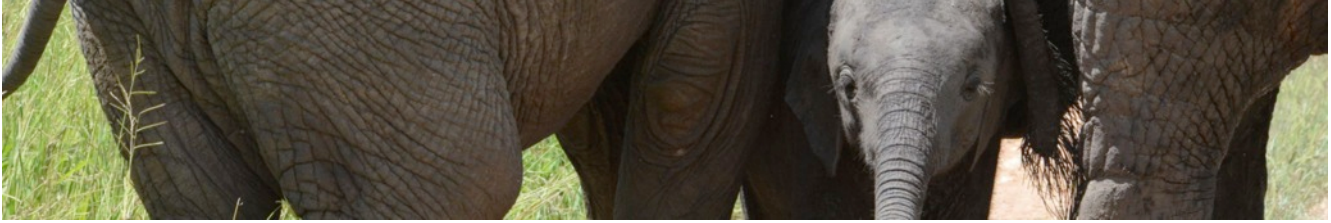


# Parks and People: Conservation of Nature and Community

Departments of Landscape Architecture and Recreation, Park, and Tourism Management, in collaboration with the Hamer Center for Community Design

**STUDY ABROAD AT UZUNGWU MOUNTAINS NATIONAL PARK, TANZANIA: 18 MAY-27 JUNE 2020**



## Reminders and Packing List

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This document contains reminders (hence the elephant!) on required and recommended documents and supplies, as well as tips on health, money, packing, and in general preparing for your trip.

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**Monday May 18: Depart Washington Dulles, Emirates, 10:55am. Meet at check-in desk 8:00am**

Note: **Baggage in excess of our description will be left behind at the check-in**

### Documents

#### **Required:**

1. **Passport:** While you are in transit to Tanzania you will need to present your passport (and your boarding passes) repeatedly, so be sure to carry it in an easily accessible spot; **must be valid through 12/20.**
2. **HTH Health Card:** Print and bring a hard copy.
3. **Second photo ID:** You should bring at least one additional photo ID. This must include your PSU ID card; you can also bring your driver's license or international student ID.
4. **Photocopies of Key Documents, Cards:** Make 2 photocopies of all important documents and cards; *leave one at home with a person who could be contacted for the information*, and take one with you to Tanzania, in a different bag than the originals. Here are the items you must photocopy:
  - a. Passport (including the page with the visa stamped and the pages with photos and data)
  - b. HTH Health insurance card
  - c. PSU ID
  - d. ATM card, credit card(s)
  - e. Airline itinerary
  - f. International student ID, if you have one
  - g. Prescriptions or any important medical information
  - h. Any other legal or other types of information documents you need to carry to Tanzania

## Money Tips

1. **ATM card.** Cash usually is the only means of paying for things in Tanzania, and ATM cards are the best way to obtain Tanzanian money (shillings). Credit cards are not commonly accepted in Tanzania. You will have access to ATMs since we will all be relying on them. **You must remember to call the company that issued the card before leaving the US to tell them you will be using the card in Tanzania.**
2. **Bring some cash with you:** US\$150-200 will probably be sufficient, in \$50 bills, just in case there are ATM problems and you need to change cash at a bank to tide you over. **Must be dated 2012 and later (with no tears)**—there is fear that older bills may be counterfeit. This should be the maximum you will need.
3. **Credit card:** Carry a Visa or Mastercard as a possible *back-up* means of getting cash at a bank (which likely will charge an international fee). **Inform your credit card companies before leaving the US, as above.**

## Health-related Considerations

Each of you should have sought advice from the Student Health Center, HTH Health Insurance, and the US Centers for Disease Control (CDC) website. In addition, we remind you of the following:

