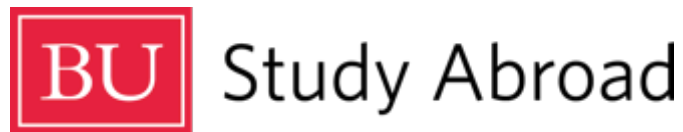




Zanzibar: Swahili Language and Culture in East Africa Program



Agenda/Introductions



- Introductions and Program Statistics
- Logistics
- Academics
- Life on Site
- Health and Safety
- Finances and Budgeting
- Action Items
- Wrap up/Questions

ZANZIBAR SWAHILI LANGUAGE AND CULTURE IN EAST AFRICA HUB PAGE SUMMER 2017

First Things First

<http://www.bu.edu/abroad/accepted-students/pre-departure-hub-pages/summer-2017/zanzibar-swahili-language-and-culture-in-east-africa/>

Phase 1: First Things First (Admission – March 20)	Phase 2: Core Preparations (March 20 – May 1)	Phase 3: In-Country
In-Country Guide	The Fine Print: Policies and Procedures	Calendar

You're in! This Hub Page is your one-stop-shop for all program information prior to your departure.

Everything you need to do before studying abroad will be addressed on this page – think of this as your go-to resource. Be sure to check this page regularly, as many of the sections contain action items with specific deadlines. This page will be updated with new information throughout the semester.



Boston University Study Abroad Pre-Departure Roadmap

http://www.bu.edu/av/celop/SA/BU_PreDep_S17/



Program Statistics



Zanzibar Summer Program Total: 6 Students

Guys: 2

Gals: 4

BU: 6

Non-BU: 1 (Harvard University)

**subject to change*

Program Logistics - Visas

All students will need a visa to enter Zanzibar!

[Instructions and Sample Form on Hub Page](#)

Application Process:

You will be applying independently:

1. Compile all application documents
 - Visa application
 - Actual passport
 - 2 photos
 - Flight itinerary
 - Visa letter from BU
 - Visa fee
 - Pre-paid envelope/postage for return mail
2. Mail everything to the consulate in DC!
3. Wait 1-2 weeks for processing and issuing, and track your return envelope to see when it will arrive.



Academics on Site

Required Course

PO 204: Religion, Politics, and Identity in East Africa-
taught by Prof. Cynthia Becker

Tuesday and Thursday 3-4:30pm

Syllabus – will be sent prior to departure

Books – will need to purchase prior to departure

Swahili Language Courses

All Swahili courses are taught by local instructors at the
Department of Kiswahili for Foreigners at SUZA (State
University of Zanzibar)

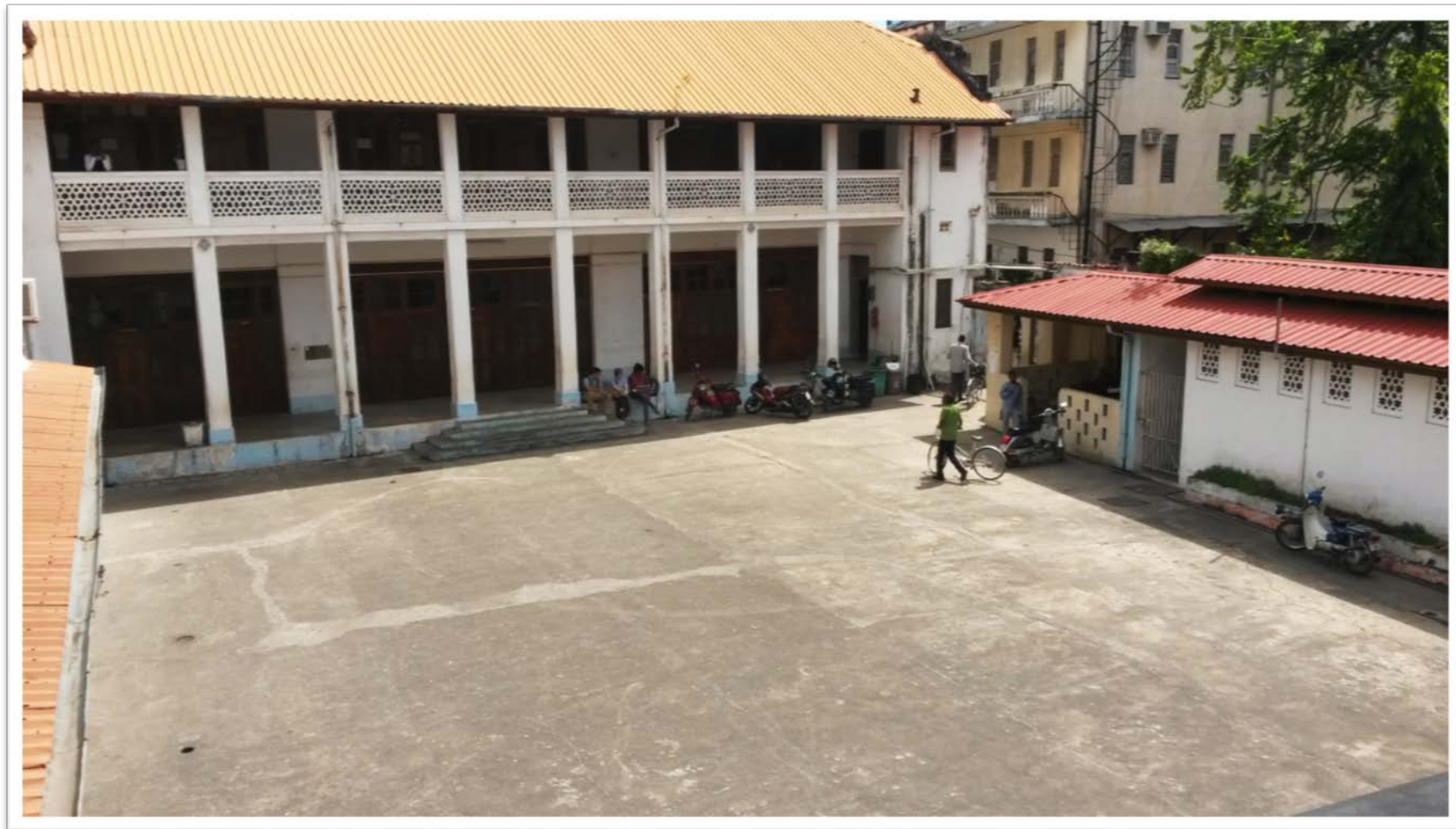
Swahili classes 9am-1pm every day except excursion days
(total of 84 hours in class supplemented by Swahili work
with SUZA language partners)

Courses are each worth 4 credits, 8 credits total
Mandatory (no add/drop)

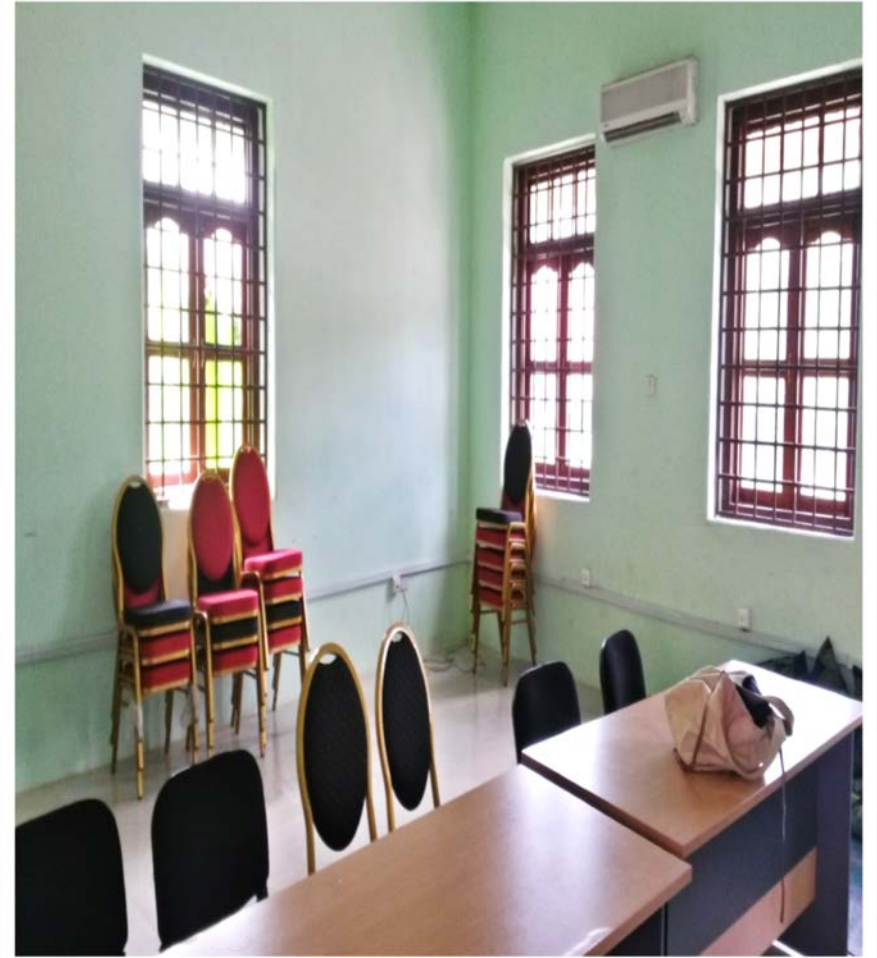
<http://www.suza.ac.tz/school/scsuza/kiswfore.php>



