

Student Field Preparation Guide

KENYA & TANZANIA

THE SCHOOL FOR FIELD STUDIES STUDENT FIELD PREPARATION
GUIDE 2010-2011 | KENYA/TANZANIA

Dear Student:

Congratulations on your acceptance to the Center for Wildlife Management Studies and welcome you to Kenya. A rigorous and challenging schedule is planned and we are eager to begin working with you on interesting and important environmental problems. While in Kenya, you will live and study at our Kilimanjaro Bush Camp (KBC), which is situated next to Kimana Wildlife Sanctuary and surrounded by Group Ranches owned by the Maasai. In Tanzania, you will live at Haven Nature Camp, and study around Lake Manyara National Park, Ngorongoro, and Tarangire and Serengeti areas.

KBC is located approximately 215 km southeast of Nairobi on the slopes of Mt. Kilimanjaro and approximately 25 km from Oloitokitok town on the Kenya/Tanzania border. On a clear day, you will have an excellent view of Mt. Kilimanjaro. The Haven Nature camp is situated on the near Lake Manyara National Park. It is about a two hour drive from Arusha city.

Kilimanjaro Bush Camp consists of 20 to 25 acres of fenced land set upon 60 to 100 acres pieces of land leased by SFS from a private landowner. The camps have spacious grounds with student bandas (cottages), a chumba (main building), an office block, and staff houses. Haven Nature consists of furnished tents, a chumba, a classroom, and office / internet building. There will be approximately 25-30 students in each of the programs. In Kenya you will live with 2 -3 other students in a shared cottage (banda), and in Tanzania you will live with one other student in a shared tent.

You will find Kenya and Tanzania to be very varied and fascinating places. There will be many opportunities for you to experience this beautiful land and its people, learn about wildlife and its management, make a meaningful contribution to solving the conservation problems presented, and take advantage of the absence of “modern conveniences” to get to know yourself. Bring a spirit of community, compromise, inquisitiveness, and hard work, and I guarantee that you will be rewarded with an exciting, educational and unforgettable African experience that you will remember for the rest of your life!

Best wishes for a pleasant and safe trip.



Prof. Moses Makonjio Okello,
Center Director and Professor
SFS Center for Wildlife Management Studies
Kenya & Tanzania

INTRODUCTION

This Student Field Preparation Guide is an important tool which includes everything you need to know to prepare for your international education experience! Use it from the time you are accepted to the program, when you are getting ready to leave, while you are in the field and even after you return home.

We begin with a reminder list of the vital tasks you need to accomplish, including what you need to send to SFS and when. There is information about plane tickets, travel documents and insurance, and some helpful safety tips. Next, you will find information about the particular country and Center where you will be spending a semester or summer. Along with some background on these places, we have included a packing list and some suggestions concerning finances to help guide you in planning what to bring with you. There is also information about what life is like at your Center on a day-to-day basis and what to expect as far as living conditions. Finally, we have included some resources on safety and traveling abroad, and details on our school-wide policies. **Please be sure to read through the entire Guide** and don't hesitate to contact your Admissions Counselor with any questions.

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PREPARING FOR DEPARTURE

PREPARATION CHECKLIST

Paperwork and Fees to Send to SFS

All required forms should be sent to SFS:

**The School for Field Studies
10 Federal Street, Suite 24
Salem, MA 01970**

- Nonrefundable deposit of \$650(semester) or \$450 (summer). Due 10 business days after acceptance.
- SFS Financial Aid Application (if applicable). Due 10 business days after acceptance.
- SFS Online Medical Form. Due two weeks after acceptance.
- SFS Physical Examination & Authorization Form. Due two weeks after acceptance
No student may enter the field until a current SFS Medical Review Form and Physical Examination & Authorization Form have been reviewed and approved by SFS personnel. Inaccurate, incomplete or fraudulent information on your SFS Medical Form could jeopardize your safety and the safety of other students and staff during the program. This may be grounds for not admitting you, recalling you from the program, or restricting your participation in certain activities which may affect the quality of your experience and/or your academic credit.
- SFS Terms and Regulations Contract. Due 10 business days after acceptance.
- Acknowledgement and Assumption of Risks Form. Due 10 business days after acceptance.
- Credit Registration Form (semester students only). This can be completed electronically through your online checklist at www.fieldstudies.org.
- Final tuition payment. Due 60 days prior to start of program.
- Updated SFS Medical Review Form and Physical Examination & Authorization Form if there are any changes to the information before you depart.
- Pupil's Pass information. Due 10 business days after acceptance. (See Passport and Visa section of this document).

Other Preparation To Do's

- Contact SFS alumni on campus or as provided by SFS to learn more about what to expect.
- Obtain passport/Check to make sure your passport is valid.
- Obtain visa for entry into country if necessary. See Passport and Visa section of this Field Guide for more information.
- If you are a permanent resident of the U.S. or an international student returning to school in the U.S after the program, please be sure to have the necessary documentation for re-entry into the United States.
- Obtain required clothing and equipment (see packing list later in this document).

- Make travel arrangements that meet the schedule outlined by the group flight departure and arrival times. (If traveling independently, have itinerary approved by, and submitted to, SFS).
- Work with your doctor or a travel medicine specialist to cover all your travel plans in the countries where you plan to go. Be sure to review:
 - Your immunization history and requirements for every region in which you plan to travel (some information in the Safety section of this Guide). Also, make sure to bring the yellow fever vaccination card with you, because it may be required when entering or leaving Kenya and Tanzania.
 - Your fitness level
 - Medications and prescriptions in sufficient quantities and in their original containers. Check with your insurance company on how to fill prescriptions for several months in advance as you may not be able to find the medicine you need in-country.
 - Any changes in treatment programs
 - What the risks are for each place where you'll be going.
- Make sure you have health insurance (required). You will have to fill this in on your SFS Medical Review Form. Check with your provider to make certain that your policy offers coverage outside of the United States and specifically in the places where you're going. The evacuation and repatriation insurance that you receive from SFS is not medical or dental insurance.
- Make arrangements to have student housing/registration/summer employment taken care of before departure.
- Leave Center Address (can be found later in this document) for friends and family to contact you.
- Make two copies of your plane ticket and your passport. Take one copy of each with you and leave one copy with a friend or family member.
- Read this Guide carefully in its entirety, including the sections later in this document on life at your particular Center, traveling and living abroad, safety in the countries where you'll be going, and SFS policies.**

Optional:

- Obtain personal property insurance (e.g. for your laptop computer) if you so desire; SFS does not provide this.
- Purchase travel /course cancellation insurance if you wish. You may want to check with your home university if you are unable to locate a provider on your own. This is different from evacuation and repatriation insurance, which is provided by SFS.

INSURANCE

HEALTH INSURANCE

Students are required to carry health insurance valid in the country or countries of program operation, while enrolled in SFS programs. You will not be allowed to join an SFS program without identifying such coverage. Some insurance carriers do not cover out-of-country medical expenses. Therefore, you should ensure that your medical insurance policy

offers coverage outside of the United States and specifically in the country where the program is being held. Those insurance companies that do provide international coverage often do so on a reimbursable basis. Many overseas hospitals and clinics will not accept insurance for payment. This means that you will need to pay for your medical expenses up front and then request reimbursement when you return home. If your current policy does not provide coverage outside the U.S., you will need to identify and purchase a short-term health insurance policy that is valid overseas for the duration of the program.

In the event that you require medical attention during a program, a staff member will accompany you on the visit(s) to a medical facility. You will be liable for all expenses, including travel, incurred by all parties involved during these visits. You must pay in full for these expenses prior to your departure from the program.

PERSONAL PROPERTY INSURANCE

SFS insurance does not cover the personal property of students, staff and visitors. You may wish to check on your current policies or purchase some.

TRAVEL INSURANCE

SFS insurance does not cover travel or course cancellation. You may wish to purchase some, so check with Advantage Travel or your travel agent for more information on your options.

EVACUATION AND REPATRIATION INSURANCE

Most insurance companies do not cover medical evacuation costs. SFS provides students with emergency medical evacuation and repatriation insurance through Seabury & Smith. This insurance is effective for the duration of the program and for seven days immediately following the program. You will receive an insurance card during the orientation at the Center. Note: this is **not** the same as health/medical or dental insurance!

Benefits include:

- Unlimited coverage for emergency evacuation.
- \$20,000 for repatriation of mortal remains.
- Assistance services (see below for details)

The travel assistance benefits are provided by American International Assistance Services, Inc., (AIAS), with assistance centers located throughout the world and staffed 24-hours a day, 7 days a week. Some of the services which can be accessed through AIAS include:

- Worldwide, 24-hour medical care location services
- Medical transportation arrangements
- Medical case monitoring, arranging of communications between patient, family, physicians, consulate, etc.
- Arranging medical transportation home after treatment

TRAVEL ARRANGEMENTS

You are responsible for making your own travel arrangements and for paying your travel to and from the program. You have many choices: you may wish to book your ticket over the Internet, through your local travel agent or by working with Advantage Travel Agency to book a seat on the group flight arranged by SFS for most semester and summer programs. For this program the group flight is **highly recommended**.

ADVANTAGE TRAVEL AND GROUP FLIGHTS

You are not required to travel on the group flight, nor is it guaranteed to be the cheapest flight available. However, there are a number of benefits to joining the SFS group flight, including:

- You can take advantage of group ticket rates.
- Your itinerary is guaranteed to meet the group pickup/drop off program schedule.
- Advantage Travel has some influence with airlines to make ticket adjustments in the event of last-minute program date changes or cancellation, lost tickets, or other unforeseen circumstances.
- This travel agent is familiar with SFS programs.
- This will be one-stop shopping for your travel plans, both to and from the program and for other trips if you plan to travel during a break or pre/post-program.
- It will be fun to begin your travels with your fellow SFS students!

MAKING YOUR TRAVEL PLANS ON THE INTERNET OR THROUGH A LOCAL TRAVEL AGENT

Be sure to arrive at the pickup location on time! All travel plans must be reviewed and approved by your SFS Admissions Counselor prior to purchase. The Advantage Travel Agency group flight schedule determines the program meeting time at the destination airport, as well as the program departure time and place. We'll meet the group at the airport at the time of the group flight and coordinate transportation to the Center. If you miss the group pickup time, you are responsible for getting to the Center on your own.

Regardless of whether the ticket is purchased through Advantage Travel or another agent, SFS is not responsible for reimbursing travel expenses for programs cancelled or rescheduled due to acts of war or civil unrest, acts of God, strikes, weather, quarantine/epidemics/sickness, government regulations, or failure of equipment, power or communications. Therefore, The School routinely does not authorize its designated agent to issue tickets until 30 days prior to the start of a program.

If you opt to travel before or after your program, be sure to check with immigration officials regarding your visa status.

Be sure to join a frequent flyer program! Also, check with your agent about multiple stops or stopovers; long trips are an excellent opportunity to see other countries or regions for a small fee or at no extra cost, but this usually needs to be arranged at the time of ticket purchase.

If you are planning to stay in East Africa or travel anywhere other than back to the USA after the program is completed, you should try to make your travel arrangements before departing for the program as your communication options with travel agents will be more limited once you reach East Africa. Note that the cost of changing tickets can range from \$150-\$250.

PASSPORT AND VISA

You must have a passport to enter all of the countries where our programs take place. Make certain that your passport is valid until six months after the program ends.

U.S. citizens do not need to obtain a visa in advance of entering Kenya or Tanzania. They will be issued a "Pupil's Pass" and a visa upon arrival. The Pupil's Pass will grant you resident student status during your time with SFS, including reduced rates at game parks and for camping. Non-US citizens should inquire with the Kenyan and Tanzanian embassies as these students may be advised to obtain a tourist visa in advance.

It currently costs about \$50 to obtain a Pupil's Pass for Kenya and \$120 for Tanzania; SFS will notify you if this changes significantly. There is an additional charge of \$50 for Kenya and \$100 for Tanzania to obtain the tourist visa on arrival. Thus, you should plan to bring \$320 with you for use at the airport in obtaining the necessary documentation. The cash brought to Kenya has to be "new money". Bills from 2004 are usually the oldest ones accepted and it's best to get ones from 2006 onward to be on the safe side.

Pupil's Pass Instructions:

Within 10 business days of acceptance to the program you are required to **email the following info to your Admissions Counselor:**

- Electronic, scanned, color copy of your passport (no Xerox, no B&W)
- Digital headshot of yourself
- Your father's full name
- Electronic copy of an official passport photo. This can be done for free at the following link: <http://www.epassportphoto.com/>. Be sure that the photos are the correct size and meet all requirements for official passport photos.

