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.

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.

For Minorities

Professors do not discriminate on ethnicity, race, gender, religion, size, or any other way in which people try to classify each other. The University of Botswana has always prided itself on being the forerunner in promoting equality on their campus. This is reflected in their high number of international faculty.

It seems that different groups of local people have different preconceptions of African-Americans. On campus, they are likely to be perceived as American rather than black. African-American students who seek out Black Consciousness students seem to be either spurned or whole-heartedly accepted. Your experience, of course, depends on you. You are likely to come up against stereotyped perceptions all over the place. You can either shy away or avoid them, or confront them and spend time with Batswana one-on-one to get past them.

Among many black Batswana youth, African-Americans are idolized; Botswana TV carries a tremendous variety of black American sitcoms and movies. African-American students can use this to their advantage if they would like to interact or do research with high school students. In a recent program an African-American engineering student's interest was to encourage more high school kids to study math. Everywhere he went kids would flock to him as he told them about the benefits and opportunities from studying further.
Transportation

Local Transportation

Taxis and shared mini-vans called Combis are the most common means of local transportation. Taxis are not usually metered and so it is necessary to negotiate a price before entering the cab. Few cab rides will ever cost the same, even if you are going the same distance.

CIEE strongly discourages students from driving, renting, or leasing a motor vehicle while participating on the program.

Independent Travel

You will no doubt want to explore Gaborone, particularly on weekends. You can also plan longer vacations exploring other regions of Botswana. Before leaving the United States, gather as much information as possible about places you may want to visit, but don’t make any solid plans until you have spent some time in Botswana.

For more information, you can contact the National Tourism Board of Botswana offices. Other sources that may be helpful are the various Michelin Guides and the Lonely Planet series.

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 Botswana 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 Botswana.

CIEE does not want students traveling on roads at night. Main roads in and around Gaborone are perfectly safe. However, in the rural areas, many tour buses take unpaved roads with little lighting, lots of brush, and the local animal habitat frequently cause accidents. These problems are easily avoided by traveling long distances by plane or road during the day.

Communications and Mail

Telephones and Cellular Phones

Cell phones are a part of everyday life in Gaborone. Participants who have tri-ban phones are able to bring their cell (must be unlocked! – so make sure to inform your cell provider) to Botswana and purchase a local SIM card that will work during their stay. Remember to bring all PIN codes with you. Participants can also purchase cell phones for a reasonable price once they arrive on-site. They then purchase a short plan for the semester. Details on how to do this will be provided during the on-site orientation.

Typically, incoming cell phone calls are free for the user. This allows parents and friends to call the participant’s cell phone without the participant incurring additional fees. However, fees for the caller will apply and you can share those with your family once you have purchased your plan so that you can make an informed decision on the best option for you.

Past participants on CIEE programs have also used an Internet phone provider to secure inexpensive call rates. Currently, Skype (www.skype.com) is the leader in this area.

International phone cards don’t seem to work well in Botswana. Students’ cell phones will suffice for both local and international calls.
Fax

The cost for a fax to the United States depends on how much time it takes to send the fax. Costs are often lower between the hours of 8 p.m. and 8 a.m. If you need course approval in order to guarantee a semester credit, the CIEE Office will allow you to send a fax with no charge. Incoming faxes should be addressed to you, using your full name, C/O the Resident Director. The CIEE Office fax is only available for business related issues.

E-mail and Computers

Students have access to computers in the UB library and within the various academic faculties. The library includes a Late Night Study Area that is open 24 hours a day for student use. As mentioned previously, UB is rolling out wireless and the library is now wireless-ready. Local Internet cafes are also an option.

If you have a laptop, it is wise to bring it. You will need to type your assignments for class and students are able to register their laptops and use them in the computer labs on campus. Windows-based computers are most common. If you do bring your own computer, you may not have access to the Internet and e-mail from home, as only some residence hall rooms have internet connections.

Make sure to insure your laptop if you decide to bring it along as CIEE is not responsible if it is lost or stolen. Additionally, we recommend that any students taking a laptop consider installing security/theft recovery software. One example of this software is Computrace LoJack for laptops, made by Absolute software.

Program Mailing Address

Mail service from the United States to Botswana is normally very slow; it can take about three weeks to receive letters from the U.S. Packages can be sent through regular mail (note that this is VERY slow), or with a courier service (for example, DHL), and they should be sent to the program address. Once packages arrive there, students will be notified to pick them up. There is no fee for picking up packages. If packages are sent to you, make sure they are labeled "secondhand/used" and give a very low dollar values to the contents. Otherwise you will end up paying expensive import tax.