Academics on Site - SUZA



Academics on Site - SUZA



Academics on Site

Academic Culture

- As elaborated in the [online roadmap](#), teaching and learning styles may differ dramatically
- Syllabi may not be available for Swahili courses
- SUZA uses specific materials for teaching
- May be substantial amount of Swahili homework
- Teaching style may be different
- Books will be purchased in the States for PO course; in Zanzibar for Swahili

Academic Policies



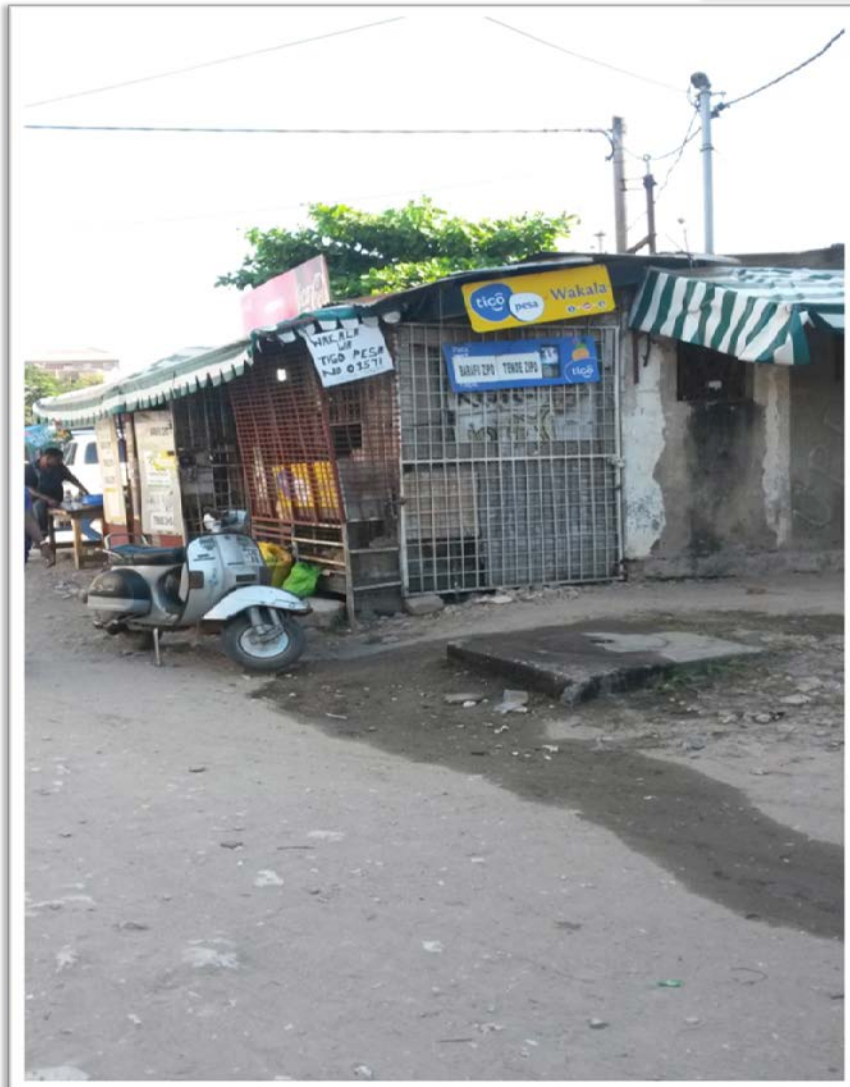
- All students are subject to BU's [Academic Code of Conduct](#)
- Must take the full course load (8) for a grade
- All coursework should be completed prior to end of program
- If accommodations are needed, notify BU Study Abroad and BU's Office of Disability Services
- Attendance policies
 - Personal travel must NOT conflict with academic obligations
 - Details will be given during the on-site orientation and/or in syllabi

Life on Site: Housing

- All students will live with local families in Stone Town
- All meals will be taken with homestay
- Students should have their own room with a locked door and key
- May be with single mothers or large families
- Families may speak limited English
- Students will be able to walk to SUZA, or take a taxi (depending on where your family lives)
- Families should not be asking for money or to use your phone, computer, etc.
- Challenges and advantages (i.e. nice neighborhood, but less space, etc.)
- Cultural differences: Be open-minded! BUT alert staff if you have any issues or concerns



