

THE SCHOOL FOR FIELD STUDIES



TANZANIA

A GUIDE TO PREPARE FOR YOUR
SFS PROGRAM

ADMISSIONS
DEPARTMENT

AGENDA

- **INFORMATION ABOUT TANZANIA**

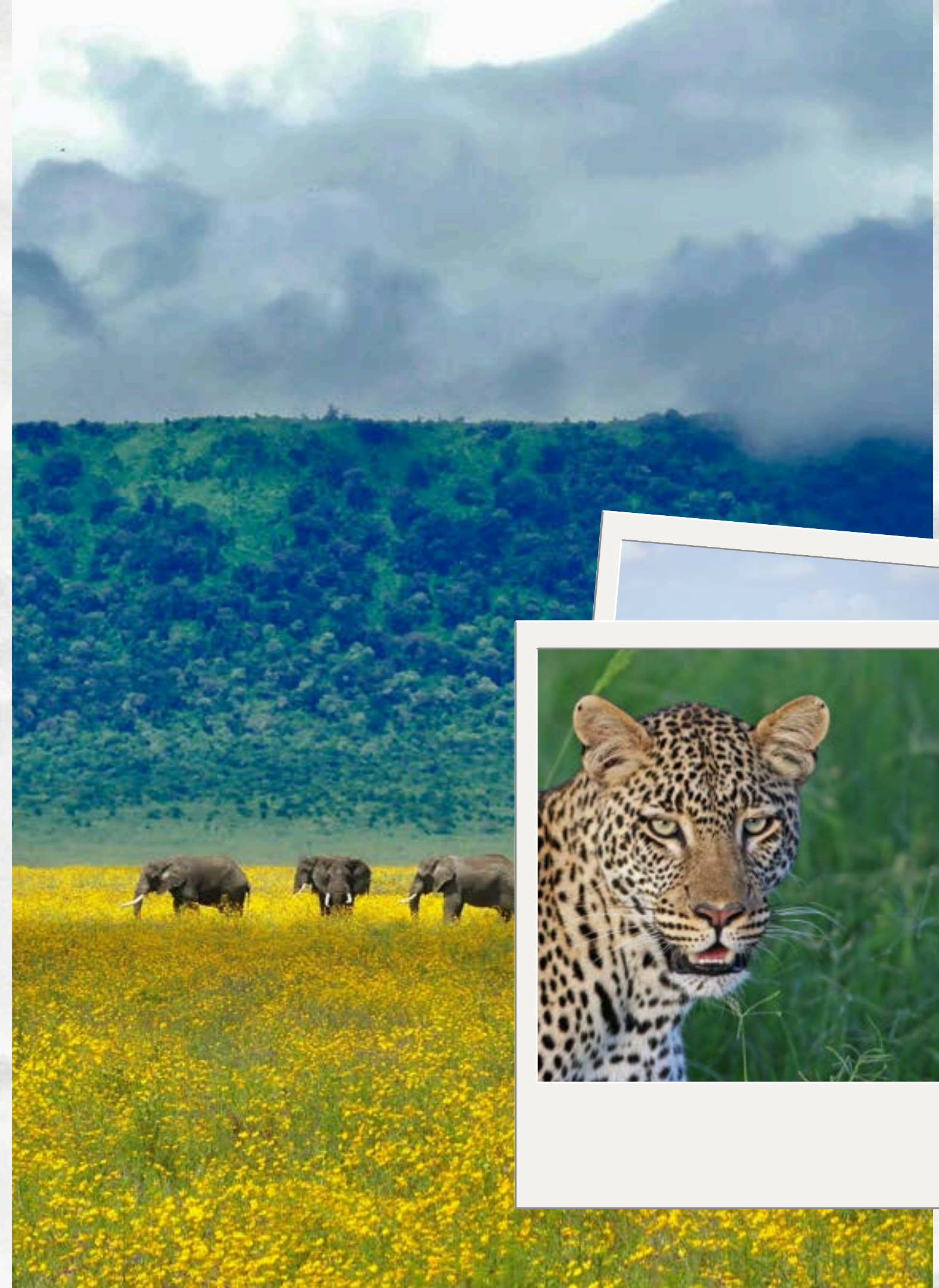
- **LIFE ON PROGRAM**

- **PACKING**

- **HEALTH & SAFETY**

- **TRAVEL & NEXT STEPS**

- **CONTACT US**





TANZANIA

LOCAL CULTURE

LANGUAGE AND RELIGION

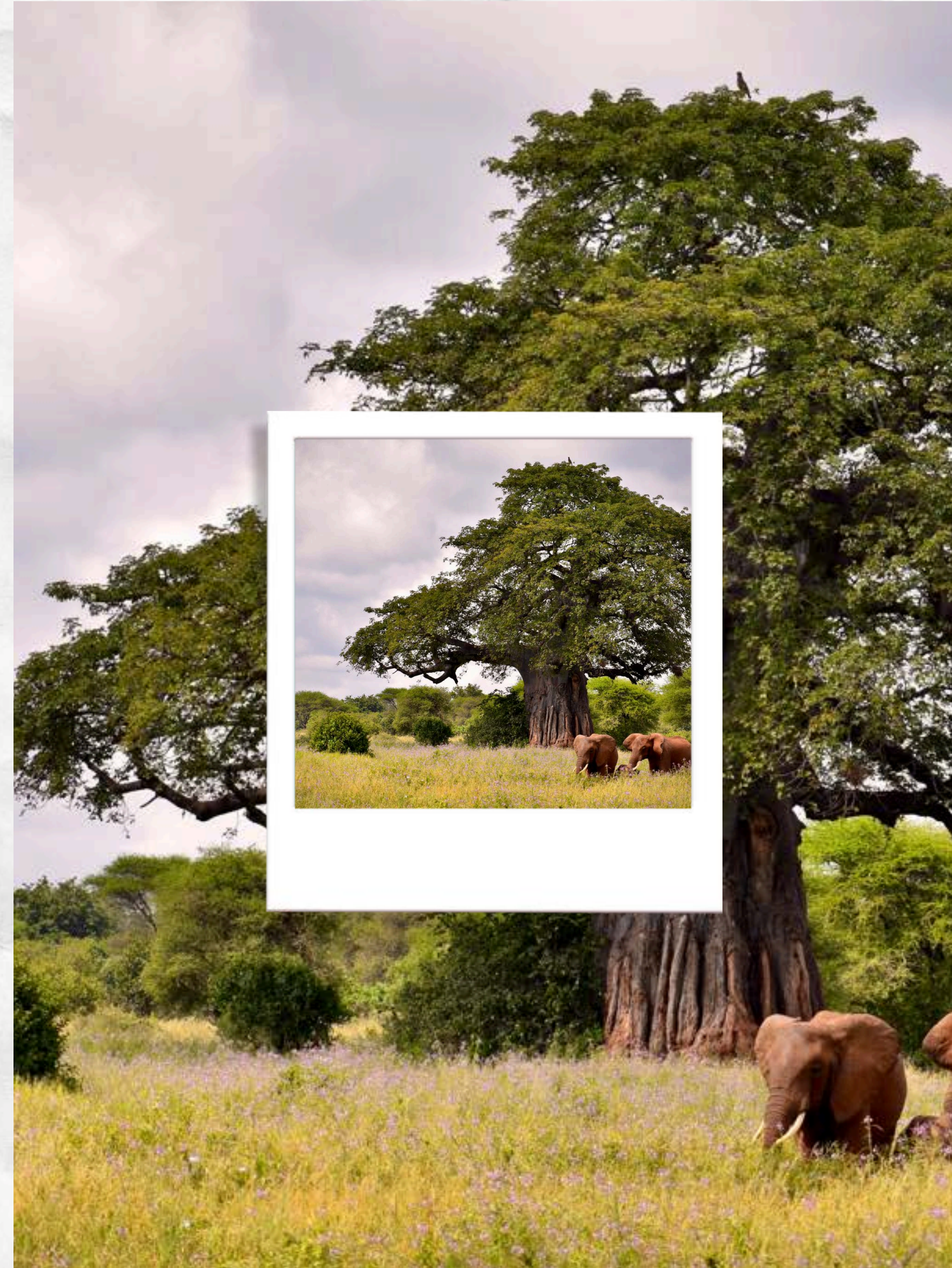
English and Swahili are official languages.
125+ languages spoken in country.
63% Christian 34% Islam

LGBTQIA+

Highly conservative. Same-sex relationships are illegal, and views on LGBTQIA+ are largely negative. Gender separation is common, and public displays of affection are discouraged.

