



HIZ-PATH



Harding University in Zambia
Speech-Language Pathology

Orientation Handbook

(Due to Covid-19, this handbook is subject to changes as details and information become available.)

HIZ-PATH 2023

History

The Harding University administration asked the faculty of the undergraduate program in communication sciences and disorders to study the possibility of adding a graduate degree in speech-language pathology in 2005. To make the HU program more attractive to students, it was suggested that we pursue offering an option for students to engage in practicum at an overseas location.

In October 2007, the late President of Zambia, Patrick Levy Mwanawasa, visited the Harding University campus accompanied by many of his government's ministers, including the Honorable Professor Geoffrey Lungwangwa, Minister of Education and the Honorable Dr. Brian Chituwo, Minister of Health. Professor Lungwangwa and Dr. Chituwo discussed with Dr. Rebecca Weaver, Chair of the Harding University Department of Communication Sciences and Disorders about the serious need of speech therapy services for the citizens of Zambia. A proposal was made by Dr. Weaver to allow American faculty and student clinicians to come into Zambia and train the Zambian teachers and students in communication disorders. The Namwianga Mission and George Benson Christian College, a Zambian institution that trains Zambian teachers and students was selected as the site for HIZ-Path. Mr. George Phiri, Namwianga Mission superintendent, and Mr. Fist Chona, director of the college, approved the recommendations. The training program began in May 2009 with an introductory course offered to students at the college. HIZ-PATH graduate students also began offering speech therapy services to the citizens of Zambia through the Namwianga Mission at that time.

Over the past several years, the efforts of the HIZ-Path graduate students have concentrated on working with the infants and toddlers who reside at The Haven. The Haven is a transitional facility associated with the Namwianga Mission for children whose parents are unable to care for them (often temporarily).

The Namwianga Mission, and HIZ-Path have developed the following rules/expectations/requests for your safety. The HIZ-Path program wants this to be a wonderful experience for you and believes the following information will help ensure that outcome.



Language

Although there are many tribal and regional languages in Zambia, the official language of government is English. All schools are conducted in English. We do encounter individuals who still speak only Chitonga (Tonga), the regional language, and generally, we can secure a translator. Our work at the Haven is in English. Many of the workers are bilingual and they love to help you learn some Chitonga words. (This pin states "It's Great to be at Harding!" in Tonga.)

Money

Please bring around \$100 cash (a new, clean \$100 bill will give you the best exchange rate but if you use the cash for bartering you will want 5s and 10s). It is strongly recommended that you bring a Visa ATM debit card as it is the best way to get cash once you are in Zambia. Many ATMs will only take Visa debit cards. However, once when we are in Livingstone most ATMs accept MasterCard. When you use your ATM card, you will get cash in kwacha (Zambian currency), not in dollars. Only a few shops will allow you to use a credit card for your purchases.



The payment for extra activities in Livingstone can generally be made by credit/debit card or kwacha. It is not recommended that you use traveler's checks as you will get a very poor exchange rate and will probably find them hard to cash in Zambia

Be sure to inform your bank and credit card companies in advance that you will be going out of the country and will be using your credit and ATM cards. Be sure to tell them that you will be traveling to South Africa, Zambia and Botswana (other countries might be added depending on flight plan). Some banks have policies that will not allow you to use their cards outside the USA.

Food

The food served will be mostly American style, although at least one traditional Zambian meal is served each week. Most of our visitors are pleasantly surprised at the delicious food they are able to enjoy at Namwianga. If you have any special dietary requirements, please bring your own specialty foods, as our selection is limited in Zambia. If you have special dietary needs (gluten-free, vegetarian, vegan) you should plan to bring/prepare your own foods as the cooks are unable to prepare any special foods or accommodate any special diets.



Classes

There are two courses that you must enroll in for the summer semester, CSD 6320 for one hour of credit and CSD 6390 for three hours of credit. Specific classes for HIZ-Path transfer students will be addressed individually. You will be provided with a syllabus and told the requirements for your classes. You must enroll before the end of the Spring semester.

Church Services

On Sundays, HIZ-Path students and faculty either worship with a local church of Christ or have their own worship service. Attendance at all Sunday church services is mandatory and is considered part of your cultural experience.