If you do not currently have a passport valid for at least 6 months after the program ends, please begin the application or renewal process as soon as possible. **Please submit pupil's pass info to your Admissions Counselor ASAP. This information is very important and is needed to complete your immigration forms in advance so that your Pupil's Pass will be ready for you when you arrive**

Although they may not all be required for entry to Tanzania, we have been advised by the Embassy of Tanzania to have students bring the following materials with them as they may be needed to complete the visa application upon arrival:

1) Travel Documentation

You must provide a copy of your printed travel itinerary and cover letter from travel agent (SFS will supply the cover letter from Advantage; you should bring a copy of your itinerary). The cover letter from SFS and Advantage will confirm that you have purchased your ticket to and from Tanzania.

2) Proof of Sufficient Funds (consulate doesn't specify the amount):

Include a cover letter from your parent/guardian stating that you are a dependent or financially supported by your parent/guardian while you are traveling overseas. A copy of a parent/guardian bank statement is also good to include.

ABOUT KENYA AND TANZANIA

Northern Tanzania and southern Kenya, home of world famous national parks such as Amboseli, Tsavo, Tarangire, Lake Manyara, Kilimanjaro, Arusha, Serengeti, and the Ngorongoro conservation area, offers a tightly packed hub of wildlife conservation. This extremely scenic area, which is the center of tourism in East Africa, has been the home of the Maasai people for centuries. The two regions comprise the Maasai steppe ecosystem and share some bio-physical characteristics and cultural elements, but enough subtle and distinct differences in conservation and development policy, soil and vegetation composition, water resource availability, and culture provide an opportunity for comparing and contrasting wildlife management studies between these two regions. In this two-country program, students will compare and contrast the socio-economic, policy, and environmental drivers and implications of demographic change, land reform, and wildlife populations for wildlife conservation and rural livelihood.

There are many philosophies on how to address the problems surrounding African wildlife management, but only recently has the concept of integrating the needs of local people with those of wildlife been taken seriously. Many feel that it is imperative to explore ways in which East Africa's wildlife resources can be sustained and expanded as a vital industry. It is equally important to investigate ways to develop appropriate land use practices that enable local people to balance and optimize the dual goals of development and conservation without degrading the environment.

One of CWMS' primary partners in Kenya is the Kenya Wildlife Service (KWS), which shoulders the responsibility for conserving and commercializing the country's wildlife and protected areas. KWS works with a host of non-governmental organizations (NGOs), including the African Wildlife Foundation, African Conservation Center, World Wildlife Fund, East African Wildlife Society, and World Conservation Union, as well as private and communal landowners and donors who wish to launch and support promising conservation and wildlife management initiatives. In Tanzania we work closely with the Tanzania National Parks authority, TANAPA, whose mission is to conserve the natural resources within Tanzania's parks. In both countries, SFS-CWMS supports the work of these national institutions as well as other clients and partners by providing research data for land use and protected areas planning. We hope

that this work will ultimately enhance natural resource utilization and conservation options for the predominantly Maasai districts of southeastern Kenya and Northern Tanzania.

PROGRAM OVERVIEW

During the SFS program at CWMS, you will be given an introduction to the theory and practice of modern wildlife management and conservation. The semester programs will take place at SFS' Kilimanjaro Bush Camp (KBC) in Kenya and Haven Nature Safari Camp (HN) in Tanzania. KBC is adjacent to a wildlife sanctuary and a group ranch, both managed by a Maasai community. KBC is located between Amboseli and Tsavo National Parks in southeastern Kenya. Haven Nature Safari Camp is southwest of Arusha, close to Lake Manyara National Park. The camp sits on a hill with sweeping views of the surrounding landscape. Much of the land is agricultural.

Semester students will be exposed to a rich array of issues in both countries related to wildlife management and conservation, presented by SFS faculty and guests who have field experience and knowledge of these areas. Through classroom and field activities, students will contrast the conservation issues in the Tarangire-Manyara ecosystem of northern Tanzania with those in the Amboseli-Tsavo ecosystem just north of Mount Kilimanjaro in Kenya. In this two-country program, students will begin their study at one field station, gaining general knowledge about the wildlife in the region, the pastoralist lifestyle, and principles of wildlife management. Just shy of the half-way point in the semester, students will travel overland to the other field station to apply the foundational knowledge of wildlife management to delve into the specific issues in that region. They will conduct the Directed Research in the final month of the program at the second field site.

Semester and Summer students will visit multiple national parks and group ranches at both sites.

Students work on a Directed Research (DR) project selected from a list of CWMS research priorities, which address key wildlife management and conservation problems and associated land use issues. Using the scientific method in this intensive field research experience, you will see the problem through to a viable conclusion and make appropriate management recommendations. DR projects are overseen by our SFS faculty, who work with conservation partners to ensure that your findings will be applicable either as they stand, or as part of a larger solution. Either way, your work will make a difference.

ARRIVAL AT THE AIRPORT

When you arrive at the airport, a CWMS representative will meet you and collect your passport and payment for the tourist visa and Pupil's Pass, so do not be alarmed if you are asked to temporarily surrender your passport to an SFS staff member at the airport. Processing the visas en masse will allow us to depart the airport more quickly.

You will need to go through immigration and present your passport. After passing through immigration, you will pick up your bags. If any bags did not arrive, you should complete a lost baggage form at the airline desk. On the form, explain that the missing luggage needs to be held

at the airport for pickup by a Center for Wildlife Management Studies staff member, who can be reached by phone (staff members will help you with this form). After you have picked up your baggage, the rest of the CWMS staff will be waiting to meet your group with big smiles and a hearty welcome!

WEATHER AND CLIMATE

Despite its position astride the equator, the climate in many parts of East Africa is temperate, not tropical. Although you may think of East Africa as being “hot,” temperature and weather patterns throughout the country vary considerably.

Kenya can effectively be divided into four different climate zones. Up north, the environment is marked by semi-arid bushland, desert, and lava flows, and characterized by more dramatic temperature fluctuations. Out west along Lake Victoria, and near the larger towns of Kisumu, Eldoret, and Nakuru, the landscape is composed of beautiful undulating plateaux and rolling tea fields. This western region receives rainfall throughout the year, with consistently more humid temperatures. In central Kenya lie the Central Highlands and the Rift Valley System. Temperatures in this region are arguably the most agreeable, and range greatly from the dry heat of the lower rift valley to the severe mountain climates of Mt. Kenya. The Highlands region receives more rainfall than the lower-lying Rift region, and is marked by abundant green farmlands and forests. The country’s fourth climate zone lies along the eastern Kenyan coast. Here, near the large port city of Mombasa and the Island of Lamu, the weather is hot and humid year round. The heat is somewhat tempered by the consistently gentle Indian Ocean breezes.

Aside from the areas that receive rainfall year round, there are two rainy seasons here in East Africa: the “short rains” and the “long rains.” The “short rains” typically begin in mid-October and last through the end of November. The “long rains” typically begin in late March and last through May. The names “short” and “long” refer to the duration, frequency, and water volume of the showers. Note that the seasons in East Africa are the exact opposite of the seasons in the United States. Summer in the U.S. is winter in East Africa, and vice-versa. The fall semester starts off cool and ends warmer, while the spring starts off warm and ends cooler.

Our Kilimanjaro Site is sandwiched between the Highland/Rift Climate Zone’s southern edge and the Coastal Zone, and also lies at a lower elevation. This means that while the nights can still be chilly, the average daytime temperatures may reach into the low 90s. While the heat is certainly intense, it is not at all humid.

Our National Park Site lies in the Central Highlands climate zone. This site is at an elevation of roughly 1600 meters, or about 1 mile high. Temperatures in this region relative to the rest of Kenya are on the cooler side, ranging from 50°F at night to 85°F during the day. During Kenya’s winter, temperatures at the NPS site can be downright cold. Plan to wear pants during the day and a good, thick fleece at night.

Although the weather in Tanzania can be quite unpredictable, the northern part of the country generally experiences two rainy seasons. The climate of northern Tanzania allows for spring-like conditions throughout the year; daytime temperatures average in the 70’s and 80’s with evenings in the 50’s to 60’s. Please be prepared to dress in layers as temperatures can vary significantly over the course of the day. The Tanzanian side of Mt. Kilimanjaro is greener and rainier than the Kenyan side. The packing list for Kenya suggests that you bring rain gear or a

windbreaker. Please make sure you are bringing something sturdier than a windbreaker or poncho to Tanzania. A rain jacket will be essential!

WHAT TO BRING

SFS' suggested packing list contains all the items that are essential for the program. It was compiled based on feedback from past students and current staff. You must have the required equipment when you arrive, as many items will be difficult to acquire locally at a reasonable cost. When packing, remember that most airlines will allow you to check only two pieces of luggage plus one carry-on that must fit under the airline seat or in the overhead compartment and be within strict size and weight limits. Check with your travel agent or airline for up-to-date baggage requirements. Standard baggage limits provide sufficient room for all you will need here for a semester; summer students may be able to get by with one less checked piece. If you do pack excess weight, the airline may charge you extra (at least \$90-\$150 per bag). Items such as watches, water bottles, pens, sunglasses, and new clothing can be traded (or used for a discounted price) with souvenir vendors.

If you plan to borrow or buy equipment, be certain to do so well in advance. Replace any worn straps or buckles, mend holes, and have all equipment in working condition and ready to go upon arrival. Pack your gear beforehand so as to determine how much it will weigh and whether you need to adjust your packing to meet the requirements of the airline. Anything strapped to the outside of your pack may get separated from the backpack or bag. SFS suggests bringing one bag large enough to fit a week's worth of gear for expedition or if you plan to travel before or after the program, but small enough to be easily managed on the overcrowded East African public transportation system. A medium-sized backpack or duffel bag would suffice. If you are planning on traveling after the program, you should probably make one of your checked pieces an internal (preferable) or external frame pack; otherwise this is not essential.

It is wise to carry certain items with you in case your luggage is delayed in transit. Please include the following personal items in your carry-on luggage:

- Passport and copy of the first page (with your name and photo) of your passport.
- 3 Passport photos
- Visa (if arriving before group flight or if you have a non-U.S. passport)
- Inoculation certificates
- Airline tickets – PLEASE be certain to pack your PAPER TICKETS!!!
- Day pack
- Some toiletries (check airline limits on liquids and gels!)
- Camera, binoculars, and other delicate and expensive items
- 1 Complete change of clothing, including underwear
- Money (including \$320 exact change for Pupil's Pass and visa)
- Prescription medications
- Eyeglasses/contact lenses (if permitted by airlines)
- MP3 Player
- Reading material/travel journal
- Driver's license, credit cards, computer and other personal documents

It is often very dusty in Kenya, so as a general rule, it is best to bring clothes that are darker in color to avoid noticeable dirt as well as wear and tear. Please bear in mind that East Africa's seasons are opposite those of the US. Participants in each session, particularly the summer sessions, which take place during East Africa's winter, will experience periods of cooler temperatures – please be sure to pack sufficient warm clothing. Both semester and summer students will want to bring clothing that is culturally appropriate. In general, East Africa is a conservative Christian country that also has a large Muslim population. Standards of dress are always modest in local communities - meaning long slacks for men and long skirts or long pants for women. Note: in very rural and traditional areas, long skirts are a must. Make sure that the skirts are not transparent and/or remember to bring a slip to wear underneath.

Please note that our schedule includes relatively little hiking but plenty of time enjoying nature from our Land Cruisers. Please take this into consideration when packing as it should not be necessary to purchase a hiking backpack or new wardrobe of quick-dry clothing. The type of clothing available in outdoors stores will come in handy on expedition, particularly in the event of inclement weather, but most students indicate that they wore their 'everyday' clothing more often than they'd expected during the program. However, you should still plan that any clothing you opt to bring will experience plenty of wear and tear during the semester due to work in the field, excessive wear, and hand washing – don't pack any clothing that you wish to keep in perfect condition!

ELECTRICAL APPLIANCES

There are no electrical outlets in student bandas in Kenya or tents in Tanzania, although limited electricity is provided to the Centers (between 6:30 PM and 11 PM) by a generator. If you bring something to plug in elsewhere, the voltage in East Africa is 220v so you will need a converter if your device is 110v. Note that laptop computers often already include a built-in converter – check the label on the back to see if this is the case (if it says "110-240v," that is fine). You will also need adapters to fit your plug to the shape of East African outlets (British-type plugs with three fairly large rectangular prongs in a triangular formation, one perpendicular to the others). Note that the adapters need to be British and the ones that say for "Africa" on them are usually not compatible. Because electricity is severely limited, you should not bring any appliances such as hair dryers, curling irons, etc. Also, there are limited power strips at the center so don't plan on plugging in all your electronic goodies and having them charged all the time. A lot of sharing has to be done to make sure there is enough power. If you want to bring a small power strip that might make things easier for you if you have a lot of electronics.

