

UNIVERSITY OF WISCONSIN EAU CLAIRE

# Study Abroad

## Faculty-Led Immersion



**EXPLORING COMMUNITY-LED  
DEVELOPMENT IN SENEGAL**  
WINTERIM 2018

*Program Guide*

# TABLE OF CONTENTS

General Information .....	2	Emergency Contacts .....	8
The Program Goals .....	2	Required Documents .....	8
The Location and Activities.....	2	Passport .....	8
Tentative Program Calendar.....	2	Visa .....	8
Academics.....	3	Packing Tips .....	9
Program Prerequisites.....	3	Weather.....	9
Pre-departure Orientation & Academic Planning	3	Items to Bring .....	9
Credits and Grades .....	3	Appliances.....	9
Program Participation .....	3	Getting to Senegal .....	9
Money Matters.....	3	Travel Arrangements .....	9
Undergraduate Costs Paid to UWEC .....	3	Settling In.....	10
Additional Costs.....	4	Housing .....	10
FLIIE Funding.....	4	Telephone Information.....	10
Program Fee: What does it cover? .....	4	Computer/E-mail Access.....	10
Souvenirs & Independent Travel .....	4	Contact Names & Addresses .....	11
Program Refunds from UW-Eau Claire.....	4		
Currency Exchange .....	4		
Credit Cards .....	5		
ATMs: Credit/Debit Card Use .....	5		
Health & Safety.....	5		
Immunizations .....	5		
Yellow Fever .....	5		
Malaria.....	5		
Zika Virus .....	6		
Common Health Problems .....	6		
Water.....	7		
Other Keys to Staying Healthy.....	7		
Medical Facilities .....	7		
Alcohol & Drugs .....	8		
Sexual Harassment & Assault .....	8		
More Info on Health & Safety in Senegal .....	8		

**CONGRATULATIONS** on being accepted to the UW-Eau Claire study abroad program in Senegal during Winterim 2018. Living and studying in a foreign culture is both an exciting and a challenging experience. Past participants of study abroad report that the many advantages of international study include:

*Building upon foreign language skills*  
*Gaining new perspectives on a chosen academic field*  
*Increasing understanding of different cultures*  
*Enhancing personal development*  
*Developing new perspectives on U.S. culture*  
*Gaining self-confidence and independence*  
*Learning skills for the future international job market*

It is up to you to determine how you can best benefit from these possible advantages. This is your adventure! This program guide is to be used together with the Faculty-Led Study Abroad Handbook. The Handbook has information that is valid for all faculty-led immersion programs. This guide will provide you with specific information for the Senegal program. It is designed to complement the Handbook, study abroad orientation and your individual pre-departure preparations.

Please realize that, although this guide contains all of the information available at the time of printing, it is impossible for any single resource to answer all of your questions. We strongly encourage you to contact your faculty leaders with your specific questions.

Basic questions only you can answer include:

- 1) What are YOUR goals for this experience? Common objectives of students studying abroad include advancement in future profession; desire to gain fluency in a second language; wish to expand personal and academic horizons; need for a change; wish to challenge oneself with immersion in a new culture.
- 2) Given the way the program is set up, how can you best prepare to meet your goals? For example, if one of your goals is truly being immersed in local culture, yet you are going with a group of UW-Eau Claire students, how can you ensure that you do not spend too much time with other U.S. Americans?

*The information in this guide was current at the time of printing, but changes may occur at any time.*

# GENERAL INFORMATION

## *The Program Goals*

This immersion to Senegal is focused on community-led development strategies. Community-led development is the idea that communities should be the primary drivers of change, rather than having change imposed upon them by those at the top of a hierarchical power structure. Tostan (Wolof for “spreading and sharing”) is a NGO that has been engaged in community-led development efforts in Africa for two decades. The Tostan approach is multi-faceted and involves aiding communities in examining how local knowledge, values, and beliefs shape community life; exploring their vision for the future; developing “non-formal” education modules regarding topics that might aid the community in achieving that vision; facilitating “organized diffusion” or knowledge dissemination regarding their vision; and engaging multiple stakeholders to create change.

