Tanzania: Ecology and Human Origins

Student Handbook ♦ Fall 2013

Beloit    Carleton    Coe    Colorado    Cornell    Grinnell    Knox

Lake Forest    Lawrence    Luther    Macalester    Monmouth    Ripon    St. Olaf
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I. Welcome and Program Overview

The ACM Tanzania Student Handbook is designed to help prepare you for your semester in Tanzania and to give you an initial sense of what to expect academically and personally while you are there. It is revised each year based on comments from the previous program participants to include more current information and contains information on various logistical arrangements for your trip. It is, in effect, a reference tool that provides you (and your parents, to whom a copy will also be sent) with the information you need as you make arrangements to participate in the program. It is important that you read it carefully as preparation for the telephone orientation session and raise any questions you may have either in that orientation session, or individually with the ACM Assistant Program Manager, Emily Gaul. You should also take it with you when you travel to Tanzania, as it contains important contact and schedule information, as well as information about academic and other arrangements for the program.

The ACM Tanzania: Ecology and Human Origins program aims to help students learn about the centrality, the methods, and the rewards of field work for knowledge in both the social and natural sciences. Designed for majors in the natural and social sciences, the program combines field research with cultural immersion in East Africa and has three overall learning goals:

- To deepen knowledge of ecological, human evolutionary, and behavioral issues through extensive field inquiry at unique sites, first-hand experience, and coursework;
- To develop an understanding of Tanzanian society, and cross-cultural literacy through cultural immersion; and
- To develop a working knowledge of Kiswahili sufficient to speak with local people and read newspapers and other materials.

At the heart of the program is the six-week field component, including four weeks of which students carry out a field inquiry utilizing the ecological and paleoanthropological sites – or the communities at these sites – for which Tanzania is known. Courses in Kiswahili, research methods, the ecology of East Africa, and human origins, taught by ACM and University of Dar es Salaam (UDSM) faculty, prepare students for the field component; beginning at UDSM when students first arrive, the courses continue throughout the semester. Housing arrangements – in UDSM residence halls at the beginning of the program, in tent field camps during the field component, and with host families in Dar es Salaam toward the end of the program – provide students with a range of immersive experiences in both urban and rural areas. The program concludes with students’ presentation of their research projects to members of the academic community in Dar es Salaam.

At the end of the program, students should be able to frame a question, write a proposal, conduct a field investigation, and present results. In addition, they should have a working command of Kiswahili adequate for daily interactions with Tanzanians and an understanding of contemporary Tanzania.
II. Calendar

**Tanzania Program schedule**

<table>
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<tr>
<th>Weeks 1-7</th>
<th>Weeks 9-14</th>
<th>Weeks 15-17</th>
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<td>University of Dar es Salaam</td>
<td>Tarangire National Park</td>
<td>University of Dar es Salaam</td>
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- **Weeks 1-4:**
  - Intensive Kiswahili
  - Methods Course

- **Weeks 5-7:**
  - Human Evolution
  - Ecology of the Maasai Ecosystem
  - Methods Course

- **Field Project**
  - Week 9 & week 14: Human Evolution, Ecology of the Maasai Ecosystem

- **Week 8: Break**
  - Live in University dormitories
  - Home stay

- **Weeks 9-14**
  - Live in tents at established campsites

- **Weeks 15-17**
  - Home stay with host family

**Arrive in Dar es Salaam**
Sunday, August 11, 2013

**Mid-Semester Break**
Saturday, September 28 – Sunday, October 6, 2013

**Depart for field site**
Monday, October 7, 2013

**Return to UDSM**
Sunday, November 17, 2013

**Independent Study Project Presentations**
Friday, December 6, 2013

**Depart from Dar es Salaam**
Saturday, December 7, 2013

**Program Travel**
In addition to the six weeks in the field, students will take a few short field trips. Trips may vary depending on time constraints and availability, but typically include a trip to Bagamoyo and the Kaole Ruins. There will also be a weekend trip to Zanzibar.

**Personal Travel**
Students often choose to travel during the mid-semester break or at the end of the program. Please keep in mind that while a student on the ACM program (including during the mid-semester break) you should not plan to travel to countries for which a U.S. Department of State Travel Warning is in effect; currently, countries on the Travel Warning list include Kenya. In addition, you should not plan to climb Mt. Kilimanjaro during the week-long semester break—a week is too short a time to acclimate to the altitude and reach the peak (and get back down again) without suffering from altitude sickness.

If you plan to be away from the program site overnight, it is your responsibility to notify the program director of your plans: where you will be, how you can be reached, and when you plan to return.
The University of Dar es Salaam was established in 1970 when the University of East Africa split into three independent universities for Kenya, Uganda, and Tanzania. It is a comprehensive university with undergraduate and graduate programs in six faculties, five institutes, and two colleges. It is located on The Hill, on the west side of Dar es Salaam (about eight miles from the city center) and occupies 1,625 acres.

UDSM is Tanzania’s premier university, with professors who have been trained all over the world and a very selective entrance process for its relatively small number of students. Although there are a few private colleges and universities in Tanzania, the University of Dar es Salaam has the highest standards and the best educational opportunities. In general, the undergraduate students are in their early 20’s, somewhat older than American undergraduates.

University professors usually teach in the traditional British manner, 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 academic year begins in October and ends in late June. Most courses are semester long, and there are few graded assignments before students take their all-important final exams each summer. The Tanzanian calendar and system are quite different from those in the United States. The professors who will be teaching you have had experience with American students at American colleges, so they have designed courses that are similar to courses taught on your campus and fit our semester calendar. Nevertheless, you should be aware that a major part of your cultural adjustment will include the teaching styles of your Tanzanian professors.

During the first three and a half weeks of the program, you will meet for four hours per day, five days per week, to study Kiswahili. Two hours will be spent with senior lecturers or professors in formal class; two hours will be spent in small groups with language assistants who will lead discussions and help with conversation skills. You will have one to two hours of homework each day. The Kiswahili Department has been teaching Americans for many years and several of the professors have taught at American colleges and universities. Although these professors are more sensitized to the American educational system than others, they do emphasize that this will be a serious course and you should be prepared to work hard. You will also meet occasionally to discuss field projects, take excursions, or to learn more about Tanzanian culture.

The Research Methods Course begins during the second week of the program while you are still taking intensive Kiswahili. Taught by the ACM Program Director, the course introduces students to the methods of conducting field inquiry. You will also refine your field project topic and
prepare a written proposal which summarizes your planned project during this initial period.

After the first month you will begin your classes in Human Evolution and Ecology of the Maasai Ecosystem while continuing some language study and meetings to discuss field projects. During the first few classes you will review basic foundations of ecology, but the course will eventually turn its attention to the Maasai ecosystem. Although the first four weeks of classes will be quite traditional, this learning will be greatly enhanced when your studies can be applied in the field.

The Field Practicum/Independent Field Project is an important part of the program, and you will spend a significant amount of time preparing and completing your project. The Research Methods course will provide you with important preparatory information about conducting field work and will guide you through the process of creating a project proposal. The director and other program faculty oversee the projects throughout the program. During the intensive six-week field camp, you will gather the majority of your data, and you may also expect to assist others in gathering their data (as they will help you). The final weeks of the program, after returning to Dar es Salaam, are given over to completing the research project and analyzing data, taking exams, and preparing the final paper and poster for presentation to local guests and officials.

Kiswahili
Instructors: University of Dar es Salaam faculty
Required, 4 credits

Early acquisition of language skills is critically important for students becoming acclimated to a culture so different from their own. Students therefore begin Intensive Kiswahili shortly after arriving in Dar es Salaam. Taught by professors from the Kiswahili Department, this language course features intensive classroom study (four hours per day) for the first four weeks, plus homework and occasional field trips. In the second month, students continue to meet regularly to improve their conversational, grammar and vocabulary skills as they learn the fundamentals of Tanzania's national language.