Conducting yourself in Zambia

For your safety and because we want to honor the Zambian cultural traditions, the following guidelines for behavior are recommended. We are the guests of the Namwianga Mission both on the mission grounds and in Livingstone, therefore, we honor their requests and do not consume alcohol while on this trip.

You are encouraged to begin friendships with the students, workers, and residents of the mission. It is the policy of HIZ-Path that our students do not date Zambian residents. Visitors are not allowed in the living quarters out of respect for the other HIZ-Path students with whom you are residing. Visitors are welcome on the veranda and may be invited in one of the houses by the faculty.

Here are some cultural rules that we honor, particularly when females find themselves in mixed company.

- Female to male handshakes are limp.
- Girls befriend girls; guys befriend guys.
- Always be in threes.
- One guy and one girl should never be out alone.
- Beyond a handshake, male and female do not touch
- *Gestures of affection such as hugging are reserved for relationships/friendships that are mutually established.

Many males and females will ask if you are married. That is a traditional question and they do not intend it to be intrusive. Unmarried females of your age should be careful in mixed company. If you receive a marriage proposal, you can easily reply that you “have other plans.” Proposals won’t totally go away, because you are rich so they may ask again.

Never enter a house alone with the opposite sex. Observers could misinterpret this as an intimate relationship.

- Accept hospitality
- Accept the stool or seat
- Accept if they move you to the front
- Never stand around in the back (pride)

Pets and Animals

Pets and animals are viewed differently in Zambia than in the U.S. Animals are not often viewed as members of the family, but rather as an extra. Animals such as chickens, cows, and pigs are seen as a means to meet a nutritional need. Animals such as dogs and cats, although they may be seen as pets, will not be vaccinated and could carry many diseases and parasites that are easily passed on to humans. Therefore, petting these animals is not allowed.

Living Arrangements



Female students will be living with up to three other students in a bedroom that has two sets of bunk beds. Male students may be living in a room with one set of bunk beds. The supervisors generally have a room alone or a room that includes any of their children that accompany them. The bedrooms may be part of a house that includes a living area or they may be in a bunkhouse separate from the main house. All have easy access to bathroom facilities. There are showers in the houses. Sheets and towels are provided but you are

welcome to bring your own if you so choose. The tap water in the guesthouses and most missionary homes is well water and has been tested for purity. However, if you are hesitant to drink the water, please bring chlorine tablets, a filtered water bottle, or plan to purchase bottled water when you arrive in the country.

Clothing



Women. Women should wear dresses or skirts most of the time. Pants and slacks are not usually acceptable in rural areas. All skirt and dress hemlines should fall below the knee. You are expected to set an example for the Zambians in modesty, so please do not bring or wear tight fitting or low-cut clothing that is suggestive or revealing. Zambian women usually wear chitenges, a long strip of cloth that is wrapped and draped or tied to form a skirt. Chitenges are easy to find and inexpensive to buy, so you may want to consider wearing chitenges or a long skirt

over, capris, scrub pants or leggings for therapy.

Shorts or tank tops are not to be worn on the Namwianga campus, but you might want to bring modest, Harding-appropriate shorts for sightseeing events in Livingstone or other tourist places. The US practice of wearing leggings under shorts is not acceptable for HIZ-Path wear either in Livingstone or in Namwianga. If you plan to exercise (jogging or running, active sports), wear T-shirts and capris or long pants. Long sleeve shirts and/or a light jacket are recommended, as the weather is cooler in the morning and evenings.

Men. Men do not need to bring ties or suits. Generally, a collared shirt with khaki pants will be appropriate for any type of teaching or speaking engagement, and jeans and T-shirts are appropriate for everything else. Jeans worn on campus should be in good condition (no holes or frayed hems). T-shirts should be in good condition with no offensive logos or slogans. Shorts may be worn for sports or very casual occasions only. Scrubs may be worn for therapy.

Many visitors bring clothing to wear while in Africa and then either give their clothing away to needy people on the Mission or trade it for souvenirs while sightseeing.

Greetings

Zambians are a warm and gracious people. Greeting rituals are very important. Take the time to learn the greeting customs and spend time greeting your new friends and acquaintances.