The following learning objectives are associated with the proposed immersion to Senegal:

1. Demonstrate knowledge of the historical, religious, societal, and political factors that impact life in Senegal.
2. Evaluate the role that historical, religious, societal, and political factors play in creating formal and informal policies and practices.
3. Understand how community-led development principles are used to impact change at a local, and eventually global, level.

## *The Location and Activities*

The immersion will occur in Senegal. The majority of the time will be spent at the Tostan

Training Center in Thies, Senegal. Thies is the third largest city in Senegal and approximately 45 miles from Dakar. Two additional days will be spent in Dakar, the largest city in Senegal, and Ile de Goree, off the coast of Dakar. International air travel will occur via Senghor International Airport in Dakar.

Travel to Senegal will provide students with a rich understanding of the historical, religious, and political factors that impact life in this region of Western Africa. While it is beneficial to talk in a classroom setting about how historical factors, such as French colonialism, impact life in Senegal; it is more impactful for students to observe how the French culture and West African culture are interwoven within Senegalese life. In addition, it would be valuable to students to have the ability to experience firsthand how religious leaders impact policy development and cultural practices despite Senegal’s constitutional commitment to secularism. Finally, many classroom instructors, especially within social work, education, public health, and political science, talk about the importance of engaging community members in shaping policies and practices; however, the opportunity to learn from experts in community led development about how community led development efforts have impacted meaningful change in areas such as improving access to education and decreasing the practice of female genital mutilation would be invaluable.

## *Tentative Program Calendar*

**January 4:** Depart the U.S.

**January 5:** Arrive Dakar, rest and orientation

**January 6-8:** Activities in Dakar

**January 9-18:** Tostan training program

**January 19:** Depart for U.S.

## ACADEMICS

### *Program Prerequisites*

To participate in this program, you must **be in good academic standing and have the minimum 2.3 GPA required.** We will check grades at the end of the fall semester prior to departure. If you are on probation, we will need to check with the faculty leader to see if you will be allowed to participate. If you have been suspended, you will not be allowed to participate in the program.

### *Pre-departure Orientation & Academic Planning*

Attendance at the October 7<sup>th</sup> orientation plus additional preparation sessions during fall semester of 2017 are required. Times and days will be announced by your faculty/staff leaders.

If you are taking this program for credit, upon successful completion of the program, you will earn 1 credit of **SW 491**. **For students in catalog years through 2015-16**, the course fulfills 1 credit of Foreign Culture upon successful program completion (*students earning a B.A., B.F.A. or B.M degree in the College of Arts & Sciences cannot use study abroad to fulfill their foreign language/foreign culture requirement. See the university catalog for details*). **For students in catalog years 2016-17 and later**, the course fulfills the Responsibility Outcome 2 (R2): Global Perspectives requirement upon completion of all course assignments.

Or, there is the option to participate in this program as a **non-credit experience**. However, this is an academic program and you will be required to participate in various preparation

sessions, complete academic readings and assignments, keep a journal while abroad, and write a final reflection paper. **For students in catalog years 2016-17 and later**, the program fulfills the Responsibility Outcome 2 (R2): Global Perspectives requirement upon completion of all course assignments.

### *Credits and Grades*

Credits earned abroad on this program are considered UW-Eau Claire resident credits. The class you take abroad will count towards the total credits needed for graduation, **and the grade will be figured into your GPA.** The UW-Eau Claire Faculty Leader will issue grades for the course using the usual UW-Eau Claire A-F grading scale. Grades are not available until late February after you have submitted your final assignment.

### *Program Participation*

Attendance at orientation and participation in fall preparation meetings are required for your participation. **You are expected to actively participate in all activities on the itinerary while in Senegal.** During this program, there will be numerous chances to learn from local community leaders and members, as well as visit various cultural sites around the country to learn about how these sites influence the lives of the surrounding communities.