Human Evolution
Instructor: UDSM Faculty
Required, 4 credits

This course will be taught by archaeology faculty at the University of Dar es Salaam. It will cover the basic principles of evolution, hominid development, and the particular evidence of human evolution in Olduvai Gorge and Laetoli. The course begins at the University of Dar es Salaam, continues with field trips in the Northern Region of Tanzania, and concludes with exams and papers in the final weeks of the program.

Ecology of the Maasai Ecosystem
Instructor: UDSM Faculty
Required, 4 credits

This course, taught by a professor of zoology at the University of Dar es Salaam, examines the fundamental elements of ecology, drawing its examples from Tanzanian ecosystems, especially those of the Serengeti Plain and Ngorongoro Crater.
Research Methods Course and Field Project
Instructor: ACM Visiting Faculty Director
Required, 4 credits
In Dar es Salaam, the Research Methods Course covers research methods and project preparation, including development and creation of a project proposal. Students will also receive general information about contemporary Tanzanian society and culture.

In the field, students conduct individual projects in human ecology, biology, paleoanthropology, archaeology, zoology or sociocultural anthropology. Topics depend on student interest and faculty expertise. Students are encouraged to work in groups collecting and analyzing data. It is important to note there may be limited resources in the field—e.g., vehicles, translators, power—and your flexibility is key to the success of the field project. In some cases, students work within the existing projects of Tanzanian or visiting experts. Upon their return to Dar es Salaam, students analyze their data, write final reports, give public presentations, and create museum displays or posters for local distribution. For Fall 2011, there will be a single field site at Tarangire National Park where students will be able to conduct a full range of projects.

Field Project Guidelines

Designing a project from the U.S. without knowing the variables of the Tanzanian context can be very difficult. A good way to approach the design stage of your project is to look at the titles and abstracts of projects completed by previous ACM students (please the Appendices and website for a list of selected abstracts). It is a good idea to gather some literature on a topic that interests you and try to narrow your interests to a particular area. The ACM Visiting Faculty Director is a good resource for project development, and you should be in contact with him to discuss your project ideas and preparation.

Sometimes logistical and resource limitations will make it impossible to complete your project as initially conceived. In this case, you will have to modify the project once you are in Tanzania. Plan to be flexible with your topic to ensure that it will work well with the available resources. This can be done with the help of the program faculty. It is important to select a project that is logistically realistic, one that is possible to complete with only four weeks of field study, and one that is likely to produce results in that amount of time. Remember, you will probably spend most of the first week in the field establishing your study site and your methods. The logistics of working at the field site can be difficult. There are typically only two or three vehicles available at the site; they will be shared among the group and you will not have unlimited access to the park. It is best to design projects that do not require daily visits to a large number of widely-spaced study sites—the vehicles will not be able to accommodate such a schedule. The program director will encourage you to work in pairs or small groups when collecting and analyzing your data. Also, remember there have been hundreds of students on this program in the past and each student did a project. Take advantage of these projects and use them as a stepping stone for your project.
Keep in mind that **it is important to plan ahead as much as possible with your independent study project.** Once you arrive in Tanzania your access to resources, especially published materials, will be limited. The collections at UDSM are not comparable to those at libraries on ACM campuses. Additionally, internet access is slow and limited, and printing (when available) tends to be expensive. Before you leave for the program, you should identify some basic references on the topic you are proposing, check the literature to see what has already been studied in east Africa, and get more specific ideas of what new research can be done.

Students in the past have strongly suggested finding, printing, and bringing copies of past research papers to the field that may be relevant to your project topic. At the very least, do enough reading to have general ideas about two or three projects that you would be interested in conducting and that seem feasible, and what equipment you would need. For example, if you were interested in studying a geological problem, you will need some basic geologic tools (e.g., brunton compass, rock hammer) and materials (e.g., regional topographic maps, geological maps, rock and mineral identification charts/books, and papers on the regional geology of Tanzania and the Olduvai region). Some of the basic field equipment items will be provided by the program (e.g., rock hammer), but many library materials can be difficult to obtain in Tanzania. Try to anticipate any specialty items that you might need to conduct your research. If you think that these items might not be readily available in Tanzania, they probably aren’t, and it would best to bring them with you. Feel free to contact the ACM Visiting Faculty Director with any specific equipment questions.

In designing your field project, please bear in mind that you will be expected to adhere to host country research policies as well as ethical research standards. These include the following:

- Projects should meet local research guidelines and standards set by local or national review boards in the host country.
- Projects should not be offensive to local sensibilities and cultural norms and should take into account recommendations not only from the program director and local faculty, but also of local authorities.
- Data collection methods should not threaten the health and safety of any human participants.
- Field observation techniques should not endanger the subjects or otherwise change the observation potential for other researchers.
- Specimens should be collected in a humane manner and in a way that is consistent with methodological and/or ethical concerns.
- All materials collected should be curated properly and, if required by national or local research standards, deposited at an appropriate facility in the host country.
- Any research project involving human participants should be assessed and approved by an institutional review board.

The program director and other associated faculty will be able to provide you with guidance as to which topics are acceptable and which may be problematic. You will also be subject to a Human Subjects Review/IRB process that ACM has created to align with ethical practices in research.
Education in Tanzania

In your studies in Tanzania, you will be a participant in an educational system that differs markedly from that to which you are accustomed at your home college. You will find that the classroom culture, the approach of your professor, academic expectations, and even the way the course is organized often call for a very different style of learning.

In immersing yourself in a culture abroad, you want to discover and experience new things but also to learn how to learn in new ways. Your willingness to approach classes in a fresh way will enhance your experience abroad. It will also provide you an opportunity for intellectual growth and understanding that will be of value long after your undergraduate education has come to a conclusion.

Becoming comfortable and learning effectively in this different system is a bit like mastering the challenge of traffic in Tanzania. You’ll notice quickly that cars drive on the left, not on the right. Being aware of this difference is straightforward. Left, not right – not too complicated. But notice how you feel at the edge of the street. Which way do you want to look? Which way do you actually look? As cars approach, what do you see in the driver’s seat at first? Someone sleeping? Someone who seems to be paying no attention? Or no one at all? So you know this switch. When you get into the front seat of a vehicle, where do you find yourself going?

The difference is not complicated but it can feel difficult, uncomfortable, confusing or even “just not right” at first. With time, however, you notice how this system that is inverted in comparison with what you know works, that it’s actually no better or worse than driving on the right, and that you develop the skills (and cultural understanding) to function in it without getting hit by a car.

Although the stakes of learning and adapting to an educational culture organized around the instructor, more than the student, are not life or death, learning these skills is crucial for having an academically rewarding experience. You may find that the instructor says things about grades and other expectations that sound alarming. Or the syllabus may not contain the signals and organization that you expect. The classroom experience may feel as if the driver is not driving.

To be successful in this new academic environment will require suspending judgments, learning to read things in new ways, de-activating “natural” reactions, and learning new ones. It will require learning how to get into a new driver’s seat yourself, to propel your learning.

Differences in the way undergraduates are taught in Tanzania go beyond the simple distinction between large, lecture-based courses, which are the norm, and the discussion-based courses at small liberal arts colleges in the U.S. These are some of the key differences:

1. Courses at UDSM, as true virtually everywhere in the world except the U.S., are instructor- rather than student-centered. Faculty members at the UDSM expect a level of respect and deference that often differs
from informal U.S. classroom environments. Faculty are likely to maintain a greater distance from students than what you are accustomed to at your home campus. Given that higher education in Tanzania, as in much of the rest of the non-Western world, is considered a great privilege, rather than a right, such formality isn’t surprising. UDSM instructors are a product of this system and Tanzanian students are acutely aware they are beneficiaries of a very selective system. Education in Tanzania is not taken casually.

