



FREQUENTLY

ASKED

QUESTIONS

**Jordan and Uganda:
Master of Arts in Humanitarian Assistance and
Crisis Management
2020-2021**



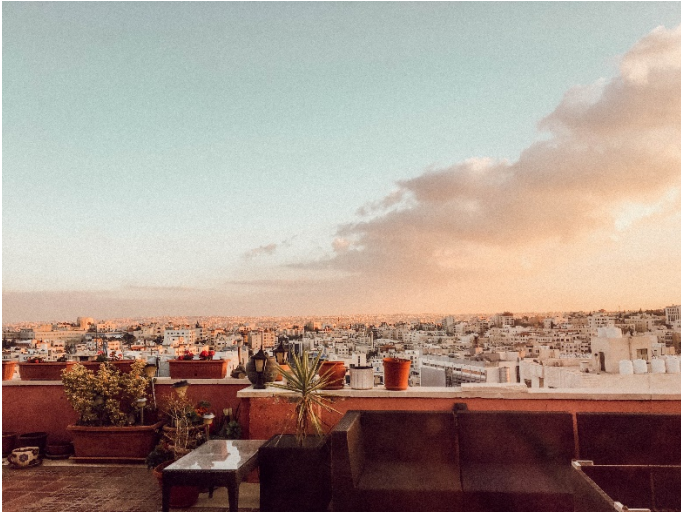
SIT SCHOOL FOR
INTERNATIONAL
TRAINING
GRADUATE INSTITUTE

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WHAT IS LIFE LIKE IN JORDAN AND UGANDA?



JORDAN

The Hashemite Kingdom of Jordan is a small country (population: 10 million) with few natural resources, but it has played a pivotal role in the struggle for power in the Middle East. Jordan is situated at the junction of the Levantine and Arabian areas of the Middle East. The country is bordered on the north by Syria, to the east by Iraq, and by Saudi Arabia on the east and south. To the west are Israel and the occupied West Bank, while Jordan's only outlet to the sea, the Gulf of Aqaba, is to the south. Jordan occupies an area of approximately 96,188 square kilometers including the Dead Sea, making it similar in size to Maine or Portugal. However, Jordan's diverse terrain and landscape belie its actual size, demonstrating a variety of landscapes usually found only in large countries.

Jordan's significance results partly from its strategic location at the crossroads of what most Christians, Jews, and Muslims call the Holy Land. The desert kingdom emerged out of the post-World War I division of the Middle East by Britain and France. The population at that time was made up largely of Bedouin tribesmen, known as East Bank Jordanians, who were followers of King Hussein's grandfather, Abdullah, himself originally from Arabia. Today, a significant proportion of the population of Jordan is of Palestinian origin—that is, from areas west of the River Jordan, including the West Bank, today's Israel, and Gaza. With the exception of

persons from Gaza, the vast majority of those persons of Palestinian origin have Jordanian citizenship.

The country's long-time ruler was King Hussein (1953-99). A pragmatic leader, he successfully navigated competing pressures from the major powers (US, USSR, and UK), various Arab states, Israel, and a large internal Palestinian population despite several wars and coup attempts. In 1989, he reinstated parliamentary elections and gradual political liberalization; in 1994 he signed a peace treaty with Israel. His son, King Abdullah II, assumed the throne following his father's death in February 1999. Since then, he has consolidated his power and undertaken an aggressive economic reform program, maintaining stability in the face of Islamist militancy while accommodating calls for reform. Jordan acceded to the World Trade Organization in 2000 and began to participate in the European Free Trade Association in 2001. After a two-year delay, parliamentary and municipal elections took place in the summer of 2003.

Unlike many of the states in the region, Jordan has no oil of its own. Its resources are limited to phosphates and agricultural produce. The economy depends largely on services, tourism, and foreign aid, for which the US is the main provider. Jordan prides itself on its health service, one of the best in the region.

Arabs comprise 98% of the population of Jordan, with the remaining 2% being Circassian and Armenian. As such, Arabic is the official and predominant language in the country with English widely understood among upper and middle classes. Jordanian society is characterized by religious tolerance, where Sunni Muslims represent 94% of the population and the other 6% are Christian.

A safe haven in a region of conflict, Jordan has delighted visitors for centuries with its World Heritage Sites, friendly towns and inspiring desert landscapes. The program will be based in Amman, the capital and Jordan's chief commercial and financial center, originally founded on 7 rolling hills, or "Jabals", but today it spreads across more than 20. Amman, is a modern city with ancient roots, a

fascinating city of contrasts—a unique blend of old and new. Downtown Amman at the bottom of the city’s many hills and overlooked by the magisterial Citadel, features spectacular Roman ruins, an international-standard museum and the hustle and bustle of mosques, souqs and coffeehouses that are central to Jordanian life. Western Amman has leafy residential areas, cafes, bars, modern malls and art galleries while in East Amman it’s easy to sense the more traditional and conservative pulse of the capital. The outskirts of Amman are home to Roman ruins, biblical landmarks, Byzantine churches and Ottoman structures.