## MONEY MATTERS

*Information about how payments are made, when they are due, withdrawal/refund deadlines, financial aid, scholarships, and budgeting is in your Study Abroad Handbook.*

### *Undergraduate Costs Paid to UWEC*

UG tuition/fees (WI res, 1 credit)\*    \$367

Program Fee	\$4100
Application Fee	\$30
<b>Total Program Costs:</b>	<b>\$4497</b>
<u>FLIIE Program Subsidy</u>	<u>-\$1000</u>
<b>Total Payment to UWEC</b>	<b>\$3497</b>

### **Additional Costs**

Passport/photos	\$135
Additional Meals	\$50
Personal Expenses	\$100
<u>Estimated Round-Trip Airfare</u>	<u>included</u>
<b>Total Additional Costs</b>	<b>\$285</b>

### **UG Total Costs \$3,782\*\***

*Minnesota residents may apply for reciprocity, non-residents will pay non-resident tuition.*

*\*Students completing the non-credit option do not pay UWEC tuition*

*\*\*Social work majors receive an additional \$500 scholarship, making the total 1-credit program cost \$3,282*

### **FLIIE Funding**

This program is supported by Blugold Commitment FLIIE Funding for undergraduate UWEC students. While students are encouraged to participate in multiple high-impact immersion programs, each student is eligible to receive BCDT funding for only one FLIIE experience. Graduate and non-UWEC students are not eligible to receive this funding. Blugold Commitment funding is not able to cover the costs of tuition, but will include \$1000/student towards the program fee in 2018.

### **Program Fee: What does it cover?**

- Roundtrip airfare from MSP airport
- Housing throughout the program
- All program lectures, activities, and excursions in the itinerary
- Most meals
- In-country transportation

**Not included:** the cost of a passport, some meals, laundry, personal expenses and / or independent travel.

### **Souvenirs & Independent Travel**

The amount of personal funds to cover souvenirs and personal travel will vary based on your shopping habits, off-program entertainment, personal spending habits, etc. We do not expect you will spend a lot on personal travel as you have limited opportunities to travel during the program due to a full calendar.

### **Program Refunds from UW-Eau Claire**

The \$30 application fee is non-refundable. **The withdrawal deadline for the program is October 1. No refunds are available after October 1, and if you withdraw after October 1, you will still be required to pay all program costs and any funds already committed on your behalf, up to the full program cost.** All withdrawals must be in writing.

Undergraduate students who withdraw will lose their FLIIE funding. As such, they will be expected to pay ALL non-refundable program costs paid to UW-Eau Claire. A student who withdraws after the refund deadline would be responsible for paying the \$4100 estimated cost, which is the true cost of the program without the FLIIE subsidy. FLIIE program support is based on student enrollment and can only benefit students actually participating in program.

### **Currency Exchange**

The currency of Senegal is CFA. The exchange rate as of August 2017 is 555 CFA per U.S. dollar. You can find current exchange rates at <http://www.oanda.com/convert/classic>.

### **Credit Cards**

In addition to the information on credit cards in your Study Abroad Handbook, you should be aware that **credit cards are not as widely accepted in Senegal as they are in the U.S.** Only major stores, tourist hotels, and travel agencies usually take them.

### **ATMs: Credit/Debit Card Use**

24-hour ATMs are plentiful in Dakar and other larger towns. The most commonly accepted U.S. cards are Visa and MasterCard. You can also draw cash as soon as you land at the airport. You should compare the international transaction fee charged by your bank; the fee can range from 1-3%.

## **HEALTH & SAFETY**

*Additional information on these issues, as well as information on CISI insurance, is included in the Health Issues and Safety Abroad sections of your Study Abroad Handbook.*

### **Immunizations**

The Center for Disease Control (CDC) recommends that travelers to Senegal discuss several vaccinations with a doctor at least 4-6 weeks prior to travel. Per the CDC, all routine vaccinations should be up to date prior to travel to any location. The CDC recommends that most travelers to Senegal receive the following vaccines due to risk associated with contaminated water and food:

- Hepatitis A
- Typhoid
- Yellow Fever

For a full list of immunizations suggested, please visit the [CDC page for Senegal](#).

UW-Eau Claire's Student Health Services offers some routine immunizations (IG, tetanus, Hepatitis B, etc.) and health education on international travel for a small fee. Tel. (715) 836-5360.