Life on Site: Neighborhoods



Life on Site: Neighborhoods



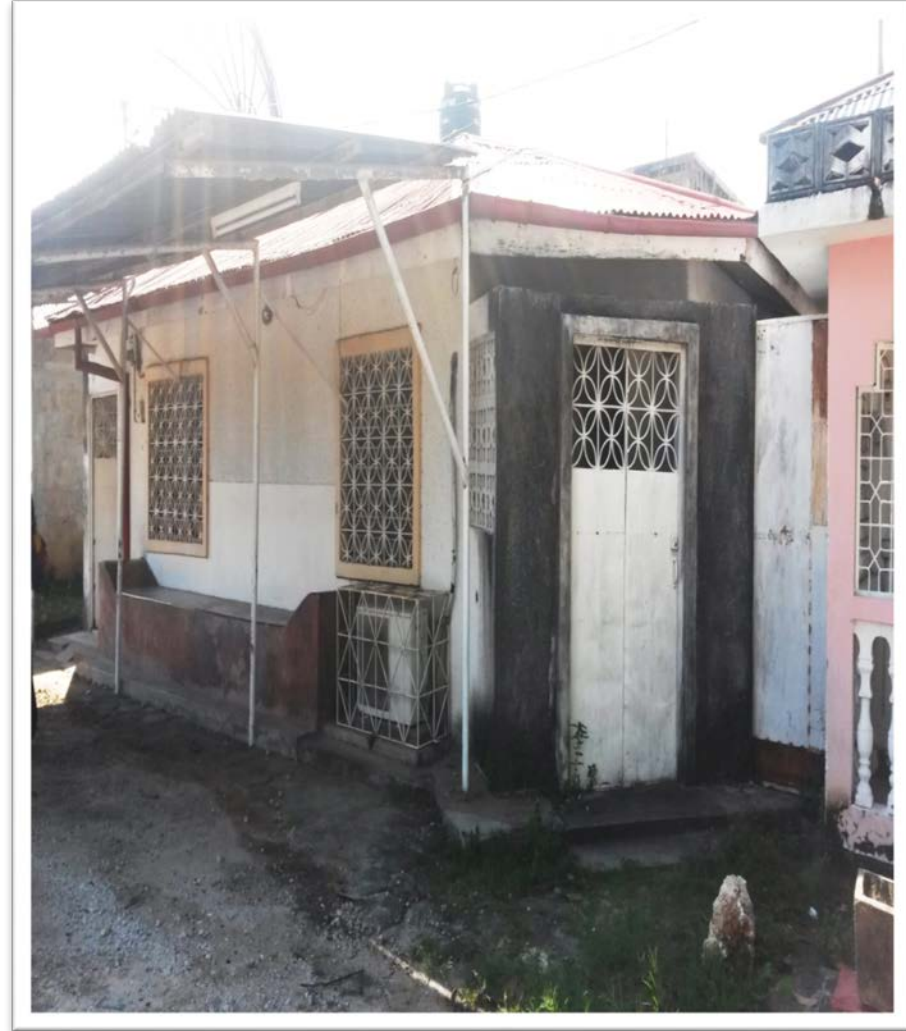
Life on Site: Neighborhoods



Life on Site: Neighborhoods



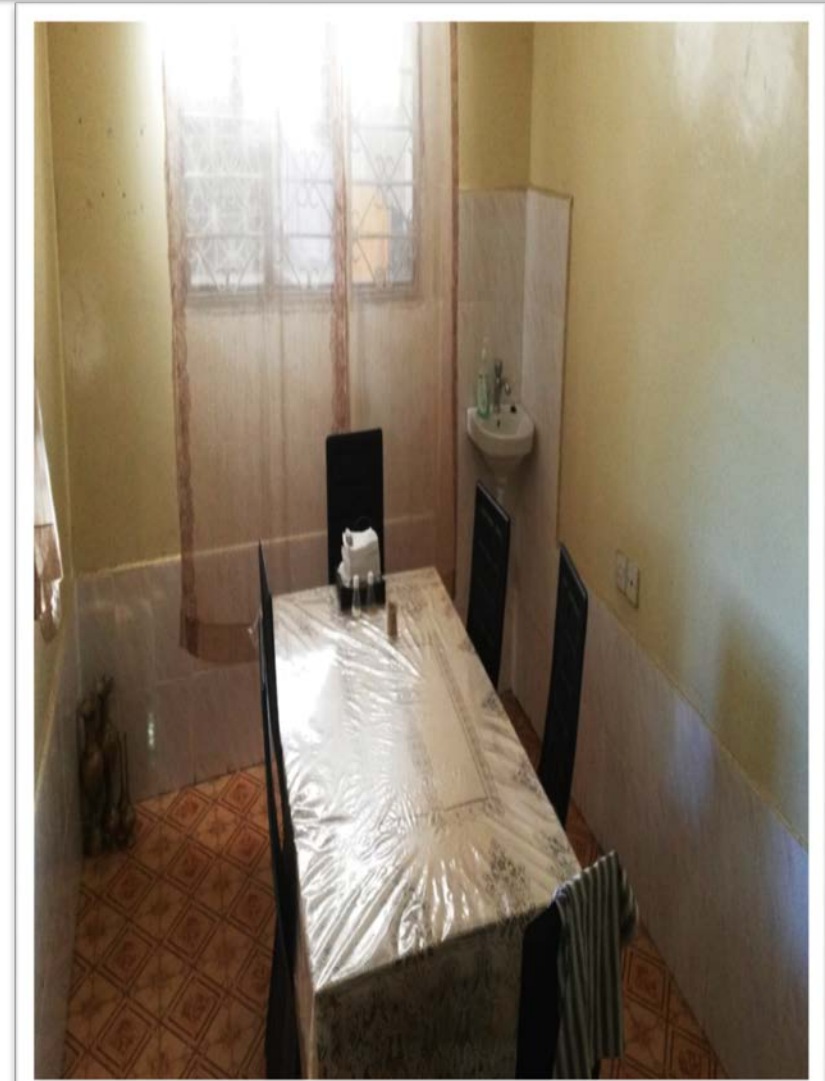
Life on Site: Typical Homestay Exterior



Life on Site: Typical Homestay Kitchen



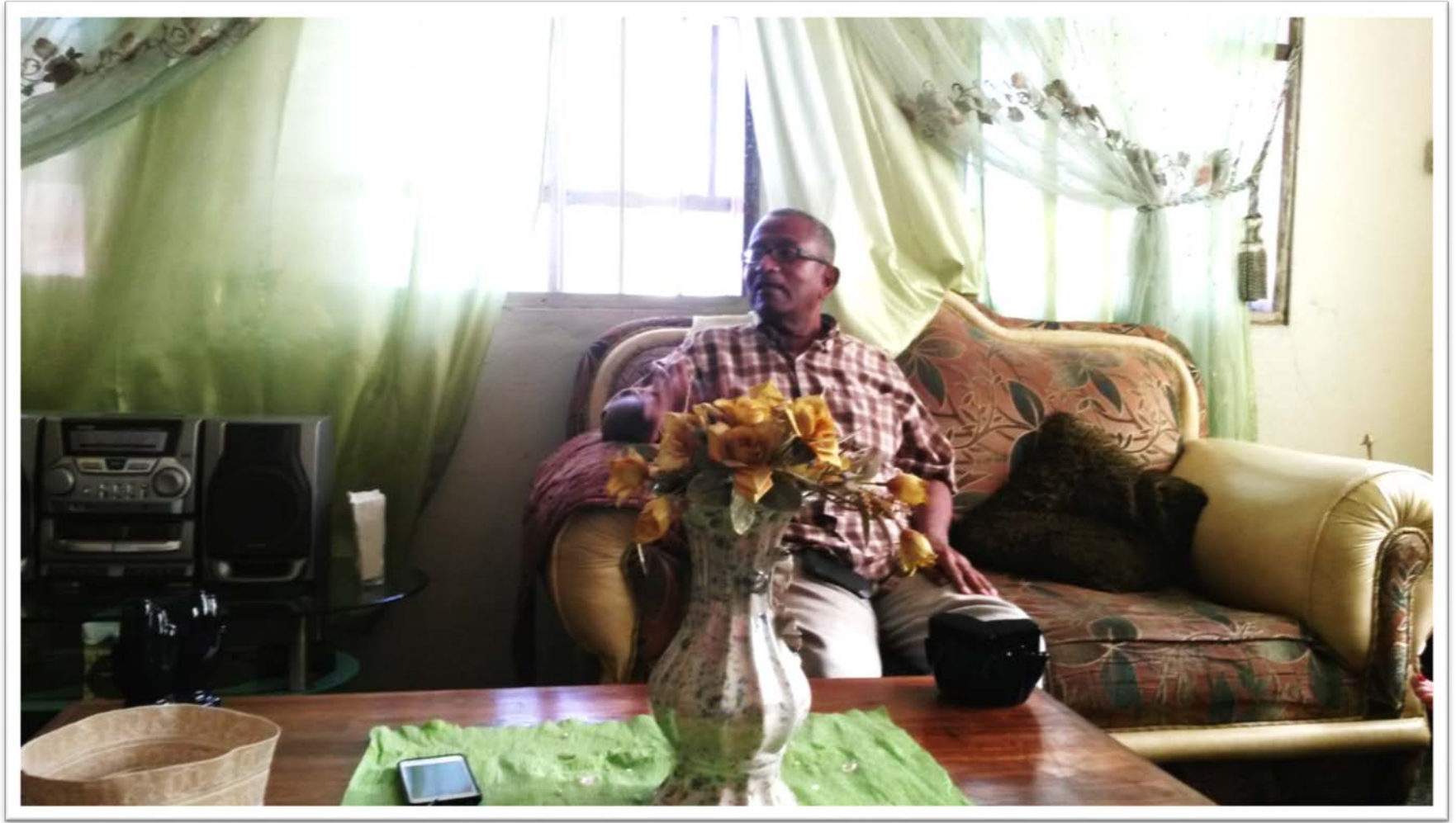
Life on Site: Typical Homestay Kitchen



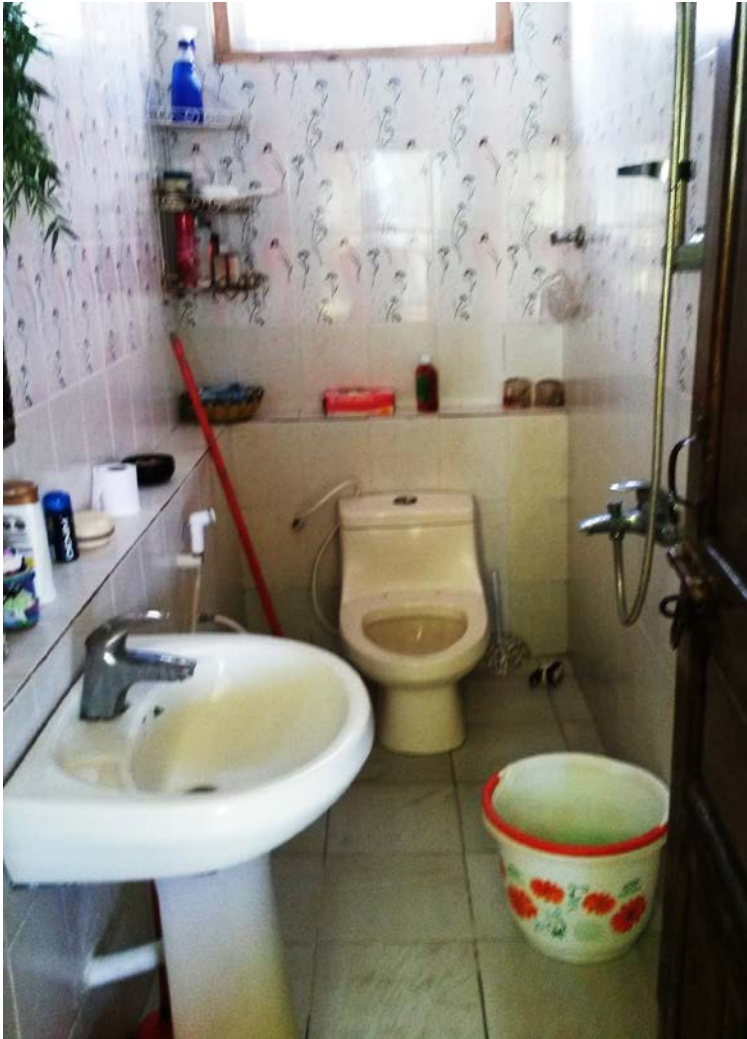
Life on Site: Typical Homestay Living Area



