GLOBAL HEALTH SUMMER PROGRAM
HANDBOOK

Photograph taken by Rebecca Stoltzfus

MOSHI, TANZANIA

Source: USAID

CORNELL UNIVERSITY – GLOBAL HEALTH PROGRAM
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INTRODUCTION
This Handbook provides useful information for a prospective participant in the Global Service-Learning Program in Moshi, Tanzania. Frequently asked questions are thoroughly addressed and contacts are given for any further inquiries.

Global Health Mission
The mission of the Global Health Program is to engage new researchers into the field of global health and to establish new and unique research collaborations that will bring a multidisciplinary approach to solving global health problems. We define Global Health as research, service, and training that address health problems that transcend national boundaries, that disproportionately affect the resource poor, and are best addressed by multidisciplinary solutions. One important way to achieve our goal is to develop a curriculum that will engage undergraduate and graduate students in both course-based and experiential learning. The end result will be that more of Cornell’s outstanding students in human and veterinary medicine, nutrition, agriculture and basic sciences will make lifelong contributions to global health.

Field Experience Requirement
Actual living and working experience abroad in a resource poor setting is a critical element of the Global Health Minor. Direct experience allows students to deepen their understanding of the health problems that disproportionately affect the resource poor. A total of 8 weeks of active engagement is required. The experience may be a full-time academic study abroad program that involves coursework that counts for credit toward their degree, a summer internship, volunteer service project or work experience.

Moshi, Tanzania - Kilimanjaro Christian Medical College
Program Objectives
The goals of the eight-week summer program in Moshi, Tanzania are to enhance the cross-cultural competence of participants and to provide students with the opportunity to gain broad knowledge about global health issues in the Tanzanian context. Participants live with a local family and, for the first four weeks of their stay, enroll in a course at Kilimanjaro Christian Medical College (KCMC). In this course, students learn about current policy issues and work in teams with Tanzanian students to develop, negotiate, write, and present a new policy case study. During the second half of the program, students contribute forty hours of service per week to a local non-governmental organization, hospital, government agency, or research project through a service project that is tailored to the student's interests in global health.
Tanzania Background Information

Tanzania lies below the equator on the Indian Ocean coast of East Africa. It is a country with great landscape diversity—mountains in the northeast, plains and plateaus in the center, and lakes on its western and northern borders. Moshi is a town located in the northeast of the country near the Kenyan border. This town is also near the base of Mount Kilimanjaro, an inactive volcano and Africa’s highest peak.

History
Our earliest known ancestors—belonging to the hominid family and known as Australopithecines—left their footprints in the volcanic ash of Tanzania 3.6 million years ago. Nomadic hunter-gatherers comfortably survived on Tanzania’s rich resources of land and water. In 1498, Vasco de Gama accidentally arrived in the country, bringing the Portuguese. After several shifts of control from the Omani Arabs to Germany, post WWI Britain eventually colonized Tanzania, then known as Tanganika and separate from its Zanzibar counterpart. Eager to break free from oppression, Africans united in protest in 1948. Within fifteen years, both Tanganika (1961) and Zanzibar (1963) were liberated and granted independence. Julius Nyerere was named the first president and proclaimed the United Republic of Tanzania in 1964, marking the union between Tanganika and Zanzibar (Lonely Planet).

Culture
People – Though tribes exist within Tanzania, compared to its neighbors, the people rarely self-identify according to tribe. While tribal conflicts are essentially absent, so are religious tensions as Christians and Muslims live together. The official language of Tanzania is Swahili, a Bantu language with some Arabic derivation. See page 13 for some basic words and phrases. However, a lot of vendors and service staff speak or understand some English and many restaurants have English translations of their menus. In Moshi, the most predominant tribes are the Chagga, the Maasai, and the Pare. We will discuss these tribes in more depth in the pre-departure seminar.

Etiquette – Politeness is valued and expected in Tanzania, especially in relation to greetings. Shikamoo (literally translated to “I hold your feet”) precedes a conversation as a form of respect with the courteous response of Marahaba. A longer handshake also demonstrates respect and is often expected with or without conversation (Lonely Planet).

Food – One Tanzanian staple is known as ugali, a moist dough-like starch with varying flavor depending on the flour used and method of cooking. It is generally served with another food in sauce such as beans, meat, fish, or greens. Other staples served with the saucy sides included rice, chapati, which is a fried dough resembling a pancake, and matoke, which is cooked plantains served whole or sometimes mashed. Often food is eaten without silverware, though spoons are usually available. Serving sizes are typically...
large so asking for smaller portions is acceptable. Tea and coffee is often served and designated tea times are also common (Lonely Planet).