LOCAL LAWS AND CLOTHING

Strict drug laws. Dress conservatively (shorts to mid-thigh; no tank tops). Single-use plastic bags banned (not strictly enforced for foreigners).



AN OPEN MIND IS KEY

- You chose to study abroad and embrace a new culture, both for its positives and negatives.
- You may feel frustration, but it is important to keep a positive mindset.
- You are not here to judge or change, but rather to learn and experience.



A bird of prey, possibly a hawk or eagle, is shown in flight against a clear blue sky. The bird's wings are spread wide, and its tail feathers are visible. The bird is positioned in the center of the frame, facing right.

LIFE ON PROGRAM

HOUSING, SCHEDULE & FOOD

A blue-eared kingfisher with a brown head and back and bright blue underparts is perched on a piece of weathered driftwood. The background is a soft-focus natural setting.

FIELD STATION

CAMPUS

- Moyo Hill Camp is a 3-acre site in Rhotia, near Karatu and Mto Wa Mbu, surrounded by Serengeti, Ngorongoro, Lake Manyara, Tarangire, Arusha, and Mt. Kilimanjaro.

HOUSING

- 12 rooms, each sleeps 4 students (two bunk beds) and have en-suite bathrooms with hot water. Students must pay to use washing machine. No dryer. Students can also wash by hand.

AMENITIES + MORE

- On-site grass volleyball court, nearby soccer field, plus ping pong, darts, lounge with projector, punching bag, and minimal weights.

COMMUNITY LIVING

- Community living requires compromise and teamwork. You will work, eat, and relax together; personal time is extremely limited. Chore rotations will be assigned once on program.

