

**Iceland and Tanzania-Zanzibar:  
Master of Arts in Climate Change and Global Sustainability**

**FREQUENTLY ASKED QUESTIONS**

2018-2019



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## WHAT IS LIFE LIKE IN ICELAND AND ZANZIBAR?

### ICELAND

Iceland was settled by Vikings in the late ninth century. Various Scandinavian countries ruled Iceland at different times, most recently Denmark. When Germany invaded Denmark during World War II, Icelanders took the opportunity to declare their independence.

Iceland was essentially a subsistence economy from settlement until World War II. Over the centuries since settlement, Icelanders endured many unfavorable climate changes and natural disasters (e.g. volcanic eruptions), exacerbated by deforestation and soil erosion. Starting in the mid-20th century, mechanization of the fishing fleet and increasing world demand for fish brought new prosperity to the small population. In the last 60 years, Iceland has steadily built up its economy, infrastructure, educational system, and social services, and today it has one of the highest quality of life standards in the world. Although tourism recently passed fishing as the largest contributor to GDP, fish are still the most important export. Other industries are growing, notably aluminum smelted with inexpensive and renewable electricity. The population is still small, with around 330,000 inhabitants, about two-thirds of which is concentrated in the capital area.

Reykjavik is the northernmost national capital in the world, and Iceland has more land covered by glaciers than in all of continental Europe, yet Iceland enjoys a much milder climate than its name and location straddling the Arctic Circle would imply. A branch of the Gulf Stream flows along the southern and western coasts, greatly moderating the climate. This brings mild Atlantic air in contact with cold Arctic air, resulting in a climate that is marked by frequent changes in weather and storminess. There is also more rainfall in the southern and western part than in the northern part of the island.

The weather in Iceland is constantly changing, so you can easily experience wind, snow, sleet, and sunny skies in a single day, and despite so much variability, Icelanders continue with their normal routines, taking their bikes out in freezing rain or holding recess outside when it's sleeting. If anything, Iceland's weather teaches you resiliency. Icelanders are also well-equipped to handle the abundance of darkness during the winter months,

making their homes, cafés, and restaurants as cozy and inviting as possible, and never forgetting their *lýsi*, a cod liver oil supplement that gives you the Vitamin D you need when the sun disappears. With a little patience on such long nights, you will be treated to the magnificent light show of the Northern Lights.

Ísafjörður, the program base for the Iceland portion of the program, is located in the northwest of Iceland and is the largest town on the peninsula of Westfjords. The town has a population of approximately 2,600 residents, and despite its small size and isolation from the rest of the country, the town has a relatively urban atmosphere. Fishing has always been the main industry in Ísafjörður, and the town has one of the largest fisheries in Iceland.



The town hosts popular events in both culture and outdoor activities. The Ísafjörður Rock Festival is one of the most popular and brings in a significant amount of tourism from the rest of the country and Europe. Other possible activities include: hiking and running clubs, basketball, volleyball, and handball teams, swimming, cross country and downhill skiing, winter surfing, wildlife watching (seals, birds, whales), northern lights gazing, an arts center, movie theatre, three parks, hot springs, horse riding, fly fishing, live weekend music, library, and an innovation center.

Iceland is known as the land of the midnight sun, and the extended light or darkness can be difficult to adjust to, and affects everyone differently. If you are prone to Seasonal Affective Disorder (SAD), this could be intensified and there are options to help you adjust to the difference in light/darkness. The peak of Iceland's midnight sun can be experienced between May and August. The longest days of the year have 24 hours of sunlight, and the shortest only 4 – 5 (December – January).

## TANZANIA-ZANIBAR

Zanzibar is an archipelago of islands off the coast of East Africa that, with mainland Tanganyika, formed the United Republic of Tanzania in 1964. For centuries, the islands were an important stop for trade routes between India, the Middle East, and Africa, and its people represent a variety of cultures. Although a part of Tanzania, Zanzibar elects its own president and has its own House of Representatives for matters internal to the islands. Often referred to as the “Spice Islands,” Zanzibar’s main industries include tourism, spices, agriculture, and fishing.

SIT’s Study Abroad Center is located in the city’s old quarter, Stone Town, a place of winding narrow streets, carved wooden doors, raised terraces, and beautiful mosques. Most of the people in Zanzibar follow the Islamic faith, and throughout the island visitors hear the daily call to prayers by the local muezzins. Religious and cultural behavior traditions on the island require conservative dress by residents and tourists. Swahili is spoken throughout Zanzibar and Islanders will appreciate your efforts to learn their language.