The North of Jordan is a region rich in ancient ruins and biblical associations, all set in rolling countryside ablaze with wild flowers in springtime. You will experience the extraordinary remains of the ancient city of Jerash, one of the most impressive and best preserved Roman cities outside of Italy, located a little less than 50 kilometers north of Amman. Just northwest of Jerash is the town of Ajloun, home to the Castle of Ajloun, and further north lies Um Qais with Greco-Roman and Ottoman remains commanding sweeping views over the Golan Height and the Sea of Galilee.

Western Jordan has a Mediterranean climate with hot, dry summers. However, about 75% of the country can be described as having a desert climate with less than 200 mm of rain annually. Jordan can be divided into three main geographic and climatic areas: the Jordan Valley, the Mountain Heights

Amman, Jordan					
AVERAGE HIGH/LOW TEMPERATURES (°F)					
AUG	SEPT	OCT	NOV	DEC	
88/64	88/62	81/57	70/50	59/42	

Geneva, Switzerland:	
AVERAGE HIGH/LOW TEMPERATURES (°F)	
DEC	
41/32	

Plateau, and the eastern desert, or Badia region.

Jordan is a very sunny country with average daily sunshine hours ranging from as much as twelve to thirteen in the summer. Although summer temperatures are high in the desert, the heat is usually moderated by low humidity and a stiff breeze during the day, and the nights are cool and pleasant.

While you are in the hotter areas, make sure to drink plenty of water, use sunscreen, and stay out of the direct sun when possible. When out in the open, Arabs usually cover their heads to protect against sunstroke, with a *kaffiyya* for men and a *mandeel* for women.



UGANDA

Uganda is located in East Africa with a total area of 241,548 square kilometers and has a population of 42.86 million people. It is well endowed with national resources, such as rivers, lakes, mountains, and waterfalls. It lies across the equator and two-thirds of the country is plateau. Uganda borders Sudan in the north, Kenya in the east, Tanzania and Rwanda in the south, and the Democratic Republic of Congo (DRC) in the west.

English and Swahili are the country’s official languages but the population, which is made up of approximately eighty-six ethnic groups, speaks four different languages, with many dialects that are unique to the ethnic groups. Uganda’s main economic sectors are agriculture and tourism but may soon include oil mining. The government is headed by President Museveni who has ruled Uganda for thirty two years. The legislature is democratically elected and serves for five years. Currently, Uganda’s ninth parliament has three

hundred and sixty-five members, headed by the first female speaker of parliament. Ugandans are very friendly, hospitable and hardworking. They will warmly welcome you to their country and into their homes.

Uganda lies astride the equator but due to inland elevations and winds coming off of Lake Victoria, the weather is surprisingly temperate and similar to that of California. The main rainy season is during April and May with a second and lesser one in October and November. The dry season is typically December to February and June to August.

Kampala is about 3,500 feet above sea level. Because of its elevation, the weather occasionally gets chilly at night.

Kampala: AVERAGE HIGH/LOW TEMPERATURES (°F)

JAN	FEB	MAR	APR	MAY
80/62	81/63	81/64	79/64	79/64

WHAT CAN I EXPECT UPON ARRIVAL?

In both Jordan and Uganda, students will be received at the airport by an SIT Graduate Institute staff member, at the meeting time specified in the flight information document. The first several days in each country are an orientation period for students to get accustomed to life in that country prior to the start of classes. The group will be staying in a hostel or modest hotel together during orientation before moving into their permanent housing.

WHAT CAMPUS WILL I BE ATTENDING?

In Jordan students will be attending classes at the SIT Program Center. In Uganda students will attend classes at the SIT Resource Center and at the Peace and Conflict Studies Center at Makerere University which is just ten minutes from the SIT Resource Center. A few classes will be field based either at NGO offices or Humanitarian assistance sites such as refugee settlements or complex emergency centers for landslide victims.

DOES SIT OFFER LANGUAGE CLASSES?

While the program does not offer credit-bearing language courses, students will receive basic language training in Arabic and Luganda at the start of each semester, along with basic cultural etiquette. Students may also choose to continue private lessons, at their own cost, if they would like additional language training.



WHAT KIND OF SUPPORT WILL SIT PROVIDE IN SECURING MY PRACTICUM?

