



BOSTON COLLEGE
OFFICE OF INTERNATIONAL PROGRAMS

Center for East African Studies
Arcadia University
Academic Year 2012-2013
Program Guide

Center for East African Studies
<http://www.arcadia.edu/abroad/default.aspx?id=15730>

Preparing for Study Abroad

- To maximize the study abroad experience, students should prepare themselves by learning about their host country, its history, and culture. Students might want to begin with: www.economist.com/topics or <http://www.britannica.com/> for a summary.
- Know what is happening in the news in the host city by reading the local newspaper at: <http://www.allyoucanread.com/tanzania-newspapers/>
- Engaging with and adapting to a different culture is an inherent component of study abroad. Students may find the following websites useful to learn about intercultural communication before they leave home: <http://www.pacific.edu/sis/culture/> and <http://www.peacecorps.gov/wvs/educators/enrichment/culturematters/index.html>
- Customs and traditions in the host country are different from those at home. To learn a little about the local customs and traditions, students may want to visit the following website: www.hthstudents.com
- Students and their parents should refer to the Office of International Programs website (www.bc.edu/international) and specifically to the *Study Abroad Handbook* for more information regarding the abroad experience.
- Prior to departure, students will meet with their International Study Advisor at an orientation to help them further prepare for their study abroad experience. In addition, to the orientation meeting at BC, students are required to participate in the pre-departure orientation program offered to all program participants by Arcadia University, including an online discussion module and assigned readings.

On-Site Contact Information

- Roland Adjovi
Academic Director, Tanzania Programs
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Travel Information

For information on visas and traveling to and from Tanzania, please visit this website:

Visa: <http://www.arcadia.edu/abroad/default.aspx?id=23468>

Travel: <http://www.arcadia.edu/abroad/default.aspx?id=27246>

Academics

Program dates and Academic calendar	
Fall 2012	Spring 2013
August 21: Depart from U.S.	January 29: Depart from U.S.
August 22: Arrive in Arusha	January 30: Arrive in Arusha
August 22-26: Orientation	January 30 – February 3: Orientation
August 27: Semester Start	February 4: Semester Start
October 15-21: Semester Break	
December 15: Semester End	May 24: Semester End
December 16: Program Concludes/Return Flight to U.S.	May 25: Program Concludes/Return Flight to U.S.

- Check in at <http://www.arcadia.edu/abroad/default.aspx?id=18588> or <http://www.arcadia.edu/abroad/bctanzania/> for updated dates and information.
- For course selection information, please refer to: <http://www.arcadia.edu/abroad/default.aspx?id=15784>
- Course approval information will be found at: <http://www.bc.edu/offices/international/academics/courseapproval.html>
- Information about transcripts and grades is available at: <http://www.bc.edu/offices/international/academics/transcripts.html>
- If you have a learning disability you should discuss with your ISA whether your host university is able to make appropriate accommodations; if so, bring documentation from your doctor or the BC Disabilities Office to support any request for accommodations at your host university

Housing and Living

- As a participant on an Arcadia University program, you are guaranteed housing in the Arcadia Undergraduate Student House. The house contains several bedrooms, bathrooms, and a common living room, study, and equipped kitchen. The house is located in a residential neighborhood, a 10-minute walk from the Nyerere Centre. An additional classroom space, the post office, and some shops and restaurants are all within a 10-15 minute walk.
- Students are welcome to submit one roommate request; however, requests must be mutual, and in writing. While we will work to honor your housing preferences and roommate requests, specific assignments cannot be guaranteed.
- In order to consider your preferences, Arcadia must receive your Housing Preferences by the housing deadlines listed on this page: <http://www.arcadia.edu/abroad/default.aspx?id=14634#ProgramSpecific>
- Each student will be equipped with sheets, towels, and a mosquito net for their bed.
- There is a washing machine in the house for students to do their laundry. Drycleaners are scarce so try to stick to items that are machine or hand washable.

