

# 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 18-JUNE 27, 2020



## *Frequently Asked Questions, Tanzania Study Abroad*

### Academics

- **What classes will I take in Tanzania? Can I use them for General Education credit?**  
Students take a 3-credit seminar, a 1-credit colloquium, and a 5-credit applied course (designed to match individual student skills and interests). These count towards PSU cumulative GPA and may satisfy GN or GS requirements.
- **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 readings but mostly will involve 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.
- **When do classes meet? Estimated amount of work time per day?**  
Days are full. We eat breakfast at 7:30 AM and often head for the field, stopping for lunch (1:00 PM) but sometimes working afterward until 5:00 PM or later. Other days will be a mix of fieldwork and classroom time. We eat dinner at around 7:00 and usually have a time for discussion, reflection, seminar, etc. afterwards. This is the Monday through Friday schedule but there will also often be weekend days when we will need to work.
- **Are planned “field trips” included in the costs?**  
All the field trips are included in the program costs that you pay in the spring. We will also give you a meal *allowance* for when we are traveling.
- **Are there scheduled activities/trips for the weekends?**  
We will be in Morogoro for the first weekend with some free time for students to explore the town. There will be a safari to Mikumi National Park, a large park with many charismatic animals (giraffes, elephants, lions, cape buffalos, crocodiles, hippos, etc.), but scheduled during the week. You will have part of one or two weekends unscheduled; you might want to hike, with a guide, to Sanje Falls or other locations in Udzungwa Mountains National Park.  
***Exploring alone is not permitted and will lead to immediate termination of participation in the program.***

### Living arrangements

- **Where will we be staying?**  
In Dar es Salaam we will be at a hostel used by visiting student and professional groups, in rooms with two-four beds, mosquito nets and air-conditioning in the evenings. In Morogoro, we will be at a small but comfortable hotel. At the Udzungwa Ecological Monitoring Centre (<http://www.udzungwacentre.org/>), our home for four weeks, students will stay in six-person dormitory rooms, separate for males and females; faculty will be in a nearby cabin. In Kilwa we will stay in two-person bungalows on the beach (<http://www.kilwadreams.com/>).

Study Abroad at Udzungwa Mountains National Park, Tanzania: <http://stuckeman.psu.edu/larch/tanzania>

- **Type of food to be expected?**

There are plenty of great places to eat in the cities and towns ... and we take you to several. At the Monitoring Centre, we will have our own *very talented* cooks who prepare multi-course breakfasts, lunches, and dinners. Food throughout Tanzania will be a combination of familiar items—rice, chicken, tomatoes, carrots—and some Tanzanian offerings such as ugali (maize flour formed into a loaf, similar to polenta), goat, cassava and taro (the last two both root crops), sweet potato and amaranth leaves, and other new fruits and vegetables.

- **How will I do my laundry?**

Laundry is available in the hotels where we stay, at your own cost. At the Monitoring Centre, laundry will be done every three days or so and will be covered by the program. 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, and leave the silk at home.

- **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

- **Mode(s) of transportation?**

In and around Dar es Salaam, to the Monitoring Centre, back to Dar, and to Kilwa, we will be traveling in a small 20-passenger bus. In the field and on safari we will be in 4x4 Toyota Land Cruisers or similar.

- **Are we traveling to the location as a group?**

We strongly prefer to travel to Tanzania as a group, because arriving at the airport in Tanzania is quite different than arriving at airports in developed countries. Our route will almost certainly be Washington-Dubai-Dar es Salaam on Emirates airline (good route, great airline, with reasonable layover).

- **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 in, with two passport-size photos, so we can obtain everyone's visas.**

## Health and Safety

- **Are there health risks?**

There are health hazards in East Africa against which, with your doctor's advice, you must protect yourself. See the Centers for Disease Control (CDC) website for Tanzania to help you decide what is necessary in terms of vaccines: <http://wwwnc.cdc.gov/travel/destinations/tanzania.aspx>. **Anti-malaria medicine (pill form) is required on our program.** Malarone or doxycycline are daily tablets and commonly recommended; **medicines with lariam are NOT permitted.** Payment for the tablets depends on your insurance, though other students have had good luck with insurance coverage. We will check to ensure that everyone is taking malaria medicine. Even though there are hazards in Tanzania, you will not necessarily encounter them. Some can be avoided easily—e.g., mosquito nets at night to minimize malaria exposure, hats and sun block during the day, no swimming or wading in stagnant water.

- **Do we have to schedule shots ourselves?**

Yes. Check out CDC advice at <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>). 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.**

- **How close will we be to hospital facilities?**

There is a local clinic, about 10 minutes away, for minor problems. St. Francis Hospital, in Ifakara, is about 1 hour away. There is a good network of local private clinics where we can seek help in case of serious problems. You will be required to carry health insurance approved by the Office of Global Programs to cover any care and repatriation.

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- **How safe is Tanzania?**

There can be serious crime in Tanzania, but generally the country is safe, especially in rural areas and if you take reasonable precautions—do not carry much cash in cities, never walk around alone, lock up valuables if possible, be more careful at night. Become aware of Tanzania laws and customs to avoid surprises. See the US State Dept. website (<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?

- **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 long 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. **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.

- **Other gear? Non-prescription medicines? Snacks?** See Packing List

### Miscellaneous

- **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 current. 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.

- **Are there scholarships available?**

The program fee already has already reduced significantly and we are further subsidizing travel expenses. All of your expenses in Tanzania are covered except for personal travel, entertainment, phone calls and souvenirs—and even they are very reasonably priced. There are numerous scholarship opportunities to help with expenses; see the Office of Global Programs website: <https://global.psu.edu/category/travel-grants-scholarships>.