2. University-level students in Tanzania (and elsewhere) approach their courses and daily classes with a level of independence that is more comparable to graduate-level education in the U.S. Students typically do not receive (or expect to receive) syllabi that detail topics and readings for each classroom session, as is the norm at a U.S. liberal arts college. Rather, faculty are more likely to give an extensive list of relevant books from which the student reads selectively throughout the semester, choosing on their own to investigate specific topics more deeply, to complement and expand beyond their understanding of material in lectures. One day’s lecture in a course may cover one particular aspect of a topic, and is intended as a beginning or an opening to pique students’ interest in further their own knowledge, rather than to exhaust the subject. Even though students are not “held responsible” for doing the readings—as American students typically are in discussions and quizzes—the instructor assumes that students are reading independently outside of class throughout the semester so that they can write knowledgeably about the subject of the course at its end.

3. The learning process in Tanzania thus may feel less engaging or demanding than the active learning class sessions on liberal arts campuses. Students in Tanzania typically do more memorization (e.g., of information, dates, names, facts, etc.) than American students may be accustomed to at liberal arts colleges, where the faculty often emphasize concepts over information. Class participation rarely factors into final grades. (See below for more discussion about assessment and grades.) Instead, though, you need to generate the engagement, working to connect lectures to self-guided reading, constantly self-monitoring your learning to gauge understanding, and maintaining independent progress toward the one or two exams or final papers due at the end of the course that will constitute your final grade.

4. Grades: While the distribution of grades in a course in the U.S. usually resembles a bell curve, with most students receiving B’s, in Tanzania the grading distribution is similar to a pyramid, with few B’s and almost no A’s awarded. This contrast is the result of very different philosophies about academic achievement (and grades): In an American course, excellence is measured against other students (i.e., on a curve). In a Tanzanian classroom excellence is measured in terms of overall mastery of the subject matter and includes not only students in the class, but also individuals who are experts in the field; most Tanzanian students will pass a course, but few will get a mark above 60. To mediate between the two very different approaches to grading, ACM will convert the numerical grades you receive in your courses in Tanzania to letter grades according to the following scale:

- 70 – 100 = A
- 60 – 69 = B
- 50 – 59 = C
- 40 – 49 = D
- 0 – 39 = E
Suggestions for academic success in Tanzania:

- After the first meetings of the Ecology and Evolution courses, ask yourself: “what will be my strategies for learning in an instructor-centered course?” Write a plan for yourself about this and save it in a place where you can refer back to it as you progress through the semester. Think about how you will become a more self-directed learner and someone who can better monitor what you are learning and still need to learn.

- Be more formal in a classroom setting in Tanzania than you would at your home campus, especially toward the professor. Choose to sit with a posture that shows respect and attention. You should not eat or drink in the classroom. If you bring your laptop to class, use it only to take notes, not for checking e-mail, surfing the web, etc. Do not text during class.

- Unless your instructor suggests differently, address him or her as “Doctor.” If your instructor specifically introduces him- or herself as “Professor,” then you can use this title. In Tanzania someone who is called Professor has a rank comparable to someone who holds a chair at an American college or university.

- Instructors typically do not hold office hours. If you have questions about the material or readings, the best strategy is to speak with your instructor immediately after class.

- Devise a reading program for yourself with weekly assignments, based on the instructor’s suggested reading list. Ask your instructor to suggest additional readings if you don’t have previous background in the subject or wish to read more deeply on a particular topic.

- If you ask a question during class, be sure to do so in a polite fashion; avoid appearing to question an instructor’s authority and expertise, which is considered offensive in the culture of Tanzanian higher education.

- Keep up with your independent reading throughout the semester, even though you may not be held to account for the material until the end of the course. Take detailed notes in class, as Tanzanian students do. You’ll find these helpful for pulling together information from lectures and readings at the end of the semester.

- Establish informal discussion groups with several of your fellow students, in which to discuss your understanding of the material covered in class and in readings, and do this regularly.
**Grades & Credits**

ACM recommends 16 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.** 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.

During the first two weeks of the program, students will be asked to indicate whether they wish to have letter grades recorded on their transcripts or the pass/fail option. The grade choice form will briefly describe the rules for each ACM college, but if you need to be certain how the courses will appear on your college record, it's your responsibility to learn about your college's policies ahead of time. **Once the grade choice form has been submitted, you will not be allowed to make changes,** so make sure you are clear on policies for awarding credit at your college. You also need to make sure you have fulfilled courses for your major and other requirements at your institution.

If you are not an ACM student, you should make the necessary arrangements in advance with your own college registrar. You will still fill out the grade choice form to confirm the arrangements you've made and to let the ACM office know which courses you’re taking.

At the end of the program (provided that you do not have any outstanding financial obligations to ACM and the program), grade recommendation forms will be sent to your college registrar, and the 16 semester credits will be converted into your college’s credit system. If you plan on graduating in December, you will need to inform ACM so we are able to get your grades from UDSM to your campus.

So that your academic progress is not impeded by a semester off campus, be sure to consult your registrar about registration and housing for the spring term following your return. In most instances this can now be done on-line, but you will want to confirm the arrangements for doing so before you leave campus in the spring.
IV. Preparing to Go and Arrival

Because of the complications of communication and the busy schedule during the first days of the program, please let your parents know that they should not expect you to contact them within the first week of the program. Once you become more accustomed to the area and have some free time, your parents can expect to receive messages from you. ACM will send parents email notification of the group’s safe arrival once everyone has arrived in Dar es Salaam and the Visiting Faculty Director has made contact with the ACM Office. Patience with communication (or lack thereof) is necessary on both ends.

Receiving Packages and Letters

Before you leave, give family and friends the address of the UDSM Archaeology office. Mail going between the U.S. and Tanzania can take 8-10 days. It is best to keep using the office address even after you have moved in with your family. Your family and friends should send mail to the following address:

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 make sure you bring everything you need or buy it locally. If you are sent something that is subject to duty, you will likely be charged for it. Some students have reported that their packages were pilfered in the mail, so save the birthday presents until you return home. If a package needs to be mailed, we recommend Federal Express International or DHL, which takes about four to seven days (please note that although United States P.O. addresses are not deliverable via FedEx, they do deliver to the ACM address in Tanzania).

Passport and Visa

By this time, you should already have a passport. Please check your passport and make sure it is valid at least six months beyond the end of the program. If you are a citizen of another country and need to renew your passport, please contact the nearest consulate or embassy.

You will need a visa to travel to Tanzania, and as a first step in the process, ACM will send you a letter certifying that you will be enrolled in a study abroad program in Tanzania along with several visa application forms. You will need to fill out the forms and send them along with your passport and letter from the ACM to the Tanzanian embassy in Washington D.C. A packet with further information and all the necessary forms has been posted on the intranet and you are to apply for your visa in early May. Please allow enough time for this process, as you will need to have your passport and visa in hand by the time you leave for Tanzania in mid-August.
Travel Arrangements

Because students travel to Dar es Salaam from different departure points in the U.S. and may have different travel schedules or preferences, ACM will not be committing students to a group flight to Tanzania. You should therefore 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 Dar es Salaam to arrive at the Dar es Salaam airport on Sunday, 11, (Most flights from the U.S. arrive late at night/early morning). You will be met at the airport after clearing customs by an ACM staff member and taken to the University of Dar es Salaam.

In making your travel reservations, there are a number of options available to you; you may wish to use your own local travel agent, book through the internet, or contact a student travel organization such as STA Travel. Once you have made your arrangements, forward your itinerary to Emily Gaul, the Program Associate; this will allow us to inform ACM Dar es Salaam staff when you will arrive and allow them to meet you at the airport (provided, of course, that you arrive within the window of time above).

When packing your bags, it is essential you purchase TSA–approved luggage locks and lock all of your luggage before you check it in. Theft from luggage is common and we want to make sure all of your belongings arrive in Dar with you.