1. **Anti-Malaria medicine is REQUIRED in this program.** You must have a sufficient supply with you to travel and you must be careful to take it as prescribed. To reduce risk further, we recommend the use of insect repellants, long sleeved shirts, and long pants in the evenings ... basically, efforts to avoid mosquito bites.
2. **WATER IS NOT SAFE TO DRINK from the faucet, pumps in villages, or streams.** There will be bottled purified water for you everywhere that we travel. At all times, avoid drinking any water whose origin is unknown. Check that bottled water is unopened and not a refilled bottle. Remember that frozen desserts, ice cubes, etc., may not be made from purified water. You will benefit from being cautious.
3. **Raw fruit and vegetables**, including salad, should be avoided if they cannot be peeled or washed with a purified solution (e.g., iodine or some other chemical to kill bacteria). **Generally speaking, if a fruit or vegetable has not been cooked, washed in a purified solution, or peeled, you should not consume it.**
4. **Street food** (vendors with small carts on the street) can be wonderful, but it comes with some risk. We speak from experience; proceed with caution. If tempted, only eat things you have watched being cooked.
5. **Prescriptions:** If you require special prescriptions, take enough for your entire stay in Tanzania. Bring a written prescription from your doctor to present at customs if you are asked to identify the material (including syringes). You may not be allowed to bring medicine into Tanzania without proper identification of that medicine.
6. **Cold and flu, and miscellaneous medicines:** If you are prone to colds, allergies, indigestion, or other minor maladies, bring the brand of medicine you prefer in the US. The same goes with other over-the-counter medicines, contact lens solution, and so on.
7. **Over-the-counter anti-diarrheal medication.** CDC recommends loperamide (Imodium), or bismuth subsalicylate (Pepto-Bismol), for international travel. These tend to counter the body's own efforts to flush undesirable elements from the digestive system but can be useful if problems persist.
8. **Motion sickness medication.** Long hours on bumpy roads are part of the program. Bring your favorite medication if you are prone to motion sickness, or seek advice from a doctor or pharmacist.
9. **Eye Glasses:** If you wear prescriptions glasses, or contact lenses, bring an extra pair or a backup. If you wear contacts, be sure to bring glasses as well (especially for dusty travel).
10. **First aid needs:** If you are prone to headaches, cuts and bruises, bring along your favorite aspirin, Benadryl, antiseptic gel, anti-itch gel, cold medicine, Tums, etc. We'll also carry first aid supplies.
11. **HTH hospital.** When in Tanzania, we will reasonably close to an HTH hospital; from Mang'ula B, that will be Aga Khan Primary Medical Centre, Town Centre, Iringa, Tanzania +255 26 270 2277.

## Packing suggestions for Tanzania

Adapted from: <http://www.tanzania-adventure.com/packing-suggestions.htm>

**Bring no more than you need. YOU MUST TRAVEL LIGHT—one checked bag, less than 70 lbs., and a carry-on daypack, less than 15 lbs.** Although international carriers will allow you two checked bags, we will not have space for them once in Tanzania. All of our in-country travel will be in vehicles with limited space for luggage.

1. Past students have liked a **medium duffel bag** or **hiking backpack**. Do not bring a hard-sided suitcase. Make sure you can lock it with a **Transportation Security Administration-approved lock or zip-tie**. If you plan on much souvenir shopping (see below), either be prepared to leave unwanted clothing in Tanzania or pack another small bag in your main one. We will have laundry service so you do not need a lot of clothing.
2. **Daypack**. Your carry-on bag, also used during travel, must accommodate a laptop computer. Once in-country, this will contain your daily necessities to and from the villages and when hiking.
3. Consider bringing a **neck pouch or money belt** for your official documents and money. The best is a pouch that fits in front inside your shirt or pants. Wallets in hip pockets, handbags, and shoulder bags are targets for pickpockets. **Never, ever** leave documents, money, or valuables (camera, laptop, jewelry) in a hotel room, unless in a safe or you (or the faculty members) know the hotel well!
4. Be sure to follow all requirements regarding legal/illegal objects for your carry-on luggage. **Check the US Transportation Security Administration website** for the latest information ([www.tsa.gov](http://www.tsa.gov)).