Beginning in the first semester in Jordan, you will meet with the program chair prior to the practicum search process. SIT will support you in finding an approved practicum with a humanitarian assistance or crisis management think tank, NGO, government agency, or other organization involved in policy/advocacy work in either Jordan or Uganda. You will also have access to an online career workshop run by SIT's Career and Practicum Service Center, which will guide you in the practicum application process.

WHAT KIND OF SUPPORT CAN I EXPECT DURING THE PRACTICUM?

You will meet with the practicum coordinator multiple times throughout the year to facilitate a well-chosen practicum that aligns with your

professional trajectory. During the third semester (your practicum semester), you will meet regularly and remotely with your academic advisor and cohort to discuss practicum experiences across institutional, cultural, geographical, and political settings.

WHAT ARE SOME LOCAL CUSTOMS?

JORDAN

In Jordan, shaking hands is the common greeting. However, men should wait for an Arab woman to offer her hand and women should similarly wait for an Arab man to offer his hand. Many women prefer to avoid touching a man they do not know well. Many men avoid touching a woman at all if she is not related to them, and in that case, they may gesture by holding their hand toward their chests. People stand up when greeting each other. People usually say *Alhamdulillah* to respond to "How are you?" (*Alhamdulillah* means "Thank God") even if they are not well. It's a religious concept which reveals the idea of thanking God.

In many households, people take off their shoes when entering, so we recommend that you bring slip-on shoes or sandals.

If you are invited for a meal, everybody may eat from a common plate; take the food immediately opposite to you only. Somebody will continue offering you food; eat what you can. It is very important to accept Arabic coffee when it is offered to the guest by Jordanians, as it is a cultural symbol of hospitality and should be accepted as an act of goodwill.

UGANDA

Ugandans are very hospitable and love to greet extensively beyond the nucleus family. They will ask you about every aspect of your life and expect to be updated regularly on what you are working on. When people ask you "how you are doing" they are genuinely asking for details and pay attention to your response. Locals will often assign you a Kiganda name as a sign of fondness. Community members love to share meals, so if invited for a

meal, don't decline, use it as an opportunity to get more integrated into the local community and culture. Test all the food and don't feel obliged to finish it. If you choose to stay in a homestay, please offer to cook them your meal that is a delicacy in your culture.

WHAT KINDS OF FOOD WILL I FIND?

Participating in the local food culture is a central aspect of daily life everywhere. Special or restricted diets may not always be fully understood by the community and alternatives to the local diet may not be readily available. By trying to replicate your diet at home you may miss out on an important part of your host culture. Please note any food allergies in your health form.



JORDAN

As in most cultures, food and rituals surrounding shared meals is quite central in Jordan. Families generally eat a good breakfast (this often includes fresh-baked bread, hummus, cheese, olives, and *zeit wa za'tar*, olive oil and thyme), a heavy late lunch around 3 pm (variably this includes cooked lamb, chicken, rice, and a variety of vegetables), and a lighter dinner late at night (similar to breakfast, sometimes containing leftovers from lunch). Like all Arabs, Jordanians think of food sharing as a bonding experience, and so the guests are always pressed to eat more, a situation that makes many students uncomfortable. In this situation, we recommend that you eat at a slower pace than you usually do, and when you are full,

say *alhamdu-li-lah*, and thank your host every time he/she offers you more food.

Vegetarian or vegan diets are rarely followed in Jordan, but people are becoming increasingly aware of the choice, especially in the cities. Luckily, the fact that Levantine food is rich in vegetable-only dishes (such as *fuul*, *hummus*, *tabbouleh*, and *falafel*) makes it easier for Jordanian families and restaurants to accommodate vegetarian or vegan diets. Kosher meats are not available in Jordan, though other foods that fit into Jewish dietary requirements are easily found.

Note: if you have special dietary needs, including allergies, please inform our office prior to the start of your program. We will advise you on realistic expectations about avoiding or incorporating certain foods within the program context.

UGANDA

Ugandans' mealtimes vary from home to home, but the average meal times are as follows; breakfast is served between 6:30 a.m. and 8:00 a.m., lunch is served between 1:00 p.m. and 2:00 p.m., and dinner between 8:00pm and 10:30 p.m. The staple diets of the Buganda and Sabinyi communities with whom you will reside are plantain bananas and millet bread, respectively. If you are a vegetarian it is important that the family knows this because it is rare in Uganda to find people who are truly vegetarian. Vegetarians are well catered for in Ugandan homes because of the cheap food and availability of many vegetarian dishes. If you are living alone in a flat or sharing an apartment, most food items are available at supermarkets and convenient stores.

WHAT CAN I DO TO ENSURE I HAVE A HEALTHY, SAFE EXPERIENCE?

Maintaining good health is critical to having a successful experience in our Global Master's program. Please thoroughly review the [Health Guidelines and Requirements](#) for your program.