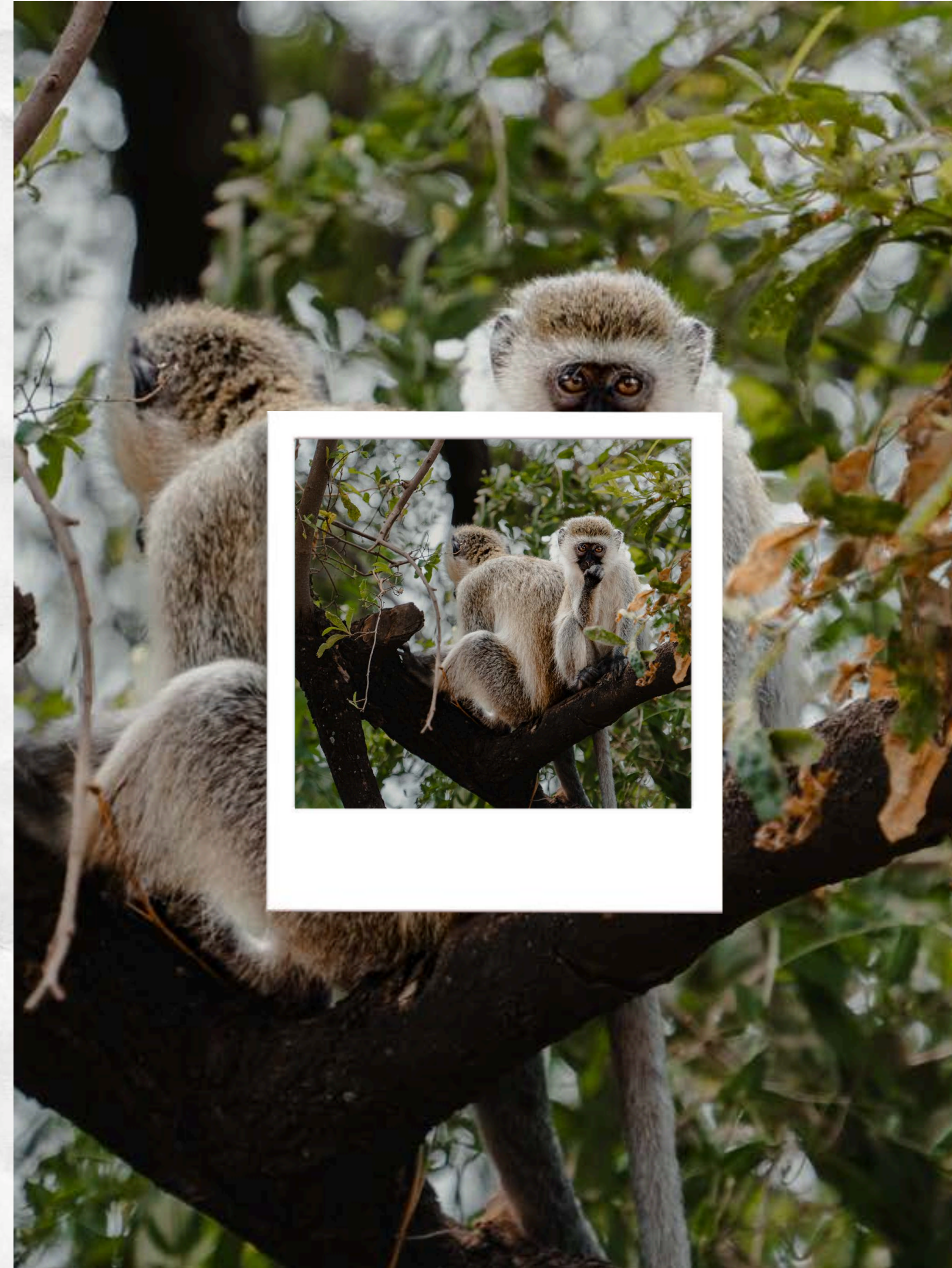
THE CENTER FOR WILDLIFE MANAGMENT STUDIES



CLASSROOM STANDARD

- Not an "easy A"
- Our coursework and research impact the community
- Grades must be earned

Schedule is high-intensity. Manage your time efficiently and use your days off to recharge. Use the utmost level of respect in your interactions with staff.





DAY IN THE LIFE

- Days are **highly structured**
- Typically, 7am - 8pm
- Some days are 100% in the field, while others are 100% classroom time