Zanzibar experiences a warm tropical climate, with high temperatures and humidity year-round. The average temperature is about 80 degrees, but it can be as hot as 95. Because of the ocean breezes during the daytime and the continental wind at night, the conditions are fairly comfortable. February is the warmest month while August is the coolest. There are two rainfall seasons, the heaviest from March to June and lesser rains from September to November.

## WHAT CAN I EXPECT UPON ARRIVAL?

In both Iceland and Zanzibar, 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.

## WHAT CAMPUS WILL I BE ATTENDING?

In Iceland students will be attending classes at the University Centre of the Westfjords. In Zanzibar students will attend classes at both the Institute for Marine Sciences, a branch of the University of Dar es Salaam, and at SIT’s program Center in Zanzibar.

## DOES SIT OFFER LANGUAGE CLASSES?

While the program does not offer credit-bearing language courses, students will receive basic language training in Icelandic and Kiswahili at the start of each semester. 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 Iceland, you will meet with the program director prior to the practicum search process. SIT will support you in finding an approved practicum with a climate change or environmental sustainability think tank, NGO, government agency, or other organization involved in policy/advocacy work in a global location of your choice for your final semester. 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?

### ICELAND

Icelandic culture is somewhat similar to that of its Scandinavian neighbors: sophisticated and modern with a dark sense of humor and rarely a cold disposition. However, Iceland is notably eccentric due to its isolation, rugged environment, and small population. Icelanders, especially outside the capital, can be very friendly towards visitors. It is appropriate to greet strangers on the street with a nod or hello, and particularly with an Icelandic greeting such as “Góðan daginn” all day and “Góða kvöldið” in the evening. Below is a guide to help you assimilate.

Do:

- Greet people you meet.
- Take off your shoes when you go into someone's home.
- Always say thank you at the end of a meal. It is a customary gesture to the host(s).
- Socialize with your hosts and others acquaintances.

Don't:

- Talk or laugh very loudly, making a scene in the street.
- Wear shoes inside someone's home. It is a cultural faux pas.

Iceland is a progressive nation and men and women are equally expected to participate in household activities including cooking, cleaning, and caretaking.

### TANZANIA-ZANIBAR

In Zanzibar, people are very friendly and it is important to acknowledge and greet people in general. It is polite to shake hands as well as to greet verbally. Most Zanzibari people do not show their emotions publicly, apart from geniality. When invited for a meal in a local person's house, we recommend you eat with your right hand and always wash your hands before starting. It is polite to try all the different foods but do not feel that you have to finish all the food on your plate.

## 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.

### ICELAND

Remembering that for centuries Icelanders clung to life on windswept rocks in the North Atlantic, it is easy to see why traditional diets consist mostly of seafood, grazing animals, and dairy products. Opportunities to grow any grains or vegetables were extremely limited

(potatoes and cabbage being the only notable exceptions). With modern technology and transportation, opportunities have changed. Some Icelanders eat “world diets” not much different from those in the States, though traditional diets of course remain. Dietary options thus may be limited, depending on your particular situation, and may include fish, animals, or parts of animals that seem unusual. Each person must decide how to cope with the realities of food choice, and should give this some consideration beforehand. However, grocery stores offer a wide assortment of foods, though fruits and vegetables are likely to be expensive.

### TANZANIA-ZANIBAR

You should be able to enjoy a healthy stay in Tanzania if you drink only filtered or bottled water and are observant about hand-washing and diet. If you are a vegetarian, you can continue to be one while you're in Tanzania. However, due to health concerns, eating salads and raw vegetables is not advisable. If you don't usually eat seafood, it is wise to get accustomed to eating fish before you come. Fish here is delicious and it will be offered to you routinely. Other common foods include rice and curry dishes, chicken, beans, lots of carbohydrates, and some fried food. Breakfast usually includes tea and mildly sweet bread and is traditionally eaten between 7:00-9:00AM, lunch at around 2:00 PM, and dinner between 7:30-9:00 PM.