The guidelines include recommended immunizations; a suggested calendar for



immunizations and other prophylaxes; and valuable information on how to avoid exposure to common carriers of disease.

Students are thoroughly briefed on local health and safety considerations during in-country orientations and are updated throughout the program if and when circumstances change. For information regarding safety and security, emergency communications, SIT policies, health and medical insurance, and general program tips, please read the [Safety, Security, and Health](#) document.

JORDAN

First and foremost, please know that SIT has your best interests in mind and has set rules that will prevent most risky situations. While Jordan is very safe in many ways, some of the hazards are different than those found in other countries.

Jordan has some of the Middle East region's best hospitals and physicians. Many wealthy Arabs travel from nearby countries to receive health care in Jordan. Most doctors are Western-trained and fluent in English. Medical care in Jordan is inexpensive by US standards, though we recommend you bring a credit—**not debit**—card with you in case you are faced with medical costs, as you will have to pay up-front (see insurance information above for more information on medical expenses).

Jordan continues to be a relatively safe and stable country. There is a deeply ingrained culture of hospitality, and you will find that most people treat you graciously and respectfully even when you might disagree on a particular issue. Political hostility, if ever encountered, is usually directed at “the government” (Jordanian as well as the US) in the abstract, and almost never at individuals.

Overall Jordan is a conservative Muslim and family-centered society with strong tribal traditions. Jordanians emphasize conformity and are not very tolerant of openly non-traditional lifestyles or activities that do not fit into their strictly defined male/female gender roles. The society continues to be conservative even as it experiences some rapid change, especially in Amman. This change, however, is happening more at a consumerist level than at the level of social and cultural values, attitudes, and norms. It is important that you come prepared to respect local cultural traditions, some of which are probably different from what you are used to in the US.

Unfortunately, women are quite likely to receive unwanted attention and harassment from men on the street, especially if they are not dressed conservatively. Women will be advised on how to avoid or handle such situations during orientation, but much will come down to women’s willingness to abide by local standards of dress and behavior. In short, dressing modestly—covering the arms and knees—will make you feel more comfortable in public. This can be disconcerting for many students, so be sure you are ready to make some lifestyle changes before coming. In Jordan, both men and women are expected to be clean and modest: good grooming is a sign of respect for yourself and your hosts. People do read what is written on your T-shirt, even if it is in English, so use your judgment as to the cultural sensitivity of these messages.

Always remember to plan your evening outing in group or with at least one of your friends. Women are advised not to be alone during evenings and nights. Always notify the program chair of any travel plan outside of Amman either with family, with friends, or on your own. Avoid swimming in ponds

and deep seas. Jumping in water from high cliffs is strictly prohibited.

If you chose to reside with a host family, you will be expected to keep your host family informed of your schedule, whereabouts, and changes in plans because this helps your family support your safety and because such behavior is the cultural norm. The family is the center of life in Jordan, so the whole-hearted embrace that the homestay families give to SIT students ensures that students get the truest and safest Jordanian experience.



DOES SIT PROVIDE MEDICAL INSURANCE?

SIT Graduate Institute provides students with travel, accident and illness coverage for the international components of your Global Master’s program. Please note that this coverage is not in affect for any medical expenses incurred in the US. Therefore, we highly recommend that students maintain coverage in the US for the duration of their Global Master’s program.

SIT Graduate Institute partners with [International SOS](#) to provide medical and security services. International SOS has been providing high quality global medical and security services for over 25 years. In the unlikely event of a medical emergency, the highest quality medical care will be arranged for you. If necessary, the coverage facilitates medical and security evacuation of students.

The services of International SOS are meant to compliment the risk management and health

recommendations of the SIT Student Affairs team as well as the support of our field-based staff. You will be automatically enrolled in this coverage.

SIT does not provide dental coverage nor property loss insurance. We encourage students to purchase personal property insurance independently.



WHAT HAPPENS IF I GET SICK?

Should you need to go to the doctor for any reason, you will need to call International SOS and speak with a program staff member to be directed to an appropriate provider. It is important that you contact the designated local staff member in-country whenever you are seeking any medical attention. SIT staff can direct you to hospitals and clinics SIT programs have used for many years and are approved by International SOS.

You need to be prepared to cover the associated costs of any medical care, keep your receipt(s) and file a claim for reimbursement.

CAN SIT ASSIST WITH ACCOMMODATIONS?

Room and board is the responsibility of each graduate student, and costs are NOT included in the tuition. In both Jordan and Uganda, housing assistance is available through SIT. In both cases, local program staff has provided preferred options, and can provide information on the local housing markets and options, figures for budgeting, and services available. However, each graduate student must complete the necessary documentation with SIT to secure their own housing. Some landlords

don't give contracts or tenancy agreements, but SIT will ensure that they provide the necessary support the students need. All students are required to fill out a housing form regardless of which option they choose in each location.