- Expect over half of your program time to be spent covering classroom-based theory
- All activities are mandatory- including group meals!
- We work around our partners, weather, and other circumstances, so you should expect the schedule to always be changing. It's important to have flexibility and a positive mindset!

PROGRAM POLICIES



Curfew and drinking rules enforced



Smoking only at the campus firepit



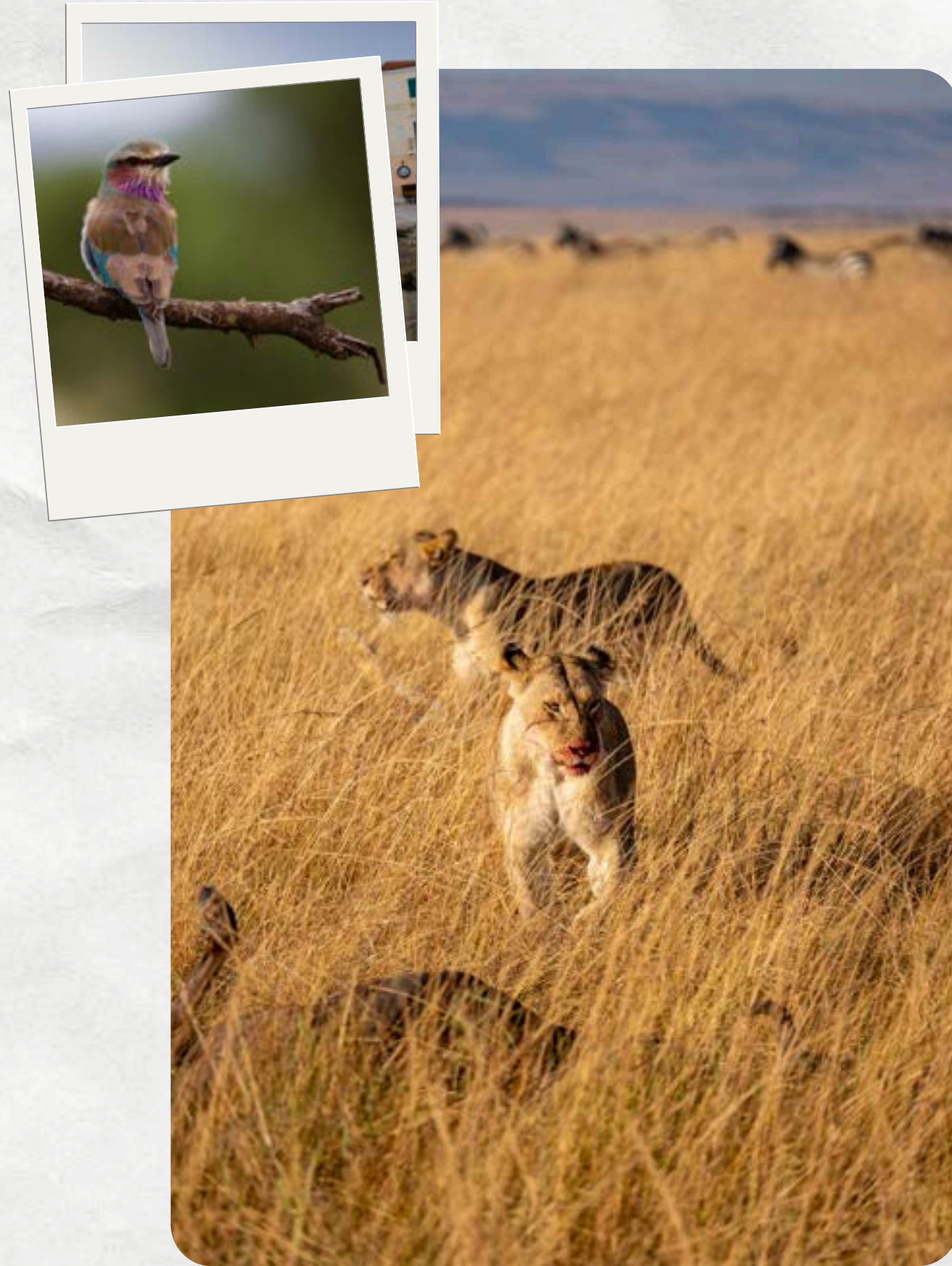
No non-SFS guests without staff approval