Often, your health insurance will cover the cost of immunizations. **If your immunizations are not covered by your health insurance and you receive financial aid, you may want to meet with the Office of Financial Aid to inquire if these can be added to your total financial aid budget.**

### **Yellow Fever**

There is the risk of yellow fever in Senegal. Therefore, **the CDC does recommend but does not require that most travelers get a yellow fever vaccine** if traveling to Senegal. However, the government of Senegal requires proof of yellow fever vaccination if you are arriving from a country with risk of yellow fever. This does not include the US. If you are traveling from a country other than the US or have a layover in Sub-Saharan Africa or other yellow fever country, you will be required to show the yellow fever vaccine. Learn more about this recommendation [here](#).

### **Malaria**

According to the CDC, the risk of malaria is present throughout the country, and possesses a high risk to travelers. Learn more about this recommendation [here](#).

You should discuss your malaria prevention strategy with your doctor. The decision about what you will do about malaria is one you must make yourself. If you decide to take anti-malaria medication, follow the instructions from your

physician carefully. Many anti-malaria medications can have serious side-effects. Remember that malaria is rarely acquired if you've taken the proper precautions. The best way to avoid malaria is to avoid getting bitten by mosquitoes!

**To minimize mosquito bites:**

- Cover up with clothing. Wear garments with a high neckline (or a bandana around the neck), long sleeves, and long pants.
- Use a DEET-containing insect repellent (such as Off Deep Woods) on exposed skin AND permethrin, an insecticide, on clothing.
- Avoid shiny jewelry and perfumed cosmetics, as they attract mosquitos.
- If travelling on your own, choose accommodations with tidy grounds and air conditioning or with windows having well-fitting screens. Use mosquito netting elsewhere.
- Avoid local preventatives. Many are unproven, such as mosquito coils or Avon Skin-So-Soft. While these are popular folklore insect repellents in the U.S., they perform poorly in scientific studies.

**If you become ill:**

Early treatment is essential if you do contract malaria. Consider any flu-like illness with fever in a malarial area to be malaria until proven otherwise.

Common symptoms of malaria include fever and chills, nausea, vomiting, diarrhea, headaches, and dizziness. See a physician promptly! Delay in seeking medical care and delay in diagnosis increases the chances of complications. Malaria can occur as early as six days to several months after being bitten by an infected mosquito.

Inform your physician of recent travel if you have flu-like symptoms after returning home.

***Zika Virus***

The Zika Virus is a risk in Senegal, and is spread mostly by the bite of an infected mosquito. There is no current vaccine or medicine for Zika, and therefore ALL travelers should follow steps to prevent mosquito bites during *and* after their travel. The most common symptoms of Zika are fever, rash, headache, joint pain, red eyes, and muscle pains. These symptoms can last for several days to a week. However, many infected people won't have symptoms at all, or have only mild symptoms.

In particular, the CDC recommends that pregnant women should not travel to Senegal because Zika infection during pregnancy could cause serious birth defects. Partners of pregnant women and couples planning pregnancy should know possible risks to pregnancy and take preventive steps.

***Common Health Problems***

The most common health problems for U.S. Americans in Africa are intestinal upsets. They usually occur as a result of the change in diet, the different meal schedule, and organisms unfamiliar to your system.

A very common ailment is traveler's diarrhea. It can largely be avoided by being careful about where and what you eat, and avoiding dairy products if they are not pasteurized. If you do come down with it, the following suggestions will help speed recovery and guide your decision to seek formal care:

1. It will usually run its course in three to five days. The worst symptoms usually

occur the first day. Bed rest may help relieve cramps.

2. The main risk of the illness is dehydration. Be sure to maintain fluid intake. An excellent source of fluid replacement is ORS or Oralte, a prepackaged liquid sold in many countries. If unavailable, the following recipe will provide similar value: one liter carbonated water, 1/2 teaspoon salt, 1/2 teaspoon baking soda (not baking powder), 4 tbsp. sugar.
3. An over-the-counter medicine like Pepto Bismol may help relieve nausea and vomiting.
4. See your physician prior to departing for Senegal regarding the possibility of bringing along anti-diarrheal medication such as Levaquin or Cipro.

**If nausea and vomiting persist for more than 24 hours, if you develop a fever over 101 degrees F, or if you develop severe abdominal pain, a physician should be contacted immediately.**

### *Water*

In Senegal, **tap water is considered unsafe.** You should drink bottled or boiled water at all times. Brush your teeth with bottled or boiled water, also.