REQUIRED CLOTHING AND PERSONAL ITEMS

Please note that styles of dress in East Africa are much more conservative than in the US. While in East Africa, you will be asked to modify your style of dress to fit the social norms here. While at the Center, you will have more flexibility in what you can wear than you will while interacting with community members, but as you will nearly always be surrounded by East African staff, we must ask that you keep the following in mind as you pack your bags. If you pack in accordance with these recommendations, you and those around you will feel comfortable:

- Please make sure that your clothing is appropriately loose fitting. This should apply to shirts and pants/shorts. In order to be long enough, shorts should fall around knee length; Bermuda length shorts are ideal. The one exception to this is running shorts, which can be slightly shorter for ease of movement but please don't plan to bring anything shorter than mid-thigh and know that these should be worn only while exercising. In selecting attire for exercise, please keep in mind that your clothing must be loose so plan to leave any Spandex, yoga pants, or other form fitting clothing at home unless they will be worn underneath something.
- Shirts should ideally cover one's shoulders and chest and, again, be loose fitting. Any clothing that reveals too much of one's shape is considered to be immodest in East Africa. Although we prefer that students wear shirts with some form of a sleeve, some sleeveless shirts (T-shirts minus the sleeves) are acceptable; however, tank tops are not appropriate so it is best not to pack them.
- On occasions where you will have the opportunity to visit with our neighbors, you will need to be prepared to dress even more conservatively than you will while on site. Women should bring a minimum of two skirts or dresses that fall below the knee and that are made of a material that won't become sheer in bright sunlight. Men will need to have a couple of pairs of loose fitting long pants.
- In the evenings, all students will be required to wear long pants and closed toe shoes to protect against snakes and scorpions. Sturdy sneakers or, ideally, hiking boots are best; styles like Crocs or closed toe sandals are not appropriate for evenings.

Dressing appropriately is extremely important so please contact your Admissions Counselor if you have any questions about it!

Items	Semester	Summer
<input type="checkbox"/> Shorts (knee length)	3-4	2
<input type="checkbox"/> Loose-fitting long pants	3-4	3-4
<input type="checkbox"/> Loose T-shirts	3-6	2-3
<input type="checkbox"/> Long-sleeved, lightweight shirts for protection against insects, sun, and cooler temperatures	4-6	1-2
<input type="checkbox"/> Short-sleeved shirts	4-5	1
<input type="checkbox"/> Sweaters or sweatshirts for layering in cold weather (especially for summer students as summer in the US is winter in East Africa). Hooded sweatshirts are particularly recommended.	3	3
<input type="checkbox"/> Light-weight rain gear or windbreaker (waterproof material such as coated nylon or GoreTex)	1	1
<input type="checkbox"/> Loose-fitting dresses or skirts for women (You will wear these frequently, certainly anytime you go to town or rural areas. Dresses should cover the shoulders and go below the knee.)	2-3	1-2
<input type="checkbox"/> Respectable slacks for men	1-2	1
<input type="checkbox"/> Pajamas	2	2
<input type="checkbox"/> Swimsuit (One piece suits for women*)	1	1
<input type="checkbox"/> Socks (SmartWool and dark colors are highly recommended)	1-2 week' worth (some thick, some lightweight)	Same

<input type="checkbox"/> Underwear	1-2 weeks' worth	Same
<input type="checkbox"/> Sturdy, good quality sneakers, running shoes, or hiking boots	1	1
<input type="checkbox"/> Flip-flops or sandals	1	1
<input type="checkbox"/> Flip-flops for shower	1	1
<input type="checkbox"/> Hat with visor/baseball hat	1	1
<input type="checkbox"/> Bandanas or handkerchiefs to protect you from dust, etc.	1-5	1-2

*Swimming is only done at tourist lodges and is always optional. If you don't have a one piece, it is OK. You can wear a 2 piece and there is no need to go out and buy a one piece just for the program. However, modesty is still best anywhere in Africa.

REQUIRED EQUIPMENT

The following list applies to both semester and summer students at The Center for Wildlife Management Studies:

Items for the Banda

- Sleeping Bag (synthetic fill, good to about 30 degrees F) and stuff sack (waterproof and dustproof). You should consider borrowing one if this is not something you'll use again after the program.
- Sheets, pillow (Pillows are not provided at the Center!), and pillow case (The beds at the field station are standard single size.)
- Thermarest sleeping pad, ensolite or other pad for sleeping in tents on expeditions
- Reliable, strong flashlight with extra batteries and bulbs; headlamps are strongly recommended
- Several sets of NiCad or NiMetal Hydride rechargeable batteries (if you are bringing anything battery-operated). The Center has universal rechargers. If you have a solar recharger that works well, bring it along. Bring a few alkali batteries as back-ups in case chargers are not working (especially for use on expeditions); however you will need to carry them back to the States for disposal.
- Roll of wide masking tape or duct tape. This is helpful for a number of reasons when you are traveling: taping up luggage, making minor repairs, to removing the tiny little pepper ticks that jump onto legs when walking through the bush.
- Electrical converters/adapters, if needed for electrical appliances, computers, etc.
- Biodegradable laundry detergent, scrub brush and clothes pins for hanging laundry. Laundry soap (non-biodegradable) and scrub brushes are available for purchase locally. If you plan to purchase your soap in East Africa, you should still bring enough to get you through the first couple of weeks until you have time to get into town to buy some. Soap from home should be powder and not liquid because liquid is hard to use for hand washing. Also local soap is cheap and works great for hand washing.
- Alarm clock, if you do not have an alarm feature on your watch

- Water-resistant watch
- 2 one-quart (or one-liter) plastic canteens or water bottles. Water bottles with a NARROW MOUTH or with a splashguard insert are especially useful because it's very difficult to drink out of wide mouth bottles while traveling along the bumpy roads.
- Tupperware container (multi-chambered is good!) for packed lunches on expedition, large enough to hold one-meal - sandwich(es), veggies, fruit, cookies, etc.
- Portable mug (for hot drinks on expedition), knife, spoon and fork for expedition "Mess Kit"
- Zip Lock bags (at least quart size). Very handy for all sorts of things, especially during the rainy season.
- Binoculars, an integral part of the field experience! You can borrow a pair or check pawn shops if you do not have a pair and/or cannot afford a pair. Look for something that is relatively lightweight but sturdy. 8 or 10 x. 40's are ideal. Make sure they are properly aligned before leaving.
- Sunglasses and Sunscreen-ESSENTIAL. The high elevation equatorial sun can be more intense than in most areas of the U.S.
- Insect repellent – how much you'll use will depend on rainfall during your stay so use your best judgment.
- Small bag of toiletries. Past participants recommend bringing enough to last the length of the program. Some European and American products can be purchased in Nairobi but are generally more expensive. Women should bring enough tampons or sanitary napkins for the duration of the program. If possible, all products you bring should be biodegradable. Be sure to include 2-3 small bottles of "soapless" hand sanitizer in your toiletries.
- Bath towel and washcloth (1 of each) – towel made of quick-dry material in dark color suggested. A washcloth is highly recommended as the shower water is unheated.

Items for the Field and Classroom

- Laptop computer. Students are required to bring their own personal laptops for the added convenience and freedom that they provide. There are a limited number of computers at the site, so you will appreciate having an alternative when the Center computers are in high demand. As a general recommendation, this should be an IBM or Mac compatible laptop less than 6 years old, containing Microsoft Office 2000 or later software, or office software that can export Microsoft Office compatible documents. To easily transfer your work between Center computers and your laptop, please bring a USB flash drive (also known as a USB keychain drive, USB micro drive, or USB thumb drive), with a capacity of at least 64MB (megabytes). You should also bring a portable surge suppressor, a laptop carrying case, and a security cable or lock to protect your laptop. There is wireless access between 7 pm and 11 pm each night. However, there is usually a sharing system so that the system does not get overloaded and individual students may not have access EVERY DAY but we will make sure they have if they need it and everyone gets fair access. Everyone will get a chance to use it at least a few times per week. If you do not have a laptop, contact your Admissions Counselor.

Note: SFS cannot accept responsibility for ensuring the safety of students' personal computers, either onsite or in the field. Personal laptop insurance coverage can often be obtained through the credit card used to buy the equipment (check with your credit

card company), or through homeowners' insurance. You will be responsible for backing up and managing files saved on your personal laptop or on any Center laptops. Be sure to take your project data with you upon completion of the program, as it will not be available from SFS later.

- Required Books for Semester Programs:
 1. The Behavior Guide to African Mammals Including Hoofed Mammals, Carnivores, Primates by Richard Despard Estes
 2. The Kingdon Field Guide to African Mammals by Jonathan Kingdon
 3. Birds of Kenya & Northern Tanzania (Helm or Princeton edition) by Dale A. Zimmerman, Donald A. Turner and David J. Pearson
- Required Books for Summer Programs:
 1. The Behavior Guide to African Mammals Including Hoofed Mammals, Carnivores, Primates by Richard Despard Estes
 2. Birds of Kenya & Northern Tanzania (Helm or Princeton edition) by Dale A. Zimmerman, Donald A. Turner and David J. Pearson
- 2-3 Notebooks; lots of pens and/or pencils. Three-subject notebooks are handy!
- 1 Ream (500 sheets) of 8.5"x 11" high quality white paper. Please protect the corners from being damaged in transit; we are unable to obtain adequate American-size laser printer paper in Africa for the Centers. You will need this for DR projects, etc.
- Journal articles for discussion (please reference the Library section of this Handbook).
- Calculator (should perform some statistical calculations: mean, standard deviations, linear regression, etc.). You should practice using the calculator before you arrive and remember to bring the owner's manual. If you do not already have one please consult your Admissions Counselor before you go out and buy one.
- 1 USB flash drive (also known as a USB keychain drive, USB micro drive, or USB thumb drive), with a capacity of at least 64MB (megabytes). You will use this to take your work and photos home with you at the end of the program, and to move data files between computers. Also, many students have found that bringing an external hard drive was great for collecting other people's pictures and also for storing their own.
- Small, collapsible camp chair (Crazy Creek is one popular brand) or folding chair cover (converts a sleeping pad to a chair, Thermarest is one popular brand) for field lectures and expeditions – highly recommended for semester programs; useful, but not required for summer.

OPTIONAL CLOTHING AND EQUIPMENT

- Camera, extra batteries, and lots of film. (Print film is expensive in East Africa, slide film is comparably priced- in the past students have used as few as five and as many as 25 rolls in three months.) Digital cameras are great!
- Hiking boots – these are great for work in the field, but if you don't have a pair that are already broken in, your sneakers will suffice. If you plan to climb Mt. Kilimanjaro or Mt. Kenya after the program, these are a must!
- Trash bags – come in handy when packing for expedition
- Telephoto lens- Wildlife can look like specks on a field with a 50-mm lens.
- Paperback books (can be shared with other students)
- Writing materials (journal, stationary, address book)
- Materials for RAP (Reflection, Announcements, Presentation) – during the course of each program students will be asked to lead a RAP session at least once. You may wish

to bring from home any items that you'd like to use for the Reflection and Presentation portions of your session(s). The Reflection is generally something creative you'd like to share with the group such as a quote, poem, song, etc. The Presentation is academic in nature and should pertain to the program in some manner; it can deal with Africa, East Africa, the environment, an animal, etc. You'll have some resources in our library at your disposal but if you'd like to do a presentation on a non-African animal or environmental issue you may wish to bring some information from home.

- Clipboard - can be helpful for taking notes in the field
- Spare glasses or contact lenses
- Personal first-aid kit (aspirin, Band-Aids, antibiotic cream, ibuprofen, tweezers, clippers, Q-tips, Pepto Bismol (preferable to Imodium) antibiotics, etc.)
- Baby wipes – can be very useful during days in the field or on expedition
- Small repair kit (needle, thread, safety pins, super glue, etc.)
- Pocket knife (a Swiss Army knife is ideal)
- Musical instruments- please bring these! Check the baggage requirements for your airlines to find out how best to pack
- Used school books: children's reading books, or other general reading material for local elementary and high schools. These are excellent gifts to bring on our local school visits where there is such a shortage of books and school supplies
- Any snack or food items that might not be available in East Africa
- Powder drink mixes to flavor your water (Gatorade, etc.) These things seem minor, but make a huge difference!
- Recreational items - for free time at each site, such as Frisbees, hacky-sacks, knitting etc.
- Small tape recorder. Often, the sounds of Africa are as interesting to take home as the sights.
- Compass if you plan on hiking in the mountains after the program
- Items to donate to community or trade at markets. Students have found that they were sometimes able to trade watches, water bottles, pens, sunglasses, and new clothing.
- Textbooks to donate to CWMS. Our library is small but it can be helped enormously through donations of old science, statistics, economics, or African Studies texts.