Life on Site: Typical Homestay Living Area

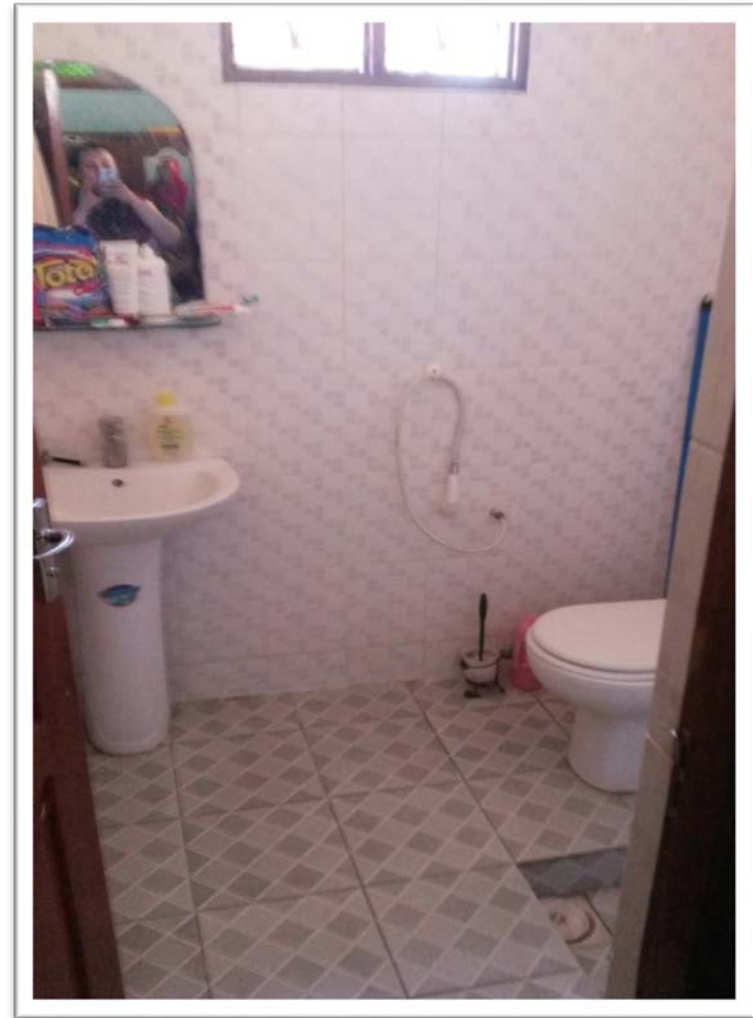
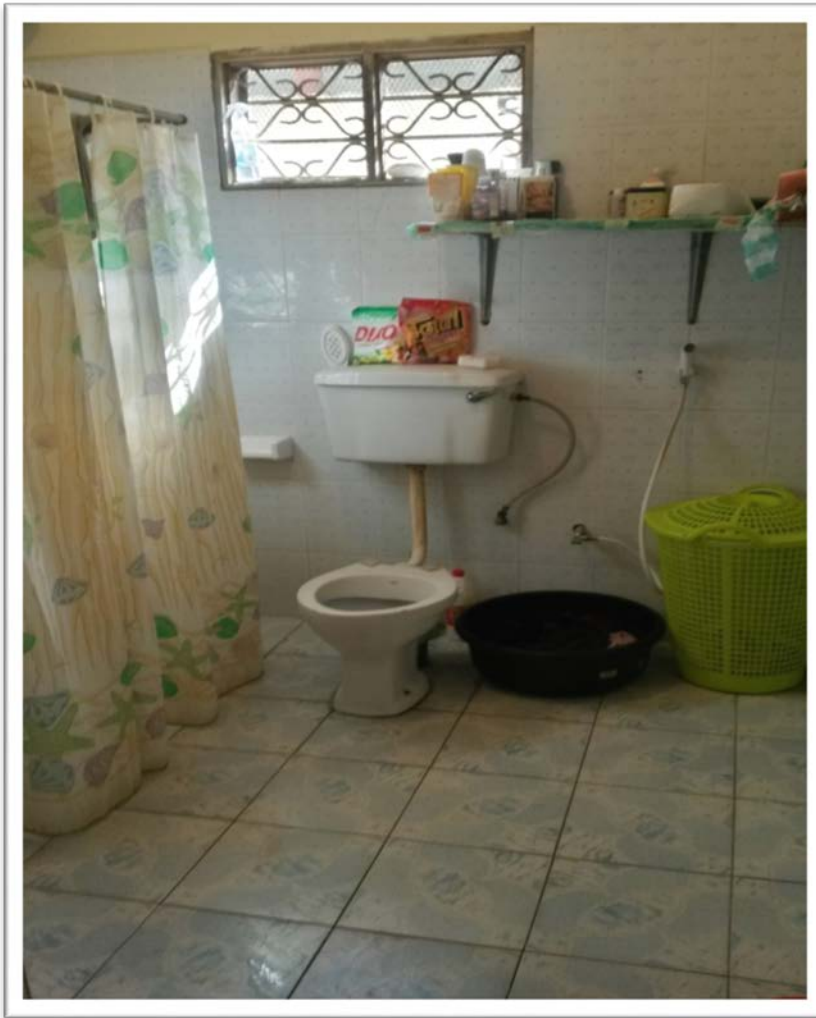


Life on Site: Homestay Bathing

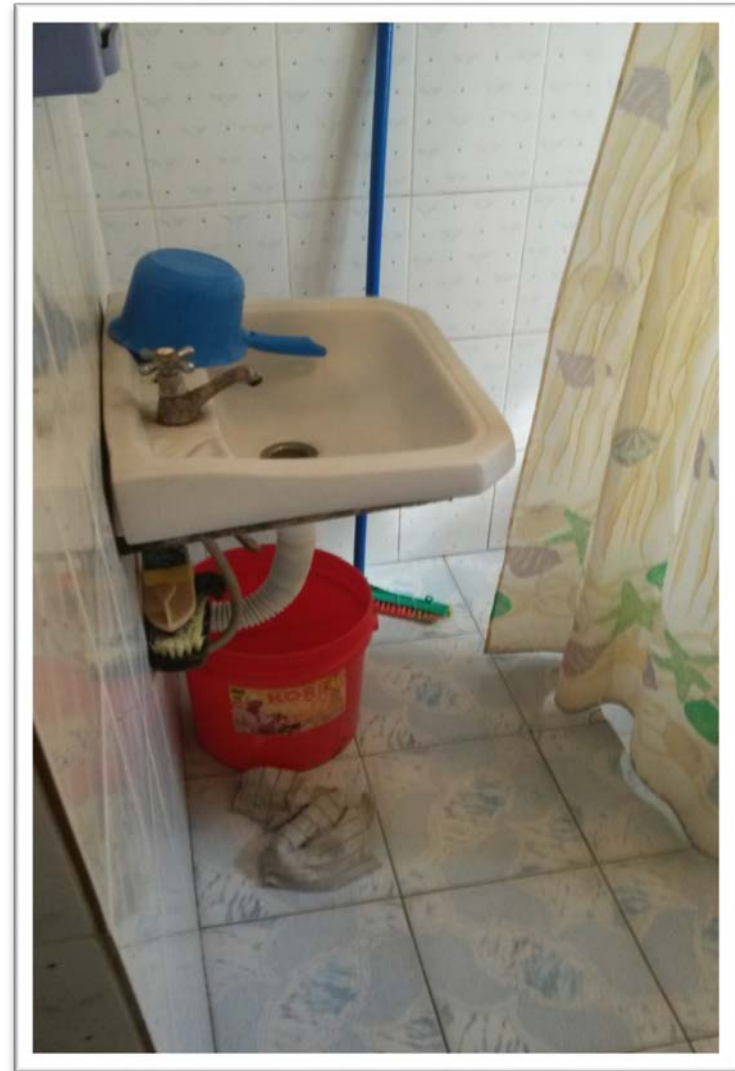


- May have limited running water, privacy, electricity and internet.
- Infrastructure in Zanzibar is simply DIFFERENT. Brownouts are common.
- May have to boil your own water
- May have western OR Turkish (squat) toilet
- Bucket showers very common
- Laundry will be hand wash and line drying. Dryers should NOT be expected.

