

# Associated Colleges of the Midwest

# **BOTSWANA**



## **Student Handbook ♦ Spring 2011**

*Beloit Carleton Coe Colorado Cornell Grinnell Knox Lake Forest  
Lawrence Luther Macalester Monmouth Ripon St. Olaf*

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## I. Welcome & Program Overview

An African success story, Botswana is endowed with rich mineral resources, including diamonds, and has benefited from uninterrupted and effective civilian leadership since independence in 1966. Its government has negotiated contracts with multinational corporations such as DeBeers, which stand in stark contrast to the exploitation of African resources during much of the colonial era. The returns from its mineral wealth, augmented with income from tourism, cattle ranching, and financial services, have been invested in education and various social services. As a leader in SADC (Southern African Development Community), Botswana has played a leading role in the region since the 1980s, from the time that South Africa was still under apartheid, and more recently in negotiations with Mugabe's Zimbabwe. Although, like many other countries in Africa, it has had to confront the problem of HIV/AIDS and the resulting social disruptions, Botswana demonstrates that progressive social policies can mitigate some of the effects of the disease. Botswana thus provides both a healthy antidote to the negative characterizations of Africa often found in American media and a rich array of possible solutions to the various crises of the third world.

The ACM Botswana program is expressly designed for students with interests in politics, political economy, economic and social development, public health, and environmental studies. Housed at the University of Botswana in Gaborone, Botswana's capital, the program is offered each spring semester, and combines formal class study with site visits to places in and around Gaborone and an independent study project (for credit). Classes include Setswana language, a course taught by the ACM faculty director, and an elective course at the University of Botswana.

During the semester-long program, students are housed in an undergraduate residence hall at the University of Botswana. Among the excursions typically planned are a weekend trip to Johannesburg, South Africa; a week-long trip to Maun, near the Okavango Delta in the north; and a visit to the Jwaneng diamond mine, the largest in the world. Students are also encouraged to volunteer with community service organizations and other non-governmental organizations.

In 2011, the ACM Program Director will be Dr. Phoebe Lostroh, from Colorado College. Dr. Lostroh received her doctorate in Microbiology and Molecular Genetics from Harvard University. The Director's course, "The Biology and Public Health of Tuberculosis, HIV, and Malaria," will compare how people living in both Botswana and the United States experience having these infections.

## II. Academic Calendar, Spring 2010 (tentative)

Botswana Program schedule		
Weeks 1-9	Week 10	Weeks 11-18
Setswana Language: <i>Intensive classroom study, homework, field trips</i>	Mid-semester break: Group travel in Botswana	Setswana Language: <i>Conversation classes, field trips</i>
Elective Course		Elective Course
Program Director's Course		Program Director's Course
Independent Study Project		Independent Study Project
Live in UB graduate student dormitories		Live in UB graduate student dormitories
Field trips in the Gaborone area		Field trips in the Gaborone area

January 5	Students arrive in Gaborone
January 6 - 7	University of Botswana Registration
January 6 - 7	University of Botswana International Student Orientation
January 8 - 9	ACM Student Orientation
January 10	University of Botswana classes begin
January 14	Last day to add a UB course
January 21	Last day to drop a UB course
January 15 – 16	International Student Cultural Excursion
January 28 – 30	Soweto and Johannesburg trip [tentative]
February 27 – March 5	Mid-semester break, Maun Trip
March 7	University of Botswana classes resume
April 10	Jwaneng Diamond Mine trip [tentative]
April 22	Good Friday (public holiday)
April 24	Easter Monday (public holiday)
April 21	University of Botswana last day of classes
April 23 - 24	University of Botswana Reading Days
April 26	University of Botswana Final Examination Period begins
May 10	University of Botswana Final Examination Period ends
May 11	Students may leave program

**Departure at the end of the program:** Before you leave the University of Botswana at the end of the program, you will need to fill out and submit a Certificate of Clearance (COC), which requires signatures from various departments and offices certifying that you do not owe the UB money. This is a necessary final step before you leave, and without this certificate, UB will not be able to issue a transcript for your academic work on the program. The Office of International Education and Exchanges will provide you with more information about this process.

### III. Academics

The ACM Botswana program has three overall learning goals:

- To develop a working knowledge of Setswana language to read papers and documents and communicate with local people
- To develop a broad understanding of African society, and inter-cultural literacy through cultural immersion; and
- To deepen knowledge of African development, environmental, and cultural issues through course-work, first-hand experience, and field inquiry.

When students complete the program, they should have an understanding not only of the issues facing many African countries today, especially those in Southern Africa, but also of the possible solutions that can be implemented. In addition, students should have the ability to define, carry out, and write up a significant independent project as well as a command of Setswana sufficient to allow for basic conversations and interactions.

All students on the program will take four courses: The Director's course, in his/her area of expertise; a Setswana course, taught especially for visiting international students by University of Botswana language faculty; an elective chosen from among course offerings at UB (usually on some aspect of African studies); and an independent study project/course. The combination of courses and independent research allows students to experience both the discussion-based style of teaching and independent work that is common at ACM and other American liberal arts colleges and the more formal lecture-based approach to undergraduate education that is prevalent at UB--as at most institutions of higher learning outside the United States.

In the elective course you select at UB, you will find that you need to take more responsibility and initiative in working outside of class than you may be accustomed to on your home campus. Many courses at UB are conducted as large lecture courses, and syllabi are not common. Instead, most professors simply recommend a long list of books for students to read. Typically, these books are not available in the campus bookstore, and in some instances may not be available in the UB library. You may also find that there are few graded assignments during the term, and instead you are expected to read and learn material on your own. There will be few graded assignments before the all-important final exams at the end of each semester. It is a system quite different from that in the United States, where assessment (in short papers, quizzes, etc.) is on-going throughout the semester. At most universities abroad, including the University of Botswana, American students sometimes have the false sense that "nothing happens" until the end of the semester when final exams can take them by surprise. The reality is that students are expected to listen carefully and to locate and read material mentioned in class regardless of whether it is specifically assigned. You should be aware that a major part of your cultural adjustment will include the teaching styles of your Botswana professors. Use the opportunity to study with other Botswana students to prepare for class. They are also likely to be helpful in translating any Setswana you may hear in class. (Past students have noted that when faculty tells jokes in class, they often use Setswana.)

Formal registration at UB will take place only after you arrive in country, and you will likely find the process very different from that on your home campus: it will be somewhat confusing and perhaps even chaotic compared to registration at home. International Students office staff will guide you through the process, and we suggest you view it as an opportunity for cultural learning. You must remember to

formally drop any courses that you have added that you do not plan on taking. **If you fail to drop the courses you are not taking, you will be charged by ACM (as ACM will be charged by UB).** Your grades will not be released until you have paid ACM.

## **Academic Courses**

### **Language Instruction Level 1: Setswana (ALL 132)**

Faculty: University of Botswana

Required course, 4 credits

Taught by professors from the African Languages Department, this language course will feature intensive classroom study, plus homework and occasional field trips. Students will work on grammar as well as vocabulary as they learn the fundamentals of Botswana's national language. The course is an introduction not only to Setswana language, but also to Botswana culture.

### **The Biology and Public Health of Tuberculosis, HIV, and Malaria**

Faculty: Dr. Phoebe Lostroh (Program Director)

Required course, 4 credits

According to the World Health Organization, the three single-agent infectious diseases that kill the most people per annum are tuberculosis, caused by *Mycobacterium tuberculosis*; AIDS, caused by Human Immunodeficiency Virus, and malaria, caused by *Plasmodium falciparum* and related species. Why is the risk of contracting or dying from these infections not equally distributed among all people? Why are there no effective immunizations to prevent these infections? Why, given decades of public education, does anyone still catch these infections, let alone die of them? Answers to these questions are complex, involving not only biology but also insights from the social sciences and the interdisciplinary realm of public health. Thus, we will study the three infections from both biological and public health perspectives. The ACM Botswana Program is ideal for students with an interest in public health, as public health is an interdisciplinary endeavor involving biology, medicine, psychology, sociology, economics, and political science (among others). Tuberculosis, malaria, and HIV/AIDS are primary health concerns in Botswana, despite its investment in universal education and health care. These infectious diseases are also important health concerns in the United States, and we will compare how people living in each country experience having these infections.

### **Independent Study Project (ISP)**

Faculty: Dr. Phoebe Lostroh (Program Director)

Required course, 4 credits

Each student plans and completes an independent study project under the direction of the Program Director. Students are encouraged to formulate projects that fit their individual interests, but must also keep in mind the process of gaining approval for research in Botswana. To make certain projects gain approval in a timely manner, we encourage you to consider these options:

1. Propose a project that does not involve interviewing or surveying any human subjects. These projects do not have to be reviewed and approved by an Institutional Review Board.
2. Propose a project that does involve interviewing or surveying people who are enrolled at or employed by the University of Botswana. These projects will have to get approval from the University of Botswana Institutional Review Board (IRB). The deadline to obtain permission to do the project is March 14, 2011. These projects have a reasonable chance of getting approved, provided that you write a great research proposal and explain how you will protect your human subjects from harm.

3. Projects that involve interviewing or surveying people who are not enrolled at or employed by the University of Botswana. These projects will probably have to be reviewed and approved not only by the University of Botswana IRB, but also by the federal government of Botswana. The deadline to obtain permission to do the project is March 14, 2011.

Please be aware that undergraduates cannot secure permission to interview or observe healthcare providers during the current health crisis. The federal government limits access to these human subjects so that they can focus on providing healthcare.

If you would like to propose a project that falls into categories 2 or 3, you will have to have a “back-up plan” in category 1, which you must carry forward through all assignments.

Please review the links available through the following web page to learn about standards of ethical human subjects research: [www.coloradocollege.edu/dean/oir/irb/ethicalprinciples.htm](http://www.coloradocollege.edu/dean/oir/irb/ethicalprinciples.htm) .