Sign out and buddy system



No cannabis products (*)



(*) This includes medical marijuana and some types of CBD oil - contact Student Life before bringing any CBD products

WHAT'S ON THE MENU?



MEALS

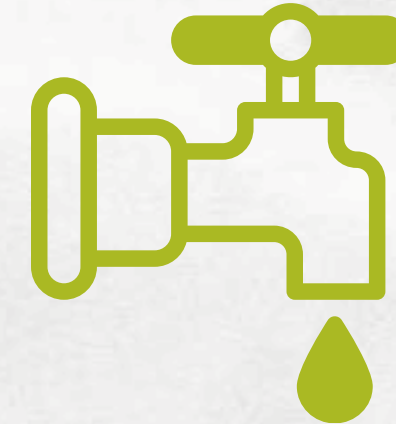
Familiar meals with East African twist. Oil and carb heavy.

Breakfast Example: Eggs, pancakes, toast, fruit, and cereal.

Lunch/Dinner Example: Rice, beans, vegetables, and meat.



SNACKS



FRESH WATER

SFS can support most dietary needs, but the variety of food will be extremely limited based on local availability and cost.

A savanna landscape at sunset. The foreground is a vast field of golden-yellow grass. In the middle ground, there are several acacia trees. The sun is setting behind two trees in the center, creating a bright orange and yellow glow. A faint rainbow is visible in the sky above the trees. Numerous birds are flying in the sky, scattered across the upper half of the image.

PACKING

WHAT SHOULD YOU BRING



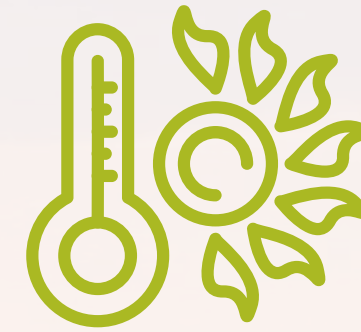
CURRENCY

Tanzanian Shilling (TZS)

Cash-based economy

ATM access weekly

Notify your bank



CLIMATE

Average temp: 70°F

Chilly at night: 50°F

WHAT YOU SHOULD **BRING**

Please do read your **field guide** for an itemized look!



CLOTHING

TOILETRIES + MEDICATION



FIELD GEAR



ROOM NECESSITIES

FOR CLASSROOM



PACKING CONSIDERATIONS

DRIVING

Much of your field excursion time will be spent in SFS vehicles.

TECHNOLOGY

Laptop with USB port
MS Office (or equivalent).

Electronics Protection
Voltage is 230 (need converter). Plug type G + D (need adaptor).

Download podcasts, music, movies, and academic software such as QGIS, R, and more.

LUGGAGE

SFS has no luggage limitations, although your airline(s) might!

You will be responsible for transporting your own luggage.

A photograph of two lions in a savanna environment. One lion is lying down on the left, looking towards the camera. The other lion is on the right, roaring with its mouth wide open, showing its tongue and teeth. The background is a bright, hazy landscape with some distant hills.