Life on Site: Homestay Bathing

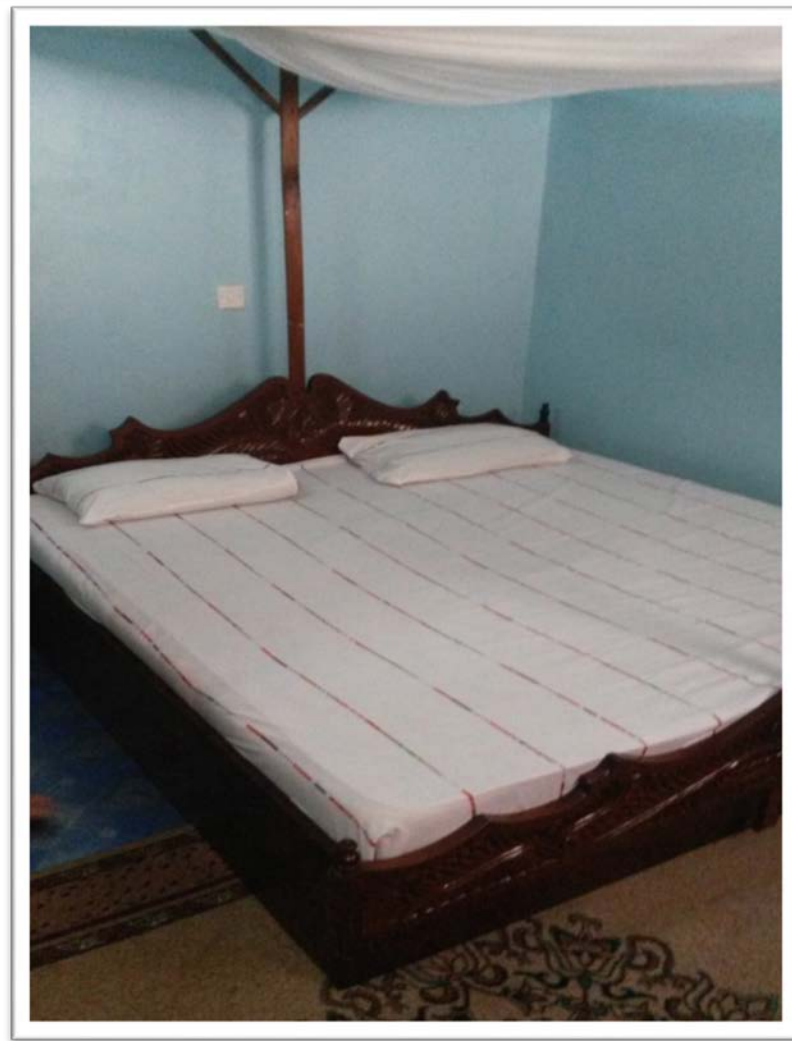
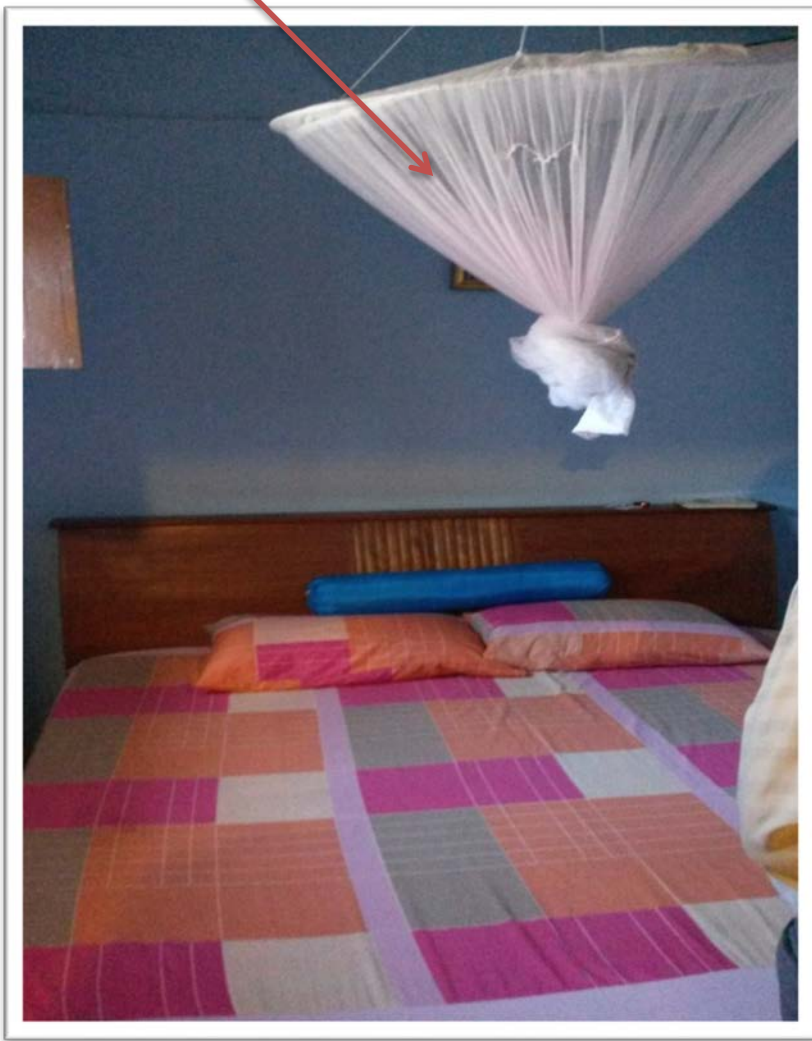


Life on Site: Homestay Bathing

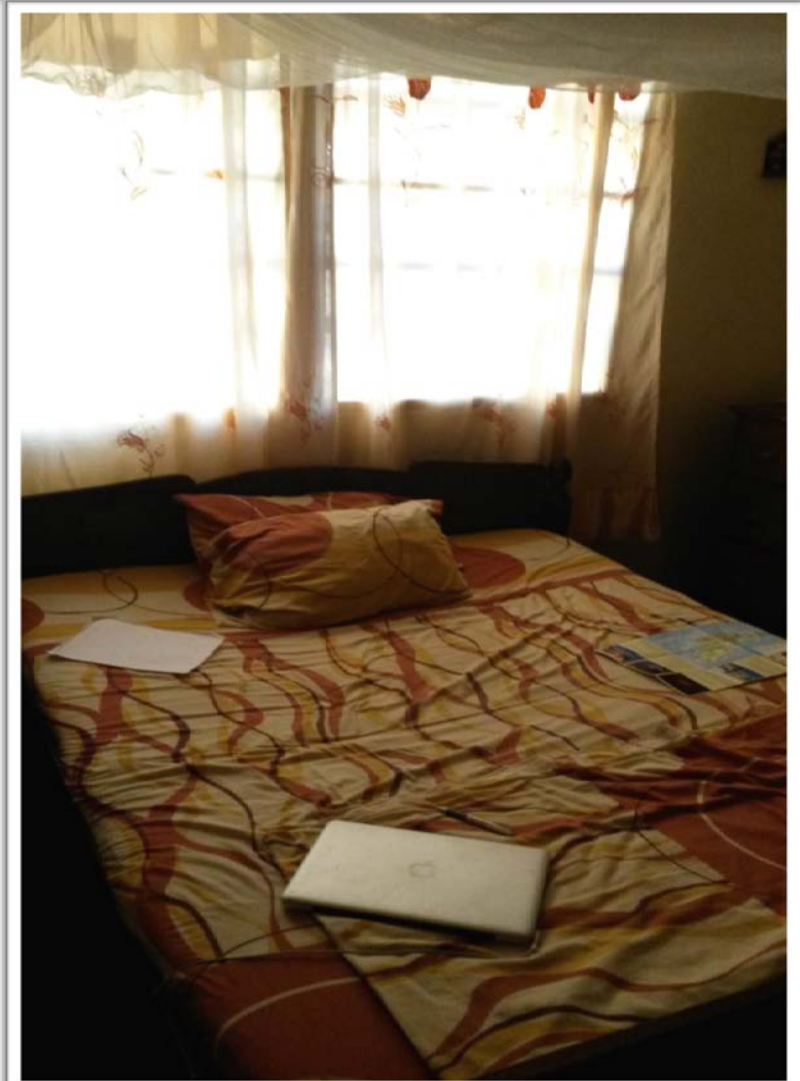
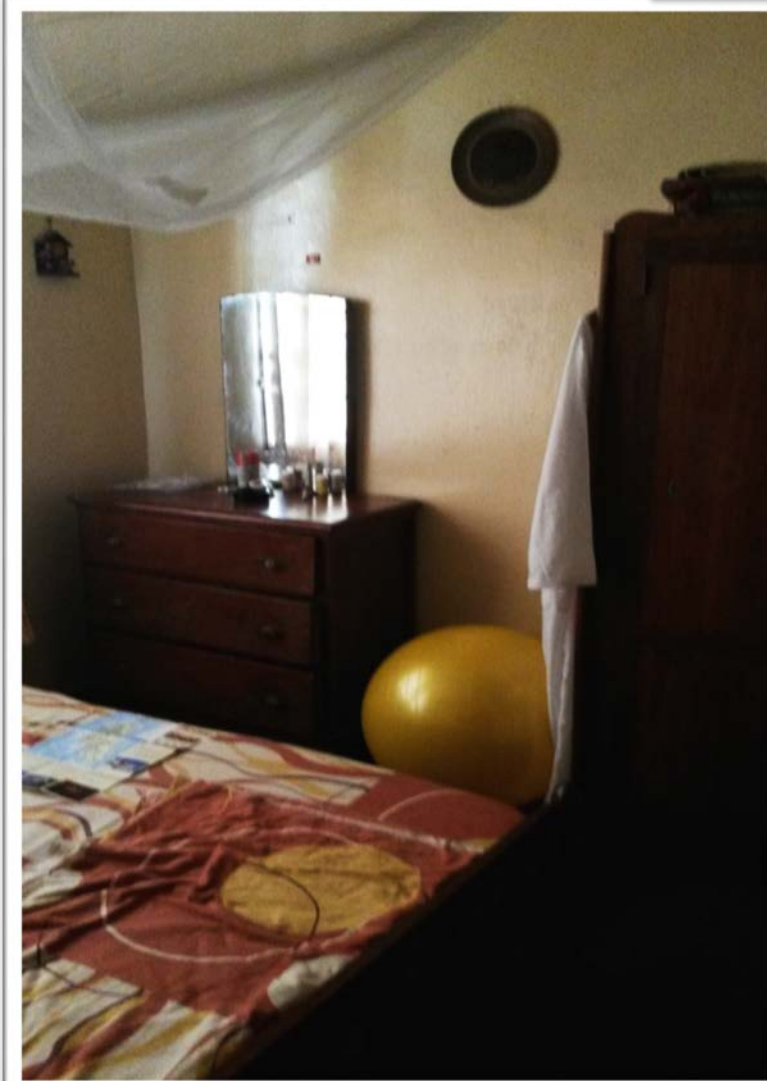


Life on Site: Homestay Bedroom

Mosquito Net



Life on Site: Homestay Bedroom



Life on Site: Getting Around

Getting Around:

- Public transportation availability (walking and taxis primarily, some busses)
- Taxis (which are safe, etiquette, etc.)
- Transit at night
- Cost of local transport (Dhala-Dhala)
- Ferry vs. airlines for weekend travel (to mainland Tanzania)
- Notifying site if you'll be away

Life on Site: Getting Around



Life on Site: Daily Life



Health:

- Gyms are essentially UNAVAILABLE; if you are a runner, and female, consider investing in some looser, higher cut work out clothes.

