Namibia  ♦  South Africa

Nation Building, Globalization and Decolonizing the Mind

Center for GLOBAL EDUCATION and EXPERIENCE
AUGSBURG COLLEGE

Program Manual – Spring 2016
# Nation Building, Globalization and Decolonizing the Mind Program Manual—Spring 2015

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November 2015

Dear Participants:

Greetings from the Namibia staff of the Center for Global Education and Experience! We are excited that you have decided to come to Namibia to participate in the program entitled “Nation Building, Globalization and Decolonizing the Mind.” Throughout the semester we will study the dynamics of socio-economic, political, and cultural change, and where possible use comparisons from the U.S. both to clarify and to point out the parallels between our nations and regions. All of us on the academic staff have been collaborating in planning the program and will be with you throughout the semester. The rest of the Center for Global Education and Experience (CGEE) staff in Windhoek will also be working with you and are looking forward to your arrival.

CGEE’s educational philosophy emphasizes holistic education for personal and social transformation. Hence, our approach is both experiential and academically rigorous. We try to create many opportunities for you to meet with Namibians, South Africans and others who represent different viewpoints and sectors of society. We then encourage you to sharpen your critical thinking skills, analyze your experiences, reflect upon your emotional reactions to them, and contemplate ways in which you can act upon and apply what you have learned. This approach is consistent with Paulo Freire’s philosophy of education which promotes social transformation and recognizes students and teachers as co-learners, in contrast to a more traditional “banking” philosophy of education, in which the teacher deposits knowledge into the minds of passive students without ever questioning the status quo.

We strongly recommend that you read this program manual carefully, as well as do some prior reading about the region. To get a perspective on local current events, you may want to regularly log on to the web site of the local English language newspaper, The Namibian. For more regional coverage, you can log on to the Mail & Guardian from South Africa. Kaffir Boy by Mark Mathabane will give you a picture of life under apartheid, and any novel by Bessie Head will give you valuable insights into gender roles in southern Africa. We also encourage you to read Neither Wolf nor Dog by Kent Nerburn. While the book focuses on Native Americans, the issues raised in this book are somewhat similar to the issues in southern Africa, and will also enable you to make a comparison between southern Africa and the U.S.

Finally, we encourage you to bring a journal in which to record your experiences throughout the semester; you may wish to begin writing before you leave for Namibia.

Again, let us tell you how delighted we are that you will be learning with us. We look forward to meeting you.

Sincerely,

CGEE Namibia Staff
CGEE Faculty and Staff Bios

Linda Raven - Program Coordinator and Instructor
Linda grew up in South Bend, IN where she also earned her B.S. degree in Mechanical Engineering at the University of Notre Dame. After a few years working as an engineer in California, she left that profession to become a Peace Corps Volunteer in Namibia. She taught Mathematics in the east of Namibia as well as the far North for two years. Not ready to leave Namibia, she then elected to extend her service by one year in order to work with the Windhoek Regional Office of the Ministry of Basic Education coordinating the HIV/AIDS education in the region.

Upon her return to the United States, Linda got involved in the renewable energy industry, but still longed to return to international work. In 2007, she completed her M.A. in International Development and Social Change at Clark University and began work at CGEEE as a Program Coordinator immediately thereafter. When not debating politics or development theory, Linda loves practicing yoga. She is a certified Laughter Yoga Leader and Sivananda Yoga Instructor, but is currently exploring lots of other yoga styles and influences.

Albertina N.Shifotoka - Director
Albertina is the Site Director for the Center for Global Education and Experience (CGEE) for Southern Africa (Namibia). She provides leadership to the faculty and staff at the Southern Africa campus and ensures the implementation of the Augsburg college policies at this campus. Albertina is the instructor for the course “Racism and Resistance in Southern Africa and the United States.” She is delighted for an opportunity to join the CGEE team and looking forward to offer an unforgettable global experience to all our students, staff and faculty that will get a chance to visit the Namibian campus.

Albertina holds a Master’s Degree in Leadership and Change Management from the Polytechnic of Namibia, as well as a Master’s Degree in Development studies from the Institute of Social Studies in The Hague, The Netherlands, majoring in population studies, poverty and social policies. She is further certified in Econometrics and on Strategic Project Management. Albertina’s undergraduate degree is in Education, with a major in adult and non-formal education from the University of Namibia. Albertina worked for the University of Namibia as a researcher for eight years. During this time, Albertina conducted research studies in various areas such as Community Based Natural Resource Management, urban poverty and service delivery, awareness on climate change, migration and poverty, political development in Southern Africa, gender-based violence and contributory factors to road crashes in Namibia, among many others. In 2009, Albertina worked for the Motor Vehicle Accident Fund of Namibia as a senior research and data officer, responsible for coordinating the Fund’s research projects and managing organizational information.
Frederick Simasiku, Program Coordinator

Frederick completed his undergraduate studies at the University of Namibia where he earned an undergraduate Degree of Education with specialization in Geography and Environmental Studies. Frederick completed an Honours Degree of Environmental Education at the University of South Africa. He was a recipient of a Southern African Development Community Regional Environmental Education Programme (SADC-REEP) scholarship that enabled him to undertake studies at Rhodes University in South Africa, where he earned a Master of Environment and Sustainability Education.

Frederick’s professional background includes mediating Environment and Sustainability Education in the formal school context, Non-Governmental Organisation (NGO) and in Higher Education. His professional interests include mainstreaming environment and sustainability issues in higher education.

Mavis Muguti, Adjunct Faculty

Mavis is a holder of a Master of Arts in Philosophy which she obtained from the University of Zimbabwe in 2010. Before she came to Namibia, she was stationed at the Catholic University of Zimbabwe where she was a lecturer of Ethics, Business Ethics and Ethics for the professions. She has also worked at the University of Zimbabwe as a graduate teaching assistant during which time she was doing her Masters studies. She has also worked at Christ College which is an affiliate college of Great Zimbabwe University and Living Waters Theological Seminary where she gained vast experience in teaching Religious studies and Philosophy courses. She is a mother of three. During her free time she enjoys socializing and meeting new people. She also enjoys spending quality time with her family. Mavis teaches the “Religion and Social Change” course.

Sarah Amushila - Food Service Manager/Homestay Coordinator

Sarah was born in a small town - Usakos 200 kilometers from Windhoek, in the Erongo Region. She grew up with 4 brothers and 6 sisters, 10 children in total.

She attended primary school at E Goeseb Primary School, and high school at Cornelius Goreseb High School in Khorixas. After Independence she pursued a Diploma in Hotel and Restaurant Management. She also obtained a Supervisor Certificate from the Hotel School of the Polytechnic of Namibia. These skills enable her to work flexibly and confidently toward CGEE’s mission and vision. She learns by listening to other people every day.

Her duties at CGEE are to prepare meals and she is the rural and urban Homestay Coordinator. These tasks teach her how to listen and to be patient and neutral in decision making. She says, “It definitely forms my world and brings me closer to CGEE’s objective of lifelong learning.”

She is married to Jonas Amushila and we have 1 boy aged 18. In my free time, I am in women’s groups and I enjoy cooking, reading and having fun time with my family. My original language is the click language !gai-|hoas. In addition to !gai-|hoas, I also speak Afrikaans, English, German, and a little of French and Oshiwambo (my husband’s native language). My day to day strength comes from God almighty.
Eveline Muukua—Assistant Chef

Eveline is originally from Tsumeb, a town in northern Namibia. She was raised in Katutura, where she attended primary school at Bethold Himumuine School. Evelyn finished her grade 10 at A. Shipena Secondary School in 1987, after which she began working at the Continental Hotel as a room-service chef in 1990 and a waitress afterwards. Eveline came to CGEE – Namibia in 1998 as a cleaner and was hired as a chef/food service assistant in September 2000. She also does stock control and assists with house maintenance. Eveline attended a menu course in 2003 at the Polytechnic of Namibia and still plans to learn more.

Eveline’s mother language is Oshiwambo, but was raised by her stepmother and father who are both Otjiherero speaking. Besides Otjiherero, she also speaks English, and Afrikaans. In addition to cooking, Evelyn enjoys music, watching TV, and spending time with her children. She is a mother of five children. They are three boys: Radley (27), Uazuvirua (11) and Matunu (7) and two girls: Kajona (20) and Injomoka(16).

Passat Kakuva—Transportation Manager

Passat is originally from Walvis Bay, a port town on Namibia’s South Atlantic coast. He attended his primary school at Mandume Primary School in Windhoek. In 1989, Passat finished his secondary education at Petrus Ganeb Secondary School in Uis, a town in northeast Namibia. After secondary school, Passat began attending classes for motor mechanics at the Windhoek Vocational Training Center.

Passat joined CGEE – Namibia in 2001 as a part-time driver. In December 2002, Passat became a permanent employee with CGEE – Namibia as the Transportation Manager. His mother tongue is Oshiwambo, however he also speaks Damara, Herero, Afrikaans, and English. In his spare time, Passat enjoys watching movies, hanging out with friends, and traveling.

Junobe Willemina Duncan—House Maintenance Assistant

Junobe was born in Windhoek. She grew up in Rehoboth (a town an hour south of Windhoek) where she attended her primary and secondary education. She lived her whole life with her parents before she got married in 2001 to Edwin Duncan. He works at Deep-Catch-Trading. They have 3 children. The oldest son is Etienne (18 years old). The youngest is Eugenia, 7 years old. The older sister is Moesha (15 years old in Grade 10). Junobe’s mother language is Afrikaans however she also speaks English and Nama. In her spare time, Junobe enjoys reading, watching movies with her family and cooking for them. Junobe loves her husband and children. She has been married for 14 years. She joined CGEE in 2006.

Attila Sá—International Resident Advisor

Attila Sá graduated from Berea College in 2015 with a double major in Sociology and French. Born in Fortaleza, Brazil, Attila has always been drawn to and fascinated by the world. His passion for service, cultural diversity and foreign languages led him to study and serve abroad in France, Italy and Senegal. While at Berea, Attila also worked at the Center for International Education as the Education Abroad Student Manager for one year. After having his life so positively impacted by his experiences abroad, Attila became an avid advocate for international education. In his free time, Attila is also a photography enthusiast.
Much of your assigned course reading will be prepared in a course packet that you will receive in Namibia and will consist of excerpts from many sources.

There are a few required books for you to read. They are listed below, according to whether you need to read them prior to your arrival or during the semester.

**Required Readings**

**To be read prior to arriving in Namibia:**
While these books may not be explicitly discussed during the program, they do provide an excellent frame of reference to begin considering many of the issues which will be discussed throughout the semester. They provide a background and a context to allow you to begin thinking about these issues before your departure, and the connections to similar issues in the United States.