FINANCES

While you are at CWMS, virtually all needs are taken care of, but there are some additional expenses. There are also a variety of personal expenditures that you may make at your discretion. There is a duka (store) at the Center that sells items including soft drinks, candy bars, class t-shirts, books, stickers, postcards, aerograms, and postage (approximately \$1.25 for each letter to the USA). The duka is generally open daily for a short period during lunch and dinner. Expect to buy a few meals while on the road during expeditions and day trips, and while visiting nearby towns on days off. Meals cost between \$2 and \$10. Occasionally, on expedition, an optional buffet lunch may be arranged at a safari lodge, which will cost \$15-\$20. You may wish to purchase something at an auction held each semester/summer to raise money for the community. Many past students have wished that they had brought more money for souvenirs and extra activities. Additionally, be sure to bring money in case you need to visit a medical clinic (even if you have insurance) and/or have lab tests done. Local clinics accept cash only. Credit cards are accepted at Nairobi Hospital. However, they do not accept American

insurance so you would have to pay the full price up-front and work out re-imbusement with their insurance companies later on.

There will be opportunities to make purchases during days off and possibly during the final days of the program. Souvenirs (including group t-shirt and group yearbook), postcards, postage, sodas, and meals in restaurants are the most common expenses.

When leaving the country, there may be an airport departure tax of \$50 (usually, but not always, included in airfare cost), payable only in hard currency cash—i.e. U.S. dollars. Traveler's checks are not accepted, so it is best to bring \$50 in U.S. dollars especially for this purpose.

You should bring at least \$600 US dollars in cash with you to start. A lot of students end up spending more like \$1,000 if they have it. Make sure the bills are the new multi-colored type with the larger numbers and larger pictures of presidents on them, as the old ones are no longer accepted by the banks or money change offices! As opportunities for exchanging money at a good rate will be limited, you will need to have at least this much money in U.S. dollars. As a back up option, students should bring an ATM card with code as money withdrawals can be arranged through staff or in a nearby town. There is a lockbox which will be kept in the staff offices where valuables can be stored. Kenyan shillings are a bit bigger than American dollars. If you have an extra-deep wallet, you should bring it along because it will help hide your money when you are in the market and other places. Do not, under any circumstances, change money informally (on the black market); it is illegal! Do not bring Traveler's checks they get terrible exchange rates and are not accepted at many places so are very difficult to exchange.

An ATM card or credit card with pin code (Visa is best) is the best option, as it may be possible for students to withdraw money at the airport or in a nearby town.

If you have a credit card other than Visa, check with the issuer before departure to see what services they have available in Central and East Africa. You should also confirm the process of using your card at an ATM with a pin number. American Express is not easily accepted in Kenya, and only one bank near KBC has an ATM machine that will accept Mastercard and VISA with a pin number (although for use as a credit card it is relatively well-accepted). Visa is your best bet.

Wire transfers that would be routine in the U.S. tend to be expensive and inefficient in Kenya. In some cases, funds have “disappeared” for a number of weeks. We do not recommend them.

ESTIMATED COSTS (US DOLLARS)

Expenditure	Semester	Summer Kenya	Summer Tanzania
Pupil's Pass & Visa	\$100	\$100	\$320
Books*	\$180	\$120	\$120
Spending money	At least \$800	At least \$400	At least \$400
Airport Departure Tax**	\$50	\$50	\$50

*To be purchased before you arrive in East Africa.

**Often included in the cost of your airline tickets. Please check with your airline

FACILITIES

CWMS operates three sites: Kilimanjaro Bush Camp, National Park Site and Haven Nature Safari Camp. Currently, all semester sessions are being conducted at the Kilimanjaro Bush Camp site in Kenya and Haven Nature Safari Camp in Tanzania. Semester students may have the opportunity to visit the National Park Site during one of the scheduled expeditions.

KILIMINJARO BUSH CAMP

Kilimanjaro Bush Camp, which opened its doors in the summer of 2001, replaced an earlier site called Kuku Bush Camp and is located approximately 215 km southeast of Nairobi at the base of Mt. Kilimanjaro and 25 km north of the Kenya/Tanzania border.

Kilimanjaro Bush Camp is fenced within 25 acres of a 60-acre parcel of land leased by SFS from a Maasai private landowner. It is located on the foothills of Mt. Kilimanjaro and borders a small stream fed by a series of natural springs. The springs provide refreshing and quiet places to visit where one can enjoy the natural flow of water and listen to birds singing, yet still be within the safety of camp environs. Adjacent to the stream is a lush zone of yellow Acacia (*Acacia xanthophloea*) trees, with a perfect view of the surroundings and a magnificent vegetation mosaic. An evening walk through this woodland is a must! Across the stream are a number of small-scale farms occasionally raided by wildlife from the neighboring Kimana Wildlife Sanctuary. This will provide an excellent opportunity to study wildlife conflicts in the vicinity of our camp. Kimana High School, where SFS students have teamed up with local students to do community projects, is also nearby. You may have the opportunity to visit nearby Maasai bomas (groupings of traditional homes) for the day.

The Bush Camp has spacious grounds with student bandas (small cabins), a chumba (big open-air room) for lectures and meals, a small library and computer room, offices, and staff and faculty housing. Housing is almost completely constructed with local materials. The student bandas consist of rectangular-shaped units, raised on a cement platform with cement-block walls to four feet high, and thatched v-shaped roofs. Bandas have two entrances, each with a porch, and can accommodate four students. The bandas are partitioned inside with wooden shelves. Each student will have a camp bed with mosquito netting. Bandas are aligned carefully in a south-north direction in order to optimize the view on either side. Several blocks of student bathrooms are located near to the bandas, all with flush toilets, showers and sinks. The Chumba is at the center of all camp activities with the kitchen, library and computer room attached, and a separate wing comprised of office space for the faculty and staff. Standing in front of the Chumba, you will have a clear view of the acacia woodland and a grouping of five bandas on each side. There is plenty of space between the Chumba, student bandas and acacia woodland for soccer and frisbee. Surrounding the central student area are faculty and staff housing units, which are spaced in a compact arrangement like the rest of the camp to resemble an African village. If you enjoy running, try a loop within the camp perimeter fence (along the inside). The loop is about a mile long.

The camp's water source is from a well 150 meters away dug to tap the cold underground waters of Kilimanjaro. The well is about 20 feet deep and is constructed properly and protected. The water is pumped into large, raised plastic tanks and flows freely by gravity into various outlets. Running water is available in the Chumba, bathrooms and faculty houses.

The camp has a solar power system backed with a diesel engine generator. Two gates are located on opposite sides of the camp; one of these is constantly locked unless we need it, and the other (the main gate) is patrolled day and night by security guards, or *askaris*. Outside the

fenced camp site are several rocky hills dispersed throughout the 60-acre land parcel providing perfect views of Mt. Kilimanjaro. Because of the rural location of the camp, wildlife can be found nearby the field station (outside the fenced in area). Therefore, you will not be allowed to go outside the field station on your own.

The Kilimanjaro Bush Camp (KBC) is strategically located to access private farms, Kuku, Kimana and Mbirikani Maasai group ranches and the Kimana Wildlife Sanctuary, all of which are within the Amboseli-Tsavo National Parks corridor and wildlife dispersal area. This ecosystem presents enormous challenges and research opportunities in wildlife management, and land and resource-use conflicts. You will have the opportunity to examine the options from a broad range of perspectives – from the viewpoints of individual private landowners as well as community and state agencies, such as the Kenya Wildlife Service.

NATIONAL PARK SITE

This site is adjacent to the famous Nairobi National Park, which is the only park in the world within the borders of a capital city. The site is situated on the Athi-Kapiti plains in the Kitengela dispersal area. It is on a 60-acre, privately owned piece of land. It is about one hour from Nairobi Jomo Kenyatta International Airport. The drive from Kitengela is through open grasslands dominated by such wildlife species as giraffe, Thomson's gazelle, zebra, wildebeest, kongoni (hartebeest), eland and other species of wild ungulates.

The National Park Site is located on the Southern border of Nairobi National Park (NNP), along the Mbagathi (Empakasi) River. The land slopes gently westwards towards a seasonal tributary of the Mbagathi River. The higher parts are open grassland dotted with an occasional Acacia. A number of aloe species, close relatives of the famed Central African Aloe vera, used extensively in the cosmetics industry, are found amongst the rocky outcroppings. The lower part is riverine forest dominated by fever trees, Acacia xanthophloea and Acacia kirkii. Large fig trees in the Mbagathi River attract troops of Baboons and Vervet monkeys during the fruiting season. Africa's largest eagle, the Martial eagle (*Polemaetus bellicosus*), can occasionally be seen hunting monitor lizards or guinea fowl in the bushland around the camp. The combination of rocky outcroppings, riverine vegetation, bushland and open grassland within and around the site are the main factors behind the magnificent biodiversity surrounding it. From the plateau and ridge above the camp are lookouts into the park where big game and carnivores can be seen such as giraffe, buffalo, rhino, zebra and occasionally cheetah, lion and leopard. The magnificent view of the Ngong Hills adds greatly to the appeal of the place. Bird life is diverse since the camp is located in a gorge surrounded by the open grassland of the Athi-Kapiti plains. Nile crocodile and hippo are not uncommon in the Mbagathi River.

The National Park Site (NPS) is fenced within 6-acres of a 60-acre piece of land leased by SFS from a private landowner and the rest of the land has intentionally been left for wildlife moving in and out of the park. Adjacent to the site is our Research Center, which is located on a slope facing the park. It is used as a facility for researchers, while also housing some of our administrative offices and members of our Kenyan support staff. The point at which the camp meets the Mbagathi River is a common crossing point for wildlife moving between the Park and the dispersal area to the south. Land use in the dispersal area is mainly pastoral but cultivation and other forms of land use are increasing. This scenario will provide an excellent opportunity to study human-wildlife conflicts in the vicinity of our camp. There are several primary and secondary schools in the area, which can provide a great opportunity for cultural exchange

between our students and Kenyan youth. Students from these schools have sometimes teamed up with our students to conduct community projects.

The site has spacious ground with a Chumba that houses a lecture/dinning hall, a kitchen, library, computer room and a small store (duka). Other buildings include student cottages (bandas), an office block, a garage, and staff and faculty housing. All the buildings are constructed using local materials, and as a result, they blend very well with the surrounding environment. The Chumba is the center of activities and its location is easily accessible from all the other buildings. From the front of the Chumba, students have a clear view of the acacia woodland and student bandas; four on the left and six on the right, partitioned into twos. Please see the section on Kilimanjaro Bush Camp for a description of the bandas. Water is obtained from two dug wells. The water undergoes strict treatment to make it fit for drinking. Electricity is generated by a 17 KVA diesel engine generator. Well-trained professional guards oversee two gates, which are located on two sides of the site to allow convenient access.

Your sleeping bag will serve as your bedding or blanket, although you will probably want to bring a sheet to cover the mattress. Shower facilities consist of a series of closed stalls with cool running water (note: there is no warm water available). For washing your clothes, you will have access to an outdoor sink, a series of buckets and a clothesline. Wash water passes through a wetland and soaks into the ground, so it is important to bring biodegradable detergent. Behind the Chumba are the faculty houses, most of the administrative buildings and the Kenyan support staff houses. Each banda has one overhead fluorescent light but, as mentioned above, no outlets.

The towns of Kitengela, Athi River and Nairobi provide logistical support for our rustic site, and are all within a one-hour drive. Entertainment at the Center will be mostly up to students. There is a volleyball court in camp and a soccer field on the plateau above the camp. You can expect to enjoy numerous exciting games of soccer and Ultimate Frisbee with Center staff. Soccer and volleyball matches between our students and neighboring schools are also common. There are also designated running/walking routes around the Center. Even the non-runners in the group might get out there and run just to watch the giraffe and other fauna and flora along the way.