Students who wish to do additional research in Botswana, for example for senior thesis work at their home institution, **must arrange to do that separately, through their home institutions**. The Program Director will NOT be involved with anyone’s senior thesis work. If your project will involve human subjects and you plan to use it for a senior or honors thesis, you will need to review the requirements for approval by your own school’s IRB.

### **University of Botswana course**

Faculty: University of Botswana

Elective course, 4 credits

Students select a course taught by University of Botswana faculty from a menu of offerings determined by UB and ACM. Most selections fall under the broad category of African Studies. ACM will ask you to make a preliminary selection before you travel to Gaborone, and you should choose one course and several back-up possibilities (in the event of a cancelled class or schedule conflict). Past participants recommend using the first week of class to preview several courses and making your final selection after that initial week. **It is important that you formally drop any course that you do not take. If you fail to drop courses you do not take, you will be billed by ACM.**

### **Field Trips**

Ecotourism—especially community-based tourism—is an important sector in the Botswana economy.

ACM students will have the opportunity to explore this sector first hand during the spring break. Students will travel in a group arranged by Audi Camp Safaris to the Okavango Delta and visit the Mokoro game preserves, the Bayei Cultural Village, and the salt flats of the Bains Baobabs. You will travel by plane from Gaborone to Maun, where Audi Camp guides will meet you to begin the safari.

Accommodations are simple but comfortable; 2-3 students will share domed tents. Sleeping bags will be provided, although you are welcome to bring your own. (A personal sleeping bag may be useful if you plan to do independent travel.) Food, water, and toilet facilities will be provided by the outfitters, and you will be expected to set up and break down camp along the way. The lack of the comforts of home will quickly be forgotten as you travel through the Delta in motorboats or dugout canoes to get a close-up view of a wide variety of wildlife in their natural habitat. If you would like to visit



their website to envision what the safari will encompass, go to [www.okavangocamp.com/mokoro.htm](http://www.okavangocamp.com/mokoro.htm)

Other program sponsored trips will include an excursion to Johannesburg and Soweto, likely in late January, and a visit to the Jwaneng Diamond Mine, the source of much of Botswana's national wealth.

### **Credit and Grades**

ACM **recommends** 16 semester credits, as shown in the course descriptions, for your work overseas. **Before you leave home you should find out from your registrar exactly how many credits you will earn and what graduation requirements they will meet.** Different colleges have different policies about credit, and it is your responsibility to inform yourself about pass/fail options and how your Botswana program credits will appear on your transcript. You should also discuss your plans for your independent project with your advisor and academic department, particularly if you want to use it to fulfill a requirement or serve as the basis for an honors or senior project. (More detailed information about ACM and individual college policies can be found in section XI. ACM Program Rules and Policies.)

During the first two weeks of classes in Botswana, you will be asked to complete a grade choice form. This will inform the ACM Chicago office which courses you have chosen and whether you wish to have letter or non-letter grades recorded for any courses. Provided that you do not have any outstanding financial obligations to ACM and the program, the ACM office in Chicago will forward final grades from the program to the registrar of your college as soon as they are available.

Students must complete and submit all academic work required for program courses before leaving the program. Failure to do so will result in ACM's reporting a failing grade for the course or courses to your home college.

### **Expected Participation**

You are expected, unless excused, to attend all ACM classes and events and to participate in the field trips.



**As a general rule, students will not be excused from ACM activities to attend to visitors whether friends or family, or to travel.** As a courtesy to your fellow students and to the program director, be sure to attend all ACM planned activities. Those who participate fully in the program will definitely benefit culturally and socially. Keep in mind, neither visitors nor traveling may take precedence over your academic responsibilities. You are expected to attend every class session, including the director's courses, Setswana course and the elective you choose at UB.

## Evaluations

Over the course of the program, you will be asked to complete questionnaires at several intervals. These surveys allow us to better understand the impact that off-campus study has on students and to use feedback from you to make improvements in our programs. Rather than simply spring these on you from time to time, we'd like to give you a sense of the total, of what you can expect to be asked and how your responses will be used. **In all cases, your responses will be anonymous.**

- Shortly after you travel to the program site, you will be asked to complete an on-line survey that is part of a broader national research project in which ACM is participating. The purpose of this survey, which asks about your background, attitudes, and responses to specific scenarios, is to enable us to measure the broad impact of off-campus study on students. Students often say that the personal growth that results from off-campus study is the most important part of the experience, but our evidence for this is largely anecdotal. Your participation in this survey will provide us with data on the impact of off-campus study. Your responses will not be available to ACM or program staff and will have no impact on your grades. We ask that you answer as honestly and realistically as possible—there are no right or wrong answers. At the end of the program, shortly before you return home, you'll be asked to complete a follow-up survey, thus providing a "pre" and "post" picture about yourself and your experiences. We anticipate that the survey will require approximately 30 minutes of your time.
- After the first month of the program, ACM will ask you to complete a mid-program evaluation, also on-line, which asks for your feedback on such aspects of the program as ACM's assistance in preparing you to go abroad, pre-departure and on-site orientation, and the extent to which the program to date is meeting your goals for off-campus study. Your responses enable us to assess the effectiveness of our materials and services in the critical first weeks of the program and to make any necessary changes. Summaries of responses (but **not** individual responses) for each of our program sites will be shared with program staff and faculty, and with faculty advisors at ACM campuses. This survey will require approximately 15 minutes to complete.
- At the mid-point in your program, you will be given a short survey in each of your courses which asks you four short questions about the course. Your feedback allows the instructor to assess his/her effectiveness and provides an opportunity for changes in the course if appropriate. Your responses, which will be collected by one of your fellow program students, are for the instructor alone and will not be shared with ACM program site or Chicago office staff.
- Shortly before the end of the program, you will be asked to complete a final, on-line survey about the program. The program director will set aside time for you to do this, and as with the mid-program evaluation, your responses will enable us to review program arrangements and course offerings and make any necessary changes for future programs. As with course evaluations on your home campuses, a summary of responses are shared with program instructors and staff only after the program is complete and your grades have been submitted. Faculty advisors at ACM campuses will also receive the summary. This survey will require approximately 20 minutes of your time.
- At the same time, and again before you leave the program, all students will be asked to complete the "post-program" survey that complements the "pre-program" survey about your experience, attitudes, and reactions to specific scenarios you took at the beginning of the program. As with the first survey, it should require approximately 30 minutes of your time. And we'll be glad to share with you what we learn in this projects as we gather data over several semesters; we think you'll find it interesting.

## IV. Preparing to Go and Arrival

### Forms to ACM

You will need to provide ACM with several forms which include: copy of your passport, UB Registration, ACM emergency and medical form (including a physical), ACM Waiver and Release. In addition, you will be asked to provide additional information about your proposed independent study project. Please watch your email for information regarding forms and deadlines.

### Passport and Visa

You will need to have a passport for travel to Botswana, one that is valid for at least six months beyond the end of the program. You will also want to make sure you have sufficient blank pages in your passport for arrival and trips. If you do not now have a passport and are an American citizen, please review the information on the U.S. Department of State website ([www.travel.state.gov/passport](http://www.travel.state.gov/passport)) and apply for one immediately. If you are a citizen of another country and need to renew your passport, please contact the nearest consulate or embassy.

You do not need to obtain a student or other visa before you travel to Botswana. Instead, you will receive from ACM before you travel to Botswana a letter from the University of Botswana confirming your participation in the program and enrollment at that university. (The University of Botswana issues these letters once it has received your enrollment information from ACM.) Keep this letter with your passport when you travel to Botswana; you may be asked to show it to airline personnel or immigration officials, and it will confirm your status as a student.

If you are an international student studying in the United States, there is a possibility you will need to obtain a visa prior to arriving in Botswana. Please contact the Program Associate to determine whether or not you will need to fill out additional paperwork. All the visa forms will be handled by the University of Botswana Office of International Education and Partnerships.

### Travel Arrangements

You should make your travel arrangements as soon as possible after you accept the offer to participate in the program: keep in mind that earlier reservations are likely cheaper. You will need to arrange to fly from your home to Gaborone to **arrive at the Gaborone airport on Wednesday, January 5, 2011**. You will likely need to leave home on Monday, January 3, and because there are no direct flights to Botswana will need to change planes at least once, likely in Johannesburg, South Africa. If you arrive on Wednesday, January 5<sup>th</sup>, you will be met at the airport by the Program Director and/or a staff member from the University of Botswana's International Education and Partnership office.

ACM has set up a special arrangement with STA Travel. STA Travel is one the world's largest youth and student travel agencies. They work specifically with youth (under 26), students, and teachers to provide discounted and flexible flights. ACM students have access to dedicated phone line that will connect them with a specialist who can recommend flights. Please contact STA at 1-800-708-9758.

### Communication

As Americans, we have come to expect instantaneous communication, even with countries around the world. Unfortunately, you will not have the luxury of instantaneous communication in Botswana. Air mail may take weeks, and phone calls from Botswana will be very expensive. Take a relaxed attitude about contacting your friends and family back home.

Because of the complications of communication and the busy schedule during the first days of the program, **parents should not expect students to contact them within the first week of the program.** After the first week, students will become more accustomed to the area and they will have additional free time. ACM will send parents notification of the group's safe arrival via email once we have confirmed they have landed in Gaborone. Patience with communication (or lack thereof) is necessary on both ends.