Communication

Internet and E-Mail Access
Internet can be unreliable as Tanzania’s telecommunications network is slowly developing, and phone and power outages occur often. Limited e-mail access will be available through the University. Check with the Visiting Faculty Director—free wireless access is available in some places on the UDSM campus if you have a laptop. If you need to access a University computer, expect to wait in long lines with other University students. It is important to remember that the University has limited computer resources, and you cannot expect unlimited access to e-mail. Please make sure you do not create any bad feelings amongst the other University students by monopolizing the e-mail. E-mail services are available from the Computing Center for about $10 per month. This is by far the easiest and fastest way to communicate, and fairly cheap at that. There are numerous computers for use by anyone with a valid account. During the University’s summer break (when you first arrive), fewer people use them, so lines are generally short, and if you go near opening or closing time there is no line.

During the fall of 2012, students shared ‘internet sticks’ with each other. Essentially, these are wireless modems set up through a mobile provider in Tanzania. Students thought this was the most reliable and convenient way to use the internet.
Telephones
Do not plan to take your American cell phone with you to Tanzania since it will not work outside of North America. Instead, ACM will provide you with a cell phone and a modest amount of minutes so that you are able to make a call 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 credit. **Should your phone become lost or broken during your time on the program, you will be responsible for the cost of replacing it.** The cost of a cell phone in Tanzania (fall 2011) is approximately $100. To call Tanzania from the U.S., dial 011 for an international line, 255 for Tanzania and 22 or 74 (for cell phones) for Dar es Salaam.

While it is important that your parents or other emergency contacts know how to reach you at the program office in Tanzania (see the contact information at the end of this handbook), these phone numbers are for use in the event of an emergency only and you will be charged for the cost of any long-distance calls.

Money
Students on the program in the past several years have relied on debit and ATM cards almost exclusively to obtain shillings for daily expenses. (For information on what expenses you can expect to have, please see the Program Expense Chart for the Tanzania program included with your acceptance materials.) ATM machines are readily available throughout Dar es Salaam, and you should have no problem withdrawing funds in shillings from your U.S. bank account. Before you leave for the program, however, you should notify your bank that you will be abroad and confirm that your PIN will still be valid. (If you neglect to do so, you may find that your bank, fearing that your card has been stolen, will freeze your account after several withdrawals.) You will also want to check on the transaction charges your bank may levy. While the exchange rate is typically good when using an ATM or debit card, you may find that transaction fees such as to discourage multiple withdrawals of small amounts.

ATM machines have become more widely available in past few years. There are several ATMs on campus. **To use the ATMs, students must have an ATM card with a VISA logo on it.** A VISA credit card will also work, but will incur higher interest rates. If you use an ATM, you will get Tanzanian shillings at the international exchange rate (relatively close to the rate you will get at the Exchange Bureaus). Using an ATM card will relieve you of carrying large sums of cash. However, you will have to plan ahead since they are not available everywhere—e.g., at the campsite when you are in the field.

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 also 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 Dar es Salaam. Visa is more widely used than other credit cards, but you should not plan to use it with the frequency that you likely do in the U.S., as most small businesses in Tanzania will not accept it.
Banking hours are 8:30 am to 12:30 pm Monday through Friday and 8:30 am to 11:30 am on Saturdays. In Dar es Salaam and other large cities, some banks may be open from 2:30 pm to 4:50 pm. You will usually find the best exchange rates at foreign exchange bureaus (forex). Hotels will also exchange currency but the rates are not as favorable. Banks tend to give you more hassle and a longer wait.

Computers

Computer facilities at UDSM are available for ACM student use; however, they are limited and in high demand when the Tanzanian students return to campus. In the past, students and directors have commented that a laptop computer is essential for writing research papers. The university's computers will likely not be sufficient during such busy times. There are local internet cafes, but past students have noted that they are not always convenient or conducive to work. Please note that free wireless is available on campus. Consult with the Visiting Faculty Director during orientation to find out how to access it.

You can leave your laptop with your host family or in the Director's house with relative security during field trips, etc. Before leaving for the field, you should coordinate with the group so there will be a few laptops available in the field. If you do choose to bring a laptop computer or other electronic equipment to Tanzania, talk to knowledgeable people about traveling with your equipment and protecting it from weather changes and power fluctuations. Local conditions will be hot, dusty, and humid, and you will not have air-conditioning. Past participants recommend storing your laptop in a cool place and in a dust-proof bag to protect it from the challenging climate. You will also need an adapter from U.S. to the British 3-square pronged plugs in order to plug in computers or other electronic devices. A 220V to 110V power converter is also recommended; a 50 watt converter should be sufficient for most laptops. A surge protector is also recommended as power outages and surges are relatively common occurrences in Tanzania.

Keep in mind that you may have trouble taking expensive equipment through customs in Dar es Salaam. You should pack a laptop in your carry-on and be prepared to complete customs forms ensuring that you do not intend to sell the equipment. Customs officials may make a record of the equipment in your passport. If your laptop were to be stolen, you would want to get a police report to avoid hassle at the airport when leaving Tanzania (and also to make a claim against insurance back in the U.S.). Please note that ACM cannot be held responsible for stolen items.

If you bring your laptop, please keep in mind that you need to take adequate precautions to keep it from being stolen. Bring a computer lock, and keep your computer secured at all times. Also, you will want to make sure that it is insured, likely through your [American] family's property insurance policy, as ACM does not provide insurance coverage for personal property.

Medications and Other Medical Preparation

As part of your preparation to go abroad, please read carefully information from the Centers for Disease Control (CDC) about medical conditions in Tanzania and the recommended precautions for Americans traveling to East Africa. The website is: http://wwwnc.cdc.gov/travel/destinations/tanzania.htm

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, including malaria, in Tanzania. Please note that malaria is a risk in Dar es Salaam as well as elsewhere in Tanzania, and you should 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. You should review the information on the HTH International website (see the section below) about prescriptions abroad and check if the medication is available in Tanzania. If it is not—and many medications are not available abroad, or are not compounded with identical ingredients—you should 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.) You should not plan to have drugs (of any kind) sent to you while abroad.

**Mental and Intellectual Preparation**

When you first arrive in Tanzania, you will undoubtedly be struck by the many new and different sights, sounds, and smells around you. And while you can never really prepare yourself for the full experience of studying abroad, you can arrive with some knowledge of Tanzania today, its diversity, and its challenges. You’ll undoubtedly find your Tanzanian teachers, friends, and host family more knowledgeable about the U.S. than you are about Tanzania. The more you can learn in advance about Tanzania and prepare yourself for the program, the more you can learn and benefit from discussions with instructors, project guides, new Tanzanian friends, and host family members. 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.

**It is strongly suggested that you read the following text prior to arrival in Dar es Salaam:**


This text was meant as a case study to show that traditional conservation methods and the economic and political ideas behind globalization are not panaceas, but rather works in progress.

Please check your college or local library for a copy of this text, as new copies cost about $35. This book is most likely available through inter-library loan. However, if you are unable to check-out a copy from a local library, a few copies of the text will be available for student use in Tanzania.

**Recommended Viewing:**

A Panther in Africa, Season 1: Episode 23. *A Black Panther living in exile in Tanzania commits his life to activism and community service.* (This episode, along with others in the Global Voices Series, can be viewed for free on [www.hulu.com](http://www.hulu.com).) ACM may also be able to arrange a visit to meet Charlotte and Pete Neal, who live near Arusha, while you are in the field.