**Transportation**

Shared taxis, known in Tanzania as *dala dalas* (right) squeeze many people into a van to pick up and drop passengers off at designated stops. It is a cheap and fast way to get from place to place. Within Moshi, walking is also a safe form of transportation though it is important to be careful along the traffic-filled streets. Cars in Tanzania drive on the opposite side of the street than in America so it is important to be cautious and look both ways before crossing. Names and numbers of a reliable taxi company will be provided and can also be gotten from homestay families.

**Weather and What to Wear**

Throughout the year, Tanzania has two rainy seasons, one from mid-March to May characterized by long rains, as well as one from November to January with shorter rains. Coolest temperatures are from June to October while the warmest months are from December to March.

*Moshi* – The dates for this eight-week summer trip fall during the cooler and drier part of the year. The temperature will probably be in the mid 80s°F. At night, the temperatures do get cooler, especially as you go higher up the mountain. Students should also expect significant rainfall at times, especially towards the beginning of the trip. Although it often does not rain hard all day, it will frequently drizzle for a large part of the day, which makes roads and walkways extremely muddy.

**Clothing** – Dressing within Tanzania should be conservative and respectful. Women should especially avoid wearing revealing clothing, which includes bottoms higher than the knee, low tops, short-waisted tops, see-through tops and sleeveless clothing. It may be a good idea to bring one nice outfit for special occasions. It is not recommended to bring your best clothing, however, internships often expect business casual attire. Running gear can include tank tops, but not sports bras alone. Travelers often give away their clothing to their families or children they work with before departing. Plastic sandals are considered bathroom shoes and therefore should not be worn outside. Rather, nicer sandals (beaded ones can be bought in-country) or dress shoes would be more appropriate. Certain internship placements, however, might require solid, comfortable walking shoes that are able to get muddy.

Although many people may assume that Tanzania would be hot and muggy, remember that you will be there during their cooler season. Temperatures during your stay will be much more like late spring in Ithaca. Some days will be warm and require a short-sleeve shirt, while on other days, you will be more comfortable in pants and a light sweater. It is a good idea to bring a range of clothing. You can also get have clothing made there out of beautiful and colorful fabrics.

**Websites for more information about Tanzania:**

Official website for the United Republic of Tanzania: [http://www.tanzania.go.tz/](http://www.tanzania.go.tz/)


GeographyIQ: [http://www.geographyiq.com/countries/tz/Tanzania_map_flag_geography.htm](http://www.geographyiq.com/countries/tz/Tanzania_map_flag_geography.htm)

AllAfrica Global Media: [www.allafrica.com](http://www.allafrica.com)

ON-SITE FIELD EXPERIENCE

Culture Shock
Culture shock describes the abrupt change of setting and the resulting spectrum of feelings. Emotions may seem overwhelming in intensity and suddenly jump from confusion to sadness, frustration, and/or elation. Differences in lifestyles, behaviors, traditions, and beliefs are only some of the many experiences that will bring both challenges and enjoyment. Individuals go through varying levels of culture shock and handle such experiences differently. For this reason, it is important to be aware of your own state of culture shock, either through group discussion or self-reflection in a journal. Such debriefing may reveal not only the differences in the Tanzanian culture from your own, but also the similarities between these countries despite the thousands of miles of separation.

Living Arrangements
Orientation in Tanzania
There will be a one-night stay at Uhuru hotel. For more information about accommodation, please visit http://www.uhuruhotel.org/. This time will be a quick adjustment period for the students to catch up on sleep.

Students’ second day in country will include an intensive 4-hour orientation, followed by a tour of Moshi and finally, moving into homestays. Orientation topics will include:
- Do’s & Don’ts
- Getting around
- Ideas for how to spend time on the weekends or when not in class.
- If very sick, what should the student do?
- Cultural norms around dress, with special attention to gender issues.

Students will move in with their homestay families the second day in order to become familiar with Tanzanian life and culture upon arrival. Orientation information will inevitably carry on during the first week.

Homestay with Tanzanian Family
Homestays expose students to Tanzanian culture as the Tanzanians live it. Cultural differences may be a difficult part of the experience, but will also be of integral value and enjoyment. Much of the learning in this abroad experience will take place not only within the classroom setting, but right within the home.