Carbonated bottled water, soft drinks, hot tea, and coffee are usually safe. Be sure to wipe off the top of a bottle before drinking out of it, or ask for a straw. By making sure that you are drinking uncontaminated water, you can reduce your exposure to many diseases such as infectious hepatitis, cholera, diarrhea and dysentery. Where water is contaminated, ice is also contaminated—you may wish to learn to order drinks without ice. In general, stay away from any bottled water

where the plastic of the bottle is not strong or clear, as this may mean the bottle was reused.

Sometimes during the program, bottled water will be provided, but you will be expected to purchase bottled water on some days. Homestay families will provide clean water, whether bottled or boiled. Traveler's diarrhea can often lead to dehydration. Dehydration can also lead to constipation. Make sure to stay hydrated during the program especially if you are losing liquids through illness or increased perspiration.

### *Other Keys to Staying Healthy*

- Other than malaria, bugs (mosquitoes, ticks, and fleas) can cause a number of diseases, so you should take general precautions such as covering exposed skin, using insect repellent, and sleeping with a bed net if necessary.
- Wash your hands frequently with soap.
- Keep away from animals such as stray dogs, as they may carry rabies.
- If you are buying food from street vendors, stick to breads or fruits that you peel yourself. (The knives used might be dirty.) Fruits that cannot be peeled, fruit juices diluted with water, raw vegetables and salads that have not been washed with disinfected water should be avoided.
- In addition to bringing anti-diarrheal medication, some students experience the opposite effect. It is a good idea to bring along fiber snacks or constipation medication.

### *Medical Facilities*

There are medical facilities in all big cities where we are traveling. The local staff at Tostan Training Center are knowledgeable about quality doctors or hospitals, and will assist you with any

questions or concerns. The CISI insurance website can also provide English-speaking medical facilities in other cities in Senegal.

### **Alcohol & Drugs**

**Alcohol:** The legal drinking age for alcohol consumption is 18 years old in Senegal. However, if you are of age to drink, it is recommended that you take precautions to be safe while drinking – such as never leaving your drink unattended, ordering drinks containing ice cubes, or accepting drinks from strangers.

**Drugs:** Marijuana and other ‘recreational’ drugs can be available in Senegal, and are **highly illegal**. Courts treat possession of cannabis as severely as possession of heroin. Be aware that the police target foreign drug users in bribe scams. Remember, you will be subject to Senegalian laws, not U.S. laws while in Senegal.

### **Sexual Harassment & Assault**

**Harassment:** Sexual harassment is commonplace in Senegal. Female travelers have reported everything from staring, lewd and suggestive comments to catcalls, and groping. Often these incidents occur in crowded areas such as market places, bus/train stations, and public streets. Women travelers in Senegal are advised to respect local dress codes and customs as a way to minimize harassment. When in doubt, dress more conservatively than you ordinarily would while in Eau Claire.

**Assault:** Crimes against women including rape are reported in Senegal, thus women should maintain stringent security precautions. Suggestions include:

- Avoid public transport after dark without the company of known and trusted companions.
- Avoid isolated areas any time of day.

- Keep your hotel room number confidential.
- Lock your hotel room and use deadlocks/door chains while in your room.
- Hire only reliable cars and drivers. Avoid traveling alone in cabs at night.
- Keep conversations with unknown men short—getting involved in conversations can be interpreted as a sign of sexual interest.
- Have someone else join you on excursions

### **More Info on Health & Safety in Senegal**

Detailed information on crime, road safety, drug penalties, and terrorist activity in Senegal is included in the [State Department Consular Information Sheet](#). It is highly recommended that you read through that information carefully before traveling to Senegal.

### **Emergency Contacts**

General emergency procedures are described in the *Study Abroad Handbook*, and faculty/staff leaders and local partners are available if difficulties arise. You will receive an emergency contact card; be sure to keep it in your wallet at all times. The information is also on the **Contact Names & Addresses** page of this guide.

## **REQUIRED DOCUMENTS**

### **Passport**

General passport information is included in your *Study Abroad Handbook*.

### **Visa**

A visa is official permission to visit a country and is granted by the government of that country. **U.S. citizens can obtain a visa upon arrival at the airport.** If you are an international student or

citizen of another country, please check with your local government about if a visa is needed to enter.