HEALTH & SAFETY

MEDICAL CARE & MEDICAL REVIEW



ENVIRONMENTAL HAZARDS



Sunburn, dehydration, etc.



Mosquitos, flies, etc.



Infections and Insect borne illnesses



Snakes, monkeys, large carnivores (*)



Petty theft

(*) Elephants, hippos, and rhinos, etc.

MEDICAL CARE IN COUNTRY

BASIC MEDICAL

Center is located 30 minutes by car from a hospital with basic medical care and a 24/7 emergency room.

ADVANCED MEDICAL

Center is 3 hours away from hospital in Arusha.

ROUTINE VISITS

Routine medical visits are not feasible while on program.

MENTAL HEALTH

Scheduled telehealth appointments with mental health providers may not be feasible.

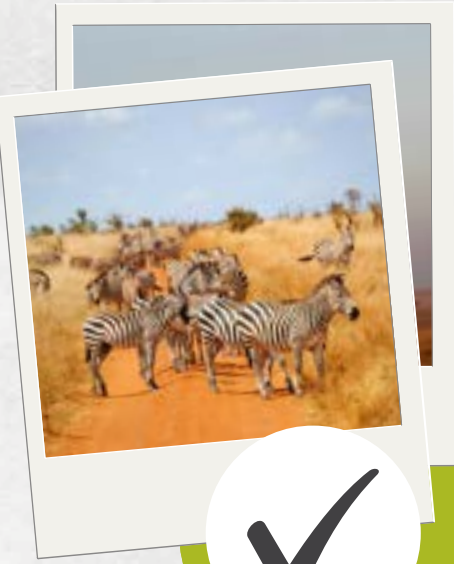
COMMUNICABLE DISEASES & OUTBREAKS

SFS follows CDC and host-country **health guidelines**. Entry and pre-departure health requirements vary by country and may change based on current outbreaks. Students should review current travel and health guidance before departure, and SFS will notify students of any major updates.

Students who test positive for, or develop symptoms of, communicable illnesses may need to isolate. Close contacts may be asked to test or monitor for symptoms. Because supplies may be limited locally, students are encouraged to bring rapid tests and high-quality masks.

Students **are responsible** for any medical or isolation-related costs incurred abroad and should confirm, before traveling, that their international health insurance covers communicable diseases.

MEDICAL REVIEW



Complete your medical paperwork within 6 months of departure & before the due date



Schedule medical appointments in advance. SFS recommends consulting with a travel clinic in addition to your primary care physician



No student is permitted to participate on an SFS program until medical review has been completed



Obtain prescription medication prior to your departure. Yellow fever vaccine and Malaria medication required.





NEXT STEPS

VISAS, FLIGHTS, & PAPERWORK

VISAS AND FLIGHTS

Travel Instructions sent at least 2 months prior to departure on buying your flights.

Visa requirements available upon acceptance in your SFS Student Portal. You will need to buy your flights before completing some visa items.

Airport Letter sent 1-2 weeks prior to departure with arrival instructions, what you need to enter/carry with you, current entry requirements, and emergency contacts.

AT THE AIRPORT



CUSTOMS & IMMIGRATION

Have your passport and eVisa ready!

LUGGAGE

Afterwards, collect your luggage and leave the security area.

FINDING SFS

Find the designated meeting spot and look for SFS signs!

WAITING FOR OTHERS

You will need to wait for the rest of your cohort to arrive before heading to the center.

NEXT STEPS

TRAVEL

- Apply for or renew your passport-must be valid for 6 months after arrival in Tanzania
- Complete Visa Materials
- Book your flight

SET EXPECTATIONS

- Review the SFS field guide, financial planner, syllabus, and policies
- Talk with your family and friends about a realistic communication plan while you're in the field

MEDICAL

- Schedule all medical appointments
- Make a plan with specialists and/or mental health providers (if needed)
- Obtain prescription medication for the entirety of your program (if needed)
- See travel clinic (if desired)
- Schedule vaccinations (if needed)

FINANCES

- Pay for your program
- Apply for financial aid (if desired)