**Recommended Pre-Trip Readings on South Africa**
In preparation for the programming in South Africa, the following articles should be read before you arrive in Johannesburg. We will be visiting many of these places:

- **On Afrikaner nationalism:** [http://stmarys.ca/~wmills/course322/13Poor_whites.html](http://stmarys.ca/~wmills/course322/13Poor_whites.html)
- **Background on South Africa:** [http://www.state.gov/r/pa/ei/bgn/2898.htm](http://www.state.gov/r/pa/ei/bgn/2898.htm)  
  [http://www.southafrica-travel.net/pages/e_bevoelk.htm](http://www.southafrica-travel.net/pages/e_bevoelk.htm)
- **Kliptown and Freedom Charter:** [http://www.southafrica.info/about/history/kliptown-220605.htm](http://www.southafrica.info/about/history/kliptown-220605.htm)
- **Khulumani Support Group:** [http://www.khulumani.net/khulumani/about-us/item/1-background.html](http://www.khulumani.net/khulumani/about-us/item/1-background.html)
- **Voortekker Monument:** [http://www.southafrica-travel.net/north/a1pret04.htm](http://www.southafrica-travel.net/north/a1pret04.htm)

**Recommended Readings**
We also highly recommend that you do some reading on Namibia/South Africa before you arrive. If you come knowing nothing about the country you may feel lost during the first few weeks of classes, and will not be able to fully tap into the resources Namibia and the program have to offer.

The following are some recommended readings. Many of them are available in the CGEE resource center in Namibia, but most students find that once the program begins, they have little time for additional reading. If you wish to read them, it is best to check them out from a local library or purchase and read them before coming.
These great novels introduce culture and society in Southern Africa:

These non-fiction books give a good general background to Southern Africa:
ACADEMIC INFORMATION

Program Overview
Namibia is a society in transition. Fundamentally, it is in transition from the experience of colonialism to that of independence. Underlying that basic transition, however, are many other transitions—from the legacy of apartheid to the building of a “non-racial society” and democratic rule; from an economy fully dependent on South Africa to multi-lateral economic relationships; from a revolutionary movement with a policy of resistance to a ruling party with a policy of national reconciliation; and many others. The other nations of the region are also in the midst of profound transitions.

This semester explores the processes of the political and social changes occurring in Southern Africa and is organized through the following courses. Students are expected to take four of these courses, but may take only three if you prefer:

- Racism and Resistance in Southern African and the U.S.
- Political and Social Change in Southern Africa
- The Politics of Development in Southern Africa
- Religion and Social Change in Southern Africa
- Environmental Connections: Environment and Sustainability in Southern Africa
- Internship
- Independent Study

All these courses are interrelated and as such their activities are complimentary and interdependent. Usually all students take the first three, and one of either Religion and Social Change or an Internship. It is possible to take any combination of three or four of these classes, however. If you wish to do an internship or independent study, you will have to apply separately for that.

A non-credit yoga course is also available at no additional cost. This course fulfills a Lifetime Activity graduation requirement at Augsburg College, so you may want to find out if there is a similar requirement at your home institution it may meet.

Course syllabi may be found at [http://web.augsburg.edu/global/APA/Syllabi/PDF/Namibia.pdf](http://web.augsburg.edu/global/APA/Syllabi/PDF/Namibia.pdf). Please note that all syllabi will be updated (including due dates) prior to the beginning of the semester.

Internship
The internships are arranged in advance of your arrival and the organization has made a commitment to mentoring you and providing you with meaningful work. To this end, students choosing to register for the internship class should also feel a similar commitment to the host organization.

Students registering for an internship must complete an application form. The internship application can be found on-line in your Global Gateway account. Requests for internships will not be processed without this application and a copy of your resume. All requests are subject to the approval of the program directors. The registration deadline for internships is November 15. When you have completed the application, please send a current resume to Linda Raven at raven@augsburg.edu. Please include “Internship Application” in the subject line. You may also fax it to 011-264-61-240-920. If you have missed the deadline but would still like to apply, please contact Linda ASAP.
After you have submitted the application, an interview through skype will be arranged between you and the Internship Coordinators in order to better understand your interests in the internship and to explain the internship program more clearly. After the skype interview, you will be matched with an organization with which you will do your internship. You will receive a description of the organization and the work that they do. You will be asked to sign this description in order to acknowledge that you agree to work with this organization. Once you have signed this document, you will not be permitted to drop the internship class. You need to be prepared to make a commitment to the organization with which you will be matched.

However, if you decide you do not want to take the internship after the interview process, you should indicate this to the Internship Coordinators, and notify Margaret Anderson in the Minneapolis office about making the change to your course registration.

Possible placements include, but are not limited to:

- Informal or formal education positions
- Work in orphanages, day care centers and kindergartens
- Work with organizations focused on Health and HIV/AIDS education or service provision
- Work in NGOs focusing on human rights, gender issues, democracy building and more

**Please note** that in addition to working with an organization for 12 hours each week, the internship course includes two hours of class time per week. This class time provides opportunities for you to demonstrate what you are learning in your internship, develop professional skills, and reflect on the internship experience.

Students who choose not to do an internship have the option to volunteer with a local organization. Volunteering is an opportunity to engage with a local organization and work side by side with Namibians. This may or may not involve learning related to your specific field of study. There is no academic credit given for volunteering, and the relationship with the organizations where students volunteer is typically more casual.

**Some schools do not grant academic credit for an internship. Please check with your Study Abroad Office and/or Registrar before you sign up for an internship to make sure you will get credit for it.**

**Independent Study**

With the permission of the program coordinators, students may also engage in independent study for credit. Examples of independent study topics include:

- African Traditional Religions
- Adolescent and youth issues
- Reproductive health
- Gender in Namibian Society

Students may also propose other independent study topics to the program coordinators. If accepted, students may choose to earn credit in: Interdisciplinary Studies, Political Science, or History. **It is the student’s responsibility to make sure that your home university will accept independent study credit. A proposal form is required. Please contact Margaret Anderson in the Minneapolis office if you would like to register for an independent study.**
The Academic Week
Although the days might change, the academic schedule for a week when you are in Windhoek might look like the one below. There is generally one 4-hour course each day, during which you will go on outings, visit organizations, hear from community leaders, have lectures and class discussion. Along with this are other program activities such as orientation, preparation, debrief sessions and language classes. In addition to the two hours of class time, students choosing to do an internship will need to find approximately 13 hours per week to work with their host organization. This will either occur during the free time indicated below, or during courses for which you are not registered.

Sample Week:

<table>
<thead>
<tr>
<th>Time</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td>Morning</td>
<td>Environmental</td>
<td>History (9-1)</td>
<td>Religion</td>
<td>Political Sci-</td>
<td>Development (9-1)</td>
</tr>
<tr>
<td></td>
<td>Lunch (1-2)</td>
<td>Lunch (1-2)</td>
<td>Lunch (1-2)</td>
<td>Lunch (1-2)</td>
<td>Lunch (1-2)</td>
</tr>
<tr>
<td>Afternoon</td>
<td>Free</td>
<td>Internship Class (2-4)</td>
<td>Free</td>
<td>Language (2-3)</td>
<td>Yoga Class (2-4)</td>
</tr>
<tr>
<td></td>
<td>Dinner (6)</td>
<td>Dinner (6)</td>
<td>Dinner (6)</td>
<td>Dinner (6)</td>
<td>Dinner (6)</td>
</tr>
</tbody>
</table>

Registration Information and Deadlines
Center for Global Education and Experience staff in Minneapolis will register you for classes based on the information you provide in the “Course Selection” questionnaire found in your Global Gateway account.

All courses are offered with two grading options:
♦ Traditional grading (T) on a 4.0 to 0.0 scale
♦ Pass/No Credit (P/N)*  P means a grade of 2.0 or better, N means no credit and a grade of less than 2.0.

*Students may only select the P/N option if it has been approved by the home school. Some schools will not accept Pass/No Credit grades as transfer credit, and grade options cannot be changed after the program is completed.

Please keep a record of your course selections. Any changes to your registration must be made in writing, whether this is before or after the program starts. You are responsible for knowing what classes you signed up for, and submitting any changes in writing to the Minneapolis Office (prior to the start of the program) or one of the on-site Program Coordinators (after the program begins).

The final deadline for adding a course or to drop a course without a “W” (withdrawal) notation for “withdrawn” is Friday, February 26.

Program Participation
This is an experiential education program, and as such, the learning opportunities and learning in which students engage (knowingly and at times unknowingly) will occur in a myriad of settings and ways (formal and informal). Some of these opportunities are part of the program structure (including formal classes, reflections, assignments, family stays, travel seminars, meetings with community members both within and outside the CGEE group, interacting in internship and volunteer positions, etc.). Many are created by or presented to students outside these structures.
Clearly each of these types of encounters presents different perspectives, and different ways for students to come to understand or learn more about the society and oneself. All of these are important and needed to enrich the program, but also are related to and complementary of each other. It will be the students’ challenge to take advantage of and pursue the breadth of opportunities available, and to discern the types of learning situations that will allow them to learn the most from them.

**Critical thinking**
When we think critically we become aware of the diversity of values, behaviors, social structure, and artistic forms in the world. Through realizing this diversity, our commitments to our own values, actions, and social structures are informed by a sense of humility; we gain an awareness that others in the world have the same sense of certainty we do—but ideas, values and actions that are completely contrary to our own.

**Reflection**
Reflection involves looking back, and thinking carefully about one's experience to understand it more thoroughly from a vantage of being to some degree (spatially, temporally, etc.) a bit removed from the situation. The vantage of distance often allows us to consider the situation from multiple perspectives of which we were previously not aware. In addition, through reflection, we can often more clearly and more fully consider the many components involved, as well as the implications. Reflection also involves asking what ones values have to say about, or how they are affected by, the experience.

**Social analysis**
“Analysis” is “the division of a complex whole into its component parts or constitutional elements [for the purpose of] discovering or uncovering qualities, causes, effects, motives, or possibilities, often as a basis for action or for a judgment.” (Webster’s New Dictionary of Synonyms). Social analysis is concerned with issues and themes that occur and make up the worlds lived by groups of people. Such themes could include racism, security, violence, peace, or faith, for instance. Social issues would be a bit more specific, possibly elements within themes, including for instance, hunger, unemployment, inflation. Social analysis looks at these issues by considering the policies that affect these issues. It also considers the economic, social, political and cultural structures of a society, ultimately reaching beyond issues, policies and structures to the system in which all these are interrelated.

People are analyzing when they start asking questions like: “Who made the rules influencing this situation?” “Why do those rules and patterns go unquestioned?” “Who would benefit and who would lose if those rules and patterns were changed?” “What happens to people who try to change the rules and patterns?” “Who has the resources or claims authority in this situation?”

**Assessment and Grades**
While grades cannot reflect the full amount of learning student’s experience, they are nonetheless a tool by which instructors are able to give students feedback as to their performance. Although we prefer to give only qualitative feedback (written comments and consultations), we are also required to provide students with quantitative assessments, i.e. grades. Therefore, in this program, students are provided both. We would hope that students could focus their attention mostly on the qualitative assessment, as grades reflect only partially how much has been learned.