**Recommended readings:**

**Novels:**


**Non-Fiction:**

**Travel Guides:**

**PBS Programs, Global Voices Series:**
( Episodes from the Global Voices Series can be viewed for free on www.hulu.com.)
T-Shirt Travels, Season 1: Episode 10. *The story of how secondhand clothing, given away as charity in the west, ends up in Zambia, Africa.*

**Websites:**
[www.tanzania.go.tz](http://www.tanzania.go.tz)
[www.tanzaniatouristboard.com](http://www.tanzaniatouristboard.com)

Possibly the most valuable resource you have for self-preparation is other people who have been to this area of the world before. Talking with people about their experiences can reveal a great deal about what to expect. You may want to start with your Off-Campus Studies Director or Program Advisor, alumni of the program, African Studies departments, or professors of African or international subjects. You will find it well worth your effort, and you may be surprised how excited people will be to share their experiences with you.
**Suggested Packing List**

**Clothing**
- Hiking boots/sturdy sneakers/dress shoes
- Sandals/Tevas/Chacos
- Rain pants
- Rain coat
- Gloves
- Hat (sun and cold weather)*
- Swimsuit (preferably one-piece)
- Variety of clothing (dress, casual, warm)
- Bandana*

**Documents/Money**
- Passport
- Visa (photocopies)
- Cash
- Credit/ATM cards
- Money belt/Fanny pack
- Passport photos (extra)
- Insurance information

**Camp Gear**
- Small pillow
- Sleeping Bag
- Camping chair
- Stuff sacks to organize things
- Headlamp/flashlight (and batteries)*
- Extra bulbs for headlamp or flashlight
- Day pack
- Pocket knife with bottle opener (in checked luggage)*
- Binoculars
- Duct tape (small amount)

**Photography/Computer Equipment**
- Camera
- Camera bag
- Memory cards
- USB cable
- Laptop computer
- External HD/Flash drive

**Personal/First Aid**
- Toothbrush/toothpaste/floss
- Hand sanitizer
- Sunscreen
- Lip balm with SPF
- Insect repellant with DEET
- Skin moisturizer
- Wet wipes*
- Towel (small)
- Tweezers
- Tampons/pads
- Birth control supplies
- Prescription medicine (copy of your prescription)
- Optical prescription
- Contact lens solution (not sold in Tanzania)*
- Glasses/contact lenses
- Glasses repair kit
- Band-aids
- Aspirin/Tylenol
- Decongestants
- Neosporin
- Anti-malaria pills
- Pepto-Bismol/Imodium*
- Motion sickness pills
- Benadryl
- Multivitamin*

**Miscellaneous**
- Camp Towel*
- Water bottle*
- Ziploc bags*
- Luggage locks
- Power converter/adapters
- Playing cards
- Frisbee
- MP3 player
- Leisure reading
- Journal
- Appointment book
- Computer lock
- Portable hammock (a few per group)*
- Padlock (VERY IMPORTANT!)
- Gatorade/Crystal Light packets*
- Activities for the field*
- Permanent markers

*highly recommended by past students
Academic
Bring any academic materials that you know you will need for your project, especially those published recently in the U.S. Although the program has a small library, books are generally expensive and difficult to obtain in Tanzania. Paper, pens, notebooks, etc. are all available. Pens are of slightly lower quality so you may wish to bring some of your own.
- Digital recorder if you intend to record interviews (these are also good for audio-journals of your trip). Recorders are available in Dar, but the quality varies.
- Digital camera if you want to take photos. You will want to bring a battery charger as well. Keep in mind that there will be limited ability to charge batteries in the field.
- If you plan on conducting water research and would like water testing kits, it is best to bring these from the US.
- A laptop computer can be extremely useful.
- Binoculars, depending on research project—also useful for safaris.

Toiletry Items
Basic toiletry items like toothpaste and shampoo are readily available at reasonable prices. Feminine hygiene products, deodorants, and conditioner may be more rare and different than those found in the U.S. However, there are large shopping centers in Dar es Salaam that carry a wide variety of western brands, so it is not necessary to bring a 5-month supply of everything. Many students report bringing too many toiletries, particularly shampoo. We recommend you bring a few small toiletry items to get you through the first week. Remember that you will be in the field for six weeks and that shower privileges may be minimal, even in the dorms. Even for the men, a small manicure set might be useful. Look for one with tweezers, nail clippers, scissors and a small sewing kit.

Gifts for your host family
It is a wonderful gesture to take a gift to your host family. Choose something representative of your college, town, or culture, but keep it within a moderate price range. Here are some general recommendations:
- T-shirts or pennants from your college or sports teams
- Calendars with scenes of your home state or town
- Specialty foods (wild rice from Minnesota, bread mix, your favorite cake/muffin mix)
- Handmade sweets from your state or region
- Small toys for children (jacks, stickers, matchbox cars, stuffed animals, magic markers)
- Picture books about the U.S. or your home region
- CDs of popular music in the U.S.
- Artwork from your area (small pottery, weaving, watercolors)
- Mugs
- Collection of photos that showcase your friends and family, hometown, campus, etc.
Packing Considerations

**Luggage**
While packing, keep in mind that you will leave Tanzania with more than you brought, and that airline luggage restrictions can be strict. To and from Dar es Salaam, the airline will allow you a maximum of two checked bags and one carry-on. You should also keep in mind that you will transport your luggage several times while in Tanzania and that a large suitcase with little wheels is not a good choice for crowded streets. Some students have recommended traveling with a large backpack and a duffle bag or other loose floppy piece of luggage. When you pack your bags, include your name and the program address inside each bag in case it gets lost. It is essential you lock your checked luggage with TSA-approved luggage locks.

You should also keep in mind that you will transport your luggage several times while in Tanzania and that a large suitcase with wheels is not a good choice for the field. You may want to travel with a backpacking backpack and a traditional suitcase. Pack light!

A word to the wise: put your essential documents, all your money, a few health care and toiletry items, prescription medication, corrective lenses and a change of clothes in your carry-on. Most lost luggage is found again, but you do not want to arrive in Dar es Salaam with nothing. It is also important to put valuables such as cameras and iPods in your carry-on luggage.

**Clothing**
Clothing is more complicated when you are in a new and varied culture. It's a good idea to bring a dress outfit as you will have occasion to dress up, but you won’t need a tie or nylons. You may find that you are more comfortable in Tanzania wearing clothing that are more modest than you would typically wear in America. This can be a delicate balance—female students have explained that many women wear sleeveless blouses, but tank tops with spaghetti straps may be inappropriate.

Bring cool and comfortable clothes. Tanzanian detergents and washing methods are hard on clothes; elastic will stretch and colors will fade, so don't bring anything that you would hate to see destroyed by vigorous hand washing. Good cotton and permanent press wash up nicely. Cotton clothes are cool and dry quickly. Poly-cotton blends are the best. Some students have recommended linen garments. It is also recommended to pack some warmer clothes to wear during the travel break and while camping in the field, which can be cool at night. Some students buy and wear Tanzanian clothes once they get to Tanzania to make them feel less conspicuous and less like American tourists. Tanzanian clothes are also much more practical in rural settings or while traveling. Past students, however, remark that many Tanzanian college-age students wear western clothes.

With all of this in mind, **DON'T OVERPACK**. The old adage about packing everything and then getting rid of half of it is probably good advice.
A word about laundry:
There are no washers or dryers—even at the University—which means you will have to hand-wash everything. Certain items like jeans will be stiff and heavy when wet, making them difficult to wring out, and they will take a while to dry. Very delicate clothing may show wear over several months. Brightly colored clothing will show few stains and less wear than light-colored clothing. Cotton-poly blends will wash nicely and dry without too many wrinkles. You can also buy kantas, brightly patterned cloth worn by Tanzanian women, which are easy to wash.

While living at with your host family, you may be required to do your own laundry. Please do not assume laundry will be done for you. If your host family does your laundry, you will need to wash your own undergarments. To avoid any confusion, speak with your host family when you move in.

At the university:
While you will naturally want to dress as casually and comfortably as you do on your own campus, it is important to recognize that attending University is seen as a great privilege in Tanzania, and students dress accordingly. Though student attire will vary somewhat, even informal dress tends to be modest and neat. Casual skirts or dresses (at or below the knee), neat pants or jeans are entirely acceptable. Clothing with frayed edges or holes is not appropriate on campus. You will also want to bring at least one nice outfit for important events such as your project presentation which will be attended by University faculty and staff, U.S. Embassy officials and host families. Again, past students recommend purchasing clothing once you arrive in Tanzania and know what standard attire is.