### Cell Phones

Please do not bring your own cell phone with you to Botswana, as it will be unlikely to function there. Each student will be issued a cell phone soon after arrival with a set number of starting minutes for use during the program. These phones are intended for use in case of an emergency or to call a cab to avoid walking alone at night. Students may use their phones to contact friends and family; however, you are responsible for purchasing your own additional phone cards. **Should your phone become lost or broken during your time on the program, or you fail to return the phone at the end of the semester, you will be responsible for the cost of replacing it.** The most cost effective way for parents to speak with students may be to call the student's cell phone using an international phone card. Outgoing calls from cell phones in Botswana to the U.S. can be very expensive. Students on the program will learn that text messaging may be the most effective and inexpensive way to keep in touch with each other.



*When placing a phone call from the U.S., there is a simple formula for reaching phones in Botswana. Dial 011-267-xxx-xxxx for all landlines; to reach students on their cell phones, dial 011-267-7xxx-xxxx.*

### Postal Service

The postal service is slow but generally reliable. An airmail letter from the U.S. will take 7- 10 days or longer. You should use the following address to receive all mail because someone will always be there to receive it:

*Student's Name*

ACM Botswana Program  
University of Botswana  
Office of International Education  
Private Bag 0022  
Gaborone, Botswana  
Administration Building, Office 149

Advise your parents and friends not to mail thick envelopes or packages containing money. Customs can be a problem for all packages, especially those containing items of value. Customs duty, especially on food, is very high—as much as 100%—so be sure you bring everything you need or plan to buy it locally. If a package needs to be mailed, we recommend Federal Express International or DHL, which take about four to seven days.

### FAX Services

Fax service is available at the University of Botswana, but it is very expensive.

## **E-Mail Access**

As a University of Botswana student you will have free access to the internet, as well as your own UB email account. The library on campus has over 200 computers and many of them are dedicated for email use. The internet may not be as fast as you are accustomed to on your home campus and can be intermittent in your dorm room. Keep in mind that you will be expected to pay for printing on campus.

Most computers available to you in Gaborone will have USB ports. This means that it will be possible for you to connect digital cameras to computers. It might be a good idea for you to bring a flash drive (also called a jump drive or a USB drive), or compact disks to save your work or photos on. Please note that it may be difficult to find computers that have CD drives, if you plan to save digital images on CDs.

## **Computers**

Past students strongly recommend that you bring your own laptop computer. If you decide to do so, purchase a computer lock to prevent theft. Also, talk to knowledgeable people about traveling with your electronic equipment and protecting it from climate and power fluctuations. Keep in mind that local conditions will be hot and humid, and that you will not have air-conditioning. In addition, you will need an adapter and a surge protector. You should keep in mind as well that tech support on site will be minimal, and thus, if at all possible, should not bring a laptop more than three years old; last year's students found Mac's to be difficult.

If you do bring a laptop, pack it in your carry-on and be prepared to complete paperwork for Customs officials when you arrive in Gaborone. Customs may make a record of the equipment in your passport. If your computer is stolen, make sure you get a police report to avoid hassle at the airport when leaving Botswana. Please note that ACM cannot be held responsible for lost or stolen items.

## **Money**

Students on the program have relied on debit and ATM cards almost exclusively to obtain money (*pulas*) for daily expenses. There are at least two ATMs on the UB campus, and the number of ATMs in Gaborone has increased in the last few years. Using your debit card at an ATM gives you the best exchange rate (although there will be transaction fees), and is the most convenient way to get cash. Make sure your debit card has a Visa, Mastercard, Plus, Cirrus, or Shazam logo and that the first number of your PIN is not "zero." Also, **be sure to call your bank to notify them that you will be using your card in Botswana**, otherwise they may put a freeze on your account thinking that your card has been stolen.

While ATM and debit cards work well, this should not be your only means of getting money—ATM and debit cards can get lost, stolen, or eaten by cash withdrawal machines. You should bring along some hard currency in dollars—perhaps \$100 or \$200—and a credit card. These can be useful in emergencies or if you travel outside of Gaborone. Keep in mind, though, that a credit card is unlikely to be accepted in many small businesses, especially outside of Gaborone.

*The program staff will NOT be able to cash checks for you, and it can be very difficult to wire money from the U.S. If you run out of money, have someone back home transfer money into your home bank account. In the meantime, it may be wise to have a credit card on hand. If someone at home has an American Express card, he or she can transfer money to the American Express office in Gaborone for a small fee. With an American Express card, you can cash personal checks for small amounts at the American Express Foreign Exchange Office. With a Visa or Master card you can receive a cash advance in local currency at one of the major banks or the Visa office though it may take several days for approval and the exchange rate may be poor.*

## Medications and Other Medical Preparation

As part of your preparation to go abroad, please carefully read the information from the Centers for Disease Control (CDC) about medical conditions in Botswana and the recommended precautions for Americans traveling to Southern Africa. The website is:

[wwwn.cdc.gov/travel/destinations/botswana.aspx](http://wwwn.cdc.gov/travel/destinations/botswana.aspx)

You should share this information with your doctor or the physician who signs your Medical History form and your parents. You will want to make sure that you have the recommended vaccinations and are aware of and take precautions against the various health risks. While malaria is not a risk in Gaborone and most of the rest of Botswana, it is present north of 22° S, where you will be traveling over spring break. Please be sure to speak with your physician or a travel clinic about recommended malaria prophylaxis during your time there.

If you take one or more prescriptions drugs regularly, you will want to be sure you can continue this medication while abroad. Speak with your physician about the possibility of obtaining a supply to take with you. (And please make sure to keep it in its original container, and in your carry-on luggage.) If you cannot get a supply to take with you, you will want to see if this medication can be obtained in Botswana and to have the generic name. You should not plan to have drugs (of any kind) sent to you while abroad.

## Insurance

ACM provides health insurance coverage for all students participating in its programs. This coverage is through HTH Worldwide, a company with long experience and excellent service in providing health coverage for students abroad.

The policy with HTH provides a broad range of coverage for students' medical treatment while abroad. Among the features of the policy are:

- Coverage for both routine office visits and hospitalization;
- No exclusion for mental disorders or alcohol-related accidents or illnesses;
- Coverage for prescription drugs;
- No exclusion for pre-existing conditions (except in the case of pregnancies beginning before the start of the program);
- Medical evacuation coverage; and
- No deductible.

The policy covers students from the day before the start of the program through the day after the program ends, and thus includes the time to travel to and from the program. The coverage is valid not only in the host country, but also for any travel to another country during the inclusive dates of the program—e.g., during program vacation periods.

The policy, however, should **not** replace any coverage you have in the U.S., nor should you discontinue your American health insurance coverage—it provides only limited amounts of coverage for follow-up treatment of illnesses or injuries which begin while you are abroad provides and only for up to 60 days.

The cost of this coverage is included in your program fee, and ACM will handle your registration for the insurance. It is also possible for you to purchase independently additional coverage to extend the days that you will be covered by the ACM policy. (If, for example, you plan to leave early for the program site or to

do some traveling after the program, you can extend the policy.) The cost of this additional coverage is approximately \$9.55/week. ACM will be sending to you in early December a welcome letter and an ID card from HTH; the welcome letter will describe how to log on to [www.hthstudents.com](http://www.hthstudents.com) to view the tools available to you and to purchase any additional coverage. (You will need the ID number provided in the card and also a credit card to which the cost of the additional coverage can be billed. It is also possible to purchase the additional coverage by phone.)

## **Mental and Intellectual Preparation**

When you first arrive in Botswana, you will undoubtedly be struck by new and different sights, sounds, and smells around you as well as more familiar sense impressions. And while you can never really prepare yourself for the full experience of studying abroad, you can arrive with some knowledge of Botswana today, its challenges and its successes. You'll undoubtedly find your fellow students at the University of Botswana more knowledgeable about the U.S. than you are about Botswana. The more you can inform yourself in advance about Botswana and prepare yourself for the program, the more you can learn and benefit from discussions with instructors and other students. Your overall experience will be richer for it. At the very least, you should want to counter the stereotype of the American abroad as someone totally self-absorbed and almost willfully ignorant of what is going on around you.

## **Required Texts**

Books required **before arriving in Gaborone:**

1. Mistaking Africa: Curiosities and Inventions of the American Mind, Second Edition by Curtis A. Keim
2. Africa, A Biography of the Continent, by John Reader
3. Feminism is for Everybody by Bell Hooks;
4. If you have never studied any biology, please read at least one of the following: Good Germs, Bad Germs by Jessica Sachs; Revenge of the Microbes by Abigail Salyers and Dixie Whitt; Microcosm by Carl Zimmer; In Defense of Self by William Clark; Evolution: The Triumph of an Idea by Carl Zimmer
5. If you have never studied any sociology, anthropology, women's/gender studies, or racial/ethnic studies, please read at least one of the following: Dude, You're a Fag by C.J. Pascoe; Risky Lessons: Sex Education and Social Inequality by Jessica Fields; Tuskegee's Truths: Rethinking the Tuskegee Syphilis Study, edited by Susan M. Reverby; Infections and Inequalities by Paul Farmer; Pathologies of Power by Paul Farmer; Whistling Vivaldi by Claude Steele.
6. Recommended but not required: Twenty Chickens for a Saddle: The Story of an African Childhood by Robyn Scott; Pula, Pula, Pula: Two Years in Search of Money, Rain and Blessings for Botswana by Robyn Cox (can be hard to find; wild dog publishing 2008)

Books for Biology & Public Health Course (**Bring to Botswana**)

1. The Fever: How Malaria Has Ruled Humankind for 500,000 Years by Sonia Shah
2. Love in the Time of AIDS: Inequality, Gender, and Rights in South Africa by Mark Hunter

Books for the independent study (**Bring to Botswana**)

1. AIDS in the 21<sup>st</sup> Century by Tony Barnett and Alan Whiteside
2. 28 Stories of AIDS in Africa by Stephanie Nolen
3. Practical Research: Planning and Design by Leedy and Orman

## **Recommended Botswana-Specific Readings**

The following are texts that may help you get a feel for the history and culture of Botswana before you depart in January. Some of these selections are academic, and some of them are just for fun.