## **MEN'S and WOMEN'S CLOTHING** (suggestions) \* = **Required**, other items optional

*The customs and culture (including dress) of East Africa, especially in coastal areas, are conservative. Revealing or very tight clothing should be avoided.*

*Bring light but durable clothes that can be washed by hand, that can withstand travel and wear and tear, and that you can wear over and over. Weather will be between 70 and 85° F, sometimes rainy and humid. Bring clothes that do not require ironing and do not need special treatment when laundered. Choose clothing that you would normally use for outdoor activity in such a climate.*

**Consider taking clothing that you plan to leave in Tanzania**

**2 pairs of long or convertible lightweight pants \***

**1-2 pairs of knee-length shorts—no short shorts \***

**1 long sleeve quick-dry shirt—for evening bug protection and for making presentations \***

**1 light fleece or hoodie \***

**1 rain poncho or waterproof jacket \***

**1 hat (VERY IMPORTANT FOR SUN PROTECTION) \***

**1 pair of boots for hiking and village work, ankle-covering, waterproof \***

**3 pairs of socks – consider at least one pair wool to keep feet dry, or warm, when wet \***

**3-5 pairs underwear you can wash yourself if necessary—fast drying like UnderArmor/Ex Officio \***

2-3 short sleeve quick-dry shirts

2-3 short-sleeve, shoulder-covering, tee shirts—no tank tops (1-2 more if you intend to work out/run)

1 pair gym shorts (may double as swimsuit for men)

1 pair sneakers/trainers/running shoes for the hostel and at camps, etc.

1 pair of flip-flops/sandals to use as shower shoes

1 pair of Teva, Chaco, or similar sandals

1 pair sunglasses

**Women:**

3 sports bras

A dress or **LONG** skirt for Dar es Salaam and the coast (nothing fancy; we suggest tunic style)

Yoga pants/leggings you might wear for sleeping (**NOT** appropriate for village or city wear)

Plenty of hair ties and bobby pins

Modest swimsuit/bikini

If you must, hair dryer and/or straightener—women have shared these but electricity is not always available

**TOILETRY SUGGESTIONS \* = Required**, other items optional

**Pump-type insect repellent with minimum 30% DEET, or non-DEET repellent (read reviews—*must* be effective)**

**Sun screen and sun-block lip balm, 30-50 SPF \***

**1 towel \***

**Feminine hygiene supplies, enough for trip \***

**Contact lens solution**

**Anti-bacterial camp soap and small hand sanitizer (e.g., Purell)**

Toothbrush, toothpaste, floss, moisturizer/lotion, razor, shaving cream, nail polish, makeup, etc.

Enough shampoo and conditioner for trip; separate shampoo and conditioner doubles cold showering time

Nail clippers and file, comb, hairbrush

Pepto Bismol, Imodium, Dramamine, aspirin, Tylenol, ibuprofen

Bag for shower supplies

Travel wet-ones: Big ones, not hand-size; choose those with highest alcohol content

**SCHOOL SUPPLY SUGGESTIONS \* = Required**, other items optional

**Basic Drawing Equipment:** All Landscape Architecture and Architecture students will need pencils and pens for sketching, plus markers of your preference.

**USB flash drive – 32-64 Gb**

**8½ x 11" bound sketchbook and 8½ x 11" notebook.**

**Journal \*:** All students will be keeping a journal; we recommend a bound notebook or similar.

## ACCESSORY SUGGESTIONS \* = Required, other items optional

Flashlight, head lamp \*

Lightweight fleece sleeping bag \*

Sleeping pad (for camping)

Zip-Lock type bags in different sizes to keep dust and moisture out of stuff and keep your wet swimsuit in

Large trash bags, 1-2, to wrap luggage in (your bags may travel on racks on top of the vehicle)

Water bottle, with carabineer clip, or Camel Back

Energy bars, peanut butter, Nutella, chocolate, candy (stuff that will not melt or get too sticky)

Gatorade/Crystal Light packets (to mix with water)

Camera, binoculars

Headphones or ear buds

Lanyard or similar (to keep your locker key on)

Swiss Army knife/Leatherman (**MUST NOT be packed in your carry-on bag**)

Duct tape – only one person in the group

Leisure reading, playing cards and other types of non-digital games

Downloaded movies/TV shows to watch as well as a good amount of music—all legal, of course!

