Parks and People: Conservation of Nature and Community
Department of Landscape Architecture, Department of Recreation, Park, and Tourism Management, and Hamer Center for Community Design
STUDY ABROAD AT UDZUNGWA MOUNTAINS NATIONAL PARK, TANZANIA. MAY-JUNE 2019

Frequently Asked Questions-II, Tanzania Study Abroad 2019

This is mostly new information; for old information, refer to FAQ-I

Academics

• What are the classes I will be taking?
  You will need to register for LARCH or RPTM 499.4 (3 credits), 499.5 (5 credits), and 499.6 (1 credit)

• Class scheduling in Tanzania?
  We will be front-loading the seminar readings, so students can develop an understanding of what they see early in their travels. The first week or so at the Udzungwa Ecological Monitoring Centre in Mang’ula B (http://www.udzungwacentre.org/), we will focus on seminar and colloquium meetings. The next weeks will include some reading but mostly applied work—fieldwork to collect data, and classroom work to begin major projects. We aim to have solid studio/applied projects completed by the end of this intense summer semester, along with systematically organized data for future work, and depending on how things are going may need to work several long days to ensure that we are on schedule.

• What will the other weekends be like? Will we have time to explore on our own/as a group?
  You will have at least part of one or two weekends unscheduled. On one of those, you might want to hike, with a guide, to Sanje Falls or other locations in Udzungwa Mountains National Park. We may be invited to participate in World Environment Day if a celebration occurs nearby (the weekend closest to June 5), but that need not involve the entire group. You are welcome to explore the local village of Mang’ula B. But, exploring alone is not permitted and will lead to immediate termination from the program.

Living arrangements—additional information

• How will I do my laundry?
  Laundry is available in the hotels we stay in, at your own cost. At the Monitoring Centre, laundry will be done every three days or so and will be covered by program costs. It will be washed by hand and hung out in the sun to dry. Do not expect fabric softener or similar treatments; bring fast-drying, durable clothes.

• What about the security of my stuff and me?
  All places we stay have nighttime guards—askaris—whose job is to protect you, your belongings, and the facilities. This is standard practice in Tanzania. In your room at the Monitoring Centre you will have a lockable cabinet. This is not super-secure, but will suffice for leaving small amounts of spare cash, camera memory cards, your laptop, pictures of your dog/family/best friend, etc.
Travel

• **Are we traveling to the location as a group?**
  We strongly prefer to travel to Tanzania as a group. Our route will almost certainly be Washington, DC - Dubai-Dar es Salaam on Emirates airline (good route, great airline, with good layover). We will be moving on booking those soon. Let the instructors know if you have other plans.

• **What do we do about visas?**
  You will need a passport valid through December 2019. If you do not have one, start the process now. Once tickets are purchased, we will mail passports to the Tanzania Embassy in Washington for visas. That will occur after Spring Break, and you must bring your passport back then, with two passport-size photos.

• **Are planned field trips included in the tuition budget?**
  All the program field trips are included in the program fee that you pay in the spring. We will also give you a meal allowance for when we are traveling. In general, you will need to access cash via ATMs, so make sure you have an ATM card.

Health and Safety

• **Do we have to schedule shots ourselves?**
  Yes. Check out CDC advice at [http://wwwnc.cdc.gov/travel/destinations/traveler/none/tanzania](http://wwwnc.cdc.gov/travel/destinations/traveler/none/tanzania), then seek a travel medicine consultation with your own doctor or Penn State University Health Services Travel Clinic ([https://studentaffairs.psu.edu/health-wellness/medical-services/services/medical-services/travel-services](https://studentaffairs.psu.edu/health-wellness/medical-services/services/medical-services/travel-services)). For University Health Services there is a Patient Registration Form to fill in and return and then call 814-863-0774 for a consultation. **Do this very, very soon as they need long lead times.**

• **What does taking malaria medicine entail? Is it likely to be covered by insurance plans?**
  Malaria medicine is in pill form, and is taken either weekly or daily, depending on the type. There are several types—see the CDC website. Malarone or doxycycline are daily tablets and commonly recommended for the types of malaria found in Tanzania. Payment for the tablets depends on your insurance, though other students have had good luck with insurance coverage. **Malaria medicine is NOT optional. We will check to make sure that everyone is keeping up with their malaria medicine.**

• **How safe is Tanzania?**
  There can be serious crime in Tanzania, but in general it is safe, especially in rural areas and if you take the usual precautions—do not carry much cash in cities, never walk around alone, lock up your valuables, be more careful at night. Become aware of Tanzania laws and customs to avoid surprises. See [https://travel.state.gov/content/travel/en/international-travel/International-Travel-Country-Information-Pages/Tanzania.html](https://travel.state.gov/content/travel/en/international-travel/International-Travel-Country-Information-Pages/Tanzania.html) for more information.

What will be the likely things that we should purchase in order to be prepared for the trip?