The National Park Site is strategically located to access Nairobi National Park and private lands in the park's dispersal area. Increasing human population, changing land use and increased infrastructure development makes the National Park Site a perfect place to study the impacts of these factors on the park and the migration corridor. While at NPS, you may examine the options from a broad range of perspectives - from the individual private landowners, local communities, government and non-governmental agencies such as the Kenya Wildlife Service and the Friends of Nairobi National Park.

Both sites represent showcases of conservation issues in Kenya and your contributions will be highly valued.

HAVEN NATURE CAMP

The Haven Nature Camp (HNC) is centrally located in the heart of the northern tourist circuit of Tanzania, surrounded by multiple protected areas of different types, including the famous parks of Serengeti, Ngorongoro, Lake Manyara, Tarangire, Arusha and Mt. Kilimanjoro,

and Wildlife Management Areas. The region is referred to as the Tarangire/Manyara Ecosystem (TME) and is situated on the Maasai steppe, an area that extends north into Kenya.

SFS rents a portion of this camp and tourist lodge. The camp is located on the Manyara Escarpment (see photo), a plateau starting at the top of a dramatic vertical rise at the margin of Lake Manyara and is just 15 km west of and uphill from the Lake Manyara National Park. Further to the west is the bustling one-bank town of Karatu, and to the east, on the savanna plains is the no-bank town of Mto Wa Mbo, a tourist stopover.

The camp is a fenced facility comprising 20 acres of wooded area. The camp owners are fanatical about biodiversity conservation, and so have minimized cutting any trees or disturbing a single bird nest. Be prepared to sleep among the native trees – which are mostly short acacias and somewhat larger figs. Birds calling softly and sometimes a little aggressively will wake you in the morning. The compound is accessed by a guarded gate off a rural road and has a 24-hour professional guard service.

The camp consists of multiple buildings, including the administrative center housing the kitchen, offices and a computer room; an open-air chumba, which serves as a eating and social activity center; a stand-alone enclosed classroom; faculty housing; and student tents. Student bathrooms, with flush toilets, sinks and showers, are located at the perimeter of the camping area. HNC is open for business to tourists all year, but their facilities are physically separated from ours. Plenty of powerpoints (electrical outlets) are located throughout the chumba for use. The gem of the camp is a newly constructed level terrace at the edge of camp where students can sit and contemplate the view, their experience, their life, an insect or bird, or the mighty Ficus tree that provides them with shade. There is a second outdoor terrace for group meetings and classes in the shade.

Electricity is provided by the town and water is produced by an onsite well. There is a drinking water station that is filtered by reverse osmosis and a 3 stage filter. Though there are occasional power outages (so back up your computer work), electricity is available around the site and an outlet is provide outside of each tent site. SFS does have Internet service at the camp which is accessible to students. The camp is well-lit, but you will want to have a reliable flashlight for the midnight trip to the bathroom.

RESEARCH EQUIPMENT

Both CWMS sites own or have access to equipment needed for use in the field or classroom, including GPS, GIS, rangefinders, and measuring tapes. If a Directed Research project requires a specific piece of equipment, SFS will do everything possible to acquire the necessary item. It should be noted, however, that the Centers are committed to mainly nondestructive field research, which does not always require sophisticated laboratory equipment. The field sites serve as our laboratories.

LIBRARY AND COMPUTERS

CWMS maintains a library of books and several thousand reprints divided between the two field stations. The focus of the collection is on topics of direct relevance to the Center. You are

encouraged to bring additional appropriate literature and, when possible, to leave material for the library. Please be sure to bring one or more relevant photocopied articles to share with the Center. Along with the required books we request that you bring with you articles from scientific and social science journals (e.g. Journal of Wildlife Management, Conservation Biology, Journal of Mammalogy, Ecology, Society and Natural Resources, Ecotourism etc.), preferably electronically on disk, for donation to the library. Articles that discuss the environment, ecology, or natural resources in East Africa are particularly useful. Be sure to include the full reference of all articles. Old textbooks are also always welcome! This collection is NOT an exhaustive library of all resources necessary for your assignments and research, but a collection appropriate for a field station. Though SFS does its best to update books accordingly, you should plan to rely also on the databases and online library available to you through your home institution.

At a minimum, there will be six networked student laptops available at the Center, running Microsoft Windows and Microsoft Office software.

VEHICLES

In order to get just about anywhere here in East Africa, you will be chauffeured in one of our many green Toyota Land Cruisers. Whether for field exercises, game drives, expeditions, or for non-academic excursions, you will be spending a good amount of time in our Land Cruisers. The cruisers all have quick "pop-tops" for easy viewing of wildlife. Though all our vehicles are linked via radio, you won't find any air conditioning or CD players.

East African roads are an adventure in and of themselves, ranging from pseudo-smooth tarmac, to bumpy rocky dirt, to sticky mud, to cow path, to no road at all. While our mechanics keep the cruisers in top-notch working order, flat tires come with the territory. You can look forward to helping staff when it comes to changing the occasional punctured tire, or digging a stuck vehicle out of the mud.

FOOD AND CLEANING

The meals at our sites are healthy and well-balanced, and the proportions plentiful. The typical lunch and dinner will almost certainly consist of a spread of fresh fruits and vegetables, a carbohydrate option, a protein option, and occasionally a dessert. There is usually a delicious selection of fruits such as mango, pineapple, sweet melon, watermelon, and passion fruit to look forward to. Expect familiar meals such as pasta dishes, curried or plain vegetables, pizza, lentils, rice, green salads, beans, potato dishes, maize, lasagna and meat. In a country famed for its "nyama choma" or roast meat, it is not surprising that most East Africans love to eat meat. Consequently, you can expect a variety of meat dishes including beef, goat and sheep. In addition to meat, you will regularly be treated to novel East African vegetarian favorites such as chapati, githeri, mokimo, and mothokoi.

Breakfasts are likely to include different egg dishes, pancakes, French toast, porridge, crepes, and sometimes, hot cinnamon buns. Packed lunches during field exercises always include chopped veggies, peanut butter and jelly, and sometimes cheese, tuna, and hard-boiled eggs.

While you will almost certainly be familiar with most dishes and their ingredients, the actual food preparation differs somewhat from the Western norm. Quite simply, dishes prepared in East Africa – whether they are traditional or Western – tend to be cooked with a greater amount of oil than you might be used to. For those individuals who maintain a strict "fat-free" diet or prefer fat-free foods, the food preparation in East Africa will require you to be flexible and open-minded.

Student cook crews prepare breakfast each day and are responsible for certain cleanup duties. In addition to kitchen duties, you may also serve on some type of committee concerned with greening the site, planning social events, or helping to organize field trips. Also, every week students participate in a site clean-up, which helps to keep the site in good shape. Students will rotate responsibilities of cleaning bandas, site maintenance, monitoring recycling/composting and organizing the library.

SPECIAL DIETARY/RELIGIOUS REQUIREMENTS

While a vegetarian diet poses no problem at either KBC or NPS, a strict vegan diet is more difficult to accommodate. If you are vegan, you will need to be flexible and prepared to bear the burden of costs associated with any special dietary requirements. It may be difficult to accommodate exclusive dietary requirements. If your requirements are extreme, please contact your SFS Admissions Counselor to discuss them.

Also, if you have questions regarding a religious holiday which falls during program time, PLEASE contact your Admissions Counselor immediately upon acceptance. We will try to accommodate students' religious observances. However, schedules often involve complex coordination with many parties and reservations are often made months in advance. Any missed program time will necessarily need to be made up.

A TYPICAL DAY AT THE CENTER

0630	Optional nature walk or breakfast crew
0730	Breakfast
0800	Lecture or field work
1000	Lecture or field work
1200	Lunch
1400	Lecture or field work
1700	Free time
1900	Dinner
1930	RAP (Reflection, Announcements, Presentation)

Other activities may include a Directed Research lecture or presentation, a workshop, guest lecture or student-organized activity (nature film, talent show, group game, or committee meetings), Kiswahili lessons or free time.

A TYPICAL WEEK

Our weekly schedule in East Africa will vary significantly from the beginning of the program to the end. After the first few days of orientation and organization, the first half of the program will include about 15 lectures a week, plus 3 to 5 other meetings (organizational, research/paper presentations, guest lectures). The afternoons are generally filled with field trips, labs or reading time. Academic scheduling is maintained on a six-day-a-week schedule.

Toward the latter half of the program, the lectures and organized classes diminish in frequency and are replaced with blocks of time allocated for the Directed Research projects. Groups of 7-10 students generally go to a research site with a staff member to collect data. Additional meetings are scheduled to offer training sessions in the skills needed to complete the research. These include sessions on statistics, paper writing formats, computer spreadsheets, word processing and laboratory analysis sessions.

The program typically has one day off per week; a variety of activities are planned with student input and can include such things as hiking, shopping and visiting various nearby historical sites in East Africa. Typically, about twice each semester, a program goes on a one-week expedition, which enables students to visit local communities and/or national parks. Expeditions are a part of the academic program.

Two to four community service projects are also planned during the semester (one to two during the summer). You will have an opportunity to work with local community groups and schools on various projects. Staff members are provided one day off a week, which is determined by their duty schedule.

STUDENTS AND THE LOCAL COMMUNITY

East African communities are small. Kilimanjaro Bush Camp is located near the town of Kimana, the National Park site is near the town of Kitengala, and the Haven Nature Safari Camp is near the town of Karatu. All have several hundred “neighbors” within a few kilometers of our camp. Please remember that what is considered acceptable or appropriate varies in every culture and be sensitive to this when you are away from the Center or interacting with community members. The staff will brief you on this in more detail during Orientation.

There may be opportunities to do volunteer work, such as helping to plant trees at the local schools, reading to orphans, working with local groups at planting and harvesting time, building terraces, or meeting with local conservation groups.

BASIC KISWAHILI

Kiswahili is spoken throughout East Africa (Tanzania, Kenya and Uganda), along the Eastern borders of Zaire and Burundi, and along the Northern border of Malawi. It originated with the coastal Swahili tribe, and is still spoken in its purest form along the coast of Tanzania and on the island of Zanzibar. The language tends to become more and more ungrammatical as one moves further inland, and while the language form spoken and written in Nairobi is essentially the same, it is marked by its own idioms and style. Except for the coastal people, Kiswahili is not frequently the first language spoken by East Africans. It is, however, the national language of

Kenya, along with English. It is the general language of communication for East Africans, most of whom also speak their own tribal language such as Kikuyu, Kamba, Luo, etc.

Kiswahili is a very logical, easy-to-learn language, and any attempt to use it will get a very warm reaction from the local people. Here are a few of the basics which you might like to practice before your arrival in East Africa.

Vowel Pronunciation

A as in “Father” or “Far” but slightly shortened
e.g. MAMA – mother; BATA – duck; BWANA – man/mister/sir

E as in “Bed” or “End”
e.g. EMBE – mango; WEWE – you; KWELI – true, truth

I as in the double E sound in “Feel”
e.g. MIMI – I/me; RAFIKI – friend; KITI – chair

O as in “So” or “Coast”
e.g. HUJAMBO and SIJAMBO – hello; MOJA – one; MOTO – hot; SOKO – market

U as in the double O in “Loose” or “Too”
e.g. GUMU – difficult; TATU – three; KUKU – chicken

Consonant Pronunciation

They are pretty much the same as in English, except there is no Q and there are slight changes in the pronunciation of:

J takes on a slight “DY” sound as opposed to the “DJ” sound Americans are used to.
R has a slight tip-of-tongue roll (such as Spanish) which can be picked up after hearing it.

Double Consonant Pronunciation

These look very strange to the American eye, but are sprinkled liberally throughout Kiswahili and are easy once you get the hang of them. You will see lots of “M”s and “N”s before other consonants and the trick to pronouncing them like a native is to NOT make the classic Western mistake of sticking a vowel between them. Here are some examples....

MZURI - This word means “good” and pronounced by almost humming “MMM” and then saying “ZURI” Don’t even consider placing a vowel in there or the word will come out sounding like “Missouri” and all of the market stall owners will raise their prices knowing that one is a MZUNGU (a tourist).

And finally, keep in mind that the stress in Kiswahili words fall on the next to last syllable.

Good Words/Expressions to Know

HUJAMBO/SIJAMBO	Hello (singular-between two people)
HABARI?	How are you?