In the field:
Because you will be somewhat isolated and working outside, dress in the field can be more casual than dress in Dar or at the University. Keep in mind, however, that you will still be accompanied by faculty members and it is not appropriate to wear short shorts or spaghetti-straps. Be sure to bring t-shirts and shorts for the hot days and jeans/heavy pants and a sweatshirt or fleece for the cooler nights. You will also need hiking boots and heavy shoes. Open-toed shoes or sandals are not recommended in the field as wearing them will increase your chance of contracting a parasitic disease or being bitten. Think durable but versatile because you will not want to carry a lot with you to the field. Many students have returned with complaints about how cold it was at night. Please pack appropriately!

Passport Security
Do not pack your passport in your checked luggage since you will need to show it several times while in transit. Photocopy your passport (the page with the number and the place and date of issue) and carry it separately from your passport. Also bring a few extra photos and a copy of your birth certificate. In case of a lost passport, these items will be necessary, and having any of these items sent from home can cause a significant delay. You will be responsible for any expenses incurred should you lose 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 should lose your wallet, you won't have lost your passport as well. This is useful advice both for traveling to Tanzania and for travel within the country. While Tanzania is a safe country, pickpockets are becoming more common with the increase in tourism, and international airports are always popular spots for thieves.

**Getting through Customs**

You may or may not be asked to declare your electronic equipment at airport customs. Cameras, laptops, iPods, etc. are all things that may have to be declared. If you are carrying more than $1000, you must declare that as well. As a general rule, ACM students should simply state that they have nothing to declare. Keep in mind that airports and customs around the world are always changing their rules, so you will want to pay attention. ACM students have generally been lucky with the customs people, but there’s always a chance that customs will want to look through your things.
V. Host Country Information

History and Politics
The oldest evidence of human presence in Tanzania, and probably in the world, was found at Olduvai Gorge in northern Tanzania. Human bones thought to be over 2 million years old were discovered there by Dr. Louis Leakey. The written history of Tanzania goes back to 13th century when the coast and Zanzibar were centers of the gold and ivory trade. After the arrival of Europeans in the late 15th century, the Portuguese and later Arabs from Oman extended trade routes west to areas inland. In the 18th century, the slave trade—driven by an expanding plantation economy in the Americas and other places and aided by interior trade routes—grew rapidly. Bagamoyo was the departure point for slaves obtained from inland Tanganyika, and they were then taken to work mostly in Zanzibar, Indian Ocean islands, and the Middle East. By 1898, what is now mainland Tanzania was under German rule. After the German defeat in the First World War, Britain took over administration of what was then Tanganyika under the auspices of first the League of Nations and later the United Nations. British rule lasted until 1961 when Tanganyika won independence, and on December 9, 1962, it was established as a republic with Julius Nyerere as president. Shortly after independence in 1964, Tanganyika and Zanzibar merged to form the nation of Tanzania.

At the time of independence, Tanzania was economically floundering and politically fragile—it is said that when Tanzania achieved independence, there were only 120 university graduates in the entire country. Under the direction of Nyerere, the Tanzanian government worked to establish African socialism, with a strong emphasis on villagization, public health, and education. Nyerere is justifiably revered in Tanzania (and elsewhere) for the standard of honesty and selfless commitment to his country.

In recent years, the Tanzanian economy has benefited from an expanding tourist industry as well as coffee and sisal exports. The agricultural sector, which accounts for more than 40% of GDP, provides 85% of exports and employs 80% of the work force. Topography and climatic conditions, however, limit cultivated crops to only 4% of the land area. The World Bank, the IMF, and bilateral donors have provided funds to rehabilitate Tanzania's out-of-date economic infrastructure and to alleviate poverty. Despite Tanzania's social and economic challenges, the country remains one of the most tolerant of ethnic and religious differences. Over the past four decades, Tanzanians have earned a reputation for moderation, balance, and acceptance.

People
Tanzania boasts an evocative mix of cultures and is home to countless peoples of many different origins. Some of the earliest human ancestors lived in Tanzania, and some of the earliest stone tools were discovered in Tanzania's Olduvai Gorge. Many different groups of Africans have settled in Tanzania over the course of human history: Khoisan (the Hadza and Sandawe), then Southern Cushites (such as the Iraqw), then Bantu (such as the Swahili and Chaga), and finally Southern Nilotes (such as the Maasai). The largest group, the Bantu, came to Tanzania eastward
from the Congo River Basin some two to three thousand years ago. Arabs from Oman, Persians from Shiraz in Iran, Portuguese, Germans, and British have all settled, and occasionally ruled, part or all of what is today Tanzania.

Tanzania has a population of over 33 million with 120 African ethnic groups, none of which represent more than 10 per cent of the population. As a result, no tribe has succeeded in dominating politically or culturally. About 35% to 45% of Tanzanians are Muslim and between 40% and 45% are Christian. The remainder follow traditional religions that center on ancestor worship, the land, and various ritual objects.

Some significant groups of people in Tanzania include the Sukuma—the largest ethnic group—which live in the northwestern part of the country, south of Lake Victoria. They are commercially oriented and have prospered with a mix of cotton farming and cattle herding. The Maasai, who are perhaps the most well known of East Africa’s ethnic groups, are pastoralists whose livelihood and culture is based on the rearing of cattle, which are indicators of status and wealth. They predominate in northern Tanzania but occupy only a fraction of their former grazing grounds in the north, much of which they now share with national parks and other protected areas. They are easily recognized by their single red or blue garments. North of the Maasai steppe, on the slopes of Kilimanjaro, are the Chagga, who farm the mountain side. Through cooperative farming they have achieved a fair standard of living. In addition to these ethnic groups, are the Makonde, who are internationally famous for their intricate wood (ebony) carvings (sold over much of East Africa); the Haya, who live along the shores of Lake Victoria and grew and traded coffee long before the arrival of the Europeans. Today the Haya have established tea- and coffee-processing plants. Although Tanzania has a wide variety of ethnic groups and a significant amount of immigrants from surrounding countries, it has managed to retain a remarkable degree of stability. Perhaps the single most important contributor to Tanzania’s stability is the fact that no one ethnic group dominates over the others. And, as further evidence of cooperation among ethnic groups, virtually everyone speaks Swahili in addition to their native tongue.

**Geography**

Tanzania is a richly diverse country, bordering the Indian Ocean to the east and situated between Kenya to the north and Mozambique to the south. Lying just south of the equator, Tanzania is East Africa’s largest country. It also boasts the world-famous attractions of the plains of the Serengeti, Ngorongoro Crater, snowcapped Mount Kilimanjaro (Africa’s highest mountain), and historic Zanzibar.

Almost everywhere you go you’ll find interesting wildlife and inspiring landscapes (over 40% of the country is protected in some form or other) ranging from forest-covered volcanic peaks to dusty savanna populated by elephants, antelopes, lions, leopards and cheetahs. Tanzania is one of the four most naturally diverse nations on earth: it contains Africa’s second-largest number of bird species (around 1,500), the continent’s biggest mammal population, and three-quarters of East Africa’s plant species (over 10,000).

**Climate**

Because of Tanzania’s diverse geography, you will experience a variety of weather patterns. Most areas of Tanzania experience two rainy seasons dictated by the Indian Ocean trade winds or monsoons. The long rains occur from March to May and the short rains from October to December or January. The central plateau and
northeastern highlands are generally cooler and drier than the coastal regions and may have only one rainy season. Tanzania is too close to the equator to experience distinct summer and winter seasons, but there is a gradual warming trend during Tanzania’s summer months. December should be warmer, rainier, and more humid than August.

From August to October you can expect hot, humid weather in the coastal areas, including Dar es Salaam. Daily temperatures will be in the mid to upper 80s with an average of 80% humidity. October and November in the Tarangire area will still be hot with temperatures in the low 80s but the humidity will be lower. Evenings and early morning can be quite cool. The short rains will begin during your stay, so plan for some rainy days. When you return to Dar es Salaam at the end of November, be prepared for hot and humid weather with intermittent rain.

