



MARYKNOLL INSTITUTE OF AFRICAN STUDIES  
OF SAINT MARY'S UNIVERSITY OF MINNESOTA  
AND TANGAZA UNIVERSITY COLLEGE, NAIROBI



2017/2018

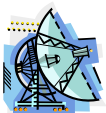
# HANDBOOK SUPPLEMENT FOR NON-EAST AFRICAN AND FOREIGN STUDENTS



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**SAINT MARY'S UNIVERSITY**

**OF MINNESOTA/USA**

**AND**

**TANGAZA UNIVERSITY COLLEGE**

**NAIROBI, KENYA**

## CALENDAR OF EVENTS 2017/2018

### May 15 – JUNE 6, 2018 FIRST IMMERSION PROGRAM

May 15, 2018	Orientation workshop for all first session students at Tangaza University College, 9:00 a.m.
May 16, 2018	Beginning of first session of program at Tangaza University College 8:30 a.m.
June 6, 2018	Last class-day of first session of the program
June 7 - 11, 2018	One week break between sessions

### JUNE 12 - JULY 4, 2018 SECOND IMMERSION PROGRAM

June 12, 2018	Orientation workshop for all first session students at Tangaza University College, 9:00 a.m.
June 13, 2018	Beginning of first session of program at Tangaza University College 8:30 a.m.
July 4, 2018	Last class-day of second session of the program and closing Banquet

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## ATTENTION!

MIAS also runs Semester programs in **Jan – Apr and Sept– Nov** for non East Africans and Foreign students who come for a sabbatical of three months. Cf. Student handbook for full details.

### SEPTEMBER 8 - DECEMBER 1, 2017 SEMESTER PROGRAM

September 18, 2017	Orientation workshop for all students new to the program 9:00am ó 12:00pm
September 11-15, 2017	First week of classes
October 2 - 6, 2017	Outline of paper due in the office, PTR and Field Research Workshop.
October 23 - 27, 2017	Rough draft of paper due in the office, PTR and Field Research Workshop.
November 27 - Dec. 1, 2017	Final week of classes, Examination week
December 1, 2017	Final copy of paper due in the office, final PTR, faculty meeting and closing banquet.

### JAN 19 – APR 13, 2018 SEMESTER PROGRAM

January 19, 2018.	Orientation workshop for all students new to the program 9:00am ó 12:00pm
January 22 - 26, 2018	First week of classes
February 19 - 23, 2018	Outline of paper due in the office, PTR and Field Research Workshop.
March 11 - 16, 2018	Rough draft of paper due in the office, PTR and Field Research Workshop.
April 9 - 13, 2018	Final week of classes, Examination week
April 13, 2018	Final copy of paper due in the office, final PTR, faculty meeting and closing banquet.

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**MARYKNOLL INSTITUTE OF AFRICAN STUDIES  
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AND TANGAZA UNIVERSITY COLLEGE, NAIROBI, KENYA**

**INTRODUCTION**

This handbook supplement is designed to help Africa based students from outside East Africa and Foreign Students from overseas prepare for their stay in East Africa and participation in the 2017/2018 Immersion and Semester programs of the Maryknoll Institute of African Studies of Saint Mary's University of Minnesota/USA and TANGAZA UNIVERSITY COLLEGE. **It is assumed that the student has already carefully read the 2017/2018 student handbook which has full details.** Upon arrival in Nairobi, it can also serve as a manual for some aspects of life there, so participants are asked to bring the handbook with them. There will be plenty of time for more in-depth orientation to the land and its people during the time of the program. The information in the following pages can help ensure that all be ready for the extraordinary "safari" upon which they are about to embark on (cf. Appendix A: Maps of Africa).

**GOALS OF THE PROGRAM**

As you begin your preparation for departure, it is worthwhile to state clearly the purpose and nature of the program so there is no misunderstanding once you arrive. The primary goal of the MIAS program is to teach **systematically** contemporary cultures and religion of Kenya in such a way that students **appropriate** and **articulate** an African perspective on these realities. (Cf. 2017/2018 student handbook for fuller explanation).

**Section I  
PREPARATION FOR TRAVEL**

**AIRFARES TO NAIROBI**

All U.S. students are eligible for missionary-discounted (Raptim subsidy) airline tickets sold through MTS Travel Bureau 222 W. Willow, Wheaton, Illinois 60187, ph. 312-690-7320 (Outside of Illinois 1-800-323-9402). Call for the most current prices. Be sure to check to see what restrictions there are on the fares. Some fares allow stopovers in Europe at no extra cost others do not permit stopovers. Some fares permit stopovers with a surcharge of US\$50.00 to US\$100.00. Be sure you clarify this matter with the travel agent before purchasing your ticket if you plan to spend time in Europe.