## 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 and [Student Handbook](#).

### ICELAND

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



Iceland is very sparsely populated. In some parts of Iceland, one can travel for hours without seeing any other people or any signs of civilization. It is easy to become lost, and if one were to be injured, help might not be close at hand. Thus, it is important to travel in groups and let others know where you are going.

Because of the large area and small population in Iceland, hazards are much less likely to be marked than in the US. There are few guardrails around waterfalls and cliffs, for example, and warning signs are only found in a few areas frequented by tourists. Icelanders expect people to always exercise their own common sense. Likewise, we expect you to use good common sense and not approach cliffs or venture into unsafe circumstances.

Varying weather conditions combined with high latitude in Iceland can lead quickly to hypothermia. The weather changes often and quickly, so appropriate clothing (warm layers and a rain jacket) should always be taken on outings, regardless of how the weather appears at departure. Freshwater rivers and lakes as well as the

ocean are very cold around Iceland. Falling into water can quickly lead to hypothermia and drowning, regardless of one's swimming ability.

Hot water is also a significant hazard in Iceland. In geothermal zones the ground is quite fragile, and one can break through the thin surface crust into boiling water or mud below. Always stay on marked paths in geothermal areas—every year a number of tourists are badly scalded or killed at these sites. Tap water in many parts of the country comes directly from geothermal wells, and is much hotter than we would expect in the US. Be careful when turning on taps and especially when getting in a shower.

Though infrequent, a number of natural disasters are possible in Iceland, including volcanic eruptions, avalanches, earthquakes, floods, and hurricane-force winds. Your in-country orientation will cover procedures to be followed in these unlikely circumstances.

You will experience the strong seasonal shift between very long winter nights and long summer days. This can be disorienting and can make sleeping difficult. Be aware that sleep deprivation can impair judgment and increase risk of accidents, as well as being unpleasant. Eyeshades for sleeping may be helpful during the beginning of the fall semester (most Northerners learn to sleep in the light and do not have heavy shades in their homes).

Although all healthcare services are available in Reykjavik, we suggest that you have a complete health checkup prior to leaving the US, including a dental checkup and any subsequent work.

There will be access to pharmacies, health centers, emergency services and/or hospitals should you need them. You will be briefed in orientation with basic information about how to utilize these services.

In Ísafjörður there are counseling services and hospitals with 24-hour emergency receptions. In Iceland there is also a nationwide emergency hotline open 24-7 for tele-assistance.

## 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 Iceland and Zanzibar, housing assistance is available through SIT. In both cases, SIT Graduate Institute 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. All students are required to fill out a housing form regardless of which option they choose in each location.

### ICELAND

SIT has contracted a local school dormitory and temporarily reserved enough private rooms with private bathrooms to house all students. The dormitory also offers ten hot meals per week (breakfast from 7:30 – 8:30 and lunch from 12:30-1:30, Monday through Friday) in their dining hall. In the evenings and weekends, students also have access to a tea kitchen with basic facilities. Free wifi is available as well. This is the easiest, most convenient and most affordable option for all SIT Graduate students in Iceland, and is highly recommended. The cost of the dormitory is \$650 per month, and students should budget an additional \$50 per month for other minor fees related to housing, including linen cleaning, and end of semester cleaning fees. Payment can be made via credit or debit card at the

dormitory front desk, and bank transfers are also possible.



Blankets are provided, but linens, toilet tissue, towels and other toiletry essentials are not, therefore students planning to stay in the dormitory should bring linens (single or twin size) as well as a duvet cover for the blanket (there is a very limited supply of these available for sale as well). There is a laundry room available for student use. Smoking is not prohibited on the premises. Overnight guests (or guests after 11 PM) are not allowed unless previously registered with the dormitory staff.

You may also choose to secure housing independently. However, housing in Iceland, and especially Ísafjörður is not only extremely expensive but difficult to secure as there are few housing options in the area, especially close to the program site, and many local students in the market.

Please note that housing and related services are not provided by SIT Graduate Institute, and the dormitory described above is in no way officially part of SIT. Therefore any housing arrangement or contract is between the student and landlord or dormitory.

### TANZANIA-ZANIBAR

SIT does not have a dormitory in Zanzibar, but our housing coordinator is able assist students in locating private housing. Housing in Stone Town is fairly limited due to population density, but SIT will make every effort

to locate housing that meets your preferences and is within close proximity to the SIT Program Center, the Institute of Marine Sciences, and essential amenities within Stone Town.