While the University of Dar es Salaam is located on a hill on the outskirts of the city where the air is much cleaner, Dar has dense air pollution that can aggravate allergies and asthma. You may also encounter smoky brush fires (deliberately set to encourage forage and prepare fields for planting) in rural areas.
VI. Cultural Norms and Expectations

Although Tanzanian society and individual families are becoming less conservative in mores and manners than they once were, you will find that, in comparison to U.S. society, it remains a rather conservative place. While you will not be expected to get everything right and allowances will be made for you as a foreigner, common courtesy will go a long way to compensate for your lack of understanding and to ingratiate yourself with the university community and your host family. Here are some general tips, gathered from past program participants and ACM staff, to guide you while in Tanzania:

- As a general rule you should plan to dress a bit more conservatively than you would at home. In a way that is not true in the U.S., your dress and demeanor underscore your Americanness, and this is not necessarily a good thing! Don't wear shorts at the University and consider replacing your flipflops with more elegant sandals. Women may also find that small, tight tank tops are best left at home (or at least in the suitcase).
- Be sure to greet people when you enter a room or home. Rather than simply blurt out your request or question, take the time to greet others in the traditional fashion and ask how they are. You'll find that people respond more favorably to you—and that, as a result, you're more likely to have your request granted.
- Your host family will be providing breakfast and dinner for you, and if you plan to be away for a meal, please let your host family know in advance.
- Similarly, if you plan to be away from home, let them know in advance where you'll be and when you plan to return. Your host family will likely feel very protective of you and unless they know that you will be away, will be very worried if you do not return (or if you're late).
- In Tanzania, the elderly, professionals, government officials, and other authorities are accorded particular deference in social interactions. As a result, your university professors may not be as accessible as the ones on your home campus. To show your respect, be sure to address your professors as Doctor when you meet with them.
- Americans are very time-conscious, and expect not only that everyone will be on time but also that the wheels of government (and universities) will turn rapidly and efficiently. You'll find in Tanzania that your expectations will need to be adjusted in some situations. While classes at UDSM will start more or less on time, other activities may not. If you make plans to meet friends at say, 4 pm, don't feel insulted or angry if they arrive late. Nor will various university offices be able to respond immediately to your needs. Rather than become frustrated with this, practice becoming a little less American and dial back your expectations. Make your schedule more flexible and allow more time for activities—you’ll find this very relaxing and a welcome change from the frenzy of your usual heavily scheduled day back at your college.
Culture Shock

In the first weeks when you arrive on site it is not uncommon to experience culture shock, surprise, dismay, and even anxiety at the cultural differences in a new location and the unfamiliar situations in which you find yourself. The on-site orientation program is intended to help ease this adjustment, and you will in all likelihood find yourself adapting to the new culture and situations in a surprisingly short time. You’ll also likely discover that being able to settle in and “learn the ropes” can give you an enormous sense of self-confidence.

Research has shown that many students go through a three-step adjustment process in acclimating to their host country. In the first stage (once they have gotten over jet lag, if traveling internationally), they are likely to be excited and entranced by the novelty of being in a new location and delighted with most things around them. In the second stage once the initial euphoria has worn off, they may focus on the ways in which everything is different or “foreign.” The tendency is to highlight the differences and compare them unfavorably to things at home—the food is bad, the computer facilities are inferior, services are badly organized, etc. During the third stage, their view of home and their program location is more nuanced—they are likely to take a more analytic approach to both locations and to find good and bad things in each.

As a student studying abroad, you will undoubtedly feel uncomfortable at times, especially in the beginning, and likely hear your fellow students expressing similar responses. This is not unusual, and we anticipate that after a time these feelings of discomfort and insecurity will dissipate. We encourage you to speak with the program director and other on-site staff about your concerns and to raise any questions about the host country and the new culture to which you are learning to adapt.
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 Tanzania, 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 Tanzania 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:

www.travel.state.gov/travel/cis_pa_tw/cis/cis_1038.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 Tanzanian politics, history, the economy, and basic statistics.)

Insurance
ACM will provide 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. Below is a summary of the kinds of coverage through this policy:

- Coverage for both routine office visits and hospitalization;
- No exclusion for mental disorders or alcohol-related accidents or illnesses;
- Coverage for prescription drugs (excluding preventative medications such as Malaria prophylaxis);
- 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 will cover students from the day before the start of the program through the day after the program ends, and thus be in effect for the time students will travel to and from their programs. It covers you not only while you are in the host country, but also during any time you may travel away from the program site—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. The cost of this additional coverage is approximately $10/week. HTH will email
students a welcome letter and an ID card a few weeks prior to departure; the welcome letter will describe how to log on to www.hthstudents.com to view the tools available to policyholders 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.)

Health

In addition to the pre-departure preparations for managing your health while in Tanzania (see above under “Medications and Other Medical Preparations” in the section on “Preparing to Go and Arrival”), you need to need to take precautions to maintain your health in Tanzania. Probably the biggest risk to your health in Tanzania is from badly prepared food (e.g., undercooked) and untreated water, leading to stomach and intestinal upsets. The CDC pages on travel in Tanzania recommend not only monitoring what you drink and eat, but also using hand sanitizer.

Malaria

Malaria is a constant health risk in Tanzania. It is prevalent throughout country, including in Dar es Salaam, which means you will need to take anti-malarial medication for the duration of the program. If you do not take your anti-malaria medication as prescribed, you will become sick and you may require hospitalization. There are good doctors and medical facilities in Dar es Salaam. The same cannot necessarily be said for the small towns and rural areas. Again, the most important step in identifying malaria and preventing it from worsening is to take action quickly if you begin to feel sick. Please contact the program director or another ACM staff member at the first sign of illness so you can be properly evaluated and treated in a timely manner. Although most people only experience flu-like symptoms and a fever, untreated malaria can be fatal.

Aside from medication, the next best weapon against contracting malaria is to avoid being bitten by a mosquito in the first place. Avoid being outside between dusk and dawn, and wear long-sleeved shirts, pants, and a hat whenever possible. You should also sleep under a mosquito net. When you are outside, be sure to wear insect repellant that contains at least 20% DEET.

Finally, you should not plan to buy anti-malarial drugs in Tanzania as these drugs may be counterfeit and may not be manufactured according to U.S. standards. Plan to bring enough anti-malarial medication to last from the week prior to departure to Tanzania to one month after your return from Africa. For more information about malaria, visit the CDC web site at: http://www.cdc.gov/travel/regionalmalaria/eafrica.htm

HIV/AIDS

Be aware that HIV/AIDS is a risk in Tanzania, as it is throughout Africa and the world. HIV/AIDS is spread most often through unprotected heterosexual intercourse. It is spread also through the use of contaminated needles and when semen, blood, or vaginal fluids are exchanged. Therefore, sexual relations and intravenous drug use pose dire risks. If you engage in sexual activity, please remember that safe sex is a must! Condoms are not always as easily available in many countries as they are in the U.S.—some countries may not have them available at all or the storing of such items may be questionable. Therefore, you should take a supply of condoms with you. Abstinence is the safest alternative. If you are sexually active, always use a condom! CIEE provides helpful information about AIDS and international travel on their website at: http://www.ciee.org/health_safety/health/AIDS_intl_travel.aspx

It is estimated that in Tanzania about 10% of the population is living with HIV/AIDS, although the majority of cases go unreported. According to the government of Tanzania, HIV infection is unevenly distributed across geographic area, gender, age, and social economic classes in the country. The percentage of the population infected by HIV ranges from less than three percent across most of the country to more than 44.4 percent in certain sub-groups,
including the young, urban-dwelling populations. The epidemic has struck especially heavily the most economically active group of adults, those aged 15-45. The World Health Organization notes that the principal mode of transmission of HIV/AIDS is heterosexual and that the "key determining factors driving the HIV/AIDS epidemic include stigma and denial, the vulnerability of women, the incidence of unprotected sex, poverty and demographic mobility." It is important to understand the reality of the HIV/AIDS epidemic in Tanzania and to model your own behavior in a responsible way.