Another missionary discount travel agent is SIAMA Inc. They operate out of The Netherlands. They can be reached by mail at:

Siama World Mission Travel bv. 38  
Pieterskerkhof  
2311 ST Leiden  
The Netherlands  
Ph. 31-71-5163545 (Africa/S. America 31-71-5163535)  
Toll free Fax from U.S. 1-800-283-5133.  
E-mail: Siama@Siama.Antenna.NL

The program director has used SIAMA several times and has found it reliable. If you FAX, be sure to include your address and phone number.

For those who wish to shop around, special roundtrip fares to Nairobi are advertised in the U.S. and Europe, in all large-city Sunday newspapers by various travel agencies (cf. Airfares: Appendix C).

**ATTENTION**

Start early on your plane reservations. As June draws near many of the flights into Nairobi are sold out several months in advance. Also, embassies may want a return ticket number before issuing

visas.

### **RECOMMENDED TRAVEL AGENCIES:**

It is recommended that students who wish to tour Kenya and Tanzania contact the following traveling agencies:

1. For air travel call **JET TRAVEL**: Tel: (254-20) 310-360/310-365.
2. For safaris in Kenya and Tanzania: call **SAFARI SEEKERS** and ask for Mr. Zul Hasham, Tel (254-20) 553-353/553-366 (Mombasa road office) or 226-206/211-396 (City center office) or **Arusha**: Phone (007-272) 544-102.

### **PASSPORTS AND VISAS**

**PASSPORT:** Students are responsible for procuring (or renewing) their passport. This is, of course, an absolutely essential document, a copy of which is to be carried at all times when traveling in Kenya. Information concerning application for passports can be obtained at local post offices (U.S), or through a local passport agency. Make at least 6 copies of your passport photo. Bring the extra ones with you.

**VISA:** Tourist visas for Kenya and Tanzania are necessary. With a U.S passport you can buy a visa at the cost of US\$50.00 upon arrival at the airport. The visa is valid for 90 days and can be extended without cost. A Tanzanian visa can be purchased from their embassy in Nairobi. Also, Tanzania visa forms can be obtained through the travel bureau where you are buying your ticket or by direct contact with their embassies. All passport forms should be sent by registered mail to the embassies or processed through a travel bureau, e.g., MTS in the US offers a visa service at a minimal charge.

**Note:** upon arrival, citizens from some countries other than the U.S. are given a free visa for a month, or can buy a tourist visa at the Nairobi airport valid for three months for US\$50.00 or the equivalent in foreign currency. Check with the Kenya embassy in your country before traveling if you plan to purchase a visa at the airport to make sure your passport will allow that. For example, people with a Nigerian passport need to have a visa in their passport before arrival.

### **TRANSPORTATION TO AND FROM THE AIRPORT**

Upon arrival, the most convenient way to get to your place of residence is to take a TAXI. MIAS has an arrangement with **NEW JAMBO TAXIS** at Jomo Kenyatta International Airport, Telephone No: (020) 822-011 or (020) 822-114. As you pass thorough the glass doors after leaving customs, the New Jambo Taxis booth is to the right across the hall. Its sign is clearly visible. Their rates as of March 2016 are US\$25 or 2500/KShs to many destinations within Nairobi.

If you are arriving late at night, be sure you notify the place where you are to stay so that they are prepared to receive you. If you need someone to meet your flight, MIAS can arrange it with New Jambo Taxi. They wait outside of customs carrying a sign with your name on it. Be sure you contact the Director giving flight details if you wish to be met.

### **TRAVEL IN EAST AFRICA**

Day trips will be recommended and organized according to the interests of the students at the end of each session of the programs. The costs of these trips will be split equally among the participants. A one-day trip of a hundred miles in a hired van costs US\$30.00 per person. Possibilities include: Nairobi Game Park, Lake Naivasha, the Rift Valley, Mount Kenya and Lake Magadi.

Some of the most spectacular scenery and game parks in the world are just south of the Kenyan border with Tanzania. At the end of one's participation in the MIAS program one might wish to make a special five day trip to visit Lake Manyara, Terangiri Game Parks, Ngorongoro Crater, Olduvai Gorge, and the Serengeti Game Park. Travel arrangements will be the responsibility of those interested.