Our housing coordinator has worked with landlords in Zanzibar 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 \$600 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 Stone Town, however students can purchase local modems. In addition, the SIT program office has limited Wi-Fi and there are numerous Internet cafes in Stone Town.

## HOW WILL I GET AROUND TOWN IN ÍSAFJÖRÐUR AND ZANZIBAR?

### ICELAND

The most convenient form of transportation around Ísafjörður is walking. It is a very small town and the best way to get around is by foot. To get to surrounding towns and villages there is a bus service.

### TANZANIA-ZANIBAR

Although taxis are available, you will probably want to walk through Stone Town and other parts of the Island. Many of the alleys in Stone Town are barely wide enough for a bike to pass and walking will enable you to view the ornately carved Zanzibar doors and greet merchants and neighbors.

Journeying outside Stone Town is most comfortably done with a taxi; however, a network of *dala-dalas* (small minivans) exist which service all the major villages on the island. A taxi is a lot more expensive than a *dala-dala*, which is the preferred mode of travel for local people.

Many guesthouses are also happy to arrange a taxi for a transfer to the harbor, airport, spice tour, or other locations. However, guesthouse owners get commissions from taxis and so the prices tend to be higher. For example, a guesthouse might say an airport transfer is \$12, while out on the streets of Stone Town there are many taxi drivers needing business and you'll probably be able to negotiate for a lower price.

## 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 in order 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 academic 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. SIT Study Abroad requires that each student have a local number for communication with the homestay family and program staff.

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.

Free and paid Wi-Fi is widely available in Iceland at cafés, restaurants, and other public locations. Wi-fi is more limited in Zanzibar.

## 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.

## ICELAND

The Icelandic currency is the Icelandic krona (króna), abbreviated ISK. Using your credit card or debit card in Iceland is easy and highly recommended. While most things are available in Iceland, prices tend to be high: expect to pay at least twice the US price for most items. For instance, restaurant food, electronics, and English text books are particularly expensive.

## TANZANIA-ZANIBAR

Tanzanian shillings are the local currency in Tanzania and, upon arriving in Zanzibar you should take time to familiarize yourself with the bills, coins, and rate of exchange. Whether to bring cash or ATM cards is a personal decision. 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. U.S. dollars that are dated before 2009 are NOT accepted and are very difficult to change, as there are a lot of forgeries. Traveler's checks are no longer accepted. ATM machines are available in Stone Town where the program is based, but are harder to find in other areas of Zanzibar.

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. See the Attendance and Participation section of the [Student Handbook](#).

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?

There are no long breaks during the schedule in either Iceland or Zanzibar, but independent travel is permitted on the weekends. 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.

## ICELAND

In Iceland the weather may change quickly from hot and sunny to cold winds, rain, and snow. Plan to dress in layers—as it gets warmer or colder, you can simply eliminate or add layers. A waterproof outer layer over a wool sweater or heavy fleece pullover and a light base layer is commonly worn by locals. We will be walking in urban areas and hiking in the wilderness, so be sure you have comfortable, waterproof footwear, as well as a rain jacket. Umbrellas are not suggested, as strong winds frequently flip them inside out. Students in the past have strongly recommended rain pants. You may visit some of Iceland’s geothermally heated swimming pools and “hot pots,” so bring a swim suit that you are comfortable in. You will also need warm headgear, a scarf, and gloves.



## TANZANIA-ZANIBAR

It is difficult to overstate the importance of dressing appropriately in Zanzibar. Zanzibar is a conservative Muslim culture, and conservative dress is a must. The two biggest concerns which local people have voiced concerning foreigners is the use of alcohol and inappropriate dress. The Muslim population finds the shorts and tank tops often worn by tourists concerning. The way you dress while you are in Tanzania will directly affect how you and your fellow students are perceived and treated. For all of these reasons, you will need to follow a dress code throughout the program. Further, local people appreciate a neat and clean appearance, and

you will be much less likely to be hassled if you dress accordingly.

As you will be in tropical East Africa, the clothes that you bring should all be lightweight, washable and breathable. Your clothes will be hand washed and line-dried as a matter of routine. Despite the heat, students are not permitted to wear shorts in public. Students are not permitted to wear tank tops, sleeveless shirts, crop-tops, halter-tops, or anything else more daring than a loose but fitted t-shirt.