## ELECTRICAL CONVERSION:

Tanzania operates on **220-250V, 50 Hz**. You will need an adapter for your plugs—Tanzania mainly uses the British three-pronged plugs. **You may also need a converter if any of your gear is 110V, 60Hz only**—read the label, and do not wait until it ignites. Most digital cameras, cell phones, etc. do not need a converter, but **make sure by reading the label on the power pack**.

## THINGS TO BUY—SOUVENIRS

Tinga tinga paintings and Makonde carvings.

See <http://en.wikipedia.org/wiki/Tingatinga>,

[https://www.google.com/search?q=tinga+tinga+art&tbm=isch&tbo=u&source=univ&sa=X&ved=0ahUKEwjVvI303\\_3VAhWJRSYKHY9jAk4QsAQIJQ&biw=1826&bih=929](https://www.google.com/search?q=tinga+tinga+art&tbm=isch&tbo=u&source=univ&sa=X&ved=0ahUKEwjVvI303_3VAhWJRSYKHY9jAk4QsAQIJQ&biw=1826&bih=929), [http://en.wikipedia.org/wiki/Makonde\\_people](http://en.wikipedia.org/wiki/Makonde_people).

## RECOMMENDED TRAVEL READINGS/MAPS

1. <http://wikitravel.org/en/Tanzania> and [http://wikitravel.org/en/Dar es Salaam](http://wikitravel.org/en/Dar_es_Salaam)
2. **Lonely Planet, Tanzania** Now in 7<sup>th</sup> edition, June 2018: This is a particularly good travel guide, but others would do as well. (e.g. **The Rough Guide to Tanzania**)
3. **Tanzania Travel Pack**, 5<sup>th</sup> edition, by Graham Mercer and Javed Jafferji (long-time residents of Tanzania)
4. **Tanzania, Portrait of a Nation**, by Paul Joynson-Hicks: Coffee table-style book (i.e., large format), but well illustrated and a good overall introduction to the country
5. **The Tree Where Man was Born**, by Peter Matthiessen: Life on the African plain
6. **Swahili (Lonely Planet Phrasebook)**, by Martin Benjamin

## Do Not

1. **Do not over-pack.**
2. Do not ignore the instructors regarding your health, safety, or behavior; **we have made most of the mistakes we are hoping you will avoid**
3. Do not attempt to bring any illegal substances of any sort
4. Do not engage in any activity that you believe may be illegal or culturally unacceptable
5. Do not, ever, venture off anywhere on your own ... always travel with at least one other student, a faculty member, or one of our Tanzanian partners
6. Do always be respectful of our Tanzanian hosts
7. Do not forget that **you are representatives of the United States and your university**; we will enforce the conduct statement all students sign before embarking on study abroad

## Do

1. Do have a wonderful, life-changing experience
2. Do come with an open mind about the new cultures you will be experiencing
3. Do travel light and be flexible when things do not go quite as planned
4. Do try new foods, drinks, activities, and music
5. Do make new friends
6. Do try to learn some Kiswahili: Languages are essential to understanding any new culture, and speaking a bit of the local language will greatly improve the experience of being in Tanzania (and people generally will react very positively to it)
7. Do remember that the work you will be doing could have a real impact on the lives of people living near Udzungwa Mountains National Park, possibly increasing human wellbeing and possibly helping to conserve the remarkable plants and animals in the park