Medical Facilities
Dar es Salaam has very good medical facilities, and if you need to see a doctor while you are on the program, ACM program staff will be able to give you the names of doctors and clinics where students have been treated in the past. All medical treatment will be covered by the HTH insurance policy.

You should be aware that, in case of illness or injury involving hospitalization or a series of visits to a doctor's office, ACM reserves the right to inform the person you designated as an emergency contact.

Safety
Dar es Salaam is a modern and safe city, and Tanzania a hospitable and secure country. Like any place else in the world, however, there is some crime and random violence, but most of it is preventable or avoidable with appropriate caution. You should be especially careful when you first arrive in Dar es Salaam and everything is unfamiliar. You'll find traffic to be more congested and also faster than on the streets of, say, Northfield or Galesburg. You will be living and studying in a larger city than most ACM students are accustomed to, and traffic will be heavier and faster. The most evident difference will be that cars travel on the left, not the right side of the road. Whenever possible, know your destination before venturing from the University campus. If you look especially confused and stumble around with a big map, you will become a target. Follow the program staff's safety advice and do not travel alone at night. Also, unguarded beaches around Dar es Salaam are becoming increasingly dangerous, and you should only go to resort beaches that are monitored during the day.

While participating in the Tanzania program, you will be living and studying as a foreign guest in Tanzania and will be expected to conform to the standards of Tanzanian society. Keep in mind that you are subject to all Tanzanian laws and that your visa can be revoked for infractions deemed serious by the Tanzanian government. As a member of the ACM-sponsored group, you are very visible in Dar es Salaam. Your actions will reflect on the program and could jeopardize the position and legal status of the program. The program has been at the University of Dar es Salaam for several years and has carefully cultivated good relations with people at the university; illegal or inappropriate actions can imperil both yourself and the program. The following issues have been identified by program staff as potentially problematic.

- **Theft:** Some ACM students have been the victims of theft. Be careful, especially while traveling on trains and buses as foreigners are an easy target. Carry your passport and money under your clothes and take the same precautions you would in an American city. If anything of value is lost or stolen, report it to the nearest police station, as well as to ACM staff. (Sometimes parents' homeowners' insurance policies can cover lost property, so it is essential that you get a police report for the insurance company.) As a precaution, keep a photocopy of your passport and visa, police registration papers, and plane ticket in a safe place; also, make a list of credit card numbers and serial numbers from any electronic equipment.
• **Political Involvement:** Any participation in political organizations, rallies, etc. will be in violation of your student visa and could lead to deportation as well as endangering the program's educational status. In addition, you may be placing yourself in physical danger.

• **Money Changing:** Black market money changing is illegal and can lead to deportation.

• **Drugs and Alcohol:** As in the United States, recreational drugs are illegal in Tanzania. The program or the U.S. consulate can do very little for you if you are caught in possession of illegal substances. And keep in mind too that excessive alcohol consumption impairs your judgment and can put you at risk; moreover, it is offensive to your host family and casts an unfavorable light on you and the ACM program.

• **Travel:** Parts of Tanzania and the surrounding countries have been plagued by communal violence and terrorism at times, so it is essential to keep yourself informed about the current political situation and any U.S. State Department or Tanzanian travel advisories. You should consult with the program staff about travel plans, and abide by their recommendations about places to avoid. Do not travel alone; accidents can happen, and it is vital to have someone to assist you in case of trouble. *It is absolutely prohibited to operate a motor vehicle while in Tanzania.*

• **Gender Relations**

    While Tanzanians are polite and show respect in their interactions with each other (and you should do the same), American women often find that a little less courtesy is more effective in discouraging Tanzanian men. Politely saying “No, thank you,” and smiling as you do so can be and usually is misinterpreted as coyness and an invitation to further conversation. If you are not interested in someone (or, to put it more bluntly, if you are being hit on), you'll find that you'll have more success by saying no firmly and with little or no courtesy. It's also useful to watch how Tanzanian women respond to unwanted attention—you’ll find that they are clear when they’re not interested. You'll likely develop strategies of your own as you become more accustomed to being in Tanzania, but when you first arrive you may find the attention from Tanzanian men to be somewhat overwhelming.
IX. Housing Arrangements

At the University
During the first five weeks of the program, you will live in a residence hall at the University. The residence halls are not lavish by any means, and you will have to cope with occasional power outages and water shortages. Small double rooms will be available. You cannot cook in the dorms. Each student will receive linens, a mosquito net, and a bucket for collecting water and doing laundry. You will need to bring towels, a pillowcase, and, should you prefer a thick one, a pillow. You may want to bring an extra pillowcase to store dirty laundry.

You can eat at the University canteens and cafeterias. You will not find a lot of variety, but meals are cheap. The food in the canteens and cafeterias is simple and sometimes monotonous. You will typically find some kind of starch: rice, potatoes, cassava, fried plantain (similar to banana) or ugali. A staple in the Tanzanian diet, *ugali* is a thick porridge made out of maize (corn). Cassava is a tuberous vegetable that is frequently served in African and South American cuisine. It is cooked like a potato and often fried. Americans are familiar with cassava in its processed form as tapioca. You will usually have a choice of beans, fried meat—often chicken or fish—and sometimes red meat. Other vegetarian alternatives besides beans may be available. Vegetarians should bring a vitamin supplement because you may have to eat a very starchy diet with few vegetables. Fruit is often available, but you must be careful. Stay away from the tossed salad! **If you can't boil it and can't peel it, don't eat it.** There is also a small store adjacent to campus where you can buy water, toiletries, snacks, some packaged food and candy bars. For variety, you may want to budget some extra money for occasional meals at restaurants.

During the Break
It is important to note that dormitory housing is available in August and September because the University is not in session. When you make plans for your break, remember to make arrangements for your accommodations. You will also have to pay for your own food during the break. You should expect to spend a minimum of $20 per night for a hotel room (though hostels can be much cheaper, about $3 per night) and $10-$15 a day for food and drink in tourist areas. You will need to arrive in Arusha by Sunday, October 7.

In the Field
After the program break, you will travel to the field for the 6-week field portion. You should be prepared for a long-term camping experience using sleeping bags, tents, limited showers and pit toilets. ACM will provide meals while you are in the field.
Home Stay

The home stay can be one of the most significant aspects of your experience in Tanzania. Supplementing what you read in books or learn in classrooms, the experiences of living with a Tanzanian family and participating in the daily life of the household are both personal and educational. It is also an enjoyable and valuable experience for the host families themselves because they learn something about the American students and their culture. Your curiosity and interest in understanding an African family may find competition in their curiosity and interest in learning about the life and background of an American student.

Your home stay can be as intellectually and culturally challenging as it is enjoyable. Most of the families participating in the home stay program are economically well-off; poorer families do not have homes which can easily accommodate guests. This is a straightforward reality of contemporary Tanzanian society, but one which sometimes surprises—and may even disappoint—students. Many of the host parents are professionals (e.g., professors, doctors, lawyers), and are often busy with professional and social commitments and may travel frequently. Students should be patient and understanding of the challenging schedules of the host families.

Although the host family stay can be the most significant aspect of a study abroad experience, it also takes a lot of effort. You should approach a host family stay with reasonable expectations and a spirit of learning and flexibility. Many families may have rules for younger family members that you will be expected to follow. For instance, they may not want you to stay out late at night or skip meals without prior notice.

In all this, we remind you that your home stay is an important source of experiential learning. The experience may make you recognize preconceived notions about contemporary Africa. It may sensitize you to cultural differences more subtle than you had anticipated. It will most certainly challenge you to see life from a different point of view and stretch your own culturally-shaped perceptions. It will not necessarily be a simple task, particularly since it coincides with the most challenging time of the program academically, but it can be extremely rewarding.