Most students will live in a modest house with a kitchen, bathroom, and sitting area in addition to bedrooms. Students will have their own bedroom, separate from the family’s living area. Bedrooms often have their own locks and students are encouraged to lock their doors to protect personal belongings. Students should also bring luggage locks to secure valuables as well. If possible, all students will have a roommate for their homestay. Amenities will vary by homestay, and may or may not include a shower, television, refrigerator, oven, and radio. While some students may have hot water to bathe in, others will have cold water, or their families may heat water for bathing. In addition, some homestays will have American-style toilets, while others may have “squatty-potties,” or toilets that are installed in the ground. Laundry can be done by hand and clothes can be hung outside to dry.

Students should understand and respect the time and energy involved in housing a student. Participants should respectfully follow the rules and traditions of the family. Homestays provide an ideal environment for mutual cultural exchange. Not only are students encouraged to seek to find a deeper understanding of Tanzanian culture and its history, families may eagerly inquire students about the American lifestyle and culture. Providing information to the families may unknowingly lead students to a better understanding
of their own life and culture. Despite the language barrier and cultural differences, students will become very close with their homestay families, and hopefully create lifelong relationships.

It is a common practice when staying at a homestay to give a small gift upon arrival or departure. This gift can be something from America that may represent the student or something that a foreigner may find useful or interesting. Consider the lifestyle differences when selecting an appropriate gift (for example, unreliable electricity and water). Gift suggestions include Cornell gear, mugs, stationary and pens, disposable Polaroid camera, or sweets. Students should spend no more than $10 or $15 on a homestay gift. Students are also recommended to bring photographs of their family, friends, and pets to share with their host family.

Homestays will be no farther than 30-minute travel time to KCMC by foot or minibus. All other things equal, preference will be given to closer homestays. Also preference will be given to choosing multiple homes within proximity (same neighborhood) so that no student is isolated geographically. During the internship phase of the program (2nd half), for remote internships (outside of Moshi), students will be placed in pairs. Home stay hosts will agree to provide boiled water for drinking. Bottled water is also widely available if students prefer to purchase their own. All home stay hosts will have piped city water, which is high quality especially during the months of May-July when water is plentiful.

**Food**

Meals will be eaten with the local host family. Outside of this homestay placement, a hearty local meal generally costs about $2 for regular local meal, and $5-8 for a hearty restaurant meal. Students should expect to buy their own food for lunch Monday-Friday.

**A day in the life of a student in Moshi during the academic course:**

* Breakfast with host family.
* 8:00 am. Walk from home stay to Kilimanjaro Christian Medical College (KCMC). Homestays will be within 30 minutes travel time usually by foot.
* Class at KCMC starting at 8:30 am, and continuing until the afternoon—ending times variable.
* Lunch at KCMC
* Reflection time with your journal, other students, professors and/or other program staff – 1 hour a day should be dedicated to students having the opportunity to discuss and process their feelings and experiences.
* Trip to town, visit a friend’s homestay, spend time with KCMC friends, volunteer at a local orphanage, etc…
* Return to family homestay. Program policy will be for students to return home in daylight hours.
* Dinner with family.

**Course Structure**

Students earn a grade and 4 Cornell credits for this course. The course also fills an elective requirement for the Global Health minor. The class consists of assigned readings, development of new policy case studies and lectures given by or activities led by KCMC and Cornell faculty. The course meets Monday-Friday.
Reflection
Reflection is a key component of the program. “Reflection serves as a bridge between what you are learning in your courses and what you are experiencing in the community.” It is also “an intentional and systematic consideration of an experience” (Chapter 6, Reflection in Action in Learning Through Servicing, Peter J. Collier & Dilafruz R. Williams) Students will be asked to write in a journal 3-5 times a week and will also be assigned a weekly writing topic to respond to for submission to the Cornell instructor. Cornell students will also meet weekly with the Cornell instructor to discuss their reactions, reflections, and observations from the previous week in the larger group. These sessions are very useful for students to process, analyze and evaluate their experiences in the various components of the program, such as the homestay, collaborative course and service project.

Service Projects
As part of their service-learning experience in Tanzania, students are placed in a service project with a local NGO, government agency, research project, or hospital that is tailored to their personal interests in global health. The goal of these service projects is to help students gain firsthand experience in dealing with pressing global health issues. All of the service projects are located either in Moshi or a neighboring rural village, and each student is placed with a fellow Cornell student. Some of the opportunities have a strong healthcare component, while others are more focused on community development. Examples of past service projects include shadowing doctors in a rural hospital setting, teaching and working with students in a home for street children, formulating dietary guidelines for local orphanages, working at a center for children with disabilities, working with the Network Against Female Genital Mutilation, and teaching at a school in a rural village. To hear more about past student experiences, check out Student Field Experiences.