JORDAN

Housing options include homestay or furnished apartments. The homestay option is recommended as it offers the chance for immersion in the local culture and provides an excellent opportunity to experience Jordanian lifestyles, perspectives, and values. Our program staff will provide a few different options for students: private apartments, shared apartments with other students, and rented rooms from local families. Each apartment or house is subject to a unique contract with a landlord and prices will vary between \$500 and \$1000 per month per flat. Each option has access to a kitchen and bathroom and 2 to 3 bedrooms. The cost can therefore be split over the number of students sharing the flat. Utilities such as water and electricity are included in the price of homestay options but not rented flats. Wi-Fi is available in host family options but limited or unavailable in most residences in Amman. Students, however, can purchase a local package for 20 USD/month. Most of the internet providers are in-expensive and have good bandwidth.

UGANDA

SIT collaborates with Makerere University to find accommodation at the graduate hall of residence "Dag Hammarskjold". Over the years, the SIT has generated a list of potential accommodations; all of these suggested are in close proximity to the SIT resource center and shopping centers that are accessible. Most of the accommodations will have access to internet either by use of a modem (dangle) or wifi. The student will be required to provide their own resources/money to buy the internet or wifi time they use.

Our program staff and homestay coordinator has worked with landlords in Kampala to provide a few different options for students: private apartments, shared apartments with other students, and rented rooms from local families. Each apartment or house is subject to a unique contract with a landlord and

prices will vary between \$300 and \$500 per month. Each option has access to a kitchen and bathroom, and utilities such as water and electricity are included in the price. Smoking is often forbidden, and Wi-Fi is limited or unavailable in most residences in Kampala, however students can purchase local modems. Most of the internet providers are in-expensive and have good bandwidth. Internet cafes are becoming obsolete as smart phones are now providing all the necessary access to electronic sources.



HOW WILL I GET AROUND TOWN?

JORDAN

The most convenient form of transportation around Amman is to hire a yellow taxi, Uber, or Careem. Al Mumayyaz; a special taxi company known for being the safest and most secure in Jordan is recommended after dark. Students are not allowed to use public transportation neither inside Amman nor outside Amman.

UGANDA

Most students will find accommodation within walking distance of the SIT Resource Center, but in the event, you need to go further, you can utilize public transportation, that is popularly referred to as “taxis” or “mini buses,” and Ubers are also becoming very trendy and convenient.

If you need information about transport, please ask either program staff or your homestay family members because Uganda’s transport system does not have a website or an information platform where such information can be obtained readily. Staff will

provide a brief introduction to the public transportation system during orientation.

WHAT IS THE BEST WAY TO COMMUNICATE WITH OTHERS WHILE I’M ABROAD?

While you may want to be in regular communication with friends and family from home during the term abroad, please bear in mind that different time zones, unreliable phone lines, and changing program activities can complicate communication.

It’s important to be clear with family and friends about your availability during your Global Master’s program. SIT Graduate Institute recommends moderating time on social media to engage locally. Constant communication with friends and family at home can impact your ability to acculturate.

As part of SIT’s commitment to student safety and security, all students are required to have a working smart phone capable of making and receiving both local and international calls throughout the duration of the program. For that purpose students are required to either (a) bring an open, unlocked smart phone from home to the program that is able to accept a local SIM card, and is compatible with and usable at the program location, (b) work with the program director within the first week upon arrival in country to purchase a smart phone locally, or (c) bring a dual SIM smart phone. DO NOT purchase an international plan. It is critical that you have a local SIM, thus a local telephone number to connect



with faculty, staff and various affiliated organizations while in country.

During orientation, with assistance from SIT Graduate Institute staff, students will learn how to purchase and use an appropriate local SIM card, and how to acquire minutes for calls and texting.



While we recognize that alternative communication methods can be free or cheaper than cell service i.e. Facetime, Skype, WhatsApp, etc. those programs alone do not satisfy our need for regular communication with the local program staff and partners, nor do they meet our emergency communication needs. Therefore, local cellular capacity on each student's phone is required for the duration of the program. Students are required to maintain a minimum amount of phone credits at all times for emergency calls. Full compliance with this policy is expected.

JORDAN

The Jordan SIT program center provides internet access during posted hours. SIT Jordan has fiber optics wireless service for its offices. If your laptop is capable of connecting to wireless networks, then you will be able to access the Internet there. Internet cafes are widely available, with rates averaging US \$ 1.50 per hour. You can also buy an internet USB where you can use the internet anywhere; this will cost about \$20 per month.