Grades are determined by the course instructors, however students are expected to provide input into the evaluation and assessment process. At the beginning of the semester, professors will give students the grading rubric they use to assess papers and presentations.
Assessment Criteria
An excellent academic paper/project is one that has taken the following into consideration:
- Analytical approach and critical depth - concisely and penetratingly asking the WHY, HOW, WHAT, WHERE AND WHO questions.
- Incorporation of multiple perspectives and multidisciplinary approaches that show their relations.
- Use of additional references, e.g. books, outside class contacts, newspapers, radio, TV, etc.
- Evidence of effective review of assigned readings.
- Discovery of new ideas, showing initiative in seeking knowledge.
- Creative, concise, articulate presentations, which reflect well thought-out arguments and a clear understanding of the issues under discussion.
- Bibliographies and footnotes, proper spelling, grammar, and punctuation.
- Participate actively in all learning opportunities (in and out of class).
- Incorporation of affective (feeling) aspects in relation to issues and experiences in personal and community life including how the student feels about the issue.

Explanation of Grades
We believe that good evaluation of student work is an art and not a science. The grading system we use attempts to be as explicit as possible regarding the ways in which you are evaluated.

Augsburg College uses a numerical grading system. If you choose to take your courses for a Traditional grade option, you will receive a numerical grade on your transcript.

<table>
<thead>
<tr>
<th>Numerical Grade</th>
<th>Letter Equivalent</th>
<th>Percentage</th>
<th>Augsburg Definition</th>
</tr>
</thead>
<tbody>
<tr>
<td>4.0</td>
<td>A</td>
<td>93-100%</td>
<td>Achieves highest standards of excellence</td>
</tr>
<tr>
<td>3.5</td>
<td>A-/B+</td>
<td>88-92%</td>
<td>Achieves above basic course standards</td>
</tr>
<tr>
<td>3.0</td>
<td>B</td>
<td>83-87%</td>
<td></td>
</tr>
<tr>
<td>2.5</td>
<td>B-/C+</td>
<td>78-82%</td>
<td></td>
</tr>
<tr>
<td>2.0*</td>
<td>C</td>
<td>73-77%</td>
<td>Meets basic standards for the course</td>
</tr>
<tr>
<td>1.5</td>
<td>C-/D+</td>
<td>68-72%</td>
<td></td>
</tr>
<tr>
<td>1.0</td>
<td>D</td>
<td>63-67%</td>
<td>Performance below basic course standards</td>
</tr>
<tr>
<td>0.5</td>
<td>D-</td>
<td>60-62%</td>
<td></td>
</tr>
<tr>
<td>0.0</td>
<td>F</td>
<td>&lt;60%</td>
<td>Unacceptable performance (no course credit)</td>
</tr>
</tbody>
</table>

*A 2. or higher is required for a passing grade for courses designated with the “Pass/No Credit” grade option.

Class Participation
As CGEE depends on collective and participatory learning, class attendance is required, but is not sufficient. As participation accounts for a significant portion of your course grade, it should be evident that participation is highly valued by the instructors. In this regard, please take note of the following points in relation to class participation:
- It is not the quantity of participation that is most important; rather it is the quality of your participation that will be weighted most heavily in determining your participation grade.
- Diverse views are important and desired as they deepen our understanding of the world and how others view it. We expect that you will both make your unique contribution and also will respect and encourage others to share their views as valid contributions to the learning process.
- Your comments and contributions to class discussion will be more insightful if you come prepared and if you actively and carefully listen to your classmates’ contributions.
- A large portion of your participation grade will include the quality of your interaction with guest speakers. This includes showing up on time, showing appropriate respect for the speaker (including dressing appropriately and respectfully), remaining engaged in the presentation (e.g., leaning forward, retaining eye contact, smiling), and, most important, asking timely and thoughtful questions.
Honesty Policy
Students are expected to follow the Augsburg Honesty Policy, which is printed in the Appendices section of this manual. Except when the assignment expressly encourages group work, it is assumed that all course work will be your own. You are not to copy the work of others. All students will be given a copy of the policy at the beginning of the semester and each student will be asked to "pledge" that she or he has read it and understands it. The first occurrence of plagiarism will result in the failure of the assignment. A student who commits plagiarism a second time will fail the course.

Incomplete Grades
An incomplete grade may be given only in the case of serious emergency. To receive an incomplete grade, a student must receive permission from the program’s Program Coordinators; must file a form stating the reasons for the request, the work required to complete the course, the plan and date for completing the work, and comments from the instructor; and must gain the approval of the Registrar (at Augsburg and the Registrar at the home school if applicable). If permission is granted, the necessary work must be completed in enough time to allow evaluation of the work by the Academic Director and filing of a grade before the final day of the following semester. If the work is not completed by that date, the grade for the course becomes a 0.0.

Credit and Transcripts
Each course is worth four credits. Most students will take four courses for a program total of 16. Credit is granted and transcripts issued by Augsburg College.

Transcripts are sent electronically via Parchment Document Exchange (unless your school does not accept electronic transcripts).

Before the end of your semester abroad you should go to Parchment Document Exchange and create an account. (You will also be given this URL during your on-site wrap-up session while abroad.) This is all you need to do. After grades have been reported Augsburg College will access your account have your grades sent to your home school. The first transcript will be sent free of charge.

You can also use Parchment to request your own copy, if you need a one for your scholarship program, or in the future when you are applying for grad school and need a transcript. Subsequent transcript requests will be charged a fee of $7.

If your school does not accept electronic transfer of grades, please contact Margaret Anderson to receive a paper transcript request form.
Related Components of the Academic Program

Orientation
The program officially begins in Johannesburg on Sunday, January 24, and we expect your arrival in Johannesburg by that time. Since a lot of the orientation and group-building activities occur during the first days, late arrival can detract from these aspects of the program. The first few weeks of the semester will be orientation to the program, in Johannesburg, Cape Town and Windhoek. This time has several purposes: 1) to begin developing a living-learning community; 2) to become familiar with some basic information about the two countries; and 3) to become familiar with the coursework and the program’s methodology.

You will find that the programming is intense and that the schedule is very full, so rest when you can on the flight to South Africa.

The Living/Learning Community
CGEE semester students work together to form a living/learning community. As the group lives together, travels and takes classes together, it is important that students develop a positive and respectful environment amongst themselves. Although each group is different, we hope that a feeling of a community and togetherness will develop. Students will have opportunities to teach and learn from each other as well as share good times together. It is important that community members support each other in rough and confusing times, listen, and be willing to sacrifice individual needs and wants for the sake of the larger whole, so that each person can learn as much as possible.

In order to facilitate a healthy community, the group meets once a week. As a community member, you will share responsibility for organizing and attending these events. These meetings are a time for everyone to touch base with each other, to discuss community issues or topics, and to have fun. Usually, two students are in charge of planning and leading the event each week. As members of the living/learning community, you will also be responsible for participation in house tasks groups and the creation of general house guidelines in order to insure the general maintenance and safety of the CGEE - Namibia house.

Homestay Programs
One of the most rewarding and challenging parts of your semester will be the time you spend living with Namibian and South African families during homestays. You will have three homestay families: one in Soweto, South Africa, one in Windhoek, and one in a rural Namibian community.

Our host families go through a close screening process before they are chosen. Some of the families will have hosted CGEE students in the past, and some will be new, as we are continually recruiting new families to replace those that move away, that are unable to host, etc. All families, old and new, are required to attend an orientation conducted by the Homestay Program Coordinator before the homestay program. In that session, families are briefed in general about the home-stay program, its objectives, logistical information, health and safety, as well as other general guidelines.

Students are matched by the Homestay Program Coordinator early in the program. Matches are made with a mind to personality and any special needs, whether the student’s or the host family’s. As with the families, an orientation is also provided for students before the program to similarly brief students in general about the homestay program, its objectives, logistical information, and guidelines. At that session, students will receive other important information as well as have the opportunity to ask further questions about the program.
Objectives of the Homestay Programs

- Develop an understanding of the diverse realities of life in Namibian and South African urban and rural settings.
- Compare and contrast your own family structure with Namibian family systems.
- Understand the nuances of culture, community life, and gender roles and the relationship with the history, politics, economics, and development of the countries.
- Incorporate real life experience with academic work.
- Establish meaningful relationships with members of Namibian and South African society.

Soweto Homestay
Occurring during the first week in South Africa, the homestays with families in Soweto provide an invaluable insight and experience with the history of apartheid in South Africa. Soweto was the former black township outside of Johannesburg, and is almost a city unto itself, with three to four million people. Students spend the weekend with the families, doing whatever the family has planned. This may include visiting a park, shopping, visiting friends, etc. The stay usually lasts one full weekend beginning Friday afternoon and ending Monday morning. Students are placed two students to a household.

Urban Homestay
The second family stay will be with a family in Windhoek. It occurs within the first three weeks in Namibia. Referred to as the Urban Homestay, the home-stay generally lasts approximately one week. During this time students will attend classes during the days, and spend evenings and weekends with their family. Students are placed one student per household. The Urban Homestay Program has proven to facilitate comfort within the greater Windhoek community as well as provide opportunities to learn from and experience the great diversity within the capital city and create lasting friendships.

Rural Homestay
The final home-stay program will occur with a family in a rural area, and will occur a few weeks after the Urban Home-stay. Referred to as the Rural Home-stay, this home-stay generally lasts between five and ten days, again depending on the semester program schedule. Students are mainly matched with families on homesteads outside of a rural town. As with the Urban Home-stay, students are generally placed one per household. This experience often proves to be the most challenging, and most rewarding of the whole semester.

Logistical Information
We are providing you with the following information so you can anticipate some of the details for this part of the program:

- Orientation sessions prior to each Home-stay Program will be conducted and will include information on cultural patterns and practices, as well as basic information related to inter-cultural activities and issues in the context of the community in which you will be residing.
- The group will receive basic language training to facilitate communication in the local language for the rural home-stay. This is not a full language preparation program; the focus here is more on cultural orientation.
- At least one family member will speak basic English
- Most families will have few of the conveniences common in other parts of the world such as telephones and vehicles, and in the rural areas, running water and electricity.
- Vegetarian and restricted diets can be accommodated. However, we encourage you to be flexible and eat what the families prepare.
- A CGEE - Namibia staff member will be in regular contact with each family or student at least once every 2-3 days.
Cultural Adjustment
The cultural context and family structures of the Namibian families you will be staying with during the home-stays will likely be very different from your own. At times you may feel uncomfortable with the accommodations, differences in food, and social interactions. These characteristics may cause you to feel pushed past your comfort zone. They may also cause you to feel isolated and alone. In general, in preparation for this part of the program, we ask that you open yourself up to the experience, accept the good, the bad and the unavoidable awkward moments, remembering that different is not better or worse, just different. Below are some suggestions to help confront such feelings…

Suggestions to help you feel more at home and part of the family:
- **Walks** – Take walks with one or more family members. Visit neighbors, go to church or to the market, and get acquainted with the area.
- **Homework** – Help the kids with their homework. Have them help you understand their culture.
- **Talk** – Ask about neighbors, weddings, funerals, etc. Learn common words in the local language, and practice some English/local language.
- **Work** – Be willing to help out. Most families appreciate it when you show interest and assist in their daily tasks—tending to fields or livestock, fetching water, pounding grain, food preparation, crafts production, etc.
- **Play** – Play with the children in the family and in the neighborhood. Play soccer, shoot marbles, share songs, learn traditional dances, juggle, fold paper toys or play games.
- **Photos** – Photos from home are great conversation starters and means for sharing about family, school, work, etc.
- **Cook** – Learn to prepare traditional dishes.