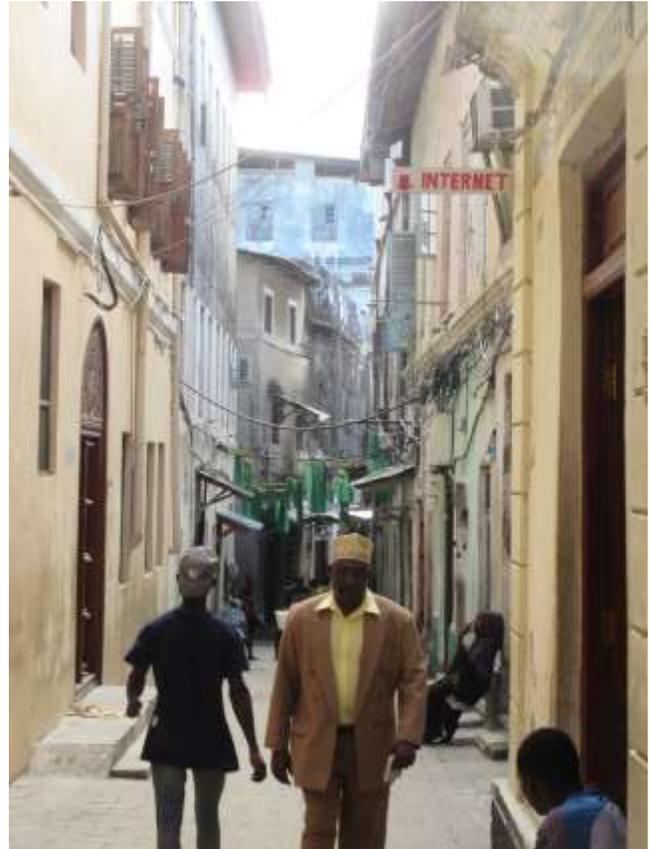
Do not bring sloppy clothes or clothes with immodest pictures or writing on them. Female students will not be permitted to wear skirts and dresses that are transparent or reveal their knees or arm pits, and will not be permitted to wear tight-fitting pants at any time. All clothing should be modest: tops should cover shoulders and waists, skirts should fall past the knees, clothing should not fit too tight or be transparent, and plunging necklines are not acceptable. Try sitting cross-legged on the floor in skirts and dresses to make sure they're long enough; a skirt that barely covers the knees won't work. Mid-calf length or longer skirts tend to work best. Also, try standing outside in the sun and have someone else let you know if your skirt or dress is see-through (this can't always be determined by the wearer). Plan to buy any additional new or second hand clothing you may need once you are in Zanzibar.

## WHAT EQUIPMENT SHOULD I BRING?

### TANZANIA-ZANIBAR

You should bring small binoculars with you. A mask, snorkel, fins, and water shoes or water socks are all required equipment for the program. Have a dive shop employee help you make sure the mask and fins fit well. Take extra time to do this; the fit of the gear is its single most important attribute. Try it out in a local swimming pool. It is not necessary to bring a mosquito net; you will pay a small deposit and use a program-owned mosquito net when necessary. It is also not necessary to bring a tent. Sleeping bags are not needed as students find them to be too hot. Instead, bring a sewn-together sheet or a light 'sleeping sack.' Hiking boots are not necessary but you can bring running shoes if you like to exercise. A rain poncho or waterproof raincoat large enough to

cover your backpack is recommended. Also, it is mandatory for you to bring a portable water filter or steriPEN, which can be used during excursions. The brand past SIT students recommend is the 'system pack' which you can find at this link: [http://www.steripen.com/steripen\\_products.html](http://www.steripen.com/steripen_products.html). It can be easily purchased at L.L. Bean. It is also very important to bring spare batteries.



## 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 adapters.

<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](mailto:help.desk@sit.edu).

## ICELAND

Do not bring any electrical appliances without a voltage converter and a two-prong European plug adapter; the electricity voltage is 220 in Iceland.

## TANZANIA-ZANIBAR

SIT has two computers, one printer, and wireless Internet for student use in the SIT office in Stone Town. Office hours are 9 AM to 4 PM, Monday through Friday.