Check out these three books by Unity Dow, a Motswana lawyer: *Far and Beyond* (2002), *The Screaming of the Innocent* (2002), and *Juggling Truths* (2003).

Allison, Peter. *Whatever You Do, Don't Run: True Tales of a Botswana Safari Guide*. The Lyons Press, 2007.

Davies, Caitlin. *A Place of Reeds*. Simon & Schuster, 2005.

Head, Bessie. *Serowe: Village of the Rain Wind*. Heinemann, 2008.

Masire, Q.K.J. *Masire: Memoirs of an African Democrat*. Palgrave MacMillan, 2007. Written by the second president of Botswana and edited by Stephen R. Lewis Jr., former president of Carleton College.

Owens, Mark James and Cordelia Dykes Owens. *Cry of the Kalahari*. Mariner Books, 1992.

Randall, Will. *Botswana Time*. Abacus, 2005. The story of a teacher who spends a year in Botswana.

Williams, Susan. *Colour Bar: The Triumph of Seretse Khama and his Nation*. Penguin Global, 2008.

Just for fun: take a look at *The No. 1 Ladies' Detective Agency*, the first in a series written by Alexander McCall Smith. These books are not academic, but they are set in Botswana. It is possible to get the HBO series on DVD and you may also find clips from the series on You Tube.

## **Recommended Readings about the Region**

The following are texts that deal with the modern history of the African continent.

Killam, Douglas. *Literature of Africa: Literature as Windows to World Culture*. Connecticut: Greenwood Press, 2004.

Meredith, Martin. *Diamonds, Gold, and War: The British, the Boers, and the Making of South Africa*. PublicAffairs, 2008.

Meredith, Martin. *The Fate of Africa: A History of Fifty Years of Independence*. PublicAffairs, 2006.

## **Useful Travel Guides**

You may find it useful to purchase one of these travel guides. Several publishers also offer versions specifically for backpackers.

Hardy, P. and Firestone, M. *Lonely Planet Botswana and Namibia*. Lonely Planet Publications, 2007.

Main, Michael. *Botswana—Culture Smart!: A quick guide to customs and etiquette*. Kuperard, 2007.

## **Suggested Packing List**

While packing, keep in mind that you will probably leave Botswana with more than you brought, and that airline luggage restrictions can be strict. Please be prepared to pay additional fees if your baggage is overweight and make note that each flight of your journey is different. The normal international luggage limit is two pieces of checked luggage, each to weigh no more than 50 pounds, nor to measure more than 62 inches in total dimensions (one length measurement + one width measurement + one height measurement). However, the flight between Johannesburg and Gaborone, for example, has a maximum luggage allowance of 44 pounds TOTAL. If you wish to check more than 44 pounds, please be aware that you may be charged excess baggage fees in the amount of \$1.10 per pound. If you brought your normal luggage allowance of 100 pounds total, the excess charge would be approximately \$62. You would be expected to pay these charges by personal credit card before you board the flight from Johannesburg to Gaborone. You will be allowed one carry-on not to exceed total dimensions of 45 inches and not to weigh more than 17 pounds. (While the international flight to Johannesburg allows a maximum of two checked bags, you are allowed only one checked bag on the Johannesburg-Gaborone leg. We recognize that this limits what you might want to bring, but you should remember that it will be possible to buy almost anything you might want in Gaborone, which is a relatively modern city.) When you pack your bags, include your name and the program address inside the bag in case of loss.

Put your essential documents, all your money, a few toiletry and health care items, and a change of clothes in your carry-on. (Remember there is 3 oz. maximum for gel and liquid items in your carry-on.)

It is not uncommon for luggage to be lost on this trip. Most lost luggage is found and returned to you within a few days. It is important to remember this when you are packing your carry-on luggage. You don't want to land in Gaborone with three-day old clothing and no toothbrush.

It's also a possibility that your luggage will get damaged during handling. It is important to pack your things in a strong, sturdy bag. You will also want to invest in locks for your luggage. Make sure you buy TSA-approved locks so that they will be allowed in the U.S. These locks are available at any Target or Walmart.

## **Essential Documents**

- Passport
- Health insurance card and contact numbers
- Copies of immunizations, medical information, passport, and letter from University of Botswana (will be supplied to you from the ACM office)
- Credit card, money, and/ or ATM (debit) card. Past students report that cards with a Visa logo work best. Cards with Shazam, Cirrus, or Plus logos also are accepted.

*Do not pack your passport in your checked luggage since you will need to show it several times while in transit. Always know where your important documents are!* The U.S. Department of State estimates that 25,000 American passports will be lost or stolen this year. You can take a few precautions to speed up the process of replacing your passport if it is lost. Photocopy your passport (the page with the number and the place and date of issue) and carry it separately from your passport. Also keep a few extra photos and an extra copy of your birth certificate. Given the slow mail service to Botswana, it can take quite a long time to have any of these items sent from home. You will be responsible for any expenses incurred in case of the loss of your passport. Especially while you are traveling, it would be safest to keep your passport separate from your wallet in a money belt or other concealed carrier. That way, if you lose your wallet, you won't lose your passport, as well. This is useful advice both for traveling to Gaborone and within the country. While

Botswana is a relatively safe country, pickpockets are becoming more common with increased tourism, and international airports are always popular spots for thieves.

## **Clothing**

Clothing can be challenging when you are in a new and varied culture with changeable weather patterns. You will be arriving during the peak of summer, and temperatures may reach as high as 110 degrees Fahrenheit (44 degrees Celsius). However, when it rains, temperatures may drop to as low as 60 degrees Fahrenheit. While you naturally will want to dress as casually and comfortably as you do on your own campus, you need to realize when this is appropriate. Attending University in Botswana is seen as a great privilege and Botswana students take pride in what they wear to school. Jeans, neat pants, capris, casual skirts or dresses are acceptable school attire. Local student attire at the University will vary from dressy to more informal, but even informal dress is modest and neat. Light cotton clothing is highly recommended. Although some clothing might double as safari gear, it is unacceptable to wear this clothing at the university.

Keep clothing loose and comfortable—especially for warmer periods. This list contains recommendations, and it is not meant to be a required packing list. You should bring clothes you feel comfortable wearing yet do not make you appear especially out of place. Please plan to dress more modestly than you would on your home campus. Students in past years have noted that UB students dress very similarly to how you and your friends dress on your own campus. Pajama wear is inappropriate on campus.

One thing you should keep in mind while choosing clothing is the laundry facilities. Although there is a laundromat on campus, many UB students wash their clothes by hand and hang them to dry. You may find that you want to use this method to clean your clothes as well. No matter what you decide, you can buy everything you need to wash your clothes, including laundry detergent and clothes pins, in Botswana. Very delicate clothing may show wear over several months. Cotton-poly blends will wash nicely and dry without too many wrinkles.

Here are a few guidelines to keep in mind as you pack:

### **Men**

Shorts are not typical attire in Botswana, so you should plan to wear them only when exercising or when you are in the privacy of your dorm room. Although it is very hot, especially in January, it is not appropriate to go without a shirt, and your shirts should have sleeves. Polo, button-down, or T shirts are all appropriate. Please make sure your underwear is concealed at all times.

### **Women**

Remember that students at the University dress modernly and neat. But students recommend wearing long skirts when going to rural areas or when around older people. You also may want to consider a scarf to cover your head and shoulders. Please keep your midriff covered at all times and do not wear pants with writing across the butt. Mini-skirts should be avoided. Past students have noted that wearing tank tops is acceptable, but wearing short shorts is unacceptable. Bring a small purse, as large ones often are not allowed in stores.

## What to Bring

- Stylish, casual dresses, skirts or pants
- Casual shirts or blouses including 2 with long sleeves to guard against sun and mosquitoes
- 1 semi-formal outfit for presentations
- 2-3 pairs of lightweight jeans or lightweight slacks
- Shoes for comfortable everyday wear, hiking
- Lightweight rain jacket
- 2 fleeces or sweatshirts for layering
- Sandals
- Underwear
- Socks
- Pajamas
- Shorts for lounging in the dorms
- 1 pair of multi-purpose, lightweight pants
- Bathing suit (a modest two piece is acceptable) and a swim cap, which is required in most pools
- Sweatpants

## Other Items

These items will make your life and work easier in Botswana, especially during those first few days when you don't know what to do with your free time. You might want to bring a reminder of home, a favorite novel or game to pass the time alone or with others. A watch and battery-operated alarm clock will be essential for most students.

- Appointment book
- Watch
- Travel alarm
- Day pack for short trips
- Sunglasses
- Water bottle
- Lock for luggage (TSA approved)
- 2 padlock/bicycle lock for dorm room and closets
- Leisure books or novels
- DVD's
- Soccer ball or Frisbee
- Extra bag for things you buy in Botswana
- Ziploc bags in various sizes
- Travel-size kleenex packs
- Towel
- Sleeping bag liner for use during break
- Passport purse or money belt
- Hat to protect yourself from sun
- Head lamp/flashlight, useful during blackouts and on safari
- AA batteries, preferably rechargeable with a portable charger
- Camera

## Personal Health Travel Kit

You may not use many of these items on a daily basis in the U.S., but they might be helpful in controlling minor ailments as you adjust to different living conditions. Remember you will be able to purchase similar medications in Gaborone when you are familiar with the local chemists. You will **not** need a full container of each, as sample sizes are compact and more portable. All these supplies should fit in a small bag. Again, use your good judgment. If you bring prescription or over-the-counter medicines, be sure to keep them in their original containers, and bring the prescriptions along. This will prevent hassles at customs or if you need the prescription refilled.