POLE	Sorry
TAFADHALI	Please
NDIO	Yes
HAPANA/LA	No
MZURI	Good
MBAYA	Bad
ASANTE	Thank you
KARIBU	Welcome (or You're Welcome)
MINGI	Many, Much
SANA	Very
KIDOGO	Little, Few
KUBWA	Big
BEI GANI	What is the Price?
GHALI	Expensive
RAHISI	Cheap, Easy
GUMU	Difficult
PESA	Money
JINA LANGU NI	My name is...
NINASOMA	I am studying...
SITAKI KUNUNUA	I don't want to buy
NINATAKA HII	I want this
UNAFANYA NINI	What are you doing?
SIFAHAMU	I don't understand
SIJUI	I don't know
UNATAKA NINI	What do you want?
NINAHITAJI MSAADA	I need help
TOKA HAPA	Go away (literally: "From here")
KWA HERI	Goodbye
MIMI NI MWANAFUNZI	I am a student
NAMBA	Numbers
MOJA	One
MBILI	Two
TATU	Three
NNE	Four
TANO	Five
SITA	Six
SABA	Seven
NANE	Eight
TISA	Nine
KUMI	Ten
KUMI NA MOJA	Eleven
KUMI NA MBILI	Twelve
ISHRINI	Twenty
THELATHINI	Thirty
AROBAINI	Forty
HAMSINI	Fifty
SITINI	Sixty
SABINI	Seventy
THEMANINI	Eighty
TISINI	Ninety

MIA	One Hundred
MIA MBILI	Two Hundred
ISHIRNI NA MOJA	Twenty one
AROBAINI NA TANO	Forty five
MIA MBILI NA HAMSINI	Two hundred fifty

You will have plenty of opportunities to learn and practice Kiswahili during your time in East Africa. Semester students will be offered a course called Introduction to Swahili Language and East African Tribal Communities. If you would like to get a head start on your study of the language, a book called Simplified Swahili by Peter Wilson is available for about \$6.00 and is extremely well explained and organized. There is also a book called Teach Yourself Swahili that is quite good.

COMMUNICATIONS

MAIL

Be sure to share your address with friends and families and ask them to write a few weeks before the program begins to start receiving mail soon after arrival. This is especially important for summer students who are only in East Africa for a short time.

Mail should be addressed as follows:

Student Name
Center for Wildlife Management Studies
P.O. Box 27743 (Nyayo Stadium)
00506 – NAIROBI, KENYA
East Africa

Student Name
SFS Center for Wildlife Management Studies,
C/O Haven Nature Lodge and Campsite,
P.O. Box 372,
KARATU, TANZANIA
East Africa

It is important to ask your family and friends not to send packages of any kind (including care packages) to the Center. The post office releases packages after delays for customs inspection - a process that may take the recipient hours to complete. Depending largely on luck, and how valuable the package looks, the customs officer may charge the recipient a tariff greater than the value of the contents. Packages that are not successfully claimed are not returned to the sender. The only mail which is easily accepted by the post office is regular letter envelopes; 5 inches by 7 inches is the largest size envelope the SFS post office box can receive.

Airmail from the U.S. usually takes 10 to 14 days. On occasion, letters have successfully arrived in as few as six days, and rarer still, a few letters have taken as long as six months. Generally speaking correspondence to or from the States takes approximately two weeks. Mail is collected from our mailbox in Nairobi and transported to the Center one or two times per week unless the program is on expedition. Outgoing mail is deposited in a mailbox at the Center and deposited at the central post office 1-2 times per week.

The approximate cost to mail a letter to the U.S. from Kenya is 95 Kenyan Shillings which is approximately \$1.20, depending on the exchange rate.

TELEPHONE

Please do not tell your friends and family that you will call upon arrival in East Africa. Because the Centers have only one phone line, it is not available for student use. Only during an emergency, phones at the Centers will be made available for student use. It may be a few weeks or more before you have a chance to go into a town where you can make a phone call, but even in nearby towns (Nairobi, Loitokitok, Arusha), the phones are not always reliable. Make sure that your family is aware that your ability to call home will be severely limited. Tell them that mail is usually dependable; mail and email will be your primary modes of communication during your stay in East Africa.

Cell phone use has become increasingly prevalent in East Africa and it is common for student groups to purchase a couple of cell phones (~\$35 each) locally and the necessary SIM cards (~\$10 each) for shared use by the group. Due to high calling costs, cell phones are still not a practical option for staying in regular contact with people at home. You can charge minutes to a cell phone, which costs about 40-50 cents per minute. Calling cards are no longer operating or accepted in East Africa. Collect calls cannot be made, nor 800#'s called. Some hotels may let students call from their premises, but usually impose a heavy service charge.

You will not have access to faxes at the Center; our limited phone lines are reserved for business usage only, and like all other phones in East Africa are often not working well. Please think and plan ahead regarding any urgent matters that will require your attention while away such as job or internship applications, academic advising, etc. If they can't be dealt with by mail or intermittent Internet use, it may be best to make arrangements before leaving home.

INTERNET

Internet access and e-mail are available for students to support research and educational work at the KBC site and the Haven Nature Safari Camp site; there is no internet access available at the NPS site! In order to maintain the stability of the network, the following actions are prohibited:

- Downloading any non-research related files.
- Downloading large files, especially audio/video files.
- Downloading or running any software applications, including plug-ins and scripts.
- Using any Internet application other than Internet Explorer.

- Gaining unauthorized access to remote Internet systems or abusing Internet systems or Internet users.
- Taking actions that compromise the security of the center network.
- Representing The School for Field Studies in any manner.
- Distributing SFS-owned knowledge or propagating falsified information about SFS.
- Spamming, hacking, virus distribution, etc.
- Illegally copying or redistributing copyrighted material.
- Viewing pornographic or illegal content.

In the event of any violation of this policy SFS reserves the right to suspend or terminate any or all Internet access.

NEWS FROM THE FIELD

Be sure to let your friends and family know that SFS publishes News from the Field every two weeks on our website (www.fieldstudies.org). This includes photos, updates from the Center Director and Student Affairs Manager on what students have been doing most recently, and quotes from students with their thoughts about their experience. It's a great way for your loved ones to follow your exciting adventures!

EMERGENCY CONTACT

Emergency contact should be made with The School for Field Studies Headquarters office in Salem, Massachusetts at 978-741-3544. Office hours are 8:30am to 5:00pm (Eastern time) Monday through Friday. At all other times SFS maintains a 24-hour emergency message system while students are in the field. This system is for reporting family emergencies that require immediate contact with a student in the field, or to report a problem with a student in transit to or from one of the SFS field stations. To leave a message, which will page a staff member, call 978-741-3567, once prompted, press "2" for the emergency system. While headquarters staff know the whereabouts of student groups at all times, it may require 24 hours or more to make contact in some cases.

NOTE: Problems or emergencies that arise in the field will be reported directly to the SFS Safety Director. SFS will then contact appropriate parties as necessary.

SAFETY EDUCATION

In some areas where our programs operate the average local five-year-old has vastly superior knowledge about what is important in order to keep safe than our students do upon arrival. Learning to observe and interpret what is going on around you is a desirable skill that may enable you to effectively minimize risks, make better-informed decisions and mitigate the consequences of undesirable events. Like most skills, it takes some time to develop. The following section will help guide your behavior while you are learning and help facilitate the process.

This section (Traveling and Living Abroad) presents traveler best practices and lists a number of information resources. This will serve you during your SFS program time, as well as during travels before or after the program, and during break and free time. In addition, during your on-site orientation you will learn about potential local hazards, safety systems, Center specific rules and the local Operational Objectives. In addition, you may have discussions based on case studies and on your experiences and those of your group members.

TRAVELING AND LIVING ABROAD

COUNTRY INFORMATION

US State Dept. Country by Country Background Notes: <http://www.state.gov/r/pa/ei/bgn/>

US Embassies and Consulates: <http://usembassy.state.gov/>

CIA Country profiles including geography; people; government; economics; transportation; communications: <https://www.cia.gov/library/publications/the-world-factbook/index.html>

For Government Worldwide Travel Advisories

The following sites contain information on road/travel safety, the political situation, laws, medical facilities, crime, political strife, terrorism, etc:

US State Dept., Bureau of Consular Affairs: <http://travel.state.gov/>

Australian Dept of Foreign Affairs and Trade: www.smarttraveller.gov.au

United Kingdom Foreign and Commonwealth Office: www.fco.gov.uk

Canadian Dept of Foreign Affairs and International Trade: www.voyage.gc.ca/dest/index.asp

Personal Safety

Adapted from the USC Center for Global Education Study Abroad Safety Handbook

According to travel and study abroad experts, most of the incidents resulting in injury or death of students while participating in study abroad involve:

- Travel/traffic accidents
- Use and abuse of drugs or alcohol
- Sexual harassment and assault
- Crime/petty theft
- Mental health issues/stress
- Diseases and illnesses that exist in the host country

Some Best Practices for Mitigating Personal Safety Risks

Precautions When Accepting Food and Drink: Be cautious about accepting drinks from a stranger, alcoholic or non-alcoholic. Be cautious about accepting food from a stranger.

Risk upon Arrival: Travelers, especially those having just arrived abroad, are often targets of crime and at higher risk of harm, because they:

- Are unfamiliar with their surroundings
- Might not speak the local language well
- Are clearly recognizable as foreigners
- Have not yet learned the social norms or unwritten rules of conduct
- Are eager to get to know new people and the local culture
- Are naive to the intentions of people around them
- Are carrying all their valuables with them when they first step off the plane, train, or boat

Keeping in Control: In addition to the circumstances involved with being new in a foreign country, which are often beyond one's immediate control, there are many situations that you can control. Some controllable factors that place you at greatest risk include:

- Being out after midnight
- Being alone at night in an isolated area
- Being in a known high-crime area
- Sleeping in an unlocked place
- Being out after a local curfew
- Being under the influence of alcohol or drugs.

Non-verbal Communication: Non-verbal communication (such as body language and hand gestures) considered harmless in the U.S. may be offensive to people in other countries. The list of gestures considered rude in other countries can grow beyond the obvious.

Sexually-Transmitted Diseases: Keep yourself free from sexually-transmitted diseases by using protection (like condoms or abstinence). Also, remember that "no" may not always be interpreted as "no" in other countries. Inform yourself about the types of diseases prevalent in the area in which you are traveling. Unprotected sex puts one at risk for acquiring a sexually-transmitted disease, including HIV. Traveling abroad can be romantic - beautiful scenery, a new culture, none of the constraints of home. Do not however, let the romance overwhelm your common sense. If you do decide to have sex, you should make sure that it is protected sex.

International Sources of Information: Inform yourself about your new environment, making use of as many different sources as possible – the Internet, the library, television and radio news programs, and the newspaper. Don't limit yourself to U.S. sources. Instead, contrast the U.S. information with that provided by other countries.

Understanding Locals: Beyond tuning into yourself, make it a point to try to understand what locals are communicating to you, how they feel about you and about U.S. citizens in general, how you are fitting with their values, and how well you understand them. Obviously a stronger grasp of the local language will help you with these things, but even knowing a few essential phrases can be immensely beneficial.

How to Dress: It is often best to dress conservatively – by local standards, so you can't be identified on sight as a tourist or a U.S. citizen.

Jewelry and Other Valuables: Any time or place you travel, be careful with your valuables. Leave your good jewelry at home, and keep money in a safe place like a money belt or hidden pouch under your clothes. Keep a low profile with regard to your camera and electronic equipment, and keep your bags with you at all times.

Becoming Aware of Your Surroundings: You should be aware of your surroundings, remembering to:

- Pay attention to what people around you are saying
- Find out which areas of the city are less safe than others
- Know which hours of night are considered more dangerous
- Stay and walk only in well-lit areas
- Avoid being alone in unfamiliar neighborhoods
- Know where to get help (police station, fire station, phones, stores, etc.)
- Do not touch suspicious items like letters or packages mailed to you from someone you don't know
- Know what is "normal" and "not normal" to see on a daily basis in the areas you frequent
- Do not respond to explosions or gunfire by going to a window; seek cover away from windows and exterior walls

Effects of U.S. Foreign Policy: The foreign policy of the U.S. does not always sit well with citizens of foreign countries. In some cases, Americans living abroad can be targets of the frustrations of these individuals. Consider the nature of the political climate and relations between the U.S. and the countries you plan to visit.

Crimes against U.S. Citizens: There are some steps you can take to avoid being targeted for politically-motivated crime or anti-U.S. crime in general. Try to assimilate your style of dress and mannerisms as much as possible into the local norms. "Dressing like a U.S. citizen" (or any way conspicuously different from local people) can make you a target.

Political Rallies: Avoid political rallies, which can increase tensions and emotions or breed angry mobs for which a U.S. citizen may serve as a scapegoat.