It is **recommended** that you bring a large capacity flash drive for backup and storage of photographs. Any electronics may be exposed to high temperatures, high humidity, lots of sand, and a host of other elements that can be damaging. SIT recommends that students bring relatively basic laptops. Either bring a second-hand computer, a small cheap laptop, or back everything up on a hard drive before you leave. **Note:** Macs are impossible to get fixed in Zanzibar. It is also highly recommended to download both Dropbox (Dropbox.com) and Google Earth before coming to Zanzibar as the Internet is generally **slower** here. Both

software programs will be used for assignments but Dropbox is also useful for backing up your own files).

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

### ICELAND

Shampoo, deodorant, toothpaste, tampons, and other items can easily be bought in Iceland, but are likely more expensive. Please bring a full supply of any prescription medications what you will need and a copy of the written prescription from your doctor in case of loss.

### TANZANIA-ZANIBAR

Personal items such as contact solution and face wash are available, but they may be difficult to find and somewhat expensive. Tampons and sanitary napkins are easy to find but 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. Please bring a full supply of any prescription medications what you will need and a copy of the written prescription from your doctor in case of loss. Keep in mind that most things available to you in the U.S. are also available in Zanzibar; therefore, you do not need to pack a semester's supply of shampoo and soap.



## ICELAND PACKING LIST

### CLOTHING

- 1 nicer outfit appropriate for a dinner out, cultural events, or meeting with government officials
- 3-4 pairs of pants
- 6-7 shirts
- 3-4 sweaters or fleeces (wool and synthetic materials are recommended)
- Underwear (two-week supply)
- Thermal underwear and base layers (wool and synthetic materials are recommended)
- Warm socks (wool is recommended)
- **Warm** pajamas
- Cold-weather, waterproof coat/windbreaker (go for quality, it'll be worth it; down is recommended)
- Rain pants
- Warm hat, scarf, and gloves
- Appropriate clothes for outdoor activities and hiking
- Swimsuit

### SHOES

- 1 pair comfortable, everyday shoes for walking around town
- 1 pair **waterproof** hiking shoes with good grip for outdoor activities and hikes (preferably insulated)
- Shoe spikes or cleats for walking on icy streets
- 1 pair nice shoes that you can wear with your nice outfit

### TRAVEL DOCUMENTS

- Passport
- 2 photocopies of your passport stored separately from your actual passport
- Photocopy of visa (*if applicable*)
- 2 passport photos

### HEALTH/TOILETRIES

- Adequate supply of prescription medication (including birth control pills), vitamins, and motion sickness pills, if needed
- Extra pair of glasses or contacts (if needed)  
Contact cleaning/soaking liquid (if needed)

### OTHER IMPORTANT ITEMS

- School supplies (notebook, 2-3 journals, pens, etc.)
- Calculator or calculator app
- Travel alarm clock or wrist watch

- Sunglasses
- Sunscreen (especially if you have fair skin)
- Earplugs
- Credit or debit card
- Electricity converter and European two prong adapter, chargers, batteries
- Towel (travel towel is ideal for saving space)
- Laptop
- Water bottle

### OPTIONAL

- Camera
- House slippers or flip flops for showering
- Small pair of binoculars
- Flashlight or headlamp (if you like to read in bed and don't want to disturb your roommates)



## Zanzibar packing list

### GENERAL

- A frame backpack if you already own one - if not a large duffel bag works well
- 1-2 large (1 liter) water bottles
- A SteriPEN (UV water purification system), iodine tablets, or a ceramic hand pump (SteriPEN highly recommended, due to ease of use)
- A headlamp with plenty of extra batteries
- 2 large capacity flash drives
- Rain jacket + pack cover or a poncho that can cover your backpack

- Hat with a brim
- Sunglasses
- 1 small towel: pack-dry towels are great for the humid environment
- Small pair of binoculars
- Pocket sewing kit
- Notebook and pens: consider write-in-the-rain notebooks or a few smaller notebooks for fieldwork
- Small backpack for day excursions
- Flat sink stopper for doing laundry
- Small Kiswahili dictionary
- **Snorkeling Equipment-make sure you test each piece in a swimming pool before you leave the US**
  - Mask/ Snorkel
  - Fins- the more compact pair you can find, the happier you will be
- Dive booties/ aqua socks- optional and not necessary if you bring waterproof sandals (with a back for fieldwork and wading through the ocean)
- 1 pair sport sandals (Tevas/Chacos work well and are not available in Zanzibar)
- Running shoes/ day hikers if you plan on exercising (also highly useful for forest walks – it is easy to stub your toe in coral rag forests)