- Prescription medications
- Antiseptic towelettes
- Tweezers, small knife, scissors (in checked luggage)
- Anti-bacterial soap, such as Dial
- Antihistamine like Benadryl

- Corrective lenses with extras and prescription
- Birth control supplies; supply of condoms
- Band-aids
- Triple antibiotic cream, such as Neosporin
- Pain reliever, such as Advil or Tylenol
- Pepto-Bismol
- Imodium AD for diarrhea
- Aloe
- Ointment for insect bites
- Malaria prophylaxis (for travel north of 22°)
- You may wish to speak with your doctor about Cipro, or a similar antibiotic

### **Protection against the Elements and Insects**

Part of the program will coincide with Botswana's rainy season, the height of which is usually in January. Therefore, you should bring the following:

- |   |  |
|---|--|
| <input type="checkbox"/> Hat, sunglasses                | <input type="checkbox"/> Sunscreen, min. SPF 30          |
| <input type="checkbox"/> Umbrella and/or light raincoat | <input type="checkbox"/> Insect repellent, min. 20% DEET |

### **Toiletry Items**

Basic toiletry items like toothpaste and shampoo are readily available in Botswana at reasonable prices, though you may not be able to find familiar brand names. Bring enough toiletry items to last for a couple weeks, until you are comfortable going shopping. Feminine hygiene products are available at prices comparable to the U.S. Tampons and pads can be purchased in larger stores.

### **Other**

- A laptop computer. Past students highly recommend bringing a personal computer, although it may require an adapter. Most new laptops work on any current.
- If you bring your laptop computer, be sure to bring a computer lock to keep it secure.
- Ethernet cord for an internet connection.
- Bring a surge protector and plug adapter kit for electronic equipment. Electricity in Botswana is 220/240 V, 50 Hz. Both square and round wall plugs are used.
- If you intend to record interviews, bring a tape recorder and cassettes, and some batteries.

### **Arrival in Botswana**

When you arrive at the airport in Gaborone, you will need to clear Immigration, where you will be asked for your passport and, most likely, the letter from the University of Botswana, and then go through Customs, where you may be asked to open your suitcases. In Immigration, please ask for a **90-day tourist visa** to be issued you and explain that you will be staying until May. Once the semester has begun, the University of Botswana will provide you with information (and assistance) to apply for a resident permit waiver.

Provided you arrive on Wednesday, January 5<sup>th</sup> and have notified ACM of your flight arrangements, the Program Director and/or someone from the UB International Students Office will be on hand to meet you at the airport and to take you to the residence hall on the UB campus where you will be staying. The Director will also give you information about when and where the ACM group will assemble for its first

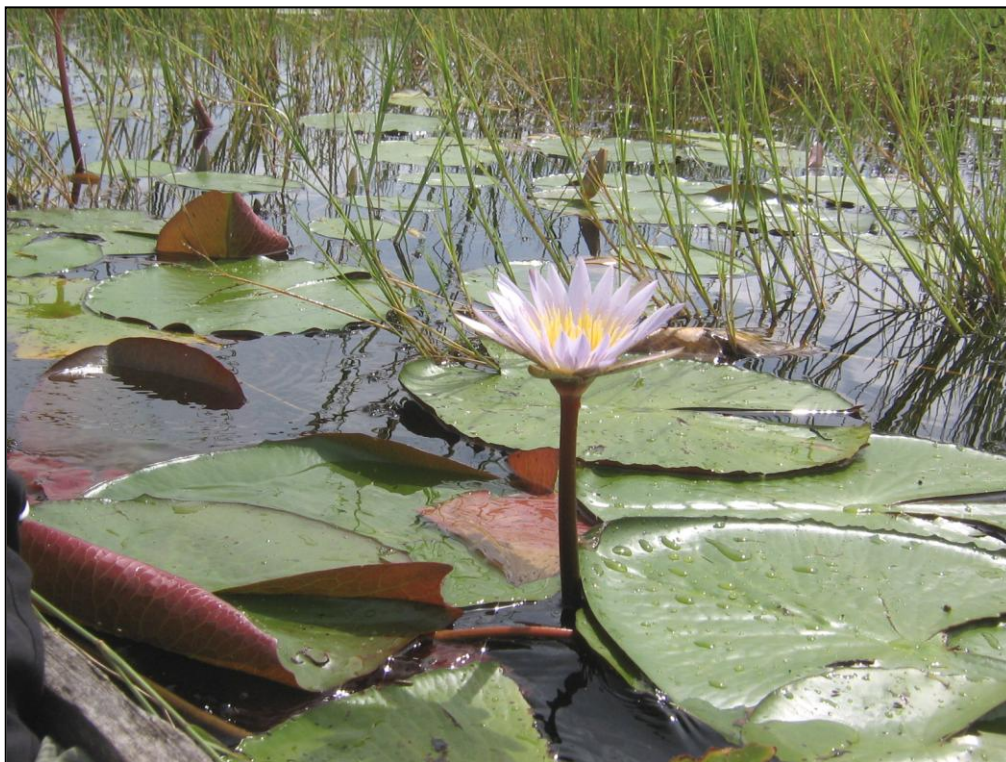
meeting and on-site orientation. In addition to the ACM on-site orientation, there will also be an orientation for all incoming international students hosted by the International Students Office. At this latter orientation, you will be given instructions on registering for a class at the UB, shown the locations of various facilities on campus, and informed of various activities planned for international students for the semester.

## V. Host Country Information

Botswana is a model of how an African country should be governed: considered one of the least corrupt governments in the world (according to a 2004 Transparency International ranking), Botswana can boast of over four decades of uninterrupted civic leadership, progressive social policies, and significant capital investment. Diamonds, cattle, and, increasingly, tourism are the three largest elements in its strong economy, and the government has invested the income from these sectors in infrastructure, education, and health. The DeBeers Company, which controls most of the diamond trade in the world, and the Government of Botswana own equal shares in the diamond mining industry in the country, and the profits have provided the basis for much of the development in Botswana since independence—the diamonds were discovered in 1967, the same year that Botswana became independent.

The diamonds are not forever, though, and it is estimated that in thirty-five years the mines will be exhausted. Instead, the government has begun to encourage tourism, doing so in a sustainable and responsible way that preserves its natural environment. Its approach is, on the one hand, to attract fewer but wealthier tourists and, on the other, to give local communities a stake in developing and adhering to sound conservation strategies. Program students will have the opportunity to visit these two important sectors of the Botswana economy with field trips to Maun and the Okavango Delta over Spring break and to the Jwaneng diamond mine later in the semester.

Responsible government, a strong economy, and a relatively prosperous population have not protected Botswana from many of the social and health issues found elsewhere in Africa. It has one of the highest rates of HIV/AIDS infection on the continent, and the impact on local communities and health care has been



severe.

Approximately 40% of the population is HIV-positive, and life expectancy has now been reduced to 33 years. (It has been estimated that without HIV/AIDS life expectancy would be 74 years.) The government's response to the epidemic has been enlightened—especially when compared to

South Africa's—and rather than ignoring the disease or promoting false remedies, it has taken steps to limit and even reverse the epidemic, providing anti-retrovirals free of charge to all HIV-positive citizens, among other measures. It has also committed to stemming the tide of HIV infection by 2016—although it remains to be seen if this is possible.

Botswana is a relatively urbanized country compared to much of Africa, with a number of small towns and villages and two larger cities, Gaborone and Francistown. On the positive side, the villages are important sites of grassroots democracy, and the nucleated settlement pattern has made the construction of infrastructure and provision of education relatively efficient. Although Gaborone, the capital, has been described as a rambling village, it is like many large cities in post-colonial Africa in that it has received a significant influx of migrants from the rural areas hoping to find work and its growth has been both unplanned and unchecked. The rate of unemployment has been estimated from 20 to 40% in Gaborone, and the actual rate may be higher yet, pushed upward in part by Zimbabwean immigrants fleeing the collapsing economy and state in their own country. The influx of Zimbabweans has led to a certain amount of disapprobation and prejudice, and petty thefts and other crimes are often blamed on Zimbabweans. As with most stereotypes, this is not without some truth, but in Botswana it has not led to riots and other strong reactions as it has in South Africa.

Botswana is south of the equator, and when you arrive in January, you will arrive in the middle of summer. It will be quite warm and rainy at first, but will gradually cool as the semester progresses. January and February are a time of the most intense heat and also the height of the rainy season. This means that the temperature will be very high (usually in the range of 90-100° Fahrenheit, or 32-38° Centigrade), but that you can expect brief respites from the heat during the torrential downpours that are common in the afternoons. Things will settle down a bit in March, and the temperatures will be more comfortable, usually in the range of 80-90° F. (27-32° C.) during the day. Nights will be cooler; the average low temperature during this month is about 65° F. (18° C.). The rains of January and February will be replaced with afternoon clouds and modest precipitation. April and May mark the beginning of the peak tourist season, and for good reason! The rains will be rare during this time, and the temperature will range between 80° F. during the day and 50° F. at night (or between 27° C. during the day and 10° C. at night).

Keep in mind that in Botswana the temperatures are measured in Centigrade. Here is a basic table to help you better understand the forecasts.

<b>Degrees in Centigrade</b>	0	10	20	30	40	50
<b>Degrees in Fahrenheit</b>	32	50	68	86	104	122

A note about country, ethnic, and language names in Bantu languages: Setswana is one of many Bantu languages, a family of languages spoken from Cameroon to Kenya and down to southern Africa. Like other Bantu languages, it is a language of prefixes: “Bo” is a prefix indicating place, of the Tswana, hence the country’s name “Botswana.” “Mo” and “ba” indicate one and plural Tswana individuals, respectively, while “Se” is the prefix indicating language, of the Tswana. (These prefixes vary from one Bantu language to another: “Ki,” for example, indicates language, of the Swahili, while the national language of Rwanda is “Kinyarwanda.”)