Displays of friendship/affection

Greetings are usually done with handshakes and greeting a person of the opposite sex with a hug is generally not practiced. Public displays of affection between men and women are not acceptable.

One very different custom in Zambia is that people of the same sex hold hands as a sign of friendship, and this is seen frequently. This is not a sign of homosexuality and should not alarm you. If a Zambian of the same sex takes your hand, you have a new friend.



Electricity

Power is erratic and unpredictable. There are frequent outages that can last for as little as a few minutes to as long as a few days. Keep your flashlight handy in your room and when you walk from house to house at night.

Photography

DO NOT take pictures of any government building(s). This includes border posts, post offices, airports, jails, police stations, and prisons. If you are caught taking photos, you risk losing your camera.

Most Zambians love to have their pictures taken, but it is a good idea to ask them first before you shoot. They usually find great delight in seeing the photo on your camera screen right after the shot is taken.

Poverty and Giving

Zambia is a very poor nation. You will probably see poverty on a level you never knew existed. Even new friends and acquaintances at the Mission will probably ask you for money. It is recommended that you consult with one of the long-term missionaries before you give any significant amounts of money. **Please DO NOT commit to any type of long-term support or sponsorship without the advice and approval of one of the missionaries.** Very often your best intentions may not be the best way to help solve a problem, and sometimes money from visitors creates additional problems that the long-term missionaries must live with and sort out long after the visitors are back in the USA. There are overwhelming needs for individuals and for the Mission, so if you are moved and want to share what you have, we will be glad to discuss the best possible use of your resources so that you can do your best in your mission work.

Sometimes seeing the poverty of the people in Zambia can be emotionally overwhelming to visitors. If this happens to you, feel free to discuss your reactions with one of the supervisors.

Time

Zambians are relationship-oriented and not task- or time-oriented. Do not expect events to start on time, and do not expect anything to happen quickly. Relax and enjoy living at a slower pace.

Time Zone

Zambia is eight hours ahead of Central Standard Time; during the summer the time difference is seven hours due to Daylight Savings.

Voltage

Zambia operates on 220 volts which means that your electrical equipment from the USA will not work there without a transformer/converter. However, laptop computers and most cameras and iPods work both on 110 and 220 volts (although you may need a plug adapter). You can purchase some hair dryers and other small appliances in the US that will operate on 110 or 220. Some curling irons will work on either voltage. Be sure to check before you come so that you do not bring an appliance you cannot use. **You will also need adapters for the plugs.**

If you plan to bring a computer or iPad make sure you bring the correct charging cables.

You will spend one night in Johannesburg where the plug type is different from the type used in Zambia. Here are two suggested converter/adaptor suggestions that will allow you to use both types of plugs:



You will notice that one of these devices has a USB port. Make certain that it will charge your device BEFORE you leave the US.

What to Bring

- Passport – Make two photocopies of your passport. Leave one at home and carry the other one with you in a **different** place than your actual passport. This is **EXTREMELY IMPORTANT** in case you lose your passport.
- Personal medications -- You should bring **ALL** the personal medications that you think you will need. Many drugs that are readily available in the US cannot be found in Zambia. Pack these in your carry-on luggage (See Things You Need to Know). It would be best if you carried a doctor's prescription for the medicine you will be carrying. Benadryl is a controlled substance in Zambia, and you will need either a prescription label on the bottle or an actual prescription from the physician. Some choose to bring a list from the physician that notes all your prescriptions.
- Flashlight and extra batteries (we strongly suggest a headlamp type of flashlight)
- Hand sanitizer and Wet Ones
- Pocket packs of tissues (or toilet paper in travel packs)
- June and July are the coldest months (temperatures in the 40s and 50s), so bring warmer clothing for mornings and evenings. The houses are not heated. Think about layering your clothing so that you can easily remove long sleeves or jackets during the day.
- May – October is the dry season. During those months, we recommend bringing saline nose solution, lotions, and lip balm for chapped lips.
- You may bring a disposable raincoat or rain poncho (approximately \$1.00 each) for visiting Victoria Falls. You can also rent one of better quality at the Falls.
- Comfortable shoes as you will be doing lots of walking—the Haven and the clinic are a mile away from the guesthouses.
- Clothing that is easy to care for. A Zambian worker will do your laundry by hand, and everything will be ironed. See above notes on appropriate clothing to bring and wear.
- Insect repellent.
- Sunscreen -- Namwianga is at an altitude of 4,000 feet, so you can sunburn easily.
- A hat or cap -- If you plan to be working outside during your stay, consider a hat with a brim.
- **ONLY** personal appliances (hair dryer, shaver, curling iron) that will operate on 220 voltages. You will also need adapters for the plugs.