HEALTH
As a global health program, it is of utter importance to first protect the health of student participants. Traveling inevitably exposes individuals to new places, environments, and unfortunately, new germs. This section will provide recommendations for precautionary actions, tips to best maintain on-site health, a list of recommended components of a medical kit, and a guide for action in case a student gets sick.

Precautionary Actions - Immunizations
The Center for Disease Control (CDC) provides information regarding recommended safety precautions for individuals traveling to Tanzania. Website: [http://wwwn.cdc.gov/travel/destinationTanzania.aspx](http://wwwn.cdc.gov/travel/destinationTanzania.aspx)

Recommended immunizations for any destination include:

- Diphtheria, tetanus (usually given as a DPT combination vaccine)
- Mumps, measles, rubella (also given as one combination vaccine)
- Polio
- Hepatitis B

Tanzania-specific immunizations also include:

- Hepatitis A
- Typhoid
- Yellow fever (Need a yellow fever card to enter the country)
- Rabies if traveler is expected to be in extended close contact with animals

Students should see a travel physician (available at Gannett Health Services at Cornell) in order to provide advice and more information about such vaccinations. Doctors will record all vaccinations in a yellow vaccination card, which must be carried while traveling. Malaria prophylaxes (preventative pills)
are also highly recommended for individuals traveling to Tanzania. There are many options for such medication, which vary in side effects, effectiveness, and cost. This information should be further discussed during the appointment with a travel physician so the student/family can make an informed decision about which prophylaxis to choose.

**On-site Tips to Best Maintain Health**
Wash hands frequently or use hand sanitizer when water is not available.

**Water**
Water in Tanzania is not safe for foreigners to drink. To avoid gastrointestinal health complications, it is important to take precautions:
1) Do not drink tap water unless it has been boiled or treated with iodine tablets or UV radiation. These purifying equipment can be found in stores such as EMS and REI, or online.
2) Bottled water is not always safe. Check to see that there is an intact plastic seal on the bottle before drinking.
3) Do not eat ice or drink a beverage with ice.
4) Food that is washed in tap water is not safe unless it is boiled, cooked, or steamed afterward.
5) When bathing, be sure to avoid swallowing water.
6) Brush teeth with bottled water
7) Do not swim in fresh water (such as Lake Victoria) - one can acquire schistosomiasis and there are crocodiles.

**Other Food and Drinks**
Avoid eating food purchased from street vendors.
Avoid dairy products unless they have been pasteurized (CDC).
Fresh fruits and vegetables are fine to eat IF they are boiled, peeled, or cooked.

**Malaria Prevention**
Malaria – a parasite spread by a specific mosquito vector – is extremely prevalent in Tanzania, especially in rural areas. Aside from the prophylaxes that students will take, bed nets are required. Homestays will provide bed nets for the students to sleep under to prevent contact with mosquitoes during the night (when mosquitoes carrying malaria spread the parasite). Bed nets are an extremely effective form of malaria prevention that must be strictly enforced by all students. Students should also wear insect repellent, especially at night. CDC recommends 30-50% DEET. One should also wear long sleeves and pants when outdoors during peak periods of malaria infection – dusk and dawn. The malaria rate in Moshi is relatively low, in comparison to the rest of the country.

**Recommended Health Kit**
Students are recommended to bring a medical kit to equip them with treatment for common illnesses or health complications while traveling. All prescription medicine and contact lenses should be refilled for the entirety of the trip and a copy of the prescription should be made for precaution. Please talk to your doctor about possible interactions with malaria prophylaxes, in particular. Below is a list of recommended items for the health kit:
- Ibuprofen (Advil)
- Acitamnafin (Tylenol)
- Ciprofloxacin (prescribed from doctor for traveler’s diarrhea)
- Antidiarrheal (over the counter) - Immodium
- Malaria prophylaxes (prescribed from doctor for malaria prevention)
- Oral Rehydration Salts or Electrolyte mixes (Crystal Light has travel pouches)
- Thermometer
- Bandaids
- Neosporin
- Pepto Bismol (chewy tablets are available)
- Laxatives
- Insect repellent (CDC recommends DEET between 30% and 50%)
- Tissues/Toilet Paper (sometimes unavailable in public restrooms, but can be bought in Moshi)
- Sunscreen (though weather may not be extremely hot, the tropical sun is intense)
- Antibacterial soap and hand sanitizer (Purell will be very handy)
- Antihistamines (Benedryl)
- Dramamine (or Bonine) for motion-sickness
- Baby wipes often prove useful for various occasions