## VI. Cultural Norms and Expectations

Enrollment in an off-campus study program obligates you to conduct yourself as a responsible member of that program. While on an ACM program, any behavior by a student that discredits the student or the program, as determined by the program rules and the program director, may result in disciplinary action. The program director reserves the right to discipline or dismiss a student whose conduct is seen as being in conflict with the best interests of the program and in violation of its rules, either academic or social. The director of the program also has the authority, in consultation with the ACM Chicago office, to remove a student from the program because of a medical or psychological crisis or any other serious situation that might arise. Life-threatening events, serious involvement with the police, unscheduled loss of contact with a student, and incidents creating bad relations with the University may also warrant dismissal.

Batswana are rightfully proud of their country and the progress it has achieved since independence. When you first arrive you will probably be struck by how much is familiar on the campus at the University of Botswana: cell phones are ubiquitous, the facilities are modern, and students on campus dress in ways that their peers do all over the world. At the same time, you will likely find that there are differences in the way students interact with faculty and staff, with their elders, and among themselves. This section outlines some of these differences as a way of introducing you to cultural norms and expectations in Botswana.

Batswana are instinctively courteous, and place great importance on good manners. Americans often appear to them as abrupt, impatient, and obsessed with time, and we recommend that you consciously practice becoming more Batswana in your interactions. This includes showing respect to all people older than you and to those who hold positions of authority. It is also important to recognize people around you—greet everyone, recognize and return the greetings of others. In interacting with faculty at the University of Botswana, for example, you should address them as “Doctor” or “Professor” rather than by their first names unless (or until) invited to do so. (You will hear professors addressing each other in this way even if they have worked together for years; status and title matter.) Similarly,



it is considered rude to open a conversation with someone without first greeting them with “*Dumela*” and asking how they are. You will also want to accustom yourself to being patient, to a greater extent and more often than you would at home. People in Botswana seek to avoid confrontation and are not likely to complain when tasks are not accomplished immediately or when events and appointments fail to start at the scheduled time. You will likely find it useful (and far less stressful) to suspend your American expectations and judgments about punctuality and efficiency, and to follow the examples of your Batswana peers. Batswana accept the fact that in a developing country, not everything will be efficient and organized.

In most cases, the students at the University of Botswana will be older than you. For one thing, their system provides more years of school prior to college than we have in the United States. Furthermore, many students have had to save and sacrifice (as well as study and pass exams) in order to get into the University. You will probably find that the students are rather serious and formal compared to the students at American colleges.

You will learn much more about cultural differences, initially as you talk with staff in Gaborone and fellow students at the University, and throughout your stay in Botswana. Perhaps the best advice is this: be

yourself and at the same time strive to be respectful and appreciative of the culture and behavior of this South African country. Batswana are, by and large, a friendly, tolerant people; they know that we Americans have our unique ways, and even if Batswana find us amusing or a little rude, they want us to have a good experience in their country. A participant from the ACM 2008 program recommends three things for enjoying the program and Botswana: Stay open-minded, try new things, and always carry an umbrella.

No matter how much you prepare for your time abroad, however, there will be surprises, both good and bad. As one study abroad student said, “It doesn’t matter what you expect—it won’t be what you expect.” It’s not unnatural to go through a period soon after you arrive when you’re desperately homesick and everything African looks more foreign than you can bear.<sup>1</sup> You may find it to be a stressful time as you adjust to Botswana and recover from jet lag. Often labeled as “culture shock,” these periods pass; for some, they come and go quickly, while for others, they may last longer.

### **Distinctive Features of Culture Shock**

- Culture shock does not result from a specific event or series of events. Instead, culture shock comes from encountering different ways of doing, organizing, perceiving or valuing which threaten your basic, unconscious, belief that your encultured customs, assumptions, values and behaviors are right.
- Culture shock does not strike suddenly or have a single principal cause. Instead the cumulative effects build up slowly, from a series of small, difficult-to-identify events.

### **Sources of Culture Shock**

- Being cut off from familiar cultural cues and patterns, especially the subtle, indirect ways you normally express feelings. All the nuances and shades of meaning that you instinctively understand and that make your life comprehensible are suddenly taken away.
- Living, studying or working over an extended period of time in an ambiguous situation.
- Questioning values that you had considered absolute may conflict with your moral standards.
- Continually experiencing situations in which you are expected to function with maximum skill and speed, but without adequately explained rules.

As indicated earlier, culture shock progresses slowly. Your first reaction to different ways of doing things may be, “How quaint!” When it becomes clear that these differences are not simply quaint, you may dismiss them by pointing out the fundamental similarities of human nature. After all, “People are really basically the same under the skin, aren’t they?”

### **How to Counteract Culture Shock**

- Find out as much as possible about your host country. One of the best antidotes to culture shock is knowing as much as possible about your environment.
- If you have not already done so, consciously look for logical reasons behind everything in the host culture which seems strange, difficult, confusing or threatening. Even if your reasoning is wrong, it will reinforce the positive attitude that logical explanations do lie behind things that you observe in the host culture. Look at every aspect of your experience from the perspective of your hosts. Find patterns and relax interrelationships; all the pieces will fit together once you discover where they go. Relax your grip on your own culture a little in the process. You cannot lose your culture, any more than you can forget how to speak English, but letting go a little bit may open up some unexpected avenues of understanding.
- Do not succumb to the temptation to disparage the host culture. Resist making jokes and comments which illustrate the stupidity of the “natives,” and do not hang around Americans who do make them. They will only reinforce your unhappiness. Every American enclave has a number of people who cannot adjust to the

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<sup>1</sup> The paragraphs which follow are taken from L. Robert Kohls, *Survival Kit for Overseas Living*. Intercultural Press, 4<sup>th</sup> ed., 2001.

country and sit around waiting for more Americans to indoctrinate on the “stupidity of the natives.” Avoid these people like the plague! The sickness they are attempting to spread is far worse than any culture shock you will ever experience.

- Identify a sympathetic and understanding host national (a member of your host family, a neighbor, another student, a friendly acquaintance) and talk with that person about specific situations and your feelings about them. Talking with Americans can only be helpful to a limited extent, because your problem lies with your relationship to the host culture.
- Above all, have faith in yourself, in the essential good will of your hosts, and in the positive outcome of your experience.

### **Coming Home: Reentry & Reverse Culture Shock**

Reentry into your home culture can be both as challenging and as frustrating as living overseas, mostly because our attitude toward going “home” is that it should be a simple matter of getting resettled, resuming your earlier routines, and reestablishing your relationships. However, research worldwide has shown that reentry has its own set of special social and psychological adjustments. The following list of ideas may help make your reentry easier for you and for those at home.

- **Prepare for the adjustment process.** The more you consider what is to come, and know about how returning home is both similar to and different from going abroad, the easier the transition will be. Anticipating is useful. As one psychologist put it, “Worrying helps.”
- **Allow yourself time.** Give yourself time to relax and reflect upon what is going on around you, how you are reacting to it, and what you might like to change. And give your family time for the same.
- **Understand that the familiar will seem different.** Just as when you arrived at your off-campus site, you will be more aware of how your home looks when you go back. You will have a heightened sense of awareness that will last just a short time. You will have changed, home will have changed, and some things will seem strange, perhaps even unsettling. Take advantage of that time by writing your perceptions on paper. Look at it later, and think about why you noticed the things you did, and how your perceptions changed because of your experience in another culture.
- **Be sensitive to those around you.** Upon returning everyone will ask about your trip, then they listen for a few minutes and tell about their new car, or about cousin John’s wedding party. After a while they do not ask at all! Much frustration in returnees stems from what is perceived as disinterest by others in their experience and lack of opportunity to express their feelings and tell their stories. Showing an interest in what others have been doing while you have been on your adventure overseas is the surest way to reestablish rapport. Being as good a listener as a talker is a key ingredient in mutual sharing. Learn to give short responses, focusing on just one or two ideas about what you did while you were off campus. Save your long discussions for a few select people who have a basis for understanding your experience.
- **Reserve judgments.** Just as you had to keep an open mind when first encountering the culture of a new foreign country, try to resist the natural impulses to make judgments about people and behaviors once back home. What works in one situation may not work in another. Pick ideas that will work well for you, and disregard those that will not. Mood swings are common at first, so try to remain flexible and keep laughing. Respond thoughtfully and slowly to avoid quick answers and impulsive reactions.
- **Beware of comparisons.** Making comparisons between cultures and nations is natural, particularly after residence abroad; however, a person must be careful not to be seen as too critical of home or too lavish in praise of things foreign. A balance of good and bad features is probably more accurate and certainly less threatening to others. The tendency to be an “instant expert” is to be avoided at all costs.
- **Remain flexible.** Keeping as many options open as possible is an essential aspect of a successful return home. Attempting to re-socialize totally into old patterns and networks can be difficult, but remaining aloof is isolating and counterproductive. Try to achieve a balance between maintaining earlier patterns and enhancing your social and intellectual life with new friends and interests.
- **Find support and move on.** There are lots of people back home who have gone through their own reentry and understand a returnee’s concerns. Keeping in touch with the friends you made abroad can be a source of comfort. You can also help yourself by thinking about the future and the next challenge or goal that you may want to achieve.

## VII. Health and Safety

You will be living and studying in a larger city than that of your home college, and you'll find clear contrasts to what you have become comfortable with at home. Some of the differences, particularly with regard to safety, are due to the fact that you're in an urban setting with risks like those of other large urban areas. Other, health-related risks are endemic to tropical areas of the world, including Botswana, and are, by and large, preventable. And keep in mind too that **the two biggest risks to your health and safety while abroad are the same as in the U.S.: traffic- and alcohol-related incidents.**

For information about health and safety in Botswana as a whole, two very useful websites are those of the U.S. Department of State and the Centers for Disease Control. These can be found at:

<http://wwwn.cdc.gov/travel/destinations/botswana.aspx>

[http://travel.state.gov/travel/cis\\_pa\\_tw/cis/cis\\_1071.html](http://travel.state.gov/travel/cis_pa_tw/cis/cis_1071.html) (The Consular Information Sheet contains information about visa requirements, safety and crime, and road conditions, among other things, while the Background Notes are more like an almanac entry, providing a summary of Indian politics, history, the economy, and basic statistics.)