- Snack foods like granola bars, peanut butter/crackers, nuts, trail mix, and candy if you will miss those items or if you snack between meals.
- A water bottle (these can be purchased with filters if you desire but are not necessary).
- Pack a change of clothes, toiletries, and your personal medications in your carry-on luggage in case your checked bags do not arrive with you.

Internet

You will be given close to ten hours of free Internet wireless time. If you use more than that amount, you will need to pay for the additional time. You are advised to compose your emails and blog postings off-line then upload when you go online. You may not be able to upload as many photos as you would like so plan for storage of them and upload when you are home. Please remember that the Internet access is not as reliable as you might have in the US. The staff at Namwianga work very hard to make sure that you will have this access but power outages take a heavy toll on the equipment. (This process changes from year to year and we will keep you updated as it develops.)

Personal Belongings, Insurance, and Liability

Harding University does not carry insurance on your personal belongings. Please be sure that your clothing, books, electronic equipment, etc. are insured if damaged or destroyed by fire, water, theft, or any other disaster. You should know that many homeowners' policies do not cover students while travelling outside of the United States.

If you are not covered by your parent's homeowner's insurance policy while outside of the United States, please consider acquiring appropriate insurance. Our business office has recommended you consider the type of policy presented as <http://www.nssi.com> or through your local insurance agent.

Contacting Home

You may choose to bring a cell phone that has either an international calling or texting plan. Make sure you are aware of the charges **BEFORE** you leave the US. If you do not choose this option, you might wish to find an inexpensive internationally unlocked cell phone that you take with you. A SIM card with a Zambian phone number is only a few dollars. You can then give that number to your family and friends, and they can call you with the call charged to their phone or on an international calling card. You will have the opportunity to purchase a Zambian calling card to load the minutes on that type of phone in varying amounts of Kwacha (relatively inexpensive). Facebook Messenger, Zoom, and WhatsApp are additional options.

Regardless of the choice you make, contacting home may be difficult at times and we will not have contact phone numbers until we arrive in Zambia. The HIZ-Path director will have a phone on hand for emergencies during travel.

International Travel Insurance

All students and faculty participating in the HIZ-Path program are provided with travel insurance, by Travelex Insurance. Specific information for the insurance will be provided to each participant. This insurance provides basic medical coverage, trip cancellation, baggage delay, emergency evacuation and repatriation, and more. Students may also choose to purchase a comprehensive travel insurance policy or a student health insurance policy before attending the HIZ-Path program. For students who currently have major medical insurance as an individual or as a dependent on a parent's plan, we recommend that you check with the carrier to determine if you are covered for travel outside the United States.

Health Precautions

HIV is prevalent in this area of Africa. Many of the people you meet, greet, and work with will be HIV positive. Remember that HIV cannot be transmitted through casual contact, so do not be hesitant to interact with the gracious Zambians you meet. They need and deserve your love and respect.

Some of the babies and toddlers at the Haven have infections and diseases. This should not alarm you or cause you to be fearful of handling them, but you should use universal precautions. Wear gloves when you are changing diapers, cleaning a wound, or dealing with any bodily fluids. Gloves are available—just ask. In general, wash your hands and use hand sanitizer frequently.

Because the babies at the Haven are vulnerable to infections, **DO NOT GO INTO THE HAVEN IF YOU HAVE ANY SYMPTOMS OF A CONTAGIOUS ILLNESS** (coughing, fever, diarrhea, nausea, headache, cold symptoms), because you might spread germs to the babies. It is advisable to wash or sanitize your hands after handling one of the babies before you pick up or handle another one to help prevent the spread of infection from one baby to another.

Immunizations

The following immunizations are either required by the country or recommended by the CDC for Africa. The cost for these immunizations is **NOT** included in the price of your trip. The prices listed are for reference only and will vary depending on the provider.