- Information about the cost of housing may be found at:
<http://www.bc.edu/content/dam/files/offices/international/pdf/2012-2013%20estimated%20student%20budget%20w%20housing%20Aug%202012.pdf>
- **Sponsored Activities:** Events and excursions are designed to enhance your understanding of Tanzanian culture will take place throughout the semester. The staff will discuss these in detail—including dates and how to reserve your place—during orientation. All Arcadia excursions attach great importance to the notions of safety, experiential learning and cultural understanding.
- **Meals:** Dinner will be prepared for students nightly but students are responsible for purchasing food for and preparing other meals (breakfast, lunch, snacks). The kitchen is equipped for cooking and there is space to store your food.

Wellness, Health and Safety

- Make sure that you have had any required or recommended vaccinations for your travel destinations by consulting the Centers for Disease Control website at www.cdc.gov.
- HTH Worldwide Insurance Services is an emergency health and emergency services provider. All registered BC students are covered by our blanket policy while living and traveling outside of the United States. For more information, visit the following website: <http://www.bc.edu/offices/international/travel-health-safety.html>
- You are encouraged to consult HTH online services for health and safety information about all world destinations, travel illnesses, and as a resource for international medical providers
- Students are advised to visit the U.S. State Department website: <http://www.state.gov/> for important travel information including travel advisories.
- Adjusting to a new culture and environment can be stressful. Students will have a smoother transition by making sure that they prepare to remain healthy. Following are some websites that provide important information and advice about how to have a healthy and safe experience abroad:
http://kidshealth.org/teen/your_mind/emotions/culture_shock.html
<http://www.kwintessential.co.uk/cultural-services/articles/cultureshock-stages.html>
<http://matadornetwork.com/bnt/the-4-stages-of-culture-shock-and-how-to-beat-them/>
- Be aware that the manner in which medical help is obtained, the way patients are treated, the conditions of medical facilities, and how health care is afforded may be quite different from U.S. practices. U.S. health care values, assumptions, and methods are not universally practiced; even notions regarding the onset of an illness or the timing of expert attention may be considered culturally based.
- Refer to your Study Abroad Handbook for further information about health and safety issues including women, LGBT, disabled people and others
- In the event of a large-scale emergency, such as a natural disaster, you should first text your onsite coordinator; follow the emergency procedures discussed in the onsite orientation; and call or text your parents to let them know where you are and that you are safe
- The emergency phone number in Tanzania is 112
- Be sure to visit the OIP website for additional information about Health and Safety: <http://www.bc.edu/offices/international/travel-health-safety.html>
BC emergency contact information:
OIP (617) 552-3827 (Monday to Friday 9 a.m. – 5 p.m.)
BCPD (617) 552-4444 (outside of normal business hours)

- Alcohol and Drugs
In many cultures, alcohol consumption is an acceptable part of the culture and people are taught to drink in moderation at home. Many countries have a lower drinking age than the U.S. while other countries have drinking and drug abuse laws that may be more severe. Students are subject to the laws of their host country, so if students choose to drink alcohol abroad, always drink responsibly and be knowledgeable about their host country's laws by visiting:
http://travel.state.gov/travel/tips/tips_1232.html#drug_offenses

Finances

- The OIP website provides information about estimated expenses for study abroad:
<http://www.bc.edu/content/dam/files/offices/international/pdf/2012-2013%20estimated%20student%20budget%20w%20housing%20Aug%202012.pdf>
- Scholarships and Financial Aid information can be found at:
http://www.bc.edu/offices/international/Scholarship_Opportunities.html

Returning to BC

- Complete a Program Evaluation. Upon completion of their program, OIP will e-mail the link to the evaluation.
- Mentor an exchange student from the host university by contacting oipexchange@bc.edu
- Volunteer for Discovery Night, Pre-departure Orientation, Re-entry seminar by contacting the International Study Advisor, Christina Dimitrova at dimitroc@bc.edu
It is not uncommon when students return from studying abroad to experience “reverse” culture shock. The following may help students transition back to home:
<http://www.cie.uci.edu/prepare/shock.shtml>

References

- Useful websites:
<http://www.roughguides.com/> travel guidebook
- Student and parent guides at <http://www.studyabroad.com/guides/index.html>