South Africa
The program spends two weeks in South Africa. During the first week of the program students will be in Johannesburg. The following week students will travel to Cape Town with a day of programming in Bloemfontein, then spend a week in Cape Town. The travel seminar to South Africa provides students with a chance to fit their educational experiences in Namibia into the larger context of Southern Africa. Students will again have the opportunity to incorporate real life experience with academic work, experiencing how the issues raised in the classroom, as well as in meetings and visits, relate to the lives of South Africans.

In the past, the daily itinerary in Johannesburg has included visits with speakers who were active in the liberation struggle, as well as the controversial Voortrekker Monument, and the Apartheid Museum. Students live with families in Soweto for one weekend to gain some experience with Johannesburg’s largest former Black township.

In Bloemfontein students will visit the University of the Free State which historically has been racially segregated. Students will learn about the process of integrating diverse population in Bloemfontein, particularly the University of the Free State.

Similar to Jo’burg, in Cape Town students visit with grassroots projects such as youth economic empowerment, HIV support groups, and women’s small businesses. The itinerary also usually includes visits to the historical museums of District 6, and Robben Island, where leaders of the anti-apartheid struggle were kept as political prisoners.

The schedule in South Africa is very full, which leaves little time for free time. In Jo’burg, students find they have the least amount of free time, as they do a homestay as well as going through orientation sessions and academic programming. In Cape Town, students will have at least one free day, during which students usually climb the infamous Table Mountain, visit the Waterfront, or relax on the beautiful Camps Bay beach among other activities.
Accommodations in South Africa
While in South Africa, the group usually travels by combi (10-22 passenger vans). We may travel in a large public “Greyhound style” bus from Bloemfontein to Cape Town. Your accommodations will include staying at local hotels or guesthouses. Some accommodations will have laundry facilities available for washing by hand, however local laundry services are available in many cities.

The Center for Global Education and Experience reserves the right to change the group’s itinerary or arrangements in the event that it becomes necessary or advisable to do so (due to weather, strike, illness, or other causes in the region). Any alterations will be made with no additional cost to the student.

Tentative Calendar for Spring 2016

The following calendar maps out the semester in a general way. It is a tentative schedule, as things can and do change at times in the course of the semester. Upon arrival you will receive a detailed day-by-day schedule.

<table>
<thead>
<tr>
<th>Week</th>
<th>Dates</th>
<th>Activities</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>January 24-30</td>
<td>Orientation and Johannesburg programming</td>
</tr>
<tr>
<td>2</td>
<td>January 31-February 6</td>
<td>Jo’burg, travel to Cape Town via Bloemfontein</td>
</tr>
<tr>
<td>3</td>
<td>February 7-13</td>
<td>Cape Town, travel to Windhoek (February 11)</td>
</tr>
<tr>
<td>4</td>
<td>February 14-20</td>
<td>Teambuilding, Start formal classes</td>
</tr>
<tr>
<td>5</td>
<td>February 21-27</td>
<td>Classes and Urban Family Stay</td>
</tr>
<tr>
<td>6</td>
<td>February 28-March 5</td>
<td>Classes</td>
</tr>
<tr>
<td>7</td>
<td>March 6-12</td>
<td>Classes and Travel to Coast</td>
</tr>
<tr>
<td>8</td>
<td>March 13-19</td>
<td>Classes</td>
</tr>
<tr>
<td>9</td>
<td>March 20-26</td>
<td>Rural Homestay and Namibia Travel</td>
</tr>
<tr>
<td>10</td>
<td>March 27-April 2</td>
<td>Rural Homestay and Namibia Travel</td>
</tr>
<tr>
<td>11</td>
<td>April 3-9</td>
<td>Spring Break (free week for personal travel)</td>
</tr>
<tr>
<td>12</td>
<td>April 10-16</td>
<td>Classes</td>
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<tr>
<td>13</td>
<td>April 17-23</td>
<td>Classes</td>
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<tr>
<td>14</td>
<td>April 24-30</td>
<td>Classes</td>
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<tr>
<td>15</td>
<td>May 1-7</td>
<td>Classes</td>
</tr>
<tr>
<td>16</td>
<td>May 8-13</td>
<td>Final projects, Re-entry</td>
</tr>
</tbody>
</table>

Please note: If you are planning on traveling after the program on your own, you will be free as of the last day of the program. Transportation will be provided by CGEE to the airport. If you choose to travel on your own past this date, you will need to arrange your own transportation.
Required Documentation

If you are under the age of 18, or are not a U.S. citizen, please contact our CGEE - Minneapolis office as there are special documentation procedures you will need to follow.

Passport
Citizens of all countries must have a passport to travel to Namibia and South Africa. If you have one, be sure that it is valid through at least November 14, 2016, as both Namibia and South Africa require that all visitors have a passport that is valid for six months past the scheduled date of departure. We suggest that you make a copy of the photo page of your passport to carry with you (in a separate place from your passport) when you travel. You can also scan the photo page of your passport and save it someplace that you can easily access and print it if necessary. As a further safeguard, you may want to bring to Namibia a certified copy of your birth certificate in case you need to reapply for a lost or stolen passport during the semester. Bringing this with you is far easier than getting these documents to you once you've left.

VISAS
Republic of South Africa: The South African government does not require U.S. citizens to have pre-approved visas before entering South Africa. You need only a valid passport as proof of citizenship. If you are a citizen of another country, you may need to acquire your own visa for South Africa if necessary. Please contact the Minneapolis office ASAP if you are not a U.S. citizen.

Since you will only be there for less than 90 days, you will enter as a TOURIST. Please mark “tourist” on your arrival form – THIS IS VERY IMPORTANT.

Namibia: The Center will obtain a study visa for you. Instructions and the forms required for your visa requests can be found listed in your Global Gateway account. These documents should have already been sent to our Minneapolis office; if not, please contact Margaret Anderson to let us know when you will be able to complete them.

If you plan to stay in Namibia after May 14, please bring this to our attention with your visa application. We will try (but can not guarantee) to make your visa good beyond May 14. If we can not get your visa to be good beyond May 14, you may need to travel briefly outside of the country and then return as a tourist.

Our staff will have your Namibian visa ready for you when you get to South Africa. YOU WILL NOT RECEIVE IT BEFORE YOU LEAVE THE U.S.
Health & Safety

If you have a condition in your medical history that may call for treatment while you are abroad, or something a physician should know if you are being treated/prescribed drugs for any other condition that may arise, it would be very helpful if you could have this written up by your personal physician and bring it with you in a sealed envelope. This way if you do need treatment in Namibia or South Africa, you can give this to the doctor there. This will expedite the best treatment possible.

Inoculations
Although no inoculations are required, we strongly recommend that you are up-to-date on a few fundamental inoculations:

- **Hepatitis A** or immune globulin (IG).
- **Hepatitis B** if you might be exposed to blood (for example, health-care workers), have sexual contact with the local population, stay longer than six months, or be exposed through medical treatment.
- **Rabies**, if you might be exposed to wild or domestic animals through your work or recreation.
- **Typhoid**, particularly if you are visiting developing countries in this region.
- **Polio**, recommended for adult travelers who have received a primary series with either inactivated poliovirus vaccine (IPV) or oral polio vaccine (OPV). They should receive another dose of IPV before departure. For adults, available data do not indicate the need for more than a single lifetime booster dose with IPV.
- As needed, booster doses for tetanus-diphtheria, measles.

The likelihood of being exposed to rabies is small. Namibians do keep dogs, which could have rabies. Like in the U.S., you can avoid this risk by staying away from them, but you can’t rule out the possibility.

Yellow fever is not necessary for Namibia, Botswana or South Africa, but is required by some other countries in the region, especially in East Africa. South Africa now requires travelers who have traveled through a country with even a low risk of yellow fever (including Zambia) within the previous six days to have proof of vaccination. If you plan to travel beyond Namibia, you may want to get this vaccination before you go overseas, though it is available in Windhoek.

Check with your doctor about the timing for all of the inoculations and their side-effects (e.g., typhoid and Hepatitis B inoculations require a series of shots or pills over several weeks or months; Hepatitis A inoculation requires a second inoculation 6-12 months after the first injection). You may find it helpful to call the Centers for Disease Control (CDC) (888/232-3228 or 404/639-2572) and listen to their extensive recorded information about health risks and precautions for international travelers, or visit the CDC web page [at http://www.cdc.gov](http://www.cdc.gov).

If traveling out of Namibia before or after the scheduled program, you should check to be sure you receive the appropriate vaccinations.

If you are allergic to sulfa drugs, it is essential that you obtain and wear a Medic Alert bracelet or necklace. Go to [http://www.medicalert.org](http://www.medicalert.org).

Meningitis
Namibia had a severe outbreak of meningitis in September 2010, which it managed to handle quite well by doing a massive local vaccination campaign. For some reason the risk of Meningitis in Namibia has escaped the notice of many health professionals, the CDC, and travel doctors. Your doctor may not recommend a meningitis vaccination, but please insist upon one.
HIV/AIDS

One great threat that you cannot immunize yourself against is HIV/AIDS. The southern African region has the world’s highest rate of HIV-AIDS infection. In Namibia, the rate is currently about 13% of the population. Students should be aware that any sexual activity is thus very risky and is discouraged by CGE. If you choose to be sexually active, using protection is imperative, but not entirely effective.

In the event of possible exposure to HIV through sexual assault, Namibia does provide access to Post-exposure Prophylaxis (PEP). The patient takes a course of Anti-Retroviral drugs which reduces the likelihood of him/her becoming infected with the virus. If you believe you may have been exposed to HIV, alert the CGEE staff as soon as possible. However, PEP is not meant to be used in place of taking care to prevent exposure in the first place. It only reduces the likelihood of infection but does not eliminate it.

In the unlikely event that it is required, the World Health Organization rates the blood supply as secure. There have been no reported cases of HIV infection through infected blood in Namibia. Needles are also safe in Namibia and Southern Africa. All hospitals and clinics have individually-packaged, sterile, disposable needles, so you do not need to worry about bringing your own.