### Health

In addition to the pre-departure preparations for managing your health while in Botswana (see above under Medications and Other Medical Preparations" in the section on "Preparing to Go and Arrival"), you need to take precautions to maintain your health while in country. In Gaborone, the tap water is safe to drink and you do not need to take special measures against cholera and yellow fever. Outside of Gaborone, you should drink only treated (e.g., bottled) water. For the spring break trip to Maun and the Okavango Delta, you will want to use malaria prophylaxis, and also insect repellent. Closed-toed shoes are a must when you are out in the bush—snake and scorpion bites are a risk, as are worms and various infections that can be picked from the ground.

### **HIV/AIDS**

Botswana has one of the highest rates of HIV infection in the world, and the age group most likely to be infected is that of men and women between the ages of 15 and 24. Unlike in the U.S. and Western Europe, the primary mode of transmission of the HIV virus in Botswana--and the rest of Africa--is heterosexual, and women are more easily infected than men. Although HIV/AIDS can be controlled to some extent with drugs, there is no vaccination to prevent infection or a cure for it once contracted. **You should practice safe sex at all times.** We encourage you to bring a small supply of condoms with you; you will also be able to purchase condoms in Botswana.

### **Medical Facilities**

Medical facilities in Gaborone are very good, and the Director can assist students who become ill in making appointments to see a physician in the city. There is also a clinic on the UB campus, and as a student at the University you are eligible to be treated here free of charge. The facility is often crowded, though, and past participants have preferred to make appointments with physicians elsewhere in the city. Your HTH insurance will cover the cost of all medical treatment for the duration of the program. Please review carefully the instructions for obtaining medical care under the HTH plan—in Gaborone, it will likely be possible to arrange for HTH to pay the medical facility and/or physician directly, but outside of Gaborone you may need to pay yourself and then submit forms to HTH for reimbursement.

## **Drugs and Alcohol**

Recreational drugs are illegal in Botswana. Any accusation of an ACM student by the police could have severe repercussions on the program, staff, and students. Therefore, the possession or use of any illegal drugs will result in immediate dismissal from the program. If you are arrested because of suspected involvement with drugs, the ACM program staff and the American Embassy will be able to do very little to help you. Alcohol is generally available but excessive drinking in the residence halls is unacceptable and violators will be subject to sanctions.

## **Safety**

### **Crime and Random Violence**

The risks of crime in Gaborone are comparable to those of a large urban area anywhere in the world and largely avoidable through common-sense precautions. Petty street crime and crimes of opportunity (e.g., cell phone thefts or thefts from unlocked rooms or homes) are not uncommon—but are also avoidable. You will want to be sure to lock the door and windows in your room in the residence hall, even if you are just going down the hall to the bathroom. Similarly, you should take care with your purses, wallets, cell phones, and other valuables when walking around Gaborone. Do not wear expensive jewelry or watches and do not carry large sums of money with you. Also, beware of con artists and do not change money on the black market.

At night, we recommend that you do not walk around alone; if you will be out at night, go with a friend. If you find yourself in a situation in which you must travel alone at night, please use your cell phone to call a local cab. These and other recommended safety measures will be discussed in greater detail during the program orientation.

### **Gender Relations**

In Botswana you will encounter a range of expectations for gender relations; the interactions of older men and women, especially in the rural areas, will reflect a more traditional, patriarchal society. The younger generation of Botswana, including your fellow students at UB, are much more likely to embrace gender equality. In addition to a generational gap, you may notice that people in the city seem to be more egalitarian than those in rural areas. For example, young women—particularly in rural areas—avoid making eye-contact with men or their seniors; this is considered to be good manners. You will notice that male friends, as well as female friends, often walk hand in hand; however, romantic couples should never engage in public displays of affection—not even hand-holding. A man may hold the hand of his male friend and rarely hold the hand of his sweetheart. (This is true in both rural and urban areas.)

American women abroad, wanting to appear friendly and preferring to turn away unwanted male offers with a smile, often find that the attention persists. Dressing conservatively can help avoid such situations, but even more effective is learning to decline offers firmly and even rudely (by American standards). Your Botswana women friends can advise in this regard. You may also want to be somewhat more creative and mention that your boyfriend (real or fictitious) will soon be arriving.

### **Sexuality and Sexual Health**

Many countries have very different customs and cultural mores than those found in southern Africa. While this is an exciting part of the educational enterprise, you should know that some of these customs may challenge your values. One different cultural norm is that homosexual activity in Botswana is illegal. It is not clear if the ban on homosexuality is enforced, but the fact that it is a part of their legal code is important to know as students seek to navigate their way through Botswana culture. Regardless of how the legal system treats homosexuality, it is without question a cultural taboo in Botswana.

### **Traffic and Travel in Gaborone**

You will be living and studying in a larger city than you are probably accustomed to, and traffic will be congested and fast. Familiarize yourself with traffic patterns and practices early. Most evident will be that cars travel on the left, not the right, side of the road. You should NOT operate a motor vehicle, or drive with another student, while in Botswana or elsewhere in southern Africa. Road accidents are the leading cause of death among American students in southern Africa, and rural areas tend to be even more dangerous than urban ones.

### **Personal Travel and Department of State Travel Warnings**

The ACM Botswana program includes excursions to Johannesburg and Soweto, to Maun and the Okavango Delta over spring break, and to the Jwaneng Diamond Mine. You may also wish to plan to travel on your own (with other program students or with new friends from the UB) on weekends or other times when the University is not in session. Before planning any travel outside of Botswana, you should review the information on the U.S. Department of State website about travel within the region; you should **not** travel to countries for which a Travel Warning is in effect. Information about safety and security conditions in other countries can be found on the DOS website: [www.travel.state.gov](http://www.travel.state.gov) We ask that you inform the Program Director when you will be away from Gaborone, where you will be travelling, and how you can be reached during this time. This is for your safety and allows us to respond in the event of an emergency.

## VIII. Program Arrangements

The program is housed at the University of Botswana, established in 1982. The country's premier university, it offers undergraduate, master's, and doctoral degrees. The student body consists of approximately 14,777 undergraduates and 933 graduate students; of the undergraduates, sixty-five percent are citizens of Botswana and thirty-five percent are from abroad, mostly neighboring southern African countries. In general, the undergraduate students are in their early 20's, somewhat older than American undergraduates. With professors who have been trained all over the world and modern infrastructure on the campus, UB boasts a very selective entrance process. The UB library is regarded as one of the finest in southern Africa. University professors usually teach in the British model, with regular lectures and note-taking. Because it is difficult to obtain books, students often rely on the library or share books for their courses. It is very common to see students studying together as they prepare for examinations.

The ACM Botswana program, by virtue of its location and arrangement with the University of Botswana, is fully integrated into academic life on the UB campus. As registered students at the University of Botswana, you will have access to libraries, computer labs, and the health clinic on campus. Your classes, including Professor Lostroh's, will also be held on campus.

## IX. Housing Arrangements

For the Spring 2011 program, ACM students will be living together with University of Botswana undergraduates in one of the undergraduate dormitories; this is the same arrangement as for the Spring 2010 program. Living in an undergraduate residence hall is an excellent way to meet fellow undergraduates outside of the classroom setting. The undergraduate residence halls are composed of shared rooms, with two students to a room. Students share a common bathroom and toilet. Bedding is provided for you, and it will be laundered once a week, and rooms will be cleaned regularly by UB household staff. Please remember to pack your own towel(s).



For meals, you may choose to eat in the UB cafeteria, buy prepared food from one of the kiosks or small stores located near campus, or eat out at a restaurant in one of the malls located close to campus. It is possible to purchase a meal plan to eat in the UB cafeteria, and you may wish to consider a plan that would provide you with one meal a day. (Your fellow undergraduates will be able to show you how best to economize and make several meals out of one at the cafeteria.)

**Please note that the program does not provide a food allowance for program students; most meal costs, as indicated on the Program Expenses cost sheet provided to you at acceptance, are your own responsibility.** (On program-sponsored field trips, the costs of some, but not all, meals are included in the program fee, as are most transportation, hostel, and admission fees.)

To cut down on food costs, past students have found it useful to rent a dorm size refrigerator while at the University. The process of renting can be rather informal. It is recommended that you make a small flyer and post it around campus letting people know you are interested in renting a small fridge. You may also look for these flyers advertising rentals, as well.

## X. ACM Program Rules and Policies

The Associated Colleges of the Midwest (ACM), is a consortium of 14 small liberal arts colleges in Illinois, Wisconsin, Iowa, Minnesota, and Colorado. ACM's programs reflect the academic standards and policies of its member colleges, and the standards and rules in the paragraphs which follow are applicable for all of ACM's off-campus study programs.

### Tuition, Program Fees and Refunds

As outlined in the separate sheet on Program Payment Policies included in your acceptance materials, each ACM college has its own arrangement for setting program prices, and you should consult with the Off-Campus Study Office on your campus to confirm what those arrangements are. For all ACM participants in the program, the general policy is that ACM bills your home college for all of the program costs except the \$400 deposit and your college in turn bills you (and your parents). Non-ACM participants should speak with the study abroad offices on their home campuses about billing arrangements and discuss with the ACM Program Associate how this will be handled. Whether you are an ACM or a non-ACM student, it is also important that, if appropriate, you inform your Financial Aid office that you will be participating in this program and confirm that your financial aid will apply to program costs; you may also wish to ask if your financial aid package will change to reflect program costs, including the price of the plane ticket. (Program-specific costs are outlined in the Cost Information sheet which was included in your acceptance packet.) In addition, we also recommend that you verify that any scholarships you are currently receiving will, as with financial aid, continue while you are participating in the program. It is also useful to be clear about how and when any financial aid and scholarship moneys will be released to you; we recommend that you make arrangements to have them paid into an American bank account or sent to your parents or legal guardians to handle on your behalf. In any case, you should NOT have them sent on to you while abroad.