### **NOTE**

On numerous occasions students have found that they have not allowed sufficient time after the

program to do all the things they planned to do before leaving East Africa. They rush back home because of prior commitments. This is unfortunate after coming so far and given the expense of the airfare. It is important that one leaves sufficient time at the end of the program to relax and travel a bit. It is suggested that if there are conflicts between the MIAS calendar and your school's or employment calendar, that you make arrangements with your dean of students or employer before coming to allow for extra time.

### **DRIVER'S LICENSE**

It is recommended that you get an international driver's license. It is recognized in Kenya and allows you to drive rental and private vehicles. In the U.S., it is available through most American Automobile Association offices for US\$5.00 and a passport photo. It is given immediately.

## **HEALTH**

### **MEDICATIONS**

If you are on medication, you should plan on bringing enough supply along with you to last the length of the program. Also, be sure to bring your prescriptions signed by a physician, in case you need to refill it during your stay. There are well-stocked pharmacies in Nairobi.

### **MALARIA PROPHYLACTIC**

Kenya is in a malarial area. It is necessary that you take a prophylactic medicine several weeks prior to leaving the U.S., during the time spent in Kenya, and for several weeks after returning to the U.S. The proper medicine is obtained only by prescription. The drug "larium" (metakelfin) is a very toxic drug and a substantial portion of people have had mild to serious psychological reactions to it. It should only be taken under doctor's advice as a last resort.

Also, if you are **not** a resident of East Africa, a **doctor's recommendation** assuring that you are in sufficient good health to follow the program is required as part of the application process.

### **RECOMMENDATIONS**

Two letters of recommendation relating to your flexibility in adjusting to new situations, ability to handle stress and participate in a foreign culture are required. One of these recommendations is to be from your employer, supervisor or superior.

### **INOCULATIONS**

Tanzania requires a yellow fever inoculation. Kenya does not. Typhoid and para-typhoid shots are recommended.

This would be a good time to update your tetanus immunization. If you have not had a tetanus immunization or booster in the past ten years, it is recommended that you do so before the trip. If you are concerned about a particular ailment or allergy, please consult your physician before departure.

All major cities and major universities have clinics that specialize in inoculations and health precautions for world travelers. Look in the phone book for the one nearest to you. It is suggested that you make an appointment during the latter part of April so that you will have time to get all the proper shots. In addition, you will be started on a malarial prophylactic.

**INSURANCE**

Each student is responsible for medical insurance. This is available, e.g., in the U.S. through an International Student I.D. card which costs students US\$10.00 through the Council on International Education Exchange (C.I.E.E.). Details on how to apply are found in the Appendix D. Also, ask your dean of students about this International Student I.D. card as some schools offer an application service to their students.

The purchase of this card automatically provides some modest coverage for the duration of the card's validity. Should you wish more coverage, you should consult an insurance agent, e.g. in the U.S., the Travelers Insurance Company, One Tower Square, Hartford CN 06183-5040 which has special coverage for international travelers, or obtain an optional travel insurance policy through a travel agent. In cases of necessity, the Institute will underwrite medical bills in Kenya that will be reimbursed by the student's insurance upon returning to the U.S.

The C.I.E.E. also provides baggage/personal effects insurance at an additional cost. Furthermore, it entitles you to discounts on some admission fees and travel costs. However it is of little use in Kenya.

There is property insurance available at a reasonable rate for valuable items such as cameras and computers, e.g., in the U.S. through Aon Risk Services, Inc. of Maryland, 111 Market Place, Baltimore, Maryland 21202 136, ph.: (410) 783-5043 Fax: (410) 547-2914 (cf. Appendix D for details).



**Section II  
FINANCES**

**PERSONAL EXPENSES FOR ALL STUDENTS NOT RESIDENT IN NAIROBI**

Besides tuition there are the following expenses that are paid personally. It is projected that in 2011 these expenses will be approximately US\$1020.00 per course.

**BOOKS:** Ksh. 10,200 (US\$100.00) per course.

**TRANSPORTATION:** for field research to and from Tangaza: Approx. Ksh. 5,600 (US\$70.00) per course.

**BOARD AND ROOM (If not resident in Nairobi):** US\$12.00-20.00 depending on where one stays and the Kshs. exchange rate per US\$ at the time of the program