## PACKING TIPS

*In addition to the general packing information in your Study Abroad Handbook, you should know the following about Senegal.*

### Weather

The average January temperature in Senegal is in the low to mid-70s.

### Items to Bring

In the area of clothing, it is best to be conservative. Much of the population is Muslim and dress in a very modest fashion. To show respect, you should follow suit and not wear revealing clothing.

#### Clothing:

- 2-3 pairs of nicer pants (jeans, khakis) or long skirts
- Several lightweight long sleeved shirts
- 1-2 sweater/sweatshirts/light jacket

#### Additional Items:

- 1-2 pairs of tennis/good walking shoes (might get dirty or wet)
- 1 towel (for bathing)
- Pepto Bismol, Imodium, Tylenol, Cold meds/cough drops/tissues, constipation medications
- Prescription meds (always put in carry-on bags, NOT in checked luggage)
- Personal toiletry articles (not all products, especially feminine, will be available for purchase in Senegal)
- Hand sanitizer and/or disposable wipes

- DEET 30 mosquito repellant
- Sunscreen

### Appliances

The standard electric current in Senegal is 230 volts. U.S. appliances such as hair dryers and razors run on 110 volts. If you plan to bring these appliances, you will need a converter and a plug adapter. **You will need to bring an adapter because the outlets in your rooms will NOT fit U.S. style plugs.**

## GETTING TO SENEGAL

### Travel Arrangements

The group will travel together from Minneapolis airport to Dakar on Thursday, January 4, 2018. The flight departs Minneapolis airport at 4:17pm and all students must be at the airport at least 2.5 hours prior for the international flight check-in.

- Delta #140 depart Minneapolis MSP 4:17pm, arrive Paris CDG 7:45am Jan. 5
- Air France #718 depart Paris CDG 3:40pm, arrive Dakar DKR 8:25pm

The group will fly home together, departing Dakar on Friday, January 19 and arriving in Minneapolis at 1:03pm on January 20. You must make your own arrangements to travel to your home city or back to Eau Claire campus upon arrival.

- Air France #719 depart Dakar DKR 11:10pm, arrive Paris CDG 5:50am Jan. 20
- United #141 depart Paris CDG 10:20am, arrive Minneapolis MSP 1:03pm Jan. 20

# SETTLING IN

## *Housing*

While in Dakar, you will be staying in hostel. There may be up to seven people in one bunkroom. While at the Tostan Training Center, the group will be staying at the training site in shared rooms.

## *Telephone Information*

From the U.S. to Senegal: To call someone in Senegal, you must first dial 011, which is the international dialing code. Next, you dial 221 (the country code for Senegal), then the rest of the local number. However, if you are using a cell phone app through a wifi signal such as Skype,

Viber, or Whats App, you simply dial as you ordinarily would.

## *Computer/E-mail Access*

It is not recommended that you bring a laptop or tablet to Senegal, because you will not need it for academic purposes and you do not want it to get stolen. There are tons of internet cafes in all the cities we will be in, so you can check email or communicate with home. You will have access to wifi in some of the hostels we are staying in, though not all, but often the connection is slow.

# CONTACT NAMES & ADDRESSES

GENERAL UW-EAU CLAIRE & CISI CONTACT INFORMATION IS IN YOUR STUDY ABROAD HANDBOOK

## **UWEC Faculty/Staff Leaders**

**Leah Olson-McBride**

Social Work

[olsonmcl@uwec.edu](mailto:olsonmcl@uwec.edu)

Phone: (715) 836-5404

**Holly Hassemer**

Advising, Retention, and Career Center

[hassemht@uwec.edu](mailto:hassemht@uwec.edu)

Phone: (715) 836-2643

## **UW-Eau Claire After Hours Numbers**

(715)839-4972 or (715)577-9045

In an after-hours emergency, please call University Police at (715) 577-9045. Calls can be made to this number 24 hours a day. You may get an answering machine; however, an officer is alerted as soon as you have left your message. Be sure to give the officer the phone number you can be reached at, as well as what type of assistance you require.

## **U.S. EMBASSY IN DAKAR**

B.P. 49, Route des Almadies,

Dakar, Senegal

[+221 33 879 40 00](tel:+221338794000)