Once you are admitted into the program, you will need to reserve a spot on the program by returning to ACM the Reply Form (the pink sheet in your acceptance package), along with a \$400 non-refundable deposit. This \$400 deposit allows ACM to set aside a spot for you on the program, and **it must be received within 15 days of your acceptance.**

If you withdraw from the program at any time before the program begins, you will lose the \$400 deposit and will be charged for any unrecoverable expenses already incurred on your behalf. If you leave a program once it has begun or are sent home for cause (please see the Study Abroad Contract), the program fee cannot be refunded. Tuition refunds will be calculated based on your home school's policies. And finally, please be aware that you are liable for any expenses for medical care as well as damage to hostel, hotel, or other housing during your time on the program and that ACM will bill you for such costs. Your grades and credits from the program cannot be sent on to your college's registrar until all outstanding bills are paid.

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## ❧ ACM OFF-CAMPUS GRADING POLICIES ❧

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*Students from non-ACM institutions should consult the home campus registrar's office for grading policies in effect on his or her own campus.*

- ❖ **Beloit** ❖ All courses (including internships) must be taken for letter grades. Grades will be recorded on the transcript for all programs, but only domestic programs will be calculated in GPA.
  
  - ❖ **Carleton** ❖ Letter grades will be included on transcript but not calculated in GPA. No more than one course per semester may be graded on a S/CR/NC basis.
  
  - ❖ **Coe** ❖ Internships are S/U only. Other courses must be taken for letter grades unless a student chooses the S/U option before mid-term of the program in accordance with the S/U grading policies stated in the Coe College catalog. The letter grade is reported and the Coe College Registrar converts the letter grade to a S/U. In order to convert to an S, the grade must be a "C" or higher.
  
  - ❖ **Colorado** ❖ No restrictions on grading options except that all grades recorded on the Pass track must be verified by the letter grade. Letter "G-track" grades will be calculated into the overall GPA. Grades of any "D" or "NC" will not transfer for credit.
  
  - ❖ **Cornell** ❖ Letter grades will be annotated on transcripts but not calculated in GPA. Only grades of "C" or higher will be accepted. Short term courses taught by Cornell faculty are exceptions to both of the preceding statements; these courses are graded in accordance with Cornell's standard grading policy.
  
  - ❖ **Grinnell** ❖ Only off-campus courses for which students earn a grade of "C" or above will transfer to Grinnell as earned credits. Grades below "C" will be posted to the transcript with the grade received and zero earned credits. No courses may be taken on a pass/fail basis, regardless of individual program policy. Grinnell students may not take "incompletes" on off-campus study regardless of the policy in effect on their program. Courses in which incompletes are taken will not be recorded on the Grinnell Transcript even if completed at a later date.
  
  - ❖ **Knox** ❖ Credit is granted for only those courses receiving letter grades. Grades received for courses taken off-campus are not factored into GPA.
  
  - ❖ **Lake Forest** ❖ Students may choose to receive a grade of CR (credit for C- or better), D (no plus or minus), or F (Fail) in any course they take. Students choosing this option, or changing back to regular letter grades, must give written notification to the Registrar before the end of the first two weeks of the semester. Prior approval of the student's advisor is required. Internships will be graded Credit/D/F.
  
  - ❖ **Lawrence** ❖ Courses taken on a non-letter grade basis will not be credited toward a major unless the Subcommittee on Administration and the major department give special permission and may not exceed the usual limit of S/U options (1 per term for students who have earned 54 or more units; maximum of 4 on record at any one time).
  
  - ❖ **Luther** ❖ All courses must be taken for letter grades. Only grades of a "C-" or above will transfer for credit; grades will not be calculated into overall Luther GPA. Exceptions to this policy must be approved by the Registrar's Office.
  
  - ❖ **Macalester** ❖ All courses taken on approved study away programs are counted towards the student's Macalester grade point average, unless taken on the S/D/NC grading option. Students may take one course per semester on the S/D/NC grading option.
  
  - ❖ **Monmouth** ❖ All courses must be taken for letter grades.
  
  - ❖ **Ripon** ❖ All courses must be taken for letter grades. Students wishing to utilize the S/U option must make those arrangements with the College Registrar prior to the program, or during the first half of the program.
  
  - ❖ **St. Olaf** ❖ St. Olaf has two non-graded options. S/U (satisfactory/not-satisfactory) and P/N (pass/no pass). It is a student's choice to take any graded course as S/U but they must remember that general education requirements must be graded and only one S/U is allowed in the major. Students can take a total of 6 courses as S/U. Some courses are P/N per the instructor's decision for anyone taking the course. Internships are never graded only P/N.
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## **ACM Policy on Sexual Harassment**

### **Policy**

It has been and remains the policy of the Associated Colleges of the Midwest (ACM) that sexual harassment of students and employees is prohibited. Violation of this policy may result in discipline or dismissal of students or discipline and discharge of employees. However, allegations of sexual harassment are serious and may be extremely prejudicial to the alleged offender. Accordingly, allegations not made in good faith may subject the complainant to disciplinary action.

### **Sexual Harassment Defined**

Sexual harassment includes unwelcome sexual advances, requests for sexual favors and other verbal or physical behavior of a sexual nature when (1) submitting or refusing to submit to such conduct is used as a basis for any decision affecting an individual's academic status or employment, or (2) such conduct has the purpose or effect of creating an intimidating, hostile or offensive educational environment.

### **Grievance Procedure**

Any student who believes that he or she has been subjected to sexual harassment has recourse to informal and formal grievance procedures designed for the purpose of investigation and resolution of such allegations. Informal grievance resolution is encouraged although not required prior to initiating the formal grievance procedure.

As a preliminary matter, any student who believes that she or he has been sexually harassed should report the incident promptly to any of the following:

- Director of the program in which the student is enrolled or other appropriate local staff or faculty member
- Director of International Study Programs at ACM Chicago office, Carol Dickerman
- Director of Chicago Programs, Sally Noble
- Vice-President of ACM, John Ottenhoff

Assistance in presenting a grievance may be obtained from another employee or student. However, attorneys or other third persons may not participate in any facet of the grievance procedure unless ACM and all interested parties otherwise agree.

### **Informal Procedure**

An informal procedure is designed to resolve sexual harassment allegations without having to invoke the formal grievance procedure. This can be initiated through contact with any of the staff named above. The goal is to resolve the problem through discussion with the student, the alleged offender, and any other relevant persons. The student and/or staff member grievance officer may elect to terminate the informal procedure if it appears that no progress is being made in resolving the dispute and initiate a formal procedure.

### **Formal Procedure**

1. Students who wish to lodge a formal complaint must sign and submit it in writing to any staff members named above within 120 days of the alleged harassment.
2. Thereafter, the President of ACM (or if the President is the alleged offender, the Chair of the Board of Directors) shall assign a grievance officer to investigate the complaint and report his/her findings

to a grievance board comprised of the President, the investigating grievance officer, and one other grievance officer selected by the President. No employee accused of harassment may serve on the grievance board.

3. The investigation shall include interviews with the complainant, the alleged offender, who shall be informed of the allegations against him/her, and other relevant persons. The grievance board may supplement the investigating officer's investigation by itself conducting interviews and reviewing relevant evidence.
4. Within 21 days after the investigation concludes, the grievance board shall decide by majority vote whether the complaint allegations are supported by substantial credible evidence. It shall then inform the complainant and alleged offender of its decision.
5. Any disciplinary or other corrective action resulting from a violation of this policy shall be determined in accordance with ACM disciplinary procedures.

### **Third Party Harassment**

Any student who has been sexually harassed by a third party (i.e., vendor, guest speaker, internship setting) should report the incident promptly to any grievance officer who will then investigate and attempt to resolve the problem.

### **Confidentiality**

All complaints and investigations of sexual harassment shall be handled in a confidential manner and shall be disclosed only to persons having a legitimate need to know. Grievances and documents will be maintained separately from other student files.

### **Non-Retaliation**

Complaints made in good faith under this policy shall not result in any adverse action against the complainant, nor shall any person who participates in good faith in an investigation be treated adversely because of such participation.

Nothing in this policy precludes an individual from pursuing any legal remedies available to him/her.

### **ACM Policy on Personal Abuse**

Personal abuse, whether oral, written, or physical, exceeds the bounds of appropriate discourse and civil conduct. Harassment of another because of his/her race, sexual orientation, ethnic background, religion, expression of opinion, or other personal characteristics is prohibited. ACM students who engage in such behavior may be disciplined and/or dismissed from a program.

### **ACM Policy on Dual Relationships**

A dual relationship is one in which the faculty/staff member has both a professional and a romantic or sexual relationship with a student. This includes relationships which appear to be mutually consensual. However, the inherent inequality of power between student and faculty/staff creates an unacceptable conflict of interest in a supervisory, educational or advisory context. For this reason, dual relationships between faculty/staff and students who participate in the same program should be avoided. If a relationship nonetheless develops, the faculty/staff member is expected to remove him/herself from supervisory or advisory responsibility for that student, or face disciplinary action.

### **ACM Policy on Discrimination**

The Associated Colleges of the Midwest does not discriminate in the operation of its educational programs, activities, or employment on the basis of sex, race, creed, national origin, age, sexual orientation or disability.

# ACM

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