Health: Every region has its own unique health challenges. We strongly recommended that you consult with a travel medicine clinic or physician who can look at your travel itinerary and your personal health profile and work with you to devise a health strategy for your travel, including all appropriate vaccinations, medications and treatment options.

To locate a travel medicine clinic as well as for information on destinations, outbreaks, diseases, vaccinations, insect protection, safe food and water, and medical emergency preparation: The Center for Disease Control: <http://www.cdc.gov/travel/>

Disease maps; health risks and precautions; travel by air; environmental health risks; accidents, injuries and violence; infectious diseases; vaccine-preventable diseases; malaria; blood transfusions, etc.: <http://www.who.int/en/>

SOME HEALTH CONSIDERATIONS

MEDICATIONS

You should bring enough over-the-counter and/or prescription medication to last throughout the program and your travel before or afterwards, if applicable. Keep it in its original container (this will be helpful when passing through customs). Please make sure that all medication is noted on the SFS Medical Form. Program staff will check in with you on your medication requirements (storage, schedule, etc.) during the orientation at the Center. Per local laws, staff may be limited in their ability to dispense over-the-counter and prescription medications.

SPECIAL MEDICAL CONDITIONS/NEEDS

If you have any allergies or special conditions which might lead to sudden illness (such as asthma, diabetes, bee sting or penicillin allergies, etc.), you must inform the staff of possible reactions. You should also consider discussing these with the rest of the student group during the orientation at the Center so that other people will know how to react in case you suddenly need assistance or medication. If you have any critical medications, you must carry them with you at all times and should report these medications on their SFS Medical Form. SFS also recommends that students consider wearing a medical alert bracelet describing any special medical conditions.

If you have asthma, even if you have not had any problems for years, you should bring an inhaler and all the necessary medications because past students have found that asthma acts up in some of the environments where our Centers are located.

FOOD (FROM THE CDC)

To avoid illness, travelers should be advised to select food with care. All raw food is subject to contamination. Particularly in areas where hygiene and sanitation are inadequate, the traveler should be advised to avoid salads, uncooked vegetables, and unpasteurized milk and milk products such as cheese, and to eat only food that has been cooked and is still hot or fruit that has been peeled by the traveler personally.

Undercooked and raw meat, fish, and shellfish can carry various intestinal pathogens. Cooked food that has been allowed to stand for several hours at ambient temperature can provide a fertile medium for bacterial growth and should be thoroughly reheated before serving. Consumption of food and beverages obtained from street food vendors has been associated with an increased risk of illness.

PROTECTION FROM INSECTS

Travelers should be advised that exposure to spider and insect bites can be minimized by modifying patterns of activity or behavior. Some vector mosquitoes are most active in twilight periods at dawn and dusk or in the evening. Avoidance of outdoor activity during these periods can reduce risk of exposure. Wearing long-sleeved shirts, long pants, and hats minimizes areas of exposed skin. Shirts should be tucked in. Repellents applied to clothing, shoes, tents, mosquito nets, and other gear will enhance protection.

When exposure to ticks or biting insects is a possibility, travelers should be advised to tuck their pants into their socks and to wear boots, not sandals. Permethrin-based repellents applied to clothing as directed will enhance protection. Travelers should be advised to inspect themselves and their clothing for ticks, both during outdoor activity and at the end of the day. Ticks are detected more easily on light-colored or white clothing. Ticks should be promptly removed from skin by using tweezers to firmly grasp the head and then slowly pull back. Bite should be cleaned well with an antimicrobial soap or alcohol etc.

HEALTH AND SAFETY IN EAST AFRICA

In this section, we present some of the health and safety issues for East Africa. Statistically, the most common injuries sustained by students on SFS programs are recreational in nature. The most common medical problem is traveler's diarrhea. However, international traveling and living presents potentially significant health and safety challenges.

DISEASE

East Africa has its own unique health challenges. It is strongly recommended that you consult with a travel medicine clinic or physician who can match up your health profile with this region, and any additional travel that you may plan, and work with you to create a health strategy that includes vaccinations, etc.

Please see <http://www.cdc.gov> for a list of immunizations recommended by the Centers for Disease Control and Prevention (CDC), including routine immunizations (vaccines that are given to all children in the United States and that are usually required for matriculation into elementary school and into college) and immunizations especially for the country where you will be traveling.

Immunizations Recommended by the CDC Specifically for Travelers to Kenya

Hepatitis A: Hepatitis A is a viral infection of the liver that results in jaundice and severe malaise. Unlike Hepatitis B it is rarely fatal, but disease can be protracted, and infected persons can be ill for six weeks or more. Infection is transmitted by fecally-contaminated food or water. Symptoms occur 2 to 6 weeks after first exposure to the virus. There are now two vaccines licensed in the United States that are extremely effective in preventing Hepatitis A infection, and that are quite safe to administer. Both vaccines require two doses (the booster dose is given 6-9

months after the initial dose). The initial dose, however, is effective in providing protection, and the CDC recommends that all travelers to Kenya receive this vaccine.

Rabies: Rabies is a viral infection that is transmitted from animals to humans by bites or scratches. Rabies is present in bats, the dog population and among other domestic and wild animals. It is possible to take rabies prophylaxis before departing for Kenya. The prophylactic administration of rabies vaccine (which consists of 3 doses) does not eliminate the need for taking vaccine if you are bitten by a potentially rabid animal. It does, however, reduce the number of injections that are required from 5 to 2, and eliminates the need to administer rabies immune globulin. The CDC recommends that rabies pre-exposure prophylaxis be given to all persons visiting for more than 30 days areas of the world where rabies is a constant threat. You should discuss with your doctor the advisability of receiving the rabies vaccine.

The most effective way to avoid rabies is to avoid animals. Do not pet or approach animals, including dogs. If you are bitten or scratched by a dog or other animal while in Kenya, the same precautions apply as if you were bitten in the United States. The bite should be thoroughly washed with soap and water, and the animal watched for signs of illness. If the dog cannot be identified, then immunization with rabies vaccine (a series of 5 shots) and administration of rabies immune globulin should be given. For bites from other animals the need for rabies vaccine will need to be discussed with medical personnel.

Typhoid Fever Vaccine: Typhoid fever is a bacterial infection that is spread by fecally contaminated food or water. The best protection is offered by exercising caution in what you eat or drink (see below). Two vaccines are available in the United States that provide about 50% protection against infection with typhoid. One vaccine is injectable, and requires a single dose, and the other is taken orally, with four doses taken over 1 week. The CDC recommends taking one of these two vaccines. Taking the vaccine does not preclude the continued need for vigilance in what one eats and drinks – you can still acquire typhoid despite taking the vaccine, and you can obviously put yourself at risk of acquiring other infections that cause diarrhea if you are not judicious in what you consume.

Yellow Fever Vaccine: Yellow fever is a viral disease that is transmitted by mosquitoes and causes a flu-like illness that in severe cases can lead to severe liver damage and death. Unlike malaria, yellow fever is transmitted by mosquitoes that bite during the day, not during the evening. Yellow fever is present in Kenya, and the CDC recommends that those traveling to that country receive a single dose of yellow fever vaccine. A single dose provides protection for 10 years. At the time of immunization you will be given a certificate of immunization, and you should carry this with you on your travels. A certificate is required for travelers coming from infected areas and from, or in transit to, countries in the endemic yellow fever zone. You may be asked to provide documentation of immunization if you choose to travel to other African countries from Kenya, or if requirements change.

DISEASE (Not vaccine preventable)

DENGUE: Dengue is a viral infection that can cause a very severe flu-like illness. It is transmitted by mosquitoes, and is becoming increasingly common in many tropical countries. It tends to be more common in urban, rather than rural, areas of developing countries. There is no vaccine against dengue available in the United States. Prevention is achieved by preventing, or reducing, mosquito bites.

DIARRHEA: Diarrhea is the most common infectious ailment that you are likely to encounter. Contrary to some popular notions, it is not a change in diet that causes diarrhea, but rather infection with micro-organisms - either bacteria or viruses. These bacteria and viruses are transmitted by food or water that has been fecally-contaminated, usually with human feces, but occasionally with the feces of animals who may shed micro-organisms that can cause diarrhea in humans. Preventing diarrheal diseases means not ingesting food that is fecally-contaminated, or by killing the micro-organisms before you ingest the food. The most popular admonition in regards to food is “cook it, boil it, peel it, or forget it.” Eating food that has been heated but has become cold, or that has not been thoroughly cooked, presents a risk. This is especially true for food that is prepared outside the Center. Drinking untreated water also presents a risk, and should be avoided. Beverages that are safe to drink are tea or coffee (as the water has been boiled), and carbonated beverages, as the carbonation kills any microorganisms. Still water should be ingested only if you are sure that it has been boiled or treated. Bottled water that is carbonated is usually, but not always, safe. Shortly after you arrive, you will receive an orientation lecture explaining the importance of diligent hand washing, careful food preparation and purchasing, personal and kitchen hygiene, and water purification. These are important preventative measures and you will be expected to closely follow the directions given throughout the program.

If you do contract diarrhea, it is for the most part easily treatable. The primary treatment is to replace the water and electrolytes that are lost in the diarrheal stool.

MALARIA: Malaria is a blood borne infection that is transmitted by the bite of mosquitoes. Infection with malaria usually manifests as very high fever ($>103^{\circ}$ F), and can be life-threatening if untreated. Malaria can also present with more mild symptoms - including lower grade fever, headaches, and malaise and weakness.

There are four different types of malaria in the world that affect humans, two of which (*Plasmodium vivax* and *Plasmodium falciparum*) are present throughout most of Kenya. Prevention of malaria includes avoiding mosquitoes (especially between dusk and dawn, when the species of mosquito that transmits malaria is active) and taking prophylactic medications. You should consult with a doctor and the Center for Disease Control (www.cdc.gov) for the appropriate prophylaxis for travels to Kenya. When choosing a medication, it will be important for you to investigate side effects as some can be quite severe. Please consult with your doctor (or a travel medicine specialist) and read the information provided by the CDC at www.cdc.gov/travel/malariadrugs.htm. You should meet with your doctor as soon as possible after you accepted to the program because some of these medications must be taken days or even weeks before departing for Kenya. Thus, it is critical that you consult with a travel medicine expert, and take a supply of tablets with you sufficient to last the duration of your entire stay in Kenya.

SCHISTOSOMIASIS: Schistosomiasis is a common infection in Africa, including parts of Kenya; it is caused by a small worm that is carried by snails. The acute infection causes flu-like symptoms, but a wide variety of symptoms can result from infection as the worms move in the body. These include paralysis. Symptoms can also occur many years after the initial infection. Because the snail that carries the disease lives in fresh water, infection with this worm can be avoided by not coming into contact with water from lakes, ponds and rivers. This means no swimming, bathing or even wading in such bodies of water.

TICK-BORNE DISEASES: Like mosquitoes, ticks can transmit a number of diseases to humans. In Kenya, the most common disease transmitted by ticks is typhus, which is a flu-like illness that is associated with a rash. There is no immunization against this disease. Prevention of tick bites, using the same recommendations for prevention of mosquito bites, will decrease your risk of acquiring this disease.

TRYPANOSOMIASIS: Trypanosomiasis, also known as African sleeping sickness, is also present in some areas of Kenya. The disease causes fever, rashes, lethargy and confusion, and is transmitted by infected tsetse flies. These flies are most active during the day and are attracted to moving vehicles and contrasting colors. As with mosquito-borne illnesses, the best prevention is reduce your exposure to fly bites. Be advised that, should you develop any symptoms upon returning home, you should consult with a physician to rule out the disease, since the incubation period for the sickness may exceed a month. In general, the SFS East Africa program does not travel to areas of heavy tsetse infestation, but changing weather conditions and field work may bring you in contact with some tsetse flies.

OTHER HAZARDS

Some of the hazards associated with this SFS program and doing field work and living in East Africa are described below. While SFS has tried to anticipate as many risks as possible, you may nonetheless encounter risks that are not described below.

WILDLIFE: This program is NOT the typical safari experience. You will be living and working in a community area nearby a wildlife sanctuary and in the area immediately adjacent to a national park - areas that contain several thousand wild game animals. You will also be traveling through parks that support a wide variety of potentially dangerous and unpredictable animals such as lions, cape buffaloes, and elephants.

Due to the dangers posed by large animals, there will be no unregulated walking in open savanna or bush country. There are running/walking routes at both sites which you can use unsupervised but only along the trail system within the site fence.