	<u>Typical Price</u>
COVID-19 Vaccine: (both vaccines plus two weeks)	See Provider
Yellow Fever: (good for 10 yrs.) Most African Countries <u>require</u> this vaccine.	78.00*
Typhoid: Good for 3 yrs	48.95*
Hepatitis A: (Need 2 shots-one now and one in 6 mos to 1year) Hep A is water borne.	56.00*
Hepatitis B: (Need 3 shots-initial-1mo-6mos.)	21.40*
Tetanus/diphtheria: (Refer to immunization records)	24.60*
Polio booster: Not needed if had 4 th in last 4-5 yrs.	31.60*
MMR: If did not receive 2 nd vaccine in childhood	48.70*

*this price varies by provider and insurance plan

Do not wait until a few weeks before departure to start getting your vaccinations. Certain injections cannot be given together. You will also notice that it takes several weeks to complete the series of some of these and it also takes several weeks for some of the vaccines to take effect.

HIZ-Path has worked with the College of Pharmacy to provide these vaccinations for us. They charged us only the cost of the serum. We will try to do this again this year.

If you want to get some of these injections at home contact your primary care physician or your local health department in your city/county for more information. Make sure to find out whether your medical insurance will cover any of your vaccinations.

If you receive the Yellow Fever vaccines, it is suggested that you carry the yellow vaccination card along with your passport when you travel.

In addition to the above immunizations, you will need to take a **MALARIA PROPHYLAXIS.** Your doctor will probably recommend that you take one of the following types of malaria prevention medication:

- Atovaquone/Proguanil (Malarone) -- tablet taken once daily, beginning two days prior to travel and continuing for seven days after return to the USA.
- Mefloquine (Lariam) -- tablet taken once weekly, beginning two weeks prior to travel and continuing for four weeks after return to the USA. Consult your doctor before taking this if you have ever been diagnosed with a psychiatric disorder such as depression, anxiety, psychosis, or seizures.
- Doxycycline – Capsule or tablet taken daily beginning two days prior to travel and continuing four weeks after exposure. This drug makes you extra sensitive to the sun, so if you choose to take it, you will need to take precautions to avoid sunburn.

There are side effects with these medications, and you should become familiar with these by consulting with your doctor or pharmacist. Most of us who are at Namwianga take Lariam or Doxycycline. No HIZ-Path participant has ever contracted malaria.

You should plan to take other precautions as well. You will need to sleep under a mosquito net (except for June, July, and August), and you should use insect repellent when you are going out in the evenings. Bring insect repellent with you, as it is very expensive in Zambia.

More information on malaria is available on the CDC web site: <http://www.cdc.gov/travel>

DO NOT LEAVE THE DOCTOR'S OFFICE WITHOUT THE YELLOW IMMUNIZATION BOOK. YOU MUST HAVE THIS WITH YOU WHEN YOU TRAVEL.

Important Travel Information

Travel

Be prepared to be on the airplane for a long time. Generally, we fly from Atlanta or New York City to Johannesburg, South Africa. We take a 2-hour flight from Johannesburg to Livingstone, Zambia. The flight to Johannesburg is about 16 hours. Usually, you have the ability to select the in-flight movies and TV shows that you want to watch to pass the time, but you will also need to try to sleep at least 4-8 hours. The airlines will serve meals, snacks and beverages during the flight. You may choose to bring additional snacks, but you may not bring any beverages that are purchased before you enter the security checkpoint. Books, iPods, and laptop computers also help pass the time. You will be able to stand to stretch and walk to the restrooms if there is minimal turbulence. Compression socks are another suggestion to help reduce the risk of blood clots that can form when traveling for long periods of time.

After landing in Livingstone, we will ride in the HU coaster bus to Namwianga. The bus is a mid-sized vehicle that seats about 28 people, and the drive is approximately 1½ hours. We will also take the bus for several other trips while we are in Zambia. If you have a tendency toward motion sickness, please ask your primary care provider for their suggestions of medications to help you. Students in the past have successfully worn travel bands or taken medications such as Dramamine to deter air/travel sickness. It is your responsibility to secure these before we leave the US.