Malaria

There are areas in Namibia, particularly in the north, but also less frequently in Windhoek, where malaria is a concern. You will find confusing, even conflicting information about the risk and prevention of malaria. We suggest you first consult your doctor for his/her recommendation and try to make sure you are able to take the medication you choose. During the rural homestays you will be staying in the Kunene region, but most likely passing through the Oshikoto and Oshana regions as well.

We encourage you contact the Centers for Disease Control Malaria Hotline at 770-488-7788 for the most current information. We ask that you pay close attention to the following information on Namibia, where health professionals do have substantial experience and expertise.

There is no medication that is proven to be 100% effective as a preventative measure; basically, you can take the medication of choice, hope it works if bitten by mosquitoes, and do your best not to be bitten. We recommend the following while here in Southern Africa:

♦ Take anti-mosquito precautions:
  ◦ The CDC recommends an insect repellent with DEET (N, N-diethyl-m-toluamide) as the repellent of choice. Many DEET products give long-lasting protection against the mosquitoes that transmit malaria.
  ◦ Wear clothing which covers the body, particularly after dark when mosquitoes are the most active, along with effective mosquito repellant, etc.
  ◦ CGEE will provide mosquito netting for participants in malaria risk areas during the program. You may want to bring mosquito netting (or purchase it once you arrive) to cover yourself when sleeping in areas where the risk is highest if you plan on traveling before or after the program.
  ◦ Anti-malarial drugs: As an anti-malaria prophylactic the U.S. Centers for Disease Control (CDC) recommend the following:
    ◦ Atovaquone/proguanil (brand name Malarone)
    ◦ Doxycycline (many brand names and generics are available)
    ◦ Mefloquine (brand name Larium and generic). Larium has more side effects and should not be taken by anyone who is also taking anti-depressants or has a history of mental illness, as it tends to exacerbate the symptoms of mental illness and counteract the effectiveness of anti-depressants. All are expensive, but effective. Doxycycline and Larium must be taken for one month after leaving the malarial area; Malarone only needs to be taken for one week after leaving the malarial area.

*Note: Chloroquine is NOT an effective antimalarial drug in Southern Africa and should not be taken to prevent malaria in this region.
Students should disclose all health problems, including mental health issues, to their travel doctors so they will not be prescribed a malaria prophylaxis which is contraindicated for them.

The World Health Organization recommends Chloroquine plus proguanil (Malarone). Discuss the options with a health professional and decide which malaria protection makes most sense for you.

Generally, you should begin taking the anti-malaria prophylactic two days to two weeks, depending upon the drug, before entering an area at risk for malaria. The city of Windhoek is considered a very low-risk area according the Ministry of Health and Social Services.

Whichever of the main anti-malaria prophylactics you choose, they can be fairly expensive. If the cost of this medication is not covered by your health insurance, you may want to consider buying them in Namibia where the price is lower.

Be prepared to seek medical attention should symptoms develop. CGEE staff in Namibia are experienced, and will let students know how to identify the symptoms. Malaria is commonly treated with a medication called Fanzidar, which is a sulfa drug (a classification of antibiotic).

**General Health Care**

During the semester, students should follow certain guidelines for general health care maintenance. General cleanliness of yourself, as well as of your living conditions will decrease the opportunity for the spread of bacteria. Because you will be living with up to 20 housemates, it is that much more important the house members make concerted efforts to keep their personal as well as the common spaces clean (kitchen, living room, dining room, Resource Room, vans). In order to facilitate this process, house members are divided into groups and assigned household tasks to insure the cleanliness of those areas mentioned above.

Students should also follow guidelines in regards to eating and drinking. In Namibia and South Africa, all piped water is potable, available in all urban and rural towns, and does not entail health risks, as in some other countries. Your health risk in regards to water is related to adequate consumption, not water quality. You will likely find yourself becoming thirsty more often in this hot and dry climate, so you will need to have a water bottle to carry with you daily. Beverages such as soft drinks, fruit juices and beer are readily available, though relying on such as your primary source is not sufficient to protect you from dehydration, and in fact can exacerbate dehydration.

While strenuous walking is not a regular part of the program, there could be an occasion when this is necessary to reach a certain location. Varying road conditions may at times make anticipating this impossible, although our staff will keep you informed whenever possible. If your particular health condition makes this a concern, please be prepared to communicate your limitations to your Program Coordinators.

If you are accustomed to regular rigorous physical activity (e.g. jogging), you may find it difficult to maintain an equally active lifestyle during the semester. Discuss possible options for exercise when you arrive. Students may want to join a local health club (see Extracurricular Activities section for options.)

**Safety Concerns**

Undoubtedly, many of you (and your parents) have concerns about traveling to southern Africa. We want to assure you that the Center for Global Education and Experience keeps a very close watch on the situation in the region. CGEE – Namibia and Minneapolis staff are in regular contact with the local U.S. consular service regarding security concerns throughout Namibia and the region. In the past 24 years, the CGEE has conducted over 60 trips to the region, more than any other U.S.-based educational organization. In addition, we have conducted 1,100 travel seminars for over 16,000 participants to other countries in the global south in the last 33 years. We will not hesitate to cancel or to re-route any trip should something occur that makes it appear unsafe to travel there.
Having said that, you should come on the program prepared to take the kind of personal security precautions you would in any major city, such as using a concealed money belt, not carrying your camera around your neck, etc. More specific guidelines for safety will be discussed in detail during your orientation session.

For most of the semester, you will be together with the rest of the group. As you consider additional travel during the program, we pass along the following information about personal safety. We do this not to alarm you, but to give you a sense of the culture in which you will be living. This is for all participants, and especially women.

Petty muggings have been fairly common in Windhoek. While violent crime most often happens to people who are known to the perpetrator, petty muggings and theft are fairly common occurrences. You should be prepared to walk in groups as much as possible, only travel in trusted taxis at night and be aware of your surroundings and possessions at all times. This includes not using headphones when out walking/running as this gives potential thieves a clear signal that you are not able to hear their approach and also have something valuable that they can take. This also includes avoiding carrying purses and backpacks, but if necessary to carry them, keep one hand on them at all times. You should always carefully consider what you need to take with you and only take the amount of cash necessary for your planned activities, leaving cameras, passports, and credit cards at home if not necessary.

Credit card/ATM card fraud has become quite common. You should never let your cards out of your sight for even a moment, even when handing it to a cashier. If the cashier needs to go to another area to swipe the card, you should go with your card so that it is in your sight at all times. Distracting and confusing people at ATMs is also becoming very common. You should plan to use ATMs in groups, but if you find someone attempting to disturb you, you can hit “cancel,” take your card and leave the scene immediately.

All forms of crime become easier for criminals when the victim has been consuming alcohol. If you choose to consume alcohol, you should do so at your own risk, recognizing that the warning signs of danger may be different in a different context, and harder to notice with even a small amount of alcohol in your body. In the past, students have made agreements with friends so that a sober friend can help other friends to make smart choices when consuming alcohol. Unfortunately, date rape drugs are also present in Namibia, so you should also keep a close eye on your beverage whenever drinking in public places.

Regardless of race or ethnicity, sexism is common in southern Africa. As in many parts of the world, the rights of women, while existing in many legal documents (including Namibia's constitution), are not generally accepted throughout the society. While there is a growing movement to create awareness of the needs and rights of women, and although attitudes may appear more liberal in the cities, statistics for sexual assault are striking and could be seen as an indicator of social attitudes towards women. Women should be prepared for a certain amount of cat-calls, being pressured to date, and sexual advances. Common sense and caution, particularly at night, are essential.

Hitchhiking is not safe, especially for women, or if it appears you might be a foreigner and carrying valuables. It is therefore recommended that travel be conducted through public services during the daytime and in groups. The CGEE – Namibia staff highly recommends that students use public transport (radio taxis) during the night, and will provide students with phone numbers for reliable taxi services. More information related to particular areas to which you may consider traveling will be available from the CGEE – Namibia staff and other Namibians you come to know. If you or your parents are especially concerned, feel free to call the CGEE office in Minneapolis, and we will be glad to talk to you or your family members further.
Security measures instituted by CGEE – Namibia:

- **Emergency Contact Cards.** You will be given a credit-card sized emergency contact card to carry at all times. The card includes the phone numbers for lodgings, cell phone number of CGEE staff members and emergency numbers (police, hospitals, ambulance, etc). Additionally, the card has phone numbers for local trusted taxi companies.

- **Safe Taxis.** As mentioned above, you are encouraged to only take radio taxis at night. “Street taxis” charge per seat and thus you may be riding with three strangers plus the driver. “Radio taxis” charge per car thus it will only be you, your friends and the driver in the car. Radio taxis are considered much safer than street taxis, especially at night.

- It is very important that our staff be able to reach you in case of an emergency. **Therefore, you are required to complete a Travel Information Form and give it to the CGEE staff before you travel outside of Windhoek.**

- **Safes.** We do NOT recommend carrying passports with you and therefore, we have a safe in our office where participants can keep passports and other valuables locked away during their time in Windhoek. You will be given a police certified copy of your passport and visa to carry with you. Participants will have access to the safe during their stay during office hours. There are also lockers in each room. You should bring a lock in order to be able to lock your valuables in your room.

- **Cell Phones.** CGEE has cell phones that you can use during the semester. You only need to pay a US $20 (N$150) deposit which you will get back when you return the phone. You will need to add money to the phone to call friends and family, as there is currently just enough money on each phone to make emergency calls. Each cell phone has several phone numbers programmed on them so that participants may quickly call staff members in case of emergency.

- **On-Call System.** Every week there is a designated “on call” staff member who carries with her/him our “on-call cell phone.” This staff member can be reached at any time of the day/night to assist in any urgent situation. The phone number for the ‘on call cell phone’ is 264-811292773 and is widely distributed (signs around the houses, listed on participants schedule and emergency contact cards, taught at orientation, loaded into student cell phones, etc). Students will also have all staff’s cell phone numbers in case the emergency cell phone does not work for some reason or other.

- **Electric Fence:** The CGEE house has a high brick wall with an electric fence above it surrounding the property. You will have a key to the gate to come and go as you like, but must keep the gate locked at all times. No one unknown to you should ever be allowed inside. Students will be responsible for their visitors at all times. All visitors must stay in common areas (living room, pool area, etc.)

**Insurance**

**Medical Insurance:** As a Center for Global Education and Experience student, you will be covered by Augsburg College’s Foreign Travel Abroad insurance, underwritten by *Educational and Institutional Insurance Administrators*. This plan includes travel, accident and sickness coverage. See *Benefits Summary* and *Information Card*. Make sure you bring these with you when you travel.

Personal Property Insurance: Please note that you are responsible for the cost of replacing any personal property that is stolen or damaged. Your personal possessions may be covered by your family’s household insurance, but check to make sure (especially if you plan to bring along anything of value). If you want additional accident or life insurance, most companies can help you with this.