TERRORISM/CRIME: Kenya has been the site of two major terrorist attacks: the car bomb attack on a hotel in Mombasa and the US Embassy bombing on August 7, 1998. The U.S. reissued a Travel Warning for Kenya on September 25, 2003.

There is a high rate of crime in all cities, particularly Nairobi, Mombasa, Kisumu, and at coastal beach resorts. Reports of attacks against tourists by groups of two or more armed assailants have increased significantly.

For these reasons, we have structured the East Africa program qualitatively different from our other Centers. There is no mid-semester break and there is no unstructured overnight time away from the program. In conjunction with U.S. State Department recommendations, our groups avoid heavily-touristed areas and do not go into any of the major cities. (Accompanied individual students sometimes do go into Nairobi to visit a physician, etc.)

If you plan to travel to other areas, either inside or outside of East Africa before or after the program, the health and safety risks may be different, and you should educate yourself and consult with your travel medicine specialist as to what additional measures may be required.

PHYSICAL CONDITIONING

Field work by its very nature is physically arduous: the days are long, the traveling seldom comfortable, and creature comforts generally lacking. The program involves a few fairly strenuous hikes as part of the academic program, so physical conditioning is strongly advised. In order to withstand the pace and rigors of the program as well as any “foreign” health risks of the country, it is strongly advised that you be in good physical health. Due to the mile-high altitude and equatorial latitude and often warm temperatures (especially at KBC), SFS has noted that chronic health problems often flare up, even if they are under control in the U.S. You should discuss such conditions seriously with your family doctor and the SFS Admissions Counselor to see if this SFS program will be right for you.

MEDICAL CARE

Staff provide initial first aid in the event of an accident or illness. Student Affairs Managers have Wilderness First Responder certification (72-hour emergency medical training).

For illnesses/injuries requiring professional medical attention, SFS will use hospitals and clinics which are normally staffed by doctors and nurses. The hospital SFS usually uses is Nairobi Hospital, approximately 4-5 hours from the KBC site and approximately 45 minutes from NPS. In Tanzania there is a regional hospital in Arusha, about 2-3 hours from HNC. A serious medical problem might require air evacuation to Nairobi Hospital (see Evacuation and Repatriation Insurance). You will bear the cost of visits to the hospital or doctor, including the cost for an SFS staff member to accompany you. The current charge for a driving trip to Nairobi hospital from the National Park Site is \$50; from KBC it is \$100. A deposit of \$500-\$700 is required for all admissions to Nairobi hospital. Nairobi Hospital accepts Visa credit cards.

There are good medical clinics in Kimana town, 10 minutes away from the KBC site and in Karatu, 10 minutes away from the Haven Nature Camp. Each clinic is staffed by a clinical officer (approximately equivalent to a Physician’s Assistant), a Registered Nurse, or a Medical Doctor. Most prescription drugs are also available in Kimana and Karatu. The District Hospital in Loitokitok town is located 45 minutes from the KBC center and can handle most illnesses and emergencies, although for surgery or other complicated issues you may be taken instead to Nairobi. The nearest airstrips where “Flying Doctors” could land (if deemed necessary) are 10 and 25 minutes away from the School. At night, a helicopter would likely be used. Note that you may be charged between \$5 and \$25 to see a doctor in Kimana, with lab tests and medication costing between \$5-\$10. A doctor at Loitokitok may charge up to \$50.

You should carry about \$50, separate from the rest of your funds, for emergencies such as a visit to a doctor or local clinic for a minor illness.

WHAT'S UP WITH CULTURAL ADJUSTMENT?

DEFINING CULTURAL ADJUSTMENT

Think about how you are feeling now as you prepare to go abroad with an SFS program. Are you feeling excited? Anxious? Overwhelmed? Content? Afraid?

Now, think about how you might feel when you first arrive at your host country. Will you feel high on life? Bombarded by the newness of it all? Jet-lagged? Irritated or humbled by the reality that you are unable to communicate as well as you are used to being able to?

How will your emotions and thoughts change with time after the initial high of arrival? Will you be amazed and/or frustrated by the differences between how things are done at home and how things are done at your temporary home abroad? Confronted with these differences, will you question values you held and always thought were in the "right"? Will you grow in depth of thought and sense of self? Will you be unbearably homesick and seek out a friend to talk with?

It may seem like a very long time from now, but imagine returning home after study abroad. How do you hope you have changed as a result of your time abroad? How will others see your new personal, cultural, social, and academic developments? Will it be easy to reconnect with family, friends, and your community? Will it take effort? How will you communicate your experiences and developments and help loved ones take part in an important period of your life?

The flow of emotions and experiences above describes the cultural adjustment process that many students move through before, during, and after their study abroad terms.

So, what is cultural adjustment? Most simply put, cultural adjustment is the process of adjusting to a different cultural context. It is the process of filtering through initially identifiable differences in eating style, language, customs, and more to discover the underlying values and assumptions that are the foundation of a certain way of life. Whether you are from the United States or from another country, confronting another way of life may entail questioning your own basic values and beliefs. Cultural adjustment may beg of you to ask the question, "Who am I?" By asking such a fundamental question and working through the answers, you can build a strong sense of self, gain more confidence in who you are, learn to identify at a basic level with people from any background, and become more accepting of others. At this point, you will have begun to develop a sense of global citizenship, a crucial key to developing a peaceful global society.

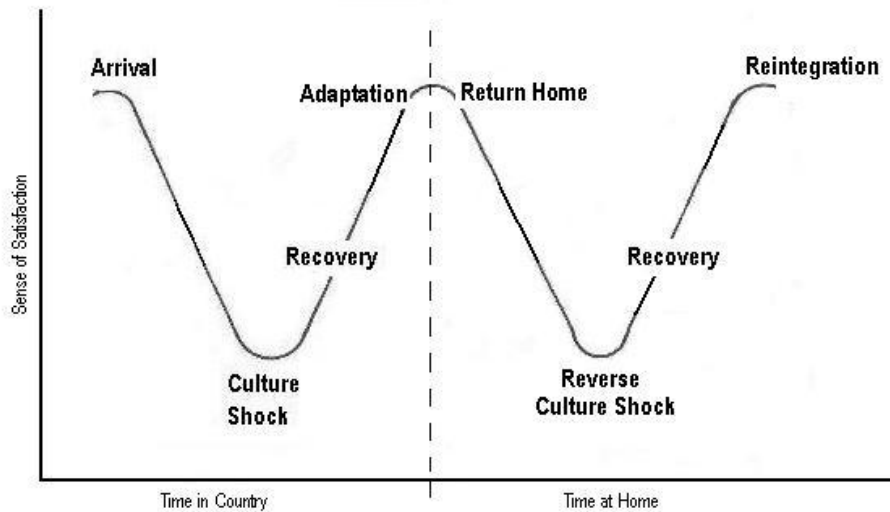
SIGNS OF CULTURE SHOCK

Experiencing some difficulty adjusting to your new environment is normal and even important for personal development. Some students experience:

- Homesickness
- Physical symptoms such as mild colds and headaches
- Anxiety, depression, disappointment, and/or frustration
- Defensiveness toward home culture(s)

- Tendency to put the host or home culture(s) and way(s) of life on a pedestal
- Criticism toward home or host countries
- Gratitude for the chance to rethink world views and customs
-

Cycling through Cultural Adjustment: The “W” Curve



The model above puts into visual format the process of cultural adjustment previously described.

Arrival: Upon arrival, many students are exhilarated by the hundreds of new sights, sounds, and smells of their host country. You may feel physically exhausted from the travel, and you may need to give your body time and care to help it adjust to the different weather, geographic conditions, food, and time schedule. During this initial period, you may experience a variety of heightened emotions.

Culture Shock: After the initial high period, you may begin to notice the many differences between your home and your temporary home abroad. Processing these differences may be difficult, and many students report emotions of anxiety, stress, confusion, homesickness, discouragement, hostility toward the local culture and customs, and even depression. You may experience physical symptoms such as colds, headaches, or stomach upsets. On the other hand, some students experience very little culture shock.

Recovery: Fear not! With effort and time, you will get your legs back under you again. You may wish to employ some of the coping strategies listed in the next section, or find your own way to regain and rethink equilibrium.

Adaptation: At this stage, students have renegotiated belief systems and “the way things are done”. You may feel at home in your residence abroad.

Returning Home: Some students find that just when they have become comfortable with their surroundings abroad, it is time to return home! Because you are traveling back to a familiar place, you may not expect to experience reverse culture shock, which mirrors the culture shock process. Many students experience re-entry culture shock more severely than they do

culture shock. The best way to smooth the reverse culture shock process is to prepare for it before, during, and after your time abroad. Make sure to share your experiences and personal development with important family and friends so that they can take part in your growth! Continuous communication in a spirit of sharing (rather than expecting or needing others to understand) will greatly smooth the reentry process.

WHAT DOES IT MEAN TO BE AN AMERICAN?

Perhaps this is your first time visiting a foreign country for an extended period. By removing yourself from the USA or other country of origin and being confronted with difference, you may gain a greater awareness of what it means to be American, Chinese, Mexican, or whatever you identify as.

In part because of the USA's prominent media and political and economic presence, you may find that people around the world have formed viewpoints, even stereotypes about Americans.

Below are some examples of stereotypes of Americans that you might encounter in-country. Keep in mind that there are many different points of view on Americans.

- Wealthy and wasteful
- Caring about the environment
- Heavy drinkers
- Careless
- Want to help others
- Loud and dumb
- Openly friendly and kind
- The youth like to party
- Academically-oriented

As you can see, stereotypes are not always accurate, and they do not apply to every person within a culture. Making generalizations about a culture or people is normal and even useful in learning about them. However, be aware of the possible negative impact of stereotyping. Be open to and appreciative of the great differences between individuals within a population.

A NOTE TO WOMEN AND DIVERSE STUDENTS

What it means to identify as GLBTA, a woman, a person of color, a member of a certain religious group, a participant with a disability, etc. may be very different in your host country than at home. For example, a gay student may find that the host community is much less accepting of homosexuality than his university community. Asian or Asian-American students may find that host nationals, who perhaps have had little or no contact with Asians, view them as exotic. Students who are accustomed to being part of the majority group at home (e.g. Caucasian students) may need to readjust to living as a minority abroad. The change may be for better or for worse, but you might not be treated or viewed in the way that you are accustomed to at home.

There is more information about women and underrepresented students traveling abroad than it is possible to cover in this section. Please use the resources below to better inform yourself as you prepare for your abroad experience.

Women Travel Tips - Women

<http://www.womentraveltips.com/index.shtml>

University of Minnesota's Learning Abroad Center – GLBT Students, Students with Disabilities, Multicultural Students (Scroll down page for links)

<http://www.umabroad.umn.edu/students/index.html>

All Abroad – Ethnic Minorities

<http://allabroad.us/>

Mobility International USA – Students with Disabilities

<http://www.miusa.org/>

COPING WITH CULTURAL ADJUSTMENT

What are some tricks for coping with and growing through the cultural adjustment process?

- Keep a journal. Be your own best counselor and write about the experiences, emotions, and thoughts that you have.
- Take care of your physical body. Be sure to get sufficient exercise, and take care of your body's nutritional needs. Get enough rest and sleep.
- Communicate. If you are feeling particularly down, approach a friend, staff member, or mentor. Sometimes just talking about difficulties you are facing makes the burden seem lighter. Many of the people surrounding you at the Center have experienced or are experiencing the same cultural adjustment process as you. There is strength and comfort in sharing!
- Step out of your comfort zone. When everything around us is new, we sometimes just want to withdraw. Although some level of withdrawal can be helpful, in the end, there is more joy in living fully than hiding from fear. Do not do anything unreasonably risky or foolish, but practice your Spanish skills with community members. Try delicious foods you had never heard of before. Travel with friends during the mid-semester break. Take advantage of your abroad experience, because you will not have the same exact opportunity again!
- Breathe! The simple act of inhaling and exhaling a few times will help clear your mind.
- Keep in touch with family and friends at home. Regularly sharing your experiences will help ease the reentry process. However, be aware of spending too much time on the phone or internet to the detriment of your abroad experience.
- Remember to be grateful for what you have. A sense of gratitude makes cultural adjustment easier because of a positive outlook. You will see things in a more positive light, and those

you meet will respond to you more positively because they can sense your humility and good feelings.

The above are just examples of strategies for facing cultural adjustment. There are a multitude of ways that people cope, and you may discover other strategies that work particularly well for you.

Everyone at The School for Field Studies extends a warm welcome to you and looks forward to seeing you in the field!