International Travel Requests

The HIZ-Path Program fees include the round-trip base fare from Little Rock to the overseas destination. As a group, we will depart from the Bill and Hillary Clinton National Airport in Little Rock, Arkansas.

Passport

Your passport must be valid for 6 months after your return flight to the US. It must also have at least four clean visa pages. South Africa requires two clean pages and Zambia will need two pages. It is your responsibility to keep up with your passport.

How To Pack To Avoid Airport Delays

Because your checked luggage could be searched outside of your presence, we want to pass on to you the following recommendations of the [Transportation Security Administration](#):

- Put toothbrushes and other personal belongings in plastic bags so that screeners won't have to touch them.
- Books should be spread out rather than stacked.
- Bomb detection machines for explosives can mistake food items, such as cheese or chocolate. Screeners will hand search bags that register a positive reading.
- Bags should be left unlocked, so screeners won't have to force them open. It is recommended that travelers use cable ties or zip ties that can be purchased at hardware stores and cut off easily.
- Leave gifts unwrapped. Screeners may have to unwrap them.
- Put scissors, pocketknives, and other sharp items in checked bags. They are prohibited from being carried on planes.

Carry---on baggage

If you choose to take liquids and gels in your carry-on bag, you are limited to the following: Liquids and gels must be in 3 ounce or less sized containers. All of these items must fit in ONE-quart sized zip lock bag. The zip lock bag containing the contents will have to be placed in the security bin for screening at the security checkpoint.

Baggage

The baggage allowance for airlines changes frequently. An update on requirements will be provided to you. Generally, you can check two bags that are 50 pounds each, have one carryon, and have a personal bag such as a small backpack, computer case, or purse. The HIZ-Path program receives many donations of clothing and supplies for The Haven that are taken to Namwianga for language and feeding classes. You may be asked to check a second bag that contains the supplies, but the program will pay any fees for checking a second bag, if necessary.

You will be given three luggage tags that have a distinctive HIZ-Path logo on one side. These tags help to identify your luggage easily as it comes off the conveyor belt. Please take a digital photograph (that you take with you) of each of your luggage pieces before you check it with the airlines. If the airline should happen to lose your luggage you have a way to describe it to the airline's representative.



Entry Visas

Typically, we will enter on a 30-day, double entry visa. We will then be provided extensions to our Visa as needed. This process is constantly changing, and you will be notified as soon as we determine the process that we will follow.

Small Group Travel

Please note the HIZ-Path program rule: “All students traveling away from the campus facilities or travel hotels must do so in groups of two or more. At least two women must be included in any travel that includes both men and women.” If there is an accident, someone will be available to get help and to notify the campus director.

Customs Regulations

On the return flight back to the USA, everyone must fill out a customs form on which you must list your purchases while you were traveling abroad. You may want to keep a list of your purchases that includes what you paid for each item, as you will be required to list them whether you exceed the customs-free limit (currently \$800). If you do not declare all items that you obtained during your trip, you risk forfeiting them. Sales receipts may be helpful too but beware of the person that wants to give you a false receipt putting down only half of what you actually paid for something.

Description	Value	CBP
JEWELRY	\$200.00	
T-SHIRTS	50.00	
PRINTING	100.00	
SOUVENIR MUGS	50.00	
	\$400.00	

There are some products that you are not allowed to bring into the United States. Information on the [US Customs and Border Protection](http://www.cbp.gov) website will give you helpful advice.

Activities While in Zambia

You will work very hard (emotionally and mentally!) while you are at Namwianga. Fun activities are planned for Saturdays while you are in Africa and toward the end of the six weeks practicum. The following group activities are included in the overall price of HIZ-Path.

Saturdays are generally relaxed. We will go into Kolomo to their market and to the Post Office once or twice. We also go to the mid-sized town of Choma, which is about an hour drive from Namwianga. There is a large market there along with a very nice grocery store. A craft gift shop is located at a small museum that generally has great traditional African crafts that can be purchased. We pay to get you to the locations, and you pay for your own shopping experiences.



Victoria Falls is well known for the phenomenon known as a lunar rainbow. This occurs at certain times of the year when the moon is full, and the falls have a heavy volume of water flowing. If possible, we will go to Livingstone during the full moon to view the rainbow.