If you plan to bring your laptop, please note that you will be responsible for the cost to repair or replace it, whether or not the damage is the result of your action or the action of another student, staff person, or unknown person. It is strongly recommended that you consider property insurance for any theft or damages.
Travel to South Africa

Travel to/from South Africa and Namibia: We have arranged with our travel partner, STA Travel, for the flights to and from South Africa and Namibia. This package includes travel from the U.S. to Johannesburg, Cape Town to Windhoek, and Windhoek back to the U.S. (CGEE will cover the travel between Johannesburg and Cap Town). The group flight will originate at Washington Dulles airport, so you will also need to book separate travel from your home city to D.C. (STA can also make this connection for an additional fee).

All students should plan to take these reserved flights. Please contact the Minneapolis office immediately at 800/299-8889 if for some reason you do not wish to do so.

In order to secure your seat and properly book your flights, please do the following:

- Call STA's International Programs Department at 877/777-8717, Monday through Saturday, between 6:00am-7:00pm Arizona Standard Time.
- Identify yourself as a Augsburg student going to Windhoek, Africa. Your booking agent will collect any payments due at that time in order to secure your seat. Please have your passport readily available for reference.
- You will need to call by November 11 and pay a $200 non-refundable deposit in order to secure your seat on these flights (plus an International Student ID card-$25).
- The balance of the booking will need to be paid between November 26 and December 1, 2015. STA accepts most major credit cards; they do not accept personal checks.

If you would like to extend your stay on either end of the program, STA may be able to accommodate the deviation.

Students arriving with the group flight in Johannesburg will be met at the airport by our staff, and transported to the facilities CGEE will be using.

The flight is long, and jet lag can drain your energy. We offer these recommendations for avoiding and/or minimizing jet lag, and aiding a smoother transition for you:

Before you come: Depending on the time of year and the time zone you live in (see section on time), Namibia is 5-10 hours later than your hometown. If possible, 2-3 weeks before your departure, start to adjust your own internal clock. Go to bed early and get up early. The aim is to have your body adjusted as much as possible to Namibia time by the time you step on the plane.

On the flight:
- The moment you step on the plane in the U.S., adjust your watch to the time in South Africa and start thinking (and acting) in terms of that time. Try to stay awake during the South African daytime, and to sleep during the South African nighttime.
- Dehydration can greatly increase the effects of jet lag. Therefore avoid caffeine and alcohol, and drink massive amounts of water. Drink at least 2-3 liters of water. It is best to have a water bottle with you and not rely on the small glasses the flight attendants give out.
- Don’t stay in your seat the whole time. Get up and walk up and down the aisle. If you are drinking enough water, this should give you plenty of good excuses!

Once you arrive: Do NOT nap during that first day. Stay up until a reasonable bedtime at night.
Locale & Accommodations

Namibia
Namibia is located in southern Africa. Its border countries are Angola to the north, Zambia to the northeast, Botswana to the east, and South Africa to the south. The South Atlantic Ocean borders Namibia to the west. Namibia, slightly more than half the size of Alaska, is also located in and between the Namib Desert along the coast, and the Kalahari Desert in the east.

Windhoek
The CGEE – Namibia semester program is based in Windhoek. Located in the geographical center of the country, Windhoek’s estimated population is 400,000. A modern city, the majority of its citizens live in the heavily populated suburbs of Katutura and Khomasdal, near the industrial outskirts of the city. Other parts of the city include Windhoek North, Ludwigsdorf, Klein Windhoek, Pioneers Park, and the Central Business District (CBD) to name a few.

As do many capital cities, Windhoek serves as the transportation hub, shopping and entertainment center, and administrative center of Namibia. Here, you will find all the goods, services and amenities of a modern city readily available. Trains, buses, and taxis connect communities within Windhoek as well as towns throughout Namibia. Malls, shopping centers, restaurants and nightclubs provide adequate services for consumers. Finally, government operations occur daily in Windhoek to maintain stability throughout the country.

Housing
CGEE – Namibia owns a large house in Windhoek for its semester study programs. This will be your home base during the program. The CGEE – Namibia center is located in the residential neighborhood of Windhoek West, just four blocks from the Polytechnic of Namibia and a 10 - 15 minute walk to downtown. The CGEE – Namibia house has six bedrooms, all of which have bunk beds, closets, and a table. You will share a room with 4-5 other students. There is also a common living space and dining room for classes, meals, study and leisure time. The center has two bathrooms for student use in the house, and a shower block adjacent to the house. A washing machine that can be used during the evening is also available. Finally, the premises include a large yard, a nice patio, a small swimming pool and a veranda adjacent to the lounge.

Accommodation outside Windhoek
Your semester in Namibia will include in-country short travel seminars to different parts of the country. Accommodations during these travel seminars are arranged at established accommodation facilities such as Guest-houses and Hotels. The group will also camp at some points during the semester. CGEE has a complete camping gear set for use especially during travelling in areas that do not have established accommodation facilities.

Library
CGEE – Namibia has a small resource room with books and other publications available for student use. Books are fiction and non-fiction, though most material is class or program-related.

Time
Namibia is generally seven (7) hours ahead of Eastern Standard Time (EST), eight (8) hours ahead of Central Standard Time (CST), nine (9) hours ahead of Mountain Standard Time (MST), and ten (10) hours ahead of Pacific Standard Time (PST). Namibia and South Africa are in the same time zone. However, Namibia changes to daylight savings time and South Africa does not. Also, since Namibia is in the southern hemisphere, when the time does change, it goes in the opposite direction from the northern hemisphere, and the dates of the time change are different from the U.S. As an example, depending on whether Namibia and the U.S. are currently on standard or daylight savings time, Namibia can be 6, 7 or 8 hours later than the U.S. Central Time Zone.
Weather
The following are average temperatures, not the extremes. Your time in the region will include the transition from Summer (January-March) to Fall (April-June) so we are providing information on the weather during each season. As in the U.S., the weather can get colder or warmer than the averages, especially during seasonal transitions, which is the majority of your semester.

In Johannesburg, the average high temperature is 77°F; the average low is 58°F. It is generally a dry time of the year, with the nights getting quite cool. Many buildings are not heated, so when the mornings are cool, rooms are cold, chillier than in the U.S. We suggest bringing along a couple of warm sweaters and/or a jacket for the trip to South Africa as well as something warm to sleep in.

In Cape Town, the average high is 80°F; the average low is about 61°F.

In February and March the average high in Windhoek is 80-88°F; the average low is 59-63°F. Namibia is a very dry country with February and March being two of only a few months in which there is rain. The average rainfall per month in February and March is three inches. In northern Namibia, temperatures are likely to be 5-10° higher than in Windhoek; the western coast (Walvis Bay and Swakopmund), where you will be for a few days, will be somewhat cooler than in Windhoek at about 50-70°F year-round.

In April and May the average high in Windhoek is 68-77°F; the average low is 43-55°F. Rain is unlikely. In northern Namibia, temperatures are likely to be 5-10° higher than in Windhoek; the western coast will be somewhat cooler than in Windhoek.

Food
All of your meals will be provided by CGEE during the program, except for during Spring Break. While staying at the CGEE – Namibia center, breakfast, lunch, and dinner are prepared by the CGEE – Namibia cook staff. When we are away from Windhoek, we either eat as a group at a restaurant or picnic, or each person is given a food stipend to buy their own food or to eat out.

Food prepared by the staff is nutritious and great. At the Center, staff will prepare dishes for vegetarians and vegans (and please be appreciative of their efforts to meet your needs!) However, vegetarians should be aware that since most fruits and vegetables must be imported and most are only available when in season, the range of produce available here is much more limited (and more expensive) than it is in the U.S.

While the staff will take pains to make sure that there are vegetarian options available when the group travels, vegetarians should expect that those options may be very limited, and more basic than the sophisticated vegetarian cuisine available in other parts of the world.

Electrical Current
The electrical current is 220/240 volts, the same as in Europe, but different from the U.S. and Canada. Most U.S. appliances run on less voltage (110 volts) so you need a transformer or voltage converter unless the appliance already has a built-in switch to change the voltage (many newer shavers, hair dryers, and computers do). Not only is the voltage different, but so is the outlet plug; in Namibia, the outlet typically has three large rounded prongs, but some have two smaller rounded prongs.

Almost all wall sockets in Namibia take the big, round three-pin, 15-amp plug. If you have a continental/European or U.S. adapter plug, you will probably find that it won’t work. A cheap solution is to buy a plug that will fit between your appliance and the transformer/voltage adapter. Generally, the necessary adapters are difficult to find in the U.S. but they can be purchased easily in Namibia for about US$7.00. Some travel stores in the US (AAA, for example) or the international wing of the airport may sell the necessary adapter (ask for a plug for South Africa, which is the 3-prong).
You can easily buy adapters here, but many students find it more convenient if they have the necessary plugs when they arrive. If you do buy them in the United States, be very specific to request the three round prongs of South Africa. A universal adaptor set will probably not work.

Many electronics items don’t require a voltage adapter at all, just the plug adapter that you can buy in Namibia for about US$7.00. This would include most cellphones, MP3 players and laptops. If you bring a power strip, you could plug that into one plug adapter and be able to charge all of you and your roommate’s electronics simultaneously. Items that use more power - like hair dryers and curling irons - will require a voltage adapter. Many students find it simpler to buy a hair dryer or curling iron in Namibia rather than sort through the complex world of voltage adapters.

Most common sizes of batteries can be purchased for appliances that use them.

**COMMUNICATION**

**Snail Mail**

_During the program, your mailing address in Namibia is:_

- c/o Center for Global Education
- P.O. Box 21377
- Windhoek, NAMIBIA

_The street address for DHL or FedEx only is: (Do not use this for regular postal mail!)_

- 5 Simpson Street,
- Windhoek, NAMIBIA

However, **regular airmail should always be sent to the post office box**, and not the street address, as there is no regular home mail delivery. The postal service is slow; allow at least three weeks for delivery of letters and small packages. Even though the post office may tell your family/friends that if they send the letter/package by priority mail that it will arrive in 6-10 days, the reality is that it will take at least 2 weeks – often much longer. If using US Postal to send a small package, ask for flat-rate packaging, about US$48. Mail these packages to the post office box. (Warning: packages don’t always arrive so we caution you about having anything valuable sent through the mail!) Although reliable, express mail services are expensive and must be sent to the street address.

If your school is planning to send you mail during the semester, **DO NOT** give them the Minneapolis address. Mail delivered to Minneapolis will not be forwarded.

**E-Mail and Computers**

The CGEE – Namibia center has reserved two laptop computers and a data processing computer with a printer for student use. The house is equipped with wireless internet. Students, however, should be forewarned that the internet is not as fast as at their home and/or university, and can be unreliable. Internet cafes are available in Windhoek and in most South African cities. Though we understand student frustration with the limited computer resources, this is part of the experience of studying in a developing nation.