UGANDA

Students can purchase a wifi modem or use their smart phone as a hotspot to get wifi, there are also several cafes in Kampala that provide excellent coffee and have very good wifi. Popular places and

cafes include, Café Javas, Java Houses, café Safesserie, Garden City, Forest mall, Oasis mall, Kabira club to mention but a few. You should find their rates affordable at approximately 50 Uganda Shillings/3 US cents/minute, but time adds up and if you are an e-mail fanatic, be sure to budget accordingly.

WHAT'S THE BEST WAY TO BRING OR ACCESS MONEY?

If using a debit and/or credit card, you should contact your bank and/or credit card companies regarding your travel plans. If you don't inform these companies that you will be away, they will often assume the card has been lost or stolen and will put an immediate hold on the card. You should also check on costs of withdrawal, as these costs vary and can sometimes be very expensive. Renewing and receiving reissued credit and debit cards while on the program will be an expensive and highly inconvenient process. Before you leave for your program, please check the expiration dates on your cards to ensure that they will not expire while you are abroad. It is also very important that you make photocopies of all your debit/credit card information and leave them with someone you trust in case your cards are lost or stolen.

JORDAN

The currency in Jordan is the Jordanian dinar. Each *dinar* has 100 piasters (Arabic: *kirsh*, plural: *kroosh*). The dinar comes in notes of 5, 10, 20, and 50 JD. The easiest way to get money in Jordan is with a bank debit card. ATMs are widely available. This method also has the advantage of giving you the wholesale exchange rate, which is slightly better than the retail rate that you'll get at currency exchange shops. Credit cards are used often in Amman, so a Visa, MasterCard, or American Express credit card can be used to make purchases around town, but mostly at the malls and major retailers.

UGANDA

Uganda's local currency is "*Shillings*" and will be the main medium of transaction. It is only in big hotels



that other currencies such as US dollars will be accepted. The Ugandan shillings come in coins of 50, 100, 200, and 500 and paper money in 1000, 2000, 5000, 10000, 20000, and 50,000 denominations. It is important that you familiarize yourself with this local currency as there are different notes of the same value that come in different colors. The rate of exchange will vary greatly given the international money market, so keep up to date with these rates before you change your money.

Cash (particularly in US\$50 and US\$100 denominations) is easier to exchange and gets a better rate, but it cannot be replaced if lost or stolen. Smaller cash denominations fetch lower rates than the larger bills. Bills issued before 2006 may not be accepted in many places. Traveler's checks are no longer accepted.

A Visa or MasterCard debit card is usable at some banks, however, the charges for each withdrawal are high. In the event that a Visa card is lost, you will be required to organize a temporary transfer of money to you via Western Union or Money Gram as you wait for the replacement of the card.

Check current exchange rates:
<http://www.oanda.com/currency/converter/>

WILL I HAVE TIME FOR VISITORS WHILE I'M ABROAD?

SIT Graduate Institute encourages students to schedule visits from friends and family to their program sites after the conclusion of the formal

program when possible. Students are expected to engage in all program activities and coursework during their time abroad. Students will not be excused from program components to attend to visitors.

Please note that any visitors during the course of the program must plan their own independent accommodations.

CAN I BRING FAMILY?

SIT Graduate Institute does not prohibit students from bringing family members. It is important to recognize that the academic and acculturation components require extensive time and energy. Students are expected to engage in every program activity including site visits, excursions, courses and guest lectures. There are long days with sometimes unpredictable itinerary shifts due to local realities and rigorous academic assignments.

CAN I TRAVEL INDEPENDENTLY DURING PROGRAM BREAKS OR LONG WEEKENDS?

Independent travel is permitted on the weekends and assigned breaks. During orientation in each country the SIT staff will provide guidelines for independent travel.



WHAT SHOULD I PACK?

Please pack lightly and include only necessary items. You should be able to carry all your luggage significant distances on your own. Try to minimize

both the number of bags and weight of your bag(s) since you will likely be acquiring more belongings while abroad. Please note that many airlines are now imposing significant baggage restrictions, including charging for more than one checked bag and increasing the charge for overweight bags. Usually only one carry-on is permitted on the plane: we recommend bringing a small daypack, which will also be useful for short excursions when on the program.

If carrying prescription medications, you should carry a letter from your doctor to prevent any concerns at customs or in transit. (Please see the “General Health Tips” section in the [Safety, Security, and Health](#) document.) Please plan to bring a full supply of any prescription medications for the duration of your semester.

Please check the current requirements of the Transportation Security Administration (<http://www.tsa.gov>) as well as those of the airline on which you are flying for domestic and international baggage restrictions.