Entertainment:

- [Forodani Gardens](#)
- [Beaches](#)
- Reading
- Studying Swahili
- Conversation
- Expat/tourist locations (bars, etc.)
- Travel
- Program excursions
- [Zanzibar International Film Festival](#) (July 8-16)

Language Buddy (Rafiki) – fun immersive activities and cultural exchange!

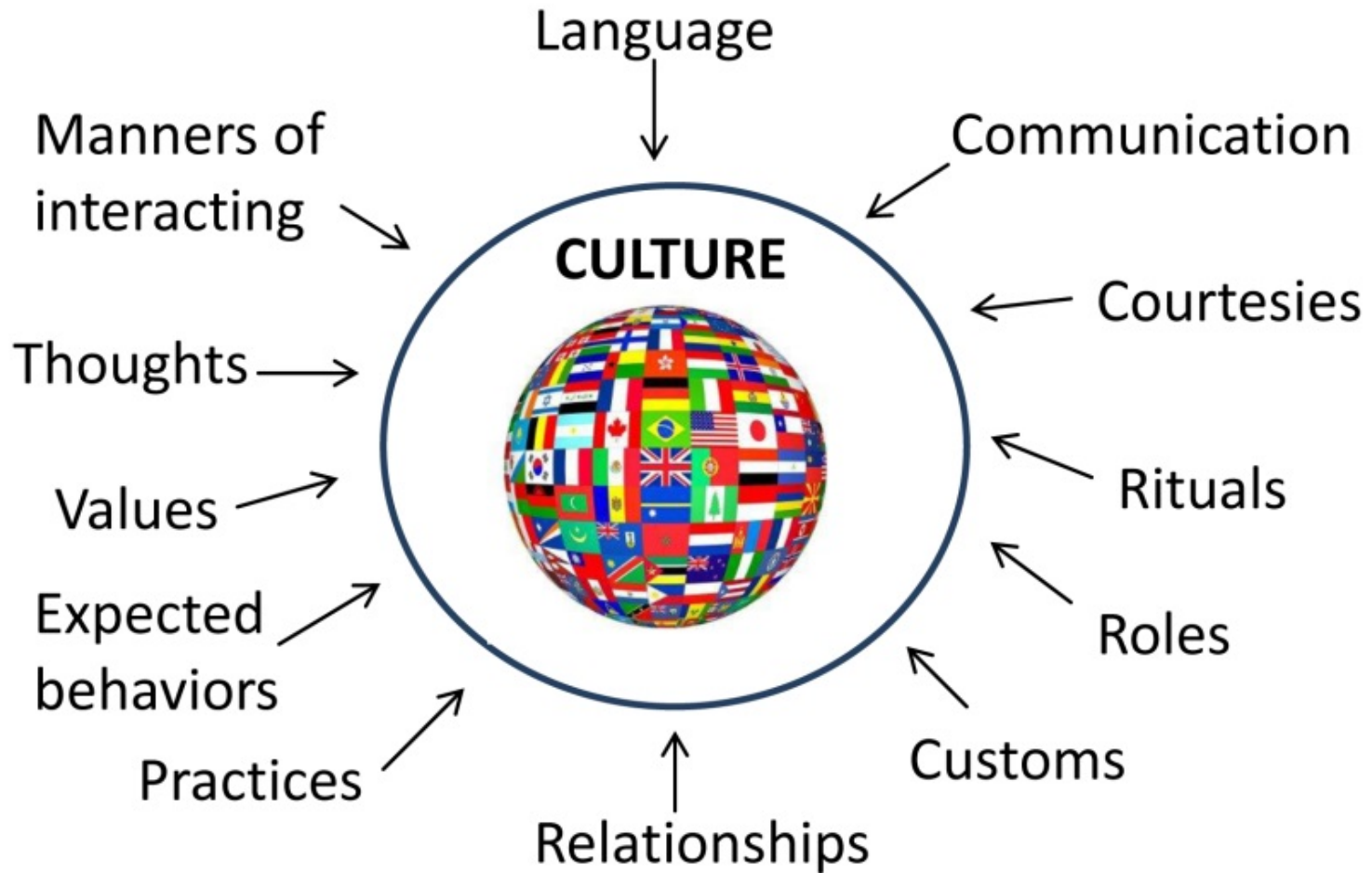
Life on Site: Ramadan



May 26 – June 25

- Call to prayer 5 times a day (standard)
- 1 month of fasting from dawn until sunset
- No food, drinks, smoking, etc.
Exceptions: pregnant/nursing, menstruating, children, ill, certain forms of travel, elderly
- Many places will be closed during the day
- Very lively at night
- People still work, but hours may be shorter

Culture

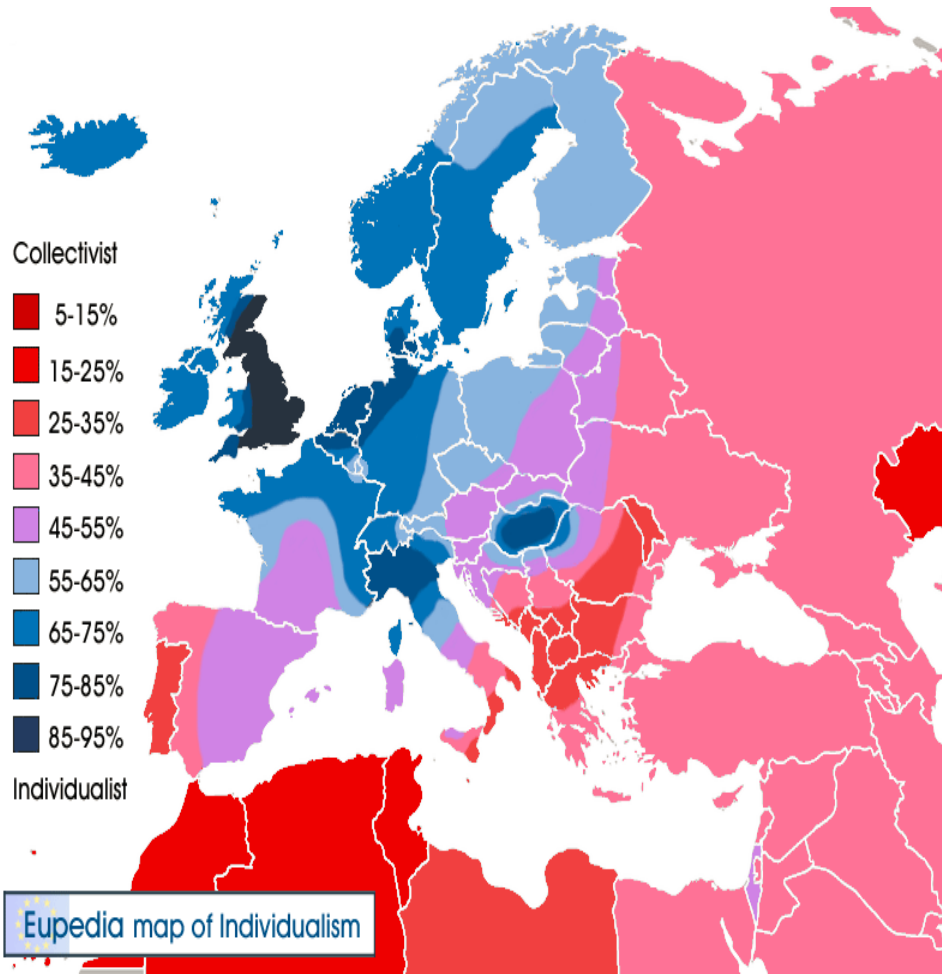


Culture

Key Differences Between Individualist and Collectivist Societies

Individualist	Collectivist
Everyone grows up to look after him/herself and his/her immediate family only.	People are born into extended families or in other groups that continue protecting them in exchange for loyalty.
Children learn to think in terms of "I".	Children learn to think in terms of "we".
Individual ownership of resources.	Resources should be shared with relatives.
Low-context communication prevails.	High context communication prevails.
Media is the primary source of information.	Social networks are the primary source of information.
Self-actualization by every individual is a ultimate goal.	Harmony and consensus in society are ultimate goal.
Occupation mobility is higher.	Occupation mobility is lower.
Task prevails over relationship.	Relationship prevails over task.
Individual interests prevail over collective.	Collective interest prevail over individual.
Per capita GDP tends to be higher.	Per capital GDP tends to be lower.

Culture



Examples of Individual/ low-context cultures:

- United States
- Western Europe (Scandinavian and Germanic cultures)
- Australia/New Zealand

Examples of collectivist/ high-context cultures:

- African
- Arab
- Chinese
- Mediterranean (Greek, Italian, Spanish, Portuguese)
- Indian
- Latin American
- Pakistani
- Persian
- Moroccan

Culture Shock

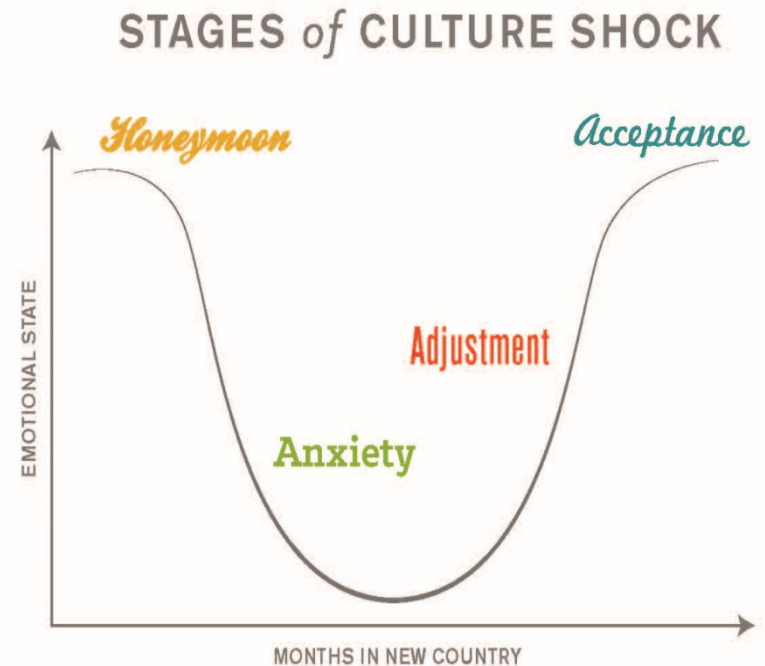


CULTURE SHOCK

Top 10 Tips for Coping with Culture Shock

1. Research your host country prior to departure
2. Keep an open mind
3. Search out new experiences and friends
4. Do not judge the people of a country by one person or one experience
5. Keep a sense of humor
6. Listen and observe rather than merely see or hear
7. Reflect daily to process your experiences
8. Use your host university's support system
9. Stay in touch with home
10. Remember you have traveled far to learn about and experience a new culture, and to represent your country and school; most people only DREAM about having this experience.

There is no "best way" to deal with culture shock; it always depends on the individual.



Health

Plan ahead!

- Visit your doctor about any health concerns or for a physical, if overdue
- Maintain regular dental appointments
- Make a plan to access your medications abroad
 - Talk to your doctor
 - Make a copy of your prescriptions
 - Check with the host country consulate for restrictions
 - If allowable, obtain a supply for full semester
 - Do not plan to ship medicine abroad
- Medical facilities WILL be different in Zanzibar
- Learn about local health system and cultural differences
- Contact program staff with any concerns

Health: Pre-Departure Health Prep

Plan ahead!

Make an appointment with your doctor or travel clinic!

All should have:

*****Malarial prophylaxis** (talk to your doctor and understand the different options)*******

-Doxycycline, Malarone, Mefloquin, etc.

Recommended Vaccinations ([Visit CDC](#)):

Typhoid

Cholera

Hepatitis A

Hepatitis B

Rabies

Yellow Fever

Life on Site: Mental Health



- Talk to your therapist/counselor about mental health while abroad and make a plan before you go.
- Even if you may be excited about new opportunities, stress or anxiety may increase abroad.
- Keep Healthy:
 - Keep up your routine (when possible)
 - Your family may have totally different expectations and remedies for when you're sick, be prepared for different cultural norms
 - English speaking doctors may not be available, plan in advance!
 - Use Professor Becker and other BU resources
 - HTH (or equivalent policy) covers mental health care



About two weeks before the program start date, all students will be automatically enrolled in International Insurance coverage, and Emergency Travel Assistance services.

- **Valid for the duration of the program, and extendable at the student's expense**
 - Exact policy information will be emailed two week prior to departure, once you're enrolled.
 - Excellent web resources for medication translations, etc.
 - Detailed questions can be directed to the insurance company, after you're enrolled.
- **All students are required to maintain their US-based health insurance coverage while abroad!**

Safety Plans

Program Emergency Plan

- Will be explained during on-site orientation

Personal Emergency Plan

- Always have emergency contact numbers with you, both in your phone and separately
- Enroll in the [State Department STEP Program](#) to get travel alerts and warnings
- Talk with your family about communication expectations so they know you are okay

Take Responsibility for your OWN Risk Management!

- Talk to your family and friends about the location-buildings, housing, staff, insurance, resources!
- Practice situational Awareness: Be aware of your surroundings; be vigilant of others.
- Do not drive (road and pedestrian accidents are #1 cause of injury/death abroad)
- Do not participate in demonstrations or protests
- Drink responsibly – Not the staff's responsibility to manage your consumption! The majority of problems student's face are related to alcohol.
- Travel with others and look out for each other.
- Pay attention to the news (before and during the program)
- Practice safe sex, report any sexual assault to staff abroad



Our Expectations of you:

We expect that you will:

- Share responsibility for your safety and that of others in the program
- You will be reachable by local phone at all times. Keep it charged and topped-up with minutes/data.
- You will reach out to program staff and your family if you experience, witness or become aware of a serious incident of any kind
- You will report issues of any sort in a timely manner to the on-site staff (or directly to Boston if necessary) so that we can help you.



Personal Safety



Keep your belongings safe

- Do not bring valuables or sentimental items abroad
- Avoid carrying large amounts of cash
- Monitor your wallet/purse closely. Keep money hidden.
- Limit smartphone usage in public
- Carry only necessities out at night – make sure you have emergency numbers with you

Communication / Technology

Internet Access and Communication:

- Bring your laptop to stay in touch and do homework;
- Bring an adaptor (NOT voltage converter)
- Electricity on Zanzibar is the standard 220 - 240 V AC, 50 Hz, both plugs (see right) may be used in Zanzibar
- Electricity in the home may be limited (brown outs, etc.)
- Wifi is available at SUZA and in some public spaces in Zanzibar (Forodani Gardens, café's, etc.)
- Skype, Facetime, WhatsApp, Viber, etc. - should use on WiFi only

Mobile Phones:

- You should have a local number for emergencies and ease of use
- Local Pay-as-you-go plans are the easiest and most economical. You can either get a whole new cheap phone, or just a new simcard.
- Keep your current smartphone on “airplane mode” and use apps on Wi-Fi when it's available.
- US-based international mobile phone plans are more expensive and often don't work. Skip them.
- Data and wi-fi will be limited
- You may be able to purchase a SIM card for your existing phone – not guaranteed!
- Roaming is VERY expensive

Type G Electrical Receptacle

Information on the Type G British 3-pin Electrical Adapter Plug and Electrical Outlet

The Type G electrical plug is a British three-pin rectangular blade plug that has a protective fuse inside to protect cords from high-current circuits. Type G outlets generally include safety switches.



Type D Electrical Receptacle

Information on the Type D Old British plug Electrical Adapter Plug and Electrical Outlet

The Type D electrical plug is also known as the Old British Plug. It has three large round pins in a triangular configuration, and may be found in countries that were originally electrified by the British.



Make a realistic communication plan with your family and friends

The best plan will strike a balance between sharing your experiences with those at home regularly, while primarily engaging with your new local culture.

When you're homesick, try not to call home or use social media more often, it can make homesickness worse!