## WOMEN

- 0-1 lightweight casual long dresses – must cover shoulders and knees (You can have more made in Zanzibar very cheaply.)
- 3 long skirts (no sarongs) (Remember that you will be living in these skirts, in classes, on buses, hiking, jogging, etc. They should look nice and, most of all, be comfortable - full-skirt styles tend to be easier for sitting cross-legged on the floor)
- 1 lightweight slip - Gauzy, see-through type skirts and similar dresses will need to be worn with a slip. Past students have recommended a knee-length slip
- 2 conservative blouses or shirts that are lightweight but **not see-through**
- 1 lightweight, long sleeve safari style blouse recommended
- 4-5 lightweight, loose T-shirts or other short-sleeved shirts – must cover your shoulders but can have a v-neck (note: cotton tends to take a long time to dry in humid atmospheres and white t-shirts will quickly get dirty in Zanzibar)

- 1 week's supply of underwear (or more, if you do not like hand-washing frequently) cotton gusset/quick-dry is recommended, as cotton will be quickly destroyed by laundry
- 2 pairs of socks (more if you plan on exercising regularly)
- Normal and sports bras
- Lightweight pajamas or nightgown
- 1-2 pairs loose, lightweight capris or pants
- 1-2 pairs athletic long shorts for wearing inside
- 1 tank top for wearing to sleep/inside
- If planning on exercising: lightweight sweatpants that cover your knees
- 1-2 one-piece bathing suits (conservative, like a competitive swimmer)

## MEN

- 2-3 pairs pants (at least one pair of nicer khaki type pants)
- 1 pair athletic below the knee shorts
- 2-3 button down shirts
- 3-4 t-shirts
- Tank top for indoor use
- 1 week's supply of (cotton gusset/easy dry) underwear (or more depending on how often you want to do laundry)
- 1-2 pairs of socks (more if you plan on exercising regularly)
- Lightweight pajamas
- 1-2 pair swimming trunks
- Lightweight jacket or fleece
- Rain poncho or raincoat (waterproof) large enough to cover your backpack
- Bandana

## TRAVEL DOCUMENTS

- Passport
- Yellow WHO Card where applicable (see [Safety, Security, and Health](#) for more information)
- Two photocopies of your passport, stored separately from your actual passport
- ATM card (make sure your card can be used in Zanzibar – let the bank know you will be out of the country)
- Cash – it is recommended to bring \$300 cash – the rest is easily accessible from the bank and NOTE that \$100 will be used for a deposit at the beginning of the semester

- Letter from your doctor explaining your medications
- Electricity converter and European two prong adapter, chargers, batteries

## HEALTH/TOILETRIES

- Sunscreen (high SPF) – available but expensive in Zanzibar
- Aloe/after sun cream
- Plastic, digital, oral thermometer
- Small supply of medical needs – Sudafed, Emergen-C, multivitamin, Benadryl, anti-itch cream, Neosporin, band-aids Advil/Ibuprofen
- Lip balm with sun block
- Insect repellent – the mosquitoes are bad, consider bringing a mild solution for daily use and DEET for extra buggy times
- Supply of protein bars (adjust quantity based on dietary needs)
- Contact lens solution (available but expensive)
- 1 extra pair glasses/lenses (if you wear glasses or contact lenses)
- 10 Gatorade or oral rehydration packets
- Motion sickness medication if you are prone to motion sickness
- Antibacterial hand sanitizer – small bottle
- Adequate supply of prescription medication (including birth control pills), vitamins, and motion sickness pills, if needed
- **Bring all medications you normally take on a regular basis and make sure your supply will last for the whole program. Malaria is endemic in Zanzibar! Bring enough anti-malaria medication (Doxycycline, Malarone, or other prescribed medication) for the entire semester.**

## OTHER IMPORTANT ITEMS

- School supplies (notebook, 2-3 journals, pens, etc.)
- Calculator or calculator app
- Travel alarm clock or wrist watch
- Duct tape (small amount- you can wrap this around your water bottle for storage)
- Carabiner (very useful for water bottle)
- 1 pair flip-flops for daily use
- Camera – waterproof cameras are great
- Supply of Ziploc bags (very handy)
- Mesh dive bag or dry bag
- Earplugs
- Credit or debit card