JORDAN

For the warmer season (April to October), you need wash-and-wear summer clothes. During the cooler season (November – March), it can get very cold, especially in the evenings. It will feel much colder than the temperature would suggest, especially inland or in the mountains. Bring warm, comfortable clothes you can wear at home during this season. Plan to dress in layers—as it gets warmer or colder, you can simply eliminate or add layers.

Jordanians dress more formally than Americans, and there are cultural rules concerning dress, especially for women. It is better to dress too conservatively rather than not conservative enough. Long-sleeved blouses and shirts and skirts that fall below the knee are appropriate; pants are also common attire for Jordanian women. Long sweaters for women are usually helpful. Clothes should not be tight or see-through. (No mini-skirts, tank tops, crop tops, or short shorts.)

Jordan is extremely formal, so bring one dressy outfit. Smart-looking casual wear is often recommended for site visits to places such as

parliament, health centers and offices of non-governmental organizations. Amman is very sunny most of the year, so bring a hat, sunglasses, and sunscreen. Don't forget a heavy sweater and a bathing suit (you may feel more comfortable if you forego the bikini).



Come prepared with clothing that is culturally appropriate yet will keep you cool. Also, take note of the fact that most likely homestay families will not have air conditioning.

Body piercing is not a common cultural practice in Jordan. However, our homestay families are open minded and tolerant especially to foreigners. Just be aware people may be curious or stare.

UGANDA

Ugandans dress conservatively and are often stylish. The clothes that you bring should all be washable and breathable, preferably drip-dry cotton and cotton-blends. Note that depending on where you are going or what you are doing, it is expected that you dress in a culturally appropriate manner. During lectures, you will be expected to wear simple but tasteful dresses, skirts, shirts, trousers/pants and have your hair properly combed or brushed. Do not bring sloppy clothes or clothes with immodest pictures or writing on them. Revealing clothing and very informal clothing, such as tank tops, crop tops, shorts, and miniskirts are not acceptable.

Smart-looking casual wear is often recommended for site visits to places such as parliament, health centers and offices of non-governmental organizations. During excursions we dress a little more freely given the hardships of travel so jeans and skirts below the knee are suitable. Shoes to be worn will depend on the nature of activities but in most cases, open-toe shoes are allowed. However, for official travel and site visits we recommend closed-toe shoes. Night temperatures tend to drop at higher elevations, at which the program will spend some time. Therefore, you will need a light coat or fleece, and waterproof rainwear. Plan to buy any new clothing you need once you are in Uganda. This will be further discussed on arrival.

SHOULD I BRING A COMPUTER OR OTHER ELECTRONICS?

It is **required** that you bring a laptop computer. SIT does not provide personal property insurance and it is recommended that you insure your computer or other valuables for full coverage. SIT is not responsible for any duty tax you may have to pay when you enter the country, theft, or loss.

Before you leave, it is up to you to research the necessary adaptors, plugs, and wattage variations. You will be responsible for making arrangements to store your laptop in a secure place while on excursion.

Please see the following website for information about electricity, voltage and electrical adaptors. <http://www.worldstandards.eu/electricity/>.

SIT will provide you with an SIT email address prior to the start of the program. For email address support, please contact the SIT help desk and help.desk@sit.edu.

JORDAN

With regard to electricity, adaptors, and electrical plugs, you will only need a plug adapter, as all laptop chargers work with 220 voltages. Do not bring any electrical appliances without voltage converters and two-prong adaptors. The electric current is 220 volts. Outlets in Jordan use plug types C, F, and G.



UGANDA

Power goes out unexpectedly in Kampala and this poses a great risk to electronics. Students are therefore advised to bring power stabilizers to protect their equipment. Also, make sure you come with the necessary adaptors and converters.

WHAT CAN I OBTAIN IN COUNTRY? WHAT ISN'T AVAILABLE?

JORDAN

Bring enough deodorant, toothpaste, tampons, etc. for the first two weeks or so. US toiletries are readily available. Please bring any prescription medications you will need for the whole semester.

UGANDA

Personal items such as preferred tampons, sanitary napkins, contact solution, deodorants and face wash are available, but they may be difficult to find and somewhat expensive. Plan to bring hand washable clothes, which will make your hand washing much easier. If you wear glasses or contacts, bring an extra pair. Be sure to pack enough contact lenses and solution for the whole semester. Bring a full semester supply of any prescription medications.

JORDAN PACKING LIST

GENERAL

Avoid any clothes that have bad words or

inappropriate drawings, especially those that are religiously and politically sensitive.