**SAFETY**

Prior to departing, please visit the US State Department Travel Advisories and Information website: [http://travel.state.gov/travel/cis_pa_tw/cis/cis_1038.html](http://travel.state.gov/travel/cis_pa_tw/cis/cis_1038.html)

**Valuables**

Valuables should be carefully watched over at all times. Money and credit cards are most safely held in a money belt worn around the hips or a pouch tied around the neck. Aside from wallets, cell phones and cameras are particularly hot commodities in places like Tanzania. One should remain cautious of pickpocketing, since it can be executed without the victim knowing. Backpacks should be worn with caution because access to the pockets cannot always be supervised. Rather, over-the-shoulder bags and shoulder bags are recommended. If one is removing valuables from bag, do so with care, and do not do so alone. When taking money out of an ATM, it is also important to not do so alone. Make sure all money and cards are put away before moving away from the machine.

In the unfortunate event of a pickpocketing:

1) If the pickpocketer does not run off immediately, firmly asking for one’s possessions may be enough for him/her to give it back.
2) If the pickpocketer runs off immediately with stolen items, do not point and yell, “Thief!” Stealing is an extremely dishonorable act and if caught, the person may be severely punished by unofficial persons on the street.

**Traffic**

The streets in Tanzania are crowded with speeding traffic. Crossing the road should be done with care, especially noting the opposite direction of traffic compared to that of the United States. Be sure to first look right, then left.

**Nighttime**

After dark, it is important to be especially cautious. Never travel alone. Walking should be avoided at night and one should take a taxi with someone else. When taking a taxi, decide on a price for the ride with the driver before leaving to avoid confusion and misunderstanding when you arrive at your destination. Walking in Moshi is relatively safe in the day, but at night, both traffic and pick-pocketing are serious hazards.

**Unexpected Circumstances**

Despite organized planning, there is always the possibility of an unforeseen event. It is of paramount concern that this Tanzanian experience is the safest it can be for the student. During the course, daily reflection time will be dedicated to debriefing on experiences and students will be encouraged to voice any concerns or thoughts at this time.
Emergency Planning
Every student will carry with them at all times an identification card, which includes emergency contact information for Moshi. A personal cell phone must also be handy at all times. In addition, students should carry Medex cards, Cornell’s emergency insurance plan with them at all times.

Student Code of Conduct
Alcohol and Drug Use Policy
The use or possession of alcohol and/or drugs is prohibited while participating in, volunteering at, and traveling to and from Tanzania as students of Cornell University. Drug use and/or possession of drugs by anyone, regardless of age, is forbidden. Students must adhere to the local laws of Tanzania. If you do not adhere to this policy, you will be asked to leave the program and return to the U.S. at your own expense.

Cornell University Campus Code of Conduct
All students are expected to abide by the Cornell University Campus Code of Conduct. www.policy.cornell.edu/Campus_Code_of_Conduct/cfm

Travel Documents
The following documents should also be securely carried throughout traveling and carefully stored upon arrival:

- Passport & Tanzanian visa (more information below)
- Yellow Immunization Card
- Copy of passport (page with photo) – stored separately from passport
- Number of customer service for credit card for cancellation
- Insurance card and a copy stored separately
- Traveler’s Checks information to refund money if stolen
- Copy of all prescriptions
- Airline tickets

Be sure to make an extra copy of important documents, which can be left at home.
To obtain a passport or renew a passport, visit: http://travel.state.gov/passport/passport_1738.html

Visa and Residence Permits
We will discuss this in the pre-departure seminar and provide you with instructions.

Communication
Students can communicate with family and friends through various ways:

Cell phones
Each student is provided a cell phone upon arrival in Tanzania. All numbers will be exchanged immediately so all participants have contacts in case of emergency. With a SIM card (purchased within Tanzania for under $5), local and international calls and texts can be made. Certain networks within the US (such as AT&T) allow international calls with the purchase of a SIM card. Airtime credit (minutes) can be purchased at any food stand.