As we prepare to fly home, we will spend a few days in Livingstone with some wonderful activities that are a part of your travel fees. High tea and sunset at the Royal Livingstone hotel on the Zambezi River will certainly be one of the trip's highlights.

Another activity is a daylong photo safari that is about an hour and a half from Livingstone in Botswana. It is an amazing adventure that includes a morning on a boat/barge safari, a lovely lunch, and an afternoon jeep safari.



You will have some time to schedule additional adventure activities such as Elephant Rides, Lion Walks, Zip-line, and River Rafting. These are at your own expense so budget accordingly if you want to participate in one of these activities. You can look online to see some of these offerings at <http://www.afrizim.com/Activities/Livingstone> or <http://www.safpar.com>. Although bungee jumping is offered, we do NOT recommend it. This is the location of a line breaking several years ago. The HIZ-Path supervisors will not give their blessing for this activity.

General Information Regarding Security During Overseas Travel

The health, safety and well-being of our students involved in our HIZ-Path program are of the utmost importance. In the event of a political, social or natural emergency, representatives from International Programs, the Zambia Medical Mission, and the on-site HIZ-Path director will be in constant communication in order to ensure the safety of all travelers.

The HIZ-Path Director is in charge at the local campus. This is to ensure clear and strong leadership in the event of problems or threats to security.

In any hostage or compromising situation (mobs, riots, protests), the following can be critical:

1. Be inconspicuous
2. Stay calm
3. Avoid eye contact
4. Develop rapport
5. Be courteous
6. Do converse

The two most common types of illegal activity that take place abroad are credit card theft and abuse, and auto theft. Plan to guard against these! Carry only one or two such cards to greatly reduce the hassle if your wallet is lost or stolen.

Thefts abroad have doubled in the last six years. For more control and protection of your belongings, secure your backpacks with locks, and/or wear them as a “front pack” in crowded areas. Never, ever accept a free drink from a stranger. It was recently reported that a SEALED Coca Cola was given to a guy on a tour bus on a hot day and he woke up hours later, robbed!

The threat of being followed: Watch out for this. If you notice someone once, it's probably nothing. If you notice them twice, it MIGHT be surveillance. If you notice them three times, it IS surveillance!

Recipe for Safe International Travel:

7. Have the proper information and advice
8. Lower your profile
9. Know the threats
10. Loners are victimized
11. Be predictably unpredictable

When you are sightseeing in other parts of the country, be extremely cautious with your wallet and handbag. Do not lay things down on the counters in stores. Be watchful for pickpockets in the cities.

Always go out in pairs after dark.

Always carry a flashlight when you go out at night.

Carry a photocopy of your passport with you in your luggage when you travel overseas. This will greatly facilitate getting replaced if your passport is lost or stolen.

Leave expensive or expensive--looking jewelry at home.

Carrying self-defense products may or not be legal in the countries that you plan to visit. In addition, they may be turned against you. It may be far more effective to carry a whistle or siren.

If you lose your money and credit cards overseas, check to see if there is a Western Union nearby. Your family can wire money to you through this service. If there is no Western Union, the United States State Department offers a service that can do this for a \$30 fee (called the "OCS Trust").

If you get in a jam anywhere in the world while traveling, the US Embassy or consulate can help you at least by pointing you to the right kind of help.

If you are a U.S. citizen, enroll in the U.S. State Department STEP program. Go to this address to register your travel plans: <https://step.state.gov/step>.

Drug use/possession in many countries carries with it severe penalties; up to and including death.

The way you act in public toward one another might well be considered very offensive in another country, but just fine here in the USA or at Harding.

The "A-OK" sign is very obscene in some countries; be conscious of cultural differences.

Security in Zambia

There is very little violent crime in Zambia, but theft is a constant problem. You will need to be vigilant about locking doors and keeping an eye on your possessions. Cameras, computers, and small electronics are items that are prized and frequently are stolen. If you choose to bring electronics, there are places in which they can be secured. Keep the doors locked at the house where you are staying. At night, do not open the door unless you have verified that the person knocking is someone you know. Windows are left open in the houses on campus, and sometimes thieves reach in through the bars and grab items left near windows. Do not leave valuables OR YOUR KEYS near windows.