- 1 nice outfit (conservative dress/skirt for women and nice shirt/neat pants for men)
- 1-2 pair casual but neat pants
- 1 pair nice pants
- 1-2 pair jeans
- Long-sleeve cotton shirts or blouses and a few T-shirts
- 2 light sweaters
- Exercise/sports clothes (optional, depending on your interests)
- Swimsuit (one-piece suit recommended)
- Underwear (one- to two-week supply)
- Socks (one-week supply)
- Hat and sunglasses (the desert sun will be bright)
- A warm coat is needed as Amman's hilly location brings sharp winds during cold winter, and even the occasional day of snow
- A heavy fleece coat for Spring and Autumn
- 1 pair of comfortable everyday shoes that are fairly dressy and good for walking. Your shoes should be sturdy. Bring an extra pair if you have large feet, because larger sizes are difficult or impossible to find.
- 1 pair sandals for outdoors (Tevaa or Chacos are great)
- 1 pair sneakers and/or 1 pair light hiking boots
- 1 pair of house slippers
- Scarf (large enough to cover hair: for visiting mosques and other holy places)
- 2 long cotton skirts

TRAVEL DOCUMENTS

- Passport
- Yellow WHO Card or list of vaccinations (see the [Safety, Security, and Health](#) document for more information)
- 2 photocopies of your passport stored separately from your actual passport
- Photocopy of visa (if applicable)
- 2 passport photos

HEALTH/TOILETRIES

- Three washable face masks
- Extra pair of glasses or contacts, if needed
- Contact cleaning/soaking liquid, if needed
- Sunscreen (expensive in Jordan)
- Adequate supply of prescription medication (including birth control pills) and vitamins, if needed

- Sanitary items (e.g. pads, tampons, diva cup etc.)

OTHER IMPORTANT ITEMS

- Money belt
- Small tape or digital recorder (optional for field work interviews)
- School supplies, notebook, journal, pens (to get you started during orientation)
- Book bag or small backpack for school use
- Small bath towel
- Small flashlight
- Homestay gifts (if you want to live with a homestay)
- Water bottle (dehydration is an important health concern in the desert)

UGANDA PACKING LIST

GENERAL

- 1 pair of nice shoes
- Supportive tennis shoes (optional)
- 1 pair of comfortable sandals
- Flip-flops or other casual indoor shoes
- Light jacket or waterproof windbreaker
- Medium-weight wool/polar fleece sweater (for cool nights)
- 1 "workout" outfit (could include T-shirt/CONSERVATIVE shorts for jogging/sports)
- 6-12 pairs of socks
- Underwear (two weeks' supply)
- 2 pair of jeans for weekend wear
- 3-5 skirts (below the knee) and/or dresses
- 2-3 pairs of lightweight business casual pants, capris are recommended for the hot weather, darker clothes/pants are easier to clean
- 1-2 pairs of comfy pants for cold weather
- Light fabric blouses/short-sleeved shirts, mostly business casual
- Pullover or light sweater
- 1 swimsuit (one-piece suit recommended)
- 1 business outfit for formal interviews with officials of government
- 1-2 casual outfits
- 5-7 pairs of business casual pants (khakis, lightweight cotton, etc.)
- Several collared shirts (but short sleeves are OK)
- 1-2 nice outfits (slacks, dress shirt)
- Tie

TRAVEL DOCUMENTS

- Passport
- Yellow WHO Card (see the [Safety, Security, and Health](#) document for more information)
- Two photocopies of your passport stored separately from your actual passport
- Photocopy of visa

- Camera and batteries or charger
- U.S. postage stamps (to send letters back to U.S. with departing travelers)
- Small audio recorder for practicum
- Powdered drinking mix
- Travel pillow
- Kindle reader

HEALTH/TOILETRIES

- Three washable face masks
- Medication/prescriptions used regularly
- Good quality thermometer (for taking your temperature)
- Aspirin or other pain reliever, cold medication/decongestant
- Anti-diarrheal medicine/laxatives
- Eye drops and eyewash
- Contact lenses
- Travel sickness medicine if you are prone to motion sickness
- Sunscreen/solarcane spray and Aloe Vera
- Band aids/antiseptic/antibacterial cream
- Deodorant
- Soap and shampoo
- Mosquito repellent (two bottles)
- Vitamin supplements (if you take them)
- Hand wipes and/or antibacterial hand wash
- Malaria Prophylaxis (bring enough for the entire semester)
- Allergy medicine
- Dental floss
- Tissue packs

OTHER IMPORTANT ITEMS

- Daypack or book/shoulder bag
- Light raincoat—something that folds up small
- Water bottle
- Sturdy folding umbrella
- Towel
- Extra pair of glasses/contacts if you wear them
- Money belt large enough for passport and money
- Extra batteries for all electronic items
- Homestay gifts if you plan on living with a homestay
- Flash drive
- Converters/adapters

OPTIONAL

- Granola bar/energy snacks
- Pocket sewing kit
- Sunglasses, if you use them
- Flashlight/headlamp