Internet
Internet is probably the most reliable and cheapest method of communication. Internet cafes are available throughout Moshi, though the computers may have a slow connection. There will also be internet available for free in our classroom, but that too may be unreliable at times.
Postal Mail
Letters and postcards can be sent from Tanzania, after purchasing a stamp for the United States. This method of communication is usually reliable but slow. Mail sent home may not arrive until after you get back.

MONEY
The Tanzanian currency is known as the shilling (TZS). One US Dollar is equivalent to approximately 1,300 TZS, though this rate varies (www.xe.com).

Credit/Debit – There are ATMs throughout Tanzania and Moshi for taking out cash using a credit or debit card. Some ATMs are more willing to accept Visa, though a Master Card compatible ATM is usually available with some looking around. Prior to departing, credit card companies MUST be contacted to alert them to international travel. It is also a good idea to ask the company how much will be charged during each transaction. Although an ATM card gives good exchange rates and is often the most convenient way to obtain money while abroad, if lost, it is not refundable.

Traveler’s Checks – Though traveler’s checks are refundable if lost, they are very time consuming to exchange. At a bank, exchange requires a passport and takes about an hour. The exchange rate when cashing in traveler’s checks is lower than when using debit/credit cards.

Exchanging US Dollars – Banks are also willing to exchange American currency, though the exchange rate is also not as good as that of an ATM card.

It is often recommended to bring a credit/debit card US currency to use if needed. Trips to national parks including Kilimanjaro or a safari can be paid in USD. It is suggested that students use Standard Charter or Barclay’s banks, both of which are in downtown Moshi.
TRAVEL CHECKLIST
The following items are highly recommended for students participating in the Moshi, Tanzania program:

Required Items:
- Travel Documents (see page 8)
- Health Kit (see page 7)
- Credit Cards, traveler’s checks

Toiletries and Hygiene:
Most items are available in Tanzania, but if a specific brand is preferred, bring enough for the entirety of the trip. Items marked with * should not be expected to be found within Tanzania.
- Toothbrush, toothpaste
- Hair brush*
- Contact solution*
- Deodorant
- Body lotion
- Shampoo
- Conditioner*
- Body wash, soap
- Razor*
- Sunscreen*
- Sanitary pads/tampons*
- Towel
- Shower shoes or flip-flops

Clothing:
Clothing should be conservative and preferably quick-dry (see page 4).
- Comfortable jeans/khakis (1-2)
- Sleepwear (nights can get relatively chilly)
- Long sleeve T-shirts (1-2)
- Short sleeve T-shirts (3-4)
- Jacket (windbreaker, rain coat)
- Hat
- Sunglasses
- Sweater or heavy shirt (1-2)
- Underwear
- Socks
- Professional attire for internships (business casual consists of nice pants/dresses/skirts, blouses/button down shirts, closed-toe shoes)

Shoes:
- Comfortable professional shoes (closed-toe)
- Walking shoes (sneakers)
- Durable sandals (Tevas or chacos recommended)
- Dressy sandals (for women)

Entertainment:
- Camera
- Playing cards
- Books
- Journal
- Adapter plug – TZ uses plugs with either 3 circular holes (India) or 3 rectangular holes (Great Britain). One is recommended to bring both.

Miscellaneous:
- Money belt
- Multi-purpose knife (Swiss Army knife)
- Headlamp/Flashlight – electricity goes out frequently
- Batteries (AAA often difficult to find)
- Combination padlocks
- Sturdy water bottle (Nalgene or Sigg)
- Travel alarm clock
- Duct tape (can go around water bottle)
- Day pack
- Travel laundry detergent (though soap can be found within Tanzania)
- Ziploc storage bags
- Consider water purifying options (UV radiation and iodine tablets, or boiling)
- Sewing kit
- Homestay gift and photographs

Source: Peace Corps. Departure Checklist
TRIP EXTENSION OPTIONS

Tanzania is a diverse country filled with beauty. To further explore the landscape, this section provides some fun options for students to continue to explore Tanzania after the assigned global health program is over:

1) ZANZIBAR

This island lies in the turquoise waters of the Indian Ocean. Zanzibar does have an airport, but a ferry from Dar Es Salaam only takes a few hours and is more affordable (about $35 each way). Known for its beautiful beaches, wonderful spices, and delicious chapati, Zanzibar is a great way to relax and see another side of Tanzania. Aside from playing in the white sand, snorkeling, and swimming in the warm teal water, Stone Town is an ancient trading town of Zanzibar with a maze of cobble streets that should not be missed.