If you are accustomed to having a laptop with you at all times, and don’t think you manage without one, you may want to consider bringing it with you. Students have found them to be useful for writing papers, and you will have the freedom to use it when you wish, and not have to wait for one of the three computers we have on-site for student use. If you are concerned about bringing your laptop with you, you could bring an older less expensive one, in the event it becomes damaged or stolen.
If you decide to do so, bring one that runs on 220-240 volts (most do). The plug itself can be adapted to the Namibian style easily for a couple of dollars once you’re here. Voltage adapters can be purchased if your laptop can only run on “U.S.” current (see the section on Electrical Current).

When you travel, bring it in your carry-on instead of packing it in your luggage to prevent theft or damage. Please keep in mind the risks. It will be your responsibility should damage or theft occur while traveling, and you should consider getting some kind of insurance. CGEE cannot reimburse you if your computer is lost, stolen or damaged. You may also consider bringing a laptop computer cable lock to make your computer a little more secure, especially when traveling.

**Skype**
The best way to communicate is Skype or any other internet based voice service, although it can get very slow during peak time. There may also be a few times when the internet is down; in that case, students can go to an internet cafe downtown.

**Phones**

*The CGEE Namibia phone numbers are:*

- (011-264-61) 250-737 House phone for students to receive phone calls (parents and friends in the U.S. should call this number.)
- (011-264-61) 228-773 Office number to contact staff (during Namibian office hours).
- (011-264-81) 129-2773 CGEE Cell Phone (carried by a program coordinator at all times).
- (011-264-61) 240-920 Office fax.

**I. Phoning within Namibia:**
The cellphone which the students can borrow from CGEE can be used to call the US. It costs roughly US$1/minute however, so it’s usually more affordable to either use an internet based voice service, or have friends in the US call you (see below).

**II. Phoning from Namibia to the U.S.:**
Calling to the U.S. from Namibia is very expensive—over $1/minute. Almost all U.S. calling cards will not work as you cannot dial a 1-800 number from Namibia. The best option is to arrange a time over e-mail for your family and friends to phone you at the house number or your cell phone. We recommend that you visit [www.comfi.com](http://www.comfi.com) to purchase a calling card that is used from the US to Namibia (on the website, type in US to Namibia. The “Jupiter” card usually works well.) Generally, late evenings or early mornings are the best times to reach you. Do not rely only on Skype to reach family and friends as the internet connection here will not always support it.

**III. Faxes:**
Faxes can be received at and sent from the CGEE center’s administrative office. The average cost of sending a fax is US$2 - $4 per page.

**Cell Phones**
In developing countries like Namibia cell phones are now more in use than landlines because they are cheaper and more convenient tools of communication than landlines. It is free to receive phone calls and text messages from anywhere in the world on a Namibian cell-phone. Placing phone calls to the US is very expensive on a cell-phone.
For a cell phone to work here, it must be a GSM dual or tri-band phone and have a removable SIM card. The dual-band GSM cell phone supports (either 850/1900 MHz in the Americas or 900/1800 MHz in Asia, Africa, Europe and the Middle East) for calling capabilities needed in rural areas, or in developing metropolitan areas where phone service is simply not available to all residents.

The most useful cell phone is the GSM tri-band model that comes with 900, 1800, and 1900 MHz. This phone will work in Asia, Africa, Europe, the Middle East, and the Americas. In other words, this tri-band GSM phone is useful for world travel and can be used at home in the United States before and after travel.

If you wish to bring a phone from the States here, make sure it meets the above description. We also have cheap no-frills phones available here that students may rent for the semester for US$20 or N$150 deposit.

For service, a contract is not required. There are a variety of cell-phone providers which offer pre-paid (pay as you go) service. Upon arrival in Namibia, a pre-paid starter kit that comes with a SIM card must be purchased for about US$1. Then, prepaid airtime can be purchased in various dollar amounts to “recharge” your account. The phones which can be rented from CGEE come with a SIM card.

**CGEE Communication with Parents**

We will be sending an electronic copy of this program manual to your parents before the program begins, which will introduce the Center for Global Education and Experience, describe what the semester is like, and extend an invitation for them to visit Windhoek while you are here.

**EXTRACURRICULAR ACTIVITES**

Students in the past have joined soccer teams, basketball teams, rugby teams, and musical groups. There are places to dance, do yoga and hike in and around Windhoek. There are movie theatres and many restaurants, cafes and bars to visit. Students who don’t do internships can choose to volunteer with different organizations, such as schools, NGOs, and advocacy groups. There is plenty to do in Windhoek - all it takes is a little initiative.

There are three athletic clubs in Windhoek which students join. Nucleus ([http://www.nucleushfc.com](http://www.nucleushfc.com)) and Exclusive Health and Wellness ([http://www.exclusivehealth.cc](http://www.exclusivehealth.cc)), are closer, less expensive, and have most of the basic equipment one might expect from a gym. Virgin Active ([http://www.virginactive.co.za/clubs/view/90](http://www.virginactive.co.za/clubs/view/90)) is a bit further and more expensive, but is nicer and includes an indoor pool.

While Windhoek is not known for its variety of culinary cuisine, there are several excellent restaurants to choose from when students feel like a special night out. There are plenty of German restaurants and others specializing in large quantities of meat, including local game. A favorite among tourists is Joe’s Beer House which serves zebra, kudu, ostrich, crocodile, springbok and more. The Namibia Institute for Culinary Education (NICE) offers the opportunity to watch the aspiring chefs at work behind a glass window. There are also Chinese, Brazilian, Cameroonian, Indian, Italian, Portuguese and Japanese restaurants.
INDEPENDENT TRAVEL

You will have opportunities to travel on your own during the weekends and the independent travel week during Spring Break. For travel that requires more time than the semester break allows, you should consider remaining in the region longer, as students are responsible for attending all CGEE classes and program functions independent of their personal travel. (Keep in mind that you can possibly stay at the CGEE – Namibia house after the last program day for a minimum fee). When doing independent travel, students are responsible for their own accommodation, transportation, food, and other expenses. The information provided below and more can be found in any of the travel guides, or is accessible online from sites such as www.lonelyplanet.com.

While traveling in Namibia can involve long distances, there are a number of places that provide special experiences and can be reached easily for short visits. There are also other places that provide unique experiences that really require at least a 4-day weekend and a little more effort (but effort that's well worth it), and finally others still that can't be done in less than one week.

Possible Weekend Trips from Windhoek:
- Gross Barmen: Located in a hot springs area with indoor thermal pool as well as an outdoor pool and good bird watching.
- Waterberg Plateau: North of Windhoek in a lovely setting with trips to the top available for sighting many kinds of wildlife, especially endangered species which have been re-established there.
- Hardap Dam Lake and Game Reserve: South of Windhoek with a large lake and extensive hiking trails. Brandberg (the highest mountain in Namibia) and Spitzkoppe (a renowned granite outcropping): Both provide interesting viewing, hiking, and ancient rock paintings but have only camping accommodations nearby.
- Africat or the Cheetah Conservation Fund – Both organizations are dedicated to the preservation of cheetahs and leopards in Namibia, have overnight accommodation on the premises or nearby, include predator education centers, and offer opportunities to see cats very close up.

Longer breaks (a few days - one week+) allow time for visits to:
- Etosha Pan National Park is not only Namibia's premier wildlife reserve, but also one of Africa’s largest with over 100 types of mammals and 300 plus kinds of birds. (Please note that we often include a visit to the park as part of the program schedule.)
- Fish River Canyon, the second largest canyon in the world, is in the extreme southern part of the country. The hiking trails are not considered feasible during the hot summer months of October through April.
- The Namib Desert with many unique and fascinating aspects can be encountered on many drives. Soussesvlei, within the Namib, is an area of outstanding, colorful sand dunes, the highest in the world, and is 60 km. from the nearest campsite.
- The Orange (or Gariep) River divides Namibia from South Africa, and flows through some stunning desert scenery. Several tour companies offer 3-6 day canoe trips along the river for about US$500.
- Victoria Falls is a popular destination, and can be visited from both the Zimbabwe and Zambia side. As well as the renowned falls, there are many options of adventure activities and viewing wildlife. If planning on traveling to Victoria Falls, budget around US$500-800 (of that, bring US$200 in cash for Visa and hostel payment).

Getting to most of these places requires private transportation or taking advantage of one of the many tour groups. In planning personal travel, we remind you to plan a budget according to your travel plans. You may want to travel in small groups by bus or train. When traveling over-land and economizing on food and lodging, a budget of US$30 per day is sufficient (in addition to transportation costs). You may want to allot extra funds (US$300-1,000 recommended) for souvenir purchases, adventure activities (rafting, bungee jumping, etc.) and emergencies.
Visits by Family and Friends
You are welcome to have family and friends visit while you are in Namibia. Visitors are encouraged to stay in nearby hotels and guesthouses, which offer convenient and comfortable accommodations. They are also encouraged to come during Spring Break or after the program ends, as you will be quite busy the rest of the semester.

In the past families and friends who visited during semester break hired vehicles and did their own tours. By that time you will have an idea of good places to visit and lodge. However, below are some sites you can browse for more information on tours:
www.trulyafricatours.com/
www.infotour-africa.com/index.php

For a few other suggestions of places you may want to consider, see: http://www.lonelyplanet.com/namibia.

For accommodation in Windhoek our staff recommend the Rivendell Guest House which is located two blocks from the CGEE house and within walking distance of downtown. Facilities and contact details are available at www.rivendellnamibia.com. The CGEE has used Rivendell to house visiting professors and short term programs. If it is fully booked, there are a few other reasonably priced places in the neighborhood that we could suggest.

Other accommodation establishments in Windhoek can be viewed at www.namibiareservations.com.
The Furstenhoff Hotel is also close to the Center, about five minutes from CGEE house and five minutes to downtown, although it is more expensive. Contact details are available on the above website.

With regard to transportation: for a public transportation option, see http://www.namibiashuttle.com/ Otherwise, we recommend a private transport company by the name of Oryx Transfers and Tours, email sshikale@yahoo.com.na, Cell. (011) 264 81 202 9137 or (011) 264 81 226 9552. They can provide a vehicle only or a vehicle with a driver.

Another option would be a car hire company www.carhirenamibia.info and Dial-a-Drive at www.namibiasafaris.com.

Student Responsibilities Regarding Additional Travel
You must inform a Program Coordinator and/or the International Resident Assistant in writing of any personal travel plans during the semester and/or over regularly scheduled breaks. Students may not leave the program without informing a Program Coordinator and/or the International Resident Assistant in writing of their itinerary, including mode of transportation, travel companions, expected return date, phone where he/she can be reached etc. It is not enough to simply tell another student in the group. In the case of a student who has left the program without informing staff adequately, parents will be notified.
MONEY

A major question you are likely to have is how much money to bring and in what form. Your fees cover all program-related living (food and board) and program travel expenses during the semester. You need to cover your travel to and from Africa directly with CGEE’s travel agency (see page 26). The amount of money you will need depends on your personal spending habits: how much additional travel (and by what means you are willing to do it), gifts you will buy, personal care items, and social events.