Student Name
c/o Basetsana Maposa, CIEE Resident Director
University of Botswana
Block 247, Office #432
P. Bag 0022
Gaborone, Botswana

Please write the address exactly as shown above in order for the item to reach its destination safely. (Remember to include your name, as the Study Center receives mail for all students on the program, and if we do not know the recipient, we will have to open it.)
Additional Resources
Information You Should Know

Policies and Procedures

CIEE Program Policies

The link below provides additional details and information regarding CIEE program policies, academic policies, program fees and payment policies.
To view CIEE’s Policies and Procedures please follow:
http://ciee.org/study/terms.aspx

Suggested Reading

We urge you to read several of these publications to expand your knowledge of Botswana and to ease your adjustment to Botswana’s 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.

Books on Botswana

Non-Fiction

- Saturday is for funerals, by Unity Dow.
- Far and Beyond, by Unity Dow.

Fiction


Books On Cultural Adaptation

Adaptation to a new culture can be difficult. The following reading list contains publications that deal specifically with issues of culture shock and the difficulties associated with living overseas.

- Citron, James. Short-Term Study Abroad: Integration, Third Culture Formation and Reentry. NAFSA: Association for International Educators, 1996.

**Additional Information**

**Websites**

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

- [www.ciee.org](http://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](http://travel.state.gov)
  The U.S. State Department Bureau of Consular Affairs home page, which provides 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.tsa.gov](http://www.tsa.gov)
  The Travel Security Agency website provides the most up-to-date information concerning which items may or may not be allowed on the plane. Please check this site a few days prior to leaving for Gaborone.
- [www.x-rates.com](http://www.x-rates.com)
  Current exchange rates.
- [www.cdc.gov](http://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.ub.bw/](http://www.ub.bw/)
  University of Botswana
  On-line travel guide to Botswana from the well-respected Lonely Planet series of travel guides.
Suggested Packing Checklist
Naturally you’ll want to pack what best reflects your own lifestyle and taste, but CIEE recommends the following.
Please note that you will be able to purchase many of the general items in Botswana.

Important Documents
• Airline ticket (make sure it is round-trip!)
• CIEE Student Handbook and pre-departure materials
• Course catalog from your school
• ATM Debit Card
• Phone Card
• Home Advisor’s address, fax, e-mail
• International Certificate of Vaccination (when applicable)
• iNext card
• Passport/Photocopy of passport (keep separate from passport)

Clothing
• Bras
• Chinos, khakis, or other loose-fitting pants/slacks
• Flip flops
• Hiking boots with traction
• Pajamas/nightgown
• Rain poncho or parka
• Sandals
• Shirts or blouses (5-7)
• Shoes (2 pair, including a soft-soled dress shoes)
• Shower sandals/Birkenstocks (1 pair)
• Shorts, cotton
• Skirts or dresses
• Sneakers (1 pair)
• Socks, cotton
• Sweater
• Swimsuit (1)
• Tie
• T-shirts, cotton
• Underwear
General
• 110/220 current converter with adapter
• Address book, including e-mail
• Backpack/Overnight bag for traveling
• Batteries, alkaline
• Bottle/can opener and corkscrew
• Bug spray for mosquitoes
• Camera (film, if needed)
• Contact lens solution
• Contraceptives
• MP3, Discman, or cassette player
• Ear plugs
• Flashlight
• Gifts/Photos from home
• Glasses or contact lenses, extra pair, prescription
• Guidebook
• Gynecological supplies, tampons
• Hair dryer
• Journal
• Knee-length skirts/dresses for the rural visit
• Laptop (optional) with electrical adapter and security/theft recovery software
• Liquid hand soap
• Medicine kit: antacid/anti-diarrhea medicine (Pepto-Bismol or Imodium), aspirin, Band-aids, cough and cold medicine, prescription strength diarrhea medication…
• Medication you are taking and a copy of the prescriptions (keep with carry-on luggage)
• Money belt or pouch, worn flat under clothes
• Musical instrument
• Nail clippers
• Plastic containers, plastic bags (zip-lock)
• Pocket knife (do not put in your carry-on luggage)
• Reading material: books, magazines
• Sewing kit, safety pins
• Sleeping bag (optional for travelling, not necessary)
• Sunglasses, good pair/sun hat/waterproof sunscreen
• Toiletries: brush, comb, cosmetics, dental floss, deodorants, hair conditioner, Q-tips, shampoo, toilet paper, toothbrush, toothpaste…
• Travel alarm clock
• Travel umbrella
• Vitamins with iron and Vitamin B
• Water Bottle - Reusable
• Washcloth and towel