Hostels are found throughout the island at prices under $20 per night, and sometimes less if shared. It should be noted that although the culture of Zanzibar is authentic and rich, it is also full of tourists and shopping (Lonely Planet). Note: Passport is required to enter Zanzibar.

2) MOUNT KILIMANJARO

This inactive volcano is Africa’s highest peak rising over 19,000 feet. While most enjoy simply witnessing its unbelievable altitude, some adventurous travelers trek to the top. Though the hike is not technically difficult, its altitude is inevitably challenging. Climbers often get sick with altitude-related illnesses of varying degrees. For this reason, it is important that those wishing to climb Mount Kilimanjaro do much research beforehand and choose a reliable licensed guide.

Prices for the trek range form $750 to $1100 depending on company, route, and length of the ascent (typically ranging from 5-10 days). This cost usually includes park fees, all camping equipment, food, and the accompaniment of experienced guides (Lonely Planet). It is important to reiterate the in-depth research that must be done ahead of time for this option. One can also choose to do a day hike up the mountain for about $100 USD.

3) SAFARI

East Africa is said to be the world’s best safari destination. Moshi’s nearby Serengeti National Park offers a prime location to explore the beauty of Tanzanian land. Lions, giraffes, elephants, leopards and many more animals can be spotted freely roaming the plains. A location often included within the safari is the Ngorongoro Crater, a 20km wide caldera teeming with animals. With a personal guide and vehicle, safaris offer a surreal experience of witnessing wildlife in its natural habitat.
Depending on the company, number of people, length of safari, and type of accommodation (camping versus hotels), the price can range anywhere from $200 to $500 and above (Lonely Planet).

4) PEMBA

Overshadowed by Zanzibar, the slightly southern island of Pemba provides a less tourist-filled destination to relax and explore. Although it is not known for its beaches, the turquoise waters and white sand are very inviting, as are the coral reef diving opportunities. Many such excursions can best be organized out of Pemba’s main town known as Chake Chake. Pemba, however, is better known for its unbelievable greenness and agricultural fertility and lush. It is also a destination for East Africans seeking to learn the trade of traditional healing and voodoo.

Available accommodation in Pemba is basic. Budget hostels/hotels cost between $10 and $20 per night. Because Pemba’s infrastructure is not designed for tourists, ATMs may only be available in Chake Chake, so it is important to plan ahead in terms of withdrawing money. Transportation is also not as developed as that of Zanzibar. There are bus routes between the main towns on the island, but little taxi service. Getting to Pemba, one generally takes a ferry from its Zanzibar neighbor only 50km away (Lonely Planet).

RETURNING HOME

Reverse Culture Shock
Reverse culture shock describes the difficulty of returning home after experiencing a different culture abroad. Having been exposed to poverty and disease in Tanzania, it will inevitably be challenging for the student to fully grasp such experiences upon return. Witnessing life in the United States as one used to know it may seem drastically different. It may seem unfamiliar and even wasteful. Like culture shock, individuals experience reverse culture shock to varying degrees and respond differently. For a time, one may feel depressed, confused, or simply out of one’s element. Explaining experiences to family member and friends may be difficult and frustrating. There is no way to best prepare for reverse culture shock except to be aware that it will most definitely occur. Coping with such emotions can be handled by continuing to write in a journal for further self-reflection, and/or meeting with others who had similar experiences. Though reverse culture shock may not be a pleasant experience, it should not be ignored or avoided. It is a natural response to being abroad—especially in a resource poor setting like Tanzania—and should be valued in its ability to help synthesize and debrief one’s recent experiences.

Health
Upon returning home, students may experience stomach discomfort when readjusting to their previous diets. However, if symptoms are severe or continue, it is important to seek medical attention. It is not uncommon for one to pick up a parasite while traveling to a resource-poor setting. Furthermore, malaria can remain latent in one’s body for up to one year’s time. If the student develops a fever after coming home, it is important to see a doctor to rule this possibility out.
CONTACT INFORMATION
For any further questions, please feel free to contact Jeanne Moseley, the Global Health Coordinator. Her office is located in B15 Savage Hall.

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PARENT INFORMATION
Traveling abroad is an exciting time for your daughter or son. Because getting prepared for departure may be overwhelming, they will need your guidance assistance with making sure their health, finances, and insurance is all in place beforehand. Parents are recommended to keep their children on their insurance as a dependent even if they have covered while abroad. Parents are also recommended to have their own travel documents updated and ready in the unexpected case of an emergency situation. In advance, please be sure that there is a number the student can reach someone at any give time and communicate this to the traveler.