We suggest that you bring a money belt for your own security while traveling about in the city, on the weekends, and to South Africa. Large department stores and specialty travel shops usually carry them for about US$10.

How Much?
While most of your course reading materials will be provided, you will need general school supplies.
♦ Bring US$50 in cash for your deposit (or US$70 if you plan to rent a cell-phone) (exact change appreciated). This deposit is for the items that CGEE will issue you when you arrive. It will be returned to you if all items are returned in good condition. (The items include, but not limited to, Linens, sleeping bags, Towels, Keys, Cell phones etc.)
♦ We recommend that you budget at least US$300 – $500 for potential medical expenses. Hospitals and clinics in Namibia will expect you to pay for medical treatment at the time of service, in cash or by credit card. You can then request reimbursement (minus the $250 deductible) from the insurance company when you return home.
♦ Students on past programs have spent between $1,000 - $2,000 but you could get by on less or spend a lot more, depending on your habits. This amount allows for some travel during the program, a fairly active social life, occasional calls to home, and the purchase of gifts. If you think you will want to travel more extravagantly or buy more expensive gifts, bring more. In general, your money can be stretched a little further than in the U.S.

In What Form?

Cash: The only cash you need to bring is what you might need for the trip over, and a little extra to get you through the first few days. (US$50 – $75 should be fine). Remember, if you plan to travel to Victoria Falls, bring an additional US$200 (alternatively, you can exchange here but will incur fees).

Traveler’s Checks: If you would like, you can bring some money in traveler’s cheques. However, most students find this to be unnecessary. Another “back-up” money source is the travel AAA/Visa Debit card. The money you put on this card is protected like travel’s cheques. Visit your AAA branch to find out more (you don’t have to be a AAA member).

ATM cards: Plan to get most of your cash from ATM machines. Most major bank ATM cards will allow you to withdraw cash from your U.S. checking or savings account, and will give you the money in local currency. Family members can also deposit money into your U.S. bank account, and you can withdraw it from an ATM. It’s good to notify your bank that you will be using your card in Namibia and South Africa ahead of time so that they don’t cancel your card.

Credit Cards: Many shops accept major credit cards such as Visa, MasterCard, and (less frequently) American Express, and banks provide cash advance services in the local currency. Again, it’s good to notify the issuing bank that you will be using the card in Namibia and South Africa so that they do not cancel your card when you use it.
Money Transfers: Members of your family can wire money to you in the form of a Money Gram. A wire through Money Gram can be done entirely on-line using a credit card. The sender will just need to create an account on MoneyGram's website: https://www.emoneygram.com.

Wire transfers can also be done using Thomas Cook or the Bureau de Change. Money should be directed to you in Windhoek, Namibia. Upon completing the wire, the sender should receive an eight digit reference number. In order to collect the money, you will need to bring your passport and the eight digit reference number.

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<thead>
<tr>
<th>Country</th>
<th>Currency</th>
<th>Approximate Exchange (as of October 2015)</th>
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<tbody>
<tr>
<td>Namibia</td>
<td>Namibian Dollar</td>
<td>N$13.2916 to $1 US</td>
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<tr>
<td>South Africa</td>
<td>Rand</td>
<td>R $13.2914 to $1 US</td>
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What to Bring

Dress
The CGEE – Namibia staff advises students to dress in a neat, clean, and modest manner. The “Sloppy T-Shirt and Jeans” look is not in style here but the “put together t-shirt and jeans look” can work. Students regularly find that they have brought too many casual, or “summer” or “desert” clothes that aren’t appropriate. As a general idea, we recommend bringing mostly semi-casual/nice outfits, and then a few things for when you are just relaxing or traveling on your own. Please note that shorts (even “nice shorts”) are always considered casual clothes. When dressing up, it should be long pants or skirts. Keep in mind that due to the dry climate in Namibia, students can wash clothes out easily at night and wear them the next day. Or you can share clothes with each other and have a huge wardrobe. Also keep in mind that in general clothes are cheaper to purchase here in Namibia, so if you feel the need to buy new things for the trip, it might pay to wait until you arrive.

Semi-Casual or Nice Clothes
Almost every weekday will involve interaction with speakers, language instructors, visits to organizations and institutions, or your internship or volunteering. For all of these occasions students are required to dress neatly and conservatively, in order to express respect for our guests and the professional environment. We advise that students bring at least two or three dressier outfits for such visits. Students find it helpful to bring at least three different “bottom pieces” and three “top pieces” that can be mixed and matched, as well as nice shoes.

♦ Appropriate bottom pieces: Khakis, dress pants (one pair), knee-length or longer skirts, dresses, nice jeans. (Loose long skirts are appropriate in all occasions, and many students wish they had brought more).
♦ Appropriate tops: Dress shirts with buttons and/or collars and blouses.
♦ Going-out clothes: If you enjoy dancing, music clubs and other cultural events, you will want to bring outfits along for nightlife. Students find that in general, Namibians are more fashion conscious than the average American college student. This often leaves students feeling out-of-place and sloppy, so keep that in mind as you pack.
♦ Warm clothes: Although it is the desert, it will be cool at times, especially towards the end of the semester, so bring a few warm clothes such as a fleece jacket and sweatpants.
♦ Casual clothes: For times when you are just hanging out, traveling, or doing athletic activities, you might want to bring a tank-top, t-shirt, shorts, jeans, comfy pants, and the like.
♦ Tip: Think about how you would look if you were going out to dinner at a nice (but not fancy place) back home: nice jeans and cute top or sundress and cardigan, or nice pants with a polo shirt or button down. This is the every-day look you’ll want to achieve here! So be your “trendy,” not your “sloppy” self!
Computer
If you plan to bring your laptop, please note that you will be responsible for the cost to repair or replace it, whether or not the damage is the result of your action or the action of another student, staff person, or unknown person. It is strongly recommended that you consider property insurance for any theft or damages. CGEE cannot reimburse you if your computer is lost, damaged or stolen. You may also consider bringing an older/less expensive laptop. Having a laptop is very convenient, but can be heartbreaking if it gets damaged or stolen. This applies for any other electronics you may consider bringing such as mp3 players and cellphones as well.

Additional Advice
♦ Toiletry items are easy to find in grocery stores and pharmacies in Windhoek at reasonable prices, so don’t pack big bottles of shampoo, deodorant, bug repellant, etc. Bring enough for the first week, and buy the rest later.
♦ Items such as sunscreen, batteries, tampons, contact lens solution are available here in Namibia at prices somewhat higher than in the United States.
♦ The selection of camera batteries is limited, so bring what you will need.
♦ We strongly suggest that you not bring expensive jewelry or accessories as theft, as in any large North American city, is always a concern.
♦ The CGEE office in Minneapolis can give you names of past participants on this program, who you can contact for more advice.

Gifts
You may wish to prepare for your three Home-stays by bringing some gifts with you to Namibia. These should not be expensive but rather a token of your personal appreciation for being invited to spend time with a family. It's best to bring something reflective of you: photos of you, your family, and friends; a photo or something from your hometown (e.g. a regional postcard); a school coffee mug etc. You do not need to bring a gift for each person. Something for the adults and a small toy (e.g. box of crayons) for the children is most appropriate. However, you will not know the ages of the children in your host family until shortly before you meet them. It is best to bring a souvenir from your school or hometown for the adults and buy something for the children in Namibia, once you know them.

Based on past students' experiences we suggest the following:
♦ Bring photographs of you, your family, friends and your city to leave with your host families. You can always make color copies if you don’t want to give up the original.
♦ Some suggestions for family gifts are:
  ◦ For adults: key chains which reflect your home or region, regional t-shirts, coffee mugs, place mats, dish towels, photographic calendars (very popular) or books, world maps, inexpensive solar calculators, etc.
  ◦ For kids (including adolescents): school supplies, books, playing cards, balls, frisbees, calendars, art supplies, inexpensive solar watches, picture/story books, kaleidoscopes, slinkies, etc.
♦ Since resources for your host family are limited, any additional input needed for a gift (such as batteries) would require further expenses and inconvenience them.
♦ Except for the items with a home-town/region/school flare, most of the above items are available in Namibia so you don't have to bring these with you if you don't have the space.

Luggage
We cannot over-emphasize enough the matter of packing lightly! Although airlines may have differing requirements, most will allow you two checked pieces, and one carry-on. However, we at CGEE (and all the previous students) have different recommendations! As a rule of thumb, you should be able to carry your entire luggage for the semester four city blocks without collapsing.
We recommend:

- **One large** luggage piece (a large backpack, suitcase, or duffel bag). This is the piece that should hold most of your things, and which you should check.
- **One medium** luggage piece (a small duffel bag or carry-on-sized suitcase). This is the piece you will use throughout the semester when we travel outside of Windhoek. Ideally, a fabric bag can be packed inside of the larger luggage piece on your way to Namibia, and then filled with souvenirs on the return trip.
- **One small** luggage piece (a school backpack, or similarly sized bag). In your carry on should be all your valuables (passport, tickets, money, camera, laptop, ipod, etc) plus a spare change of clothes and your toiletries.

## Packing Checklist

### Clothes
- 3-4 pairs pants (jeans or khakis, and 1 pair dress)
- 2 pairs shorts (for around the house and sports)
- 4-5 short-sleeved shirts/tops/T-shirts
- 2-3 long-sleeved (sweaters; cardigans are great layering pieces)
- “Going Out” tops
- 3-4 skirts or dresses or additional pants as you prefer
- Nightshirt or pajamas
- Underwear
- Socks
- 1 pair of tennis shoes, 1 pair sandals that are comfortable to walk in, 1 pair rubber shower flipflops
- Comfortable shoes that are a little more dressy (dressy sandals are good; heels not needed)
- Hiking boots/sturdy walking shoes (optional)
- Swimsuit
- Hat (providing shade to your face as well as the top of your head)
- Fleece Jacket and sweatshirt/sweatpants

### Personal Care Items
- Travel sheets (like a thin sleeping bag liner—optional)
- 1 extra towel and a washcloth (one towel is provided)
- Insect repellant and sunscreen (can be bought here as well)
- Sunglasses
- Contact lens supplies (can be bought in Namibia as well)
- Any medications you use (in their original containers) and/or vitamins
- Travel alarm clock
- Canteen/water bottle
- Small flashlight or headlamp
- Camera (and disposable camera for sand dunes)
Travel Items
- Passport (which will not expire before November 14, 2016)
- Photocopy of the title page of your passport and an extra passport photograph
- Visa or MasterCard, ATM card
- Small tape recorder (optional, to record lectures)
- CDs/MP3 Player (optional)
- A combination lock (for your locker in your room)
- Notebook/book for journal writing
- Notebooks, pens, etc. for class notes and projects (easily purchased in Namibia)
- Pictures of your family/friends/school/neighborhood/work

Note: You do not need to bring a sleeping bag
Namibia

U.S. State Department Information
South Africa

U.S. State Department Information
Due to the way maps are drawn, people tend not to realise just how big Africa is...