FOLLOW US ON SOCIALS



@THESFS
@SFS_TANZANIA

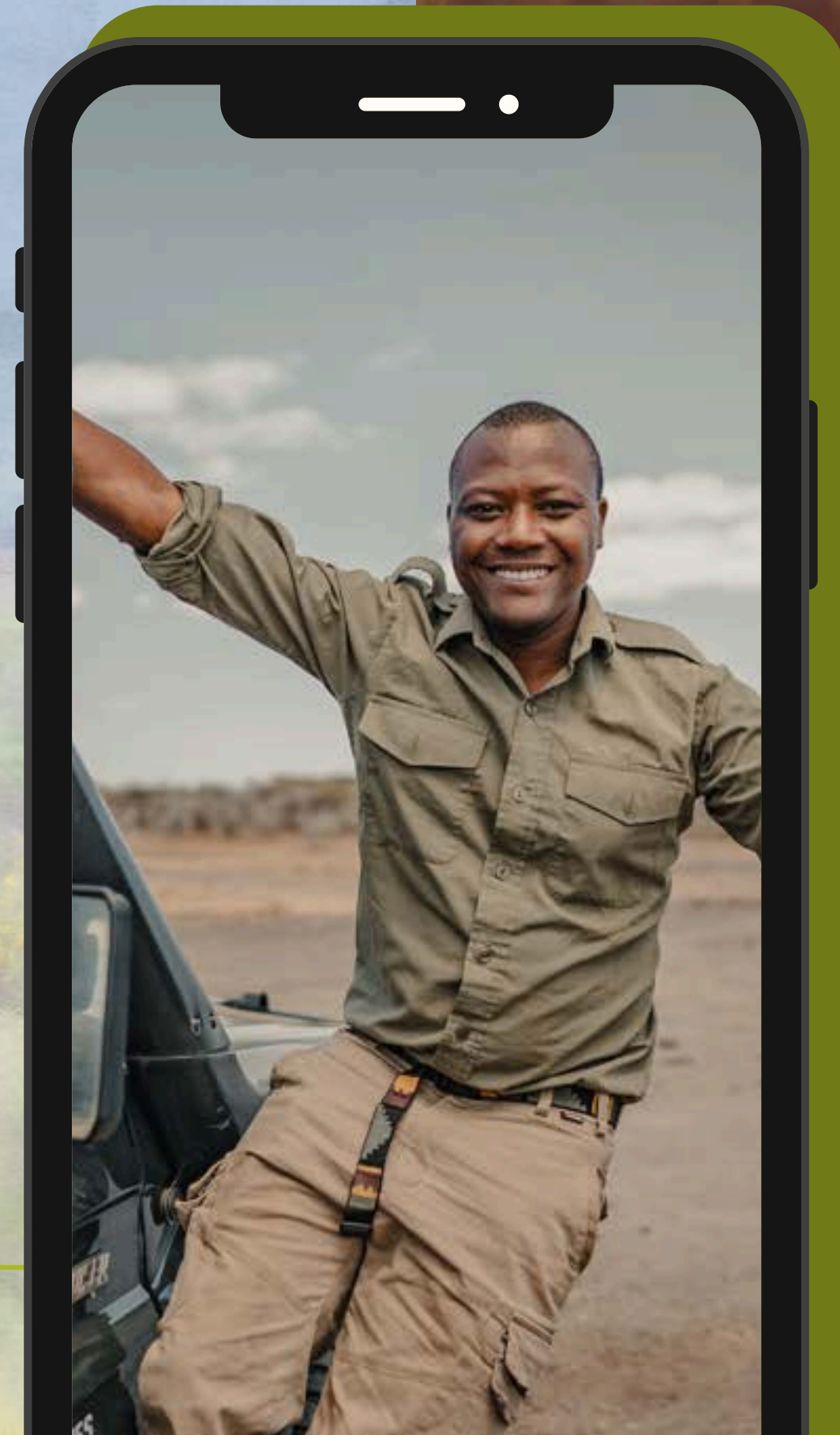
*Tag us in your
posts @thesfs!*



THE SCHOOL FOR FIELD STUDIES



THE SCHOOL FOR FIELD STUDIES



A close-up photograph of a leopard's face, showing its distinctive spotted fur, green eyes, and whiskers. The leopard is looking slightly to the right.

QUESTIONS?

Here is how you can get in touch:

MEDICAL + SAFETY

studentlife@fieldstudies.org

BILLING + FINANCIAL AID

billing@fieldstudies.org

ACADEMICS

academics@fieldstudies.org

GENERAL QUESTIONS

admissions@fieldstudies.org