In addition, Cornell Abroad has developed a guide for parents with children studying abroad. Pointers for parents include:

1. “Encourage, but don’t push.”
   a. Be sure to tell your child that you support them fully throughout this experience, but also be sure to allow them to make their own decisions and direct their own path. This is their experience and they should get out what they want from it.

2. “Maintain a level of distance.”
   a. Give your son or daughter freedom and independence while they are abroad. They will update you throughout their experience, but it is important to remember that daily updates may interfere with their learning experience.

3. “Prepare for the transformation.”
   a. Students will return to the United States having experienced some really incredible things. They have seen another part of the world and it will most likely change their way of thinking, perhaps the way they dress, and even live. Returning home is often more of a culture shock than getting to the foreign country. Understand this, and support them. Usually thoughts of frustration are normal. Encourage discussion and reflection as a coping mechanism for returning students.

This document is titled, “Parent Essentials,” can be found in its entirety at Cornell Abroad website. https://www.cuabroad.cornell.edu/index.cfm?FuseAction=Abroad.ViewLink&Parent_ID=0&Link_ID=E1F1C1A1-CF6B-597E-BF5BD6B915E54EFF

BASIC SWAHILI LESSON
In Tanzania, the language is called Kiswahili. Kiswahili is an easy language to learn because it is completely phonetic, that is, it sounds exactly how it is spelled. Good luck!

Greetings
Tanzanian Kiswahili is more proper than other regions of East Africa. Walking the street, the most common greeting will be: Hujambo? (though the intonation is subtle). This means the equivalent of asking if there is anything the matter. The response is: Sijambo, or there is nothing the matter.

Hujambo?
Sijambo.
Another common greeting is: Habari? With some variation (Habari yako? Habari gani?) This literally means “news.” This word/phrase is just asking how you are doing. You respond: Nzuri (good) even if you are not good. In Tanzanian culture, you do not indicate that you are not well until later in the conversation.

Habari?
Nzuri.

Some other uses of habari or how is...
Say Habari za...
Day: leo (lay-oh)
Family: familia
School: shule (pronounced shoe-lay)
Job: cazi (cah-zee)

*Note: Many words in Kiswahili start with “m.” The proper pronunciation is to make a sound like you are eating good food – “mmmm,” but much shorter.

If you wish to say hello to someone you respect, for instance, a doctor or teacher, the first thing you should say is: Shikamoo. (The “oo” is an elongated “o” sound as in “boat” but pronouncing the “oa” a bit longer. He/she will respond: Marahaba. Similarly, many people will notice you are foreign and say Shikamoo and you are to respond Marahaba.
Shikamoo.
Marahaba.

The word for goodbye is kwaheri. If someone says this to you, you can repeat it back.

Etiquette
Thank you is asante or asante sana (Thank you very much). Tanzanians will regard Americans as overly polite because they think we overuse thank you and sorry (pole, pronounced po-lay). It is better to be over-polite.

Useful Words and Phrases
It may be helpful to start off a conversation by telling someone your limited knowledge of Kiswahili or asking for their ability to speak English.
I do not know Swahili: Sijui Kiswahili.
I know a little Swahili: Najua Kiswahili kidogo.
Do you know English? Unajua Kiengereza (English)? (would probably understand if you used English)

Where is...: _______ iko wapi?
For instance: Where is the bathroom? Choo iko wapi? Same double “o” sound as above.

Yes: Ndiyo (similar to words starting in “m”
No: Hapana

Good morning: Asubuhi njema
Goodnight: Usiku mwema
Sleep well: Lala salama
The word Sawa is used as “ok.” You will hear it frequently throughout conversation. Often, it is used twice: sawa sawa.

**Food and Drinks**

Food: *chakula*
Chicken: *kuku*
Beans: *maharagwe*
Fish: *samaki*
Meat: *nyama*
Banana: *ndizi*
Watermelon: *tikitimaji*

Water: *maji*
Coffee: *kahawa*
Tea: *chai*

When ordering water or soda, they will often ask if you would like it cold (*baridi*).

**Numbers**

One: *moja*  
Two: *mbili*  
Three: *tatu*  
Four: *nne*  
Five: *tano*  
Six: *sita*  
Seven: *saba*  
Eight: *nane*  
Nine: *tisa*  
Ten: *kumi*

Twenty: *ishirini*  
Fifty: *hamsini*  
100: *mia*  
1000: *elfu*