World's Most Embarrassing Mom Makes Peruvian Government Hunt Down Her Son When He Stops Posting on Facebook



Caity Weaver

Filed to: EMBARRASSING PARENTS 3/01/13 1:23pm

207,995 🔥 2 ☆



Technology and Social Media



- Local Social Media: Follow local businesses, venues, organizations, etc. to get latest news about places of interest and keep up with different social trends.
- Apps of interest :
 - What's App, Skype, Viber
 - Health Apps (CDC, State Dept., etc.)
 - Xe.com currency converter/oanda currency converter
 - Swahili-English dictionary (also offline)
 - Pocket First Aid/CPR
- ZIFF – Zanzibar International Film Festival (on while you're there!)
- Blogs and websites (in English and Kiswahili): You have a place to track new websites, magazines, apps, etc. on the worksheet that's attached to the online module. Use it!
- http://www.africanlens.com/stories/photo_story/daily_life_in_zanzibar_-_tanzania
- <https://sarahupdate.wordpress.com/2012/01/26/daily-life-in-zanzibar/>
- <http://www.topix.com/tz/zanzibar>
- The Citizen: <http://www.thecitizen.co.tz/-/1765046/1765046/-/10rwqfs/-/index.html>

Budgeting & Finances

Boston University Study Abroad



- All meals will be taken with family (even during Ramadan)
- Restaurants may be closed during Ramadan
- Make sure that your family is boiling water or you bring a water purifier to avoid buying bottled water as much as possible
- Buy bottled water in bulk or larger gallons and put into your smaller water bottles
- Bring toiletries from home

STUDY ABROAD PROGRAM BUDGET — Summer 2017

NAME OF PROGRAM: Zanzibar: Swahili Language and Culture in East Africa

PROGRAM LOCATION: Zanzibar, Tanzania

PROGRAM LENGTH: 6 weeks, Summer, 8 credits

PROGRAM CHARGES — Billed by Boston University

Program Tuition	\$	6,320
Housing/Student Services Fee (Includes housing, board, partial local transportation, program related activities, overseas medical insurance, and emergency travel assistance coverage.)	\$	2,855
Total Program Charges	\$	9,175

ESTIMATED ADDITIONAL EXPENSES — Not included in program charges

Airfare (from Boston)	\$	1,600
Board/Food	\$	Included
Local Transportation	\$	75
Books	\$	150
Immunizations	\$	600
Visa/Immigration Requirements*	\$	300
Personal Spending	\$	650
Total Estimated Additional Expenses	\$	3,375

TOTAL ESTIMATED EXPENSES

\$ 12,550

Budgeting & Finances

Some Perspective:

- Tanzania uses the Tanzanian Schilling (TZ)
Divided into 100 “senti” (cents)
500, 1000, 2000, 5000 and 10,000 notes available
- \$1.00 USD = 2193.80 TZS (*very good!!*)
- You will use more cash than you are used to, so plan to carry cash and credit daily...but not too much
- All ATM/Debit/Credit cards must have chips.
- All your meals are included in the program fee, and are taken with your host families – savings!

Banking

1. Tell your bank that you'll be traveling, and do your homework on fees!! Ask:

- What your ATM fees will be. Only use 4 digit PIN
- What your credit/debit card fees will be
- If there are any partner banks

2. If your cards don't have chips, request new ones now.

Most European card readers are chip only, so having only a strip may be problematic – especially at kiosks, etc.

3. Don't walk around with large amounts of cash regularly. If you are going to get a large withdrawal, plan to go directly home, and lock it up.

4. Cash is king in Zanzibar and ATM's can also run out of cash, so be prepared!

5. Credit card machines also break, so be prepared!

6. Bring some starter cash: \$100 worth is enough to get you started without having to worry about changing money or finding an ATM on day 1.

Travel

All travelers must submit their itineraries to Lauren!

LOGISTICS

- Confirm your departure time and flight
- Arrive at the airport no later than two hours prior to your departure
- Wear heavier clothes on the flight to be able to have room in your suitcase

Travel

CARRY ON

- Passport with visa and supporting documents (*Certificado de Visacion*)
- Liquids 3oz or less in plastic bags (check www.tsa.gov for up to date requirements)
- Essentials to last you a few days in your carry-on in case your luggage gets lost (toothpaste, deodorant, underwear, medicine, socks)

HEALTH WHILE TRAVELING

- Drink lots of water and stay hydrated
- Be sure to time your medications while traveling
- Get lots of sleep after you arrive: jetlag can take up to a week to go away!

Packing List



- **Luggage:**
 - ☑ Use bags that are light and sturdy – one large, one carry on, one shoulder bag or backpack
 - ☑ Pack only what you can carry *yourself*
 - ☑ Check airline restrictions on weight and number of bags you can take aboard. Overage fees may apply.
 - ☑ *Do not* plan on shipping items abroad

- **All students should bring:**
 - ☑ Passport with visa
 - ☑ Full roundtrip flight itinerary
 - ☑ Medication you will need for the duration of your program (if applicable; please check country specific laws)
 - ☑ Site contact details and directions to your program site

Packing List



Program Specific Items:

- Extra glasses /contacts/ solution
- **Medicine:** Imodium, ibuprofen, Benadryl, anti-malarial; Sunscreen; mosquito repellent; Birth control; feminine hygiene products; condoms
- **Laptop with plug adapter**
- **Clothes to mix and match** layers
- Light jacket/sweater
- Long skirts or pants (females)
- Scarf (females)
- Bathing suit
- Battery-operated alarm clock
- Gift for your homestay family
- Towels (for travel)/linens
- Outlet adapters
- External hard drive or USB drive for backing up academic work
- Gift for host family
- Swahili dictionary (Perrott)
- Travel guide

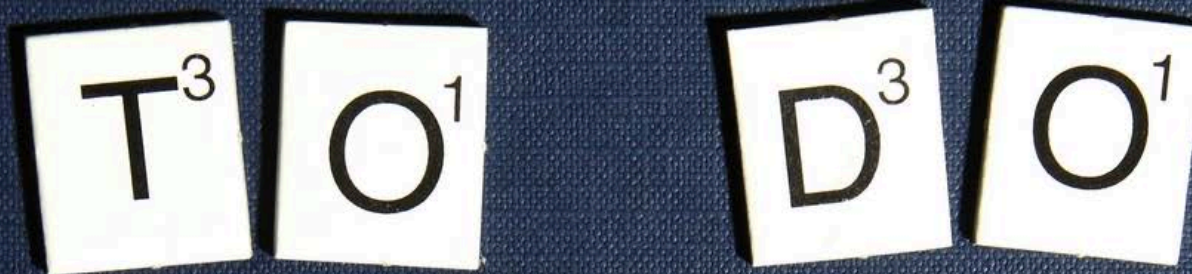
What NOT to bring:

- ✗ Conspicuous clothing or electronics
- ✗ Sentimental items you couldn't do without
- ✗ Personal appliances (hairdryers, straighteners, shavers)
- ✗ Expensive, delicate or fancy clothes that need to be delicately washed or dry-cleaned

Future Communication

Some communication you can expect to receive over the next few months:

- Visa reminders
- Information on Syllabus and books
- Arrival information
- Getting Ready to Go e-mail (important reminders sent a few weeks before departure)
- International Health Insurance e-mail
- Billing information
- Housing information



- Complete general Pre-departure documents to get registered for your program
- Fill out housing questionnaire
- Assemble and mail in visa application
- Review resource appendices from this presentation, and handbook (also will be posted on Hub Pages)
- Watch the online roadmap
- Enroll in STEP program
- Send your flight itinerary if not traveling with the group
- Check in with (as necessary):
 - Student Accounting
 - Financial Assistance
 - Advisor



Maswali??

kuwa na safari njema!!!



wallpaperzz.com

Resources: Personal Safety - Preparation

- BU provides a variety of educational programs designed to promote awareness and prevention of sexual assault and domestic violence.
- [Rape Aggression Defense \(RAD\) training](#)
- The Boston University Police Department offers RAD training several times during the year, and can schedule additional sessions on request.
- [Sexual Assault Response & Prevention Center](#)
- In cooperation with BU's [Student Health Services](#), SARP provides a variety of services, including:
 - Step Up. Step In. (bystander training)
 - health services
 - mental health counseling
 - violence prevention workshops during the academic year and upon request
- [Be Safe@BU](#)
- The Dean of Students provides programming at student orientation and beyond to educate the BU community on a variety of safety measures, including assault prevention.
- [Wellness & Prevention Services:](#)
<http://www.bu.edu/shs/wellness/>
- Non-BU students, please also research your university's services



Resources: Personal Safety

“I didn’t know what to call what happened to me, I just knew it felt bad.”

You don't have to go through this alone.



Contact

PHONE: 617-353-SARP (7277)

EMAIL: sarp@bu.edu

VISIT: 930 Comm. Ave.
Boston, MA 02215

Follow @sarp_bu

Like 642

Dean of Students Office

617-353-4126

dos@bu.edu

Visit www.bu.edu/safety
for more information.

- Boston University is committed to fostering a safe learning environment for all members of the University community and preventing sexual misconduct.
- **All forms of sexual misconduct, including rape, acquaintance rape, sexual assault, domestic and dating violence, stalking, and sexual harassment are violations of Boston University’s policies, whether they happen on campus or off campus.**
- Reporting: On-site staff should be first resource. If unavailable or uncomfortable reporting, contact Title IX Deputy Coordinator (Assoc. Director, Enrollment Services at BU Study Abroad), Debbie Miller at millerda@bu.edu
- BU staff/site staff are obligated to report any incident of sexual misconduct
- On-site staff will go over this in orientation

Resources

LGBTQ Resources

- [US State Department Advice for LGBT Travelers](#)
- [Diversity and Inclusion Abroad: Sexual Orientation Abroad](#)

Disability resources

- [Diversity and Inclusion Abroad: Student with Disabilities Abroad](#)
- [Abroad with Disabilities Facebook Community](#)

Women's issues by site

- [US State Department Advice for Women Travelers](#)
- [Diversity and Inclusion Abroad: Women Abroad](#)
- BU: <http://www.bu.edu/shs/resources/>

Many additional resources can be found online