• **Backpack and hiking gear?**
  Daypack, to haul a computer (Penn State loaner laptop) and materials to and from Mang’ula B. Larger backpack if you want to hike or camp in the park. We will provide more information at our next meetings on other things you should pack—flashlight/headlamp, sunscreen, walking and hiking shoes, etc. (also, see Packing List).
• **Types of clothing/attire (what is best for the climate and culturally acceptable [esp. for women])?**
  We will arrive at the end of the long rainy season, and it may be a bit wet in May. Plan for monsoon-style rain—heavy but short bursts. Temperatures will probably range between about 70 and 85°F, with hot sun and high humidity, especially in Dar es Salaam. Short-sleeve t-shirts and longer shorts will probably be what you wear most of the time, with sandals for the hostel, long pants and cross-trainers for walking in the villages, and sturdier, ankle-covering, hiking shoes or boots for the park. You must wear hats and sunblock, as the sun is quite intense close to the equator. **You must be aware of what is culturally acceptable and behave accordingly.** Females, especially, **must** dress more modestly than usual, particularly in rural areas and on the Muslim Coast—**NO short shorts, spaghetti-strap tops, tight leggings or yoga pants**, etc. Long skirts are fine but we recommend loose-fitting long pants for working. More on this next meeting.

• **Books?**
  Consider obtaining a travel guide for Tanzania—the Lonely Planet guide is a good one, as is the Rough Guide. Google “guide Tanzania” on Amazon and you will find these plus many others.

• **Are we limited to what we can bring?**
  Normal limits for travel: no illegal drugs, firearms, flammable liquids, etc. There will be a weight limit on the flights, and we require that you travel light to save space in buses and other vehicles.

• **How will we get phone and Internet access?**
  We will provide local phones to share among students; you will buy your own minutes. Internet at the Udzungwa Monitoring Centre will be via cell modems—moderate speed but not always reliable. You will be able to communicate by e-mail and telephone but will have the occasional interruption in service and other related problems. Recently, students have used their own phones to communicate via Internet applications, using email, Skype, WhatsApp, etc. We will not always have adequate Internet access to support Skype or WhatsApp, but it often will work and we do not usually have problems maintaining reasonable contact with the US and elsewhere. Towns, and particularly Dar es Salaam, will have better Internet connections—but we will not be in towns very often.

• **Will my electronics work in Tanzania?**
  **Electric current is 220-250V AC, 50 Hz,** higher than the 110V American norm. Most computers, US cell phones, and cameras have transformers built into their chargers. However, hair driers, soft contact lens cookers, etc., may not have such capabilities and will be ruined. Before you bring those items, check the fine print on the power brick, and if it does not say 220-250V AC, 50 Hz, purchase a power converter that changes the electricity to 110V, 60Hz that we use in this country. Note that the plug style is different as well—mostly British style three-pronged. Both converters and plugs can be bought on-line and on Amazon, etc. We will show you examples.
Itinerary, May-June 2019

(in-Tanzania dates may vary slightly; departure and return are firm)

Monday 13 May: Depart Dulles, Monday morning. Arrive Dar es Salaam Tuesday afternoon, 14 May
14-16 May: Accommodation at Passionist Fathers House (hostel—search Internet for description of all destinations)
15-16 May: Orientation, University of Dar es Salaam—history, biodiversity, human-wildlife conflict, etc.
Afternoons—logistics generally enable students to acclimatize to jet-lag, new surroundings
17 May: Travel to Hilux Hotel, Morogoro, in morning; relax and get a sense of the town
18 May: Lecture, Sokoine University of Agriculture; trip to SEGA Girls School, near Morogoro
19 May: Visit water development project near Morogoro, morning
20 May: Depart early for Udzungwa Mountains National Park, passing through Mikumi National Park; afternoon—settle-in at Udzungwa Ecological Monitoring Centre hostel
21-24 May: Orientation to Udzungwa Mountains (short hikes); Mang’ula B (walking tours); Udzungwa region beginning fieldwork; Afternoons/Evenings—seminar reading and discussions
25 May-26 May: Hike to Sanje Falls (optional for students)
27 May–4 June: Village observation/data collection in mornings; afternoon studio work; evening seminars
5-7 June: Safari in Mikumi National Park
8-9 June: Free
10-14 June: Udzungwa Ecological Monitoring Centre; prepare final presentations, etc.
15 June: Deliver final presentations; final celebration/barbecue, Udzungwa Ecological Monitoring Centre
16 June: Depart for Dar es Salaam and Passionist Fathers House
17-19 June: Depart for Kilwa and Kilwa Dreams Beach Resort (three nights)
20 June: Return to Dar es Salaam and Passionist Fathers House; souvenir shopping
Friday, 21 June: Drive to airport and depart Friday afternoon. Arrive Dulles Saturday morning, 22 June

Any follow-up questions that the above questions-answers do not cover?
Erica Nikolaisen at the University Office of Global Programs (eln9@psu.edu);
Larry Gorenflo, ljg11@psu.edu, 814-359-8344 (cell); Carter Hunt, cah59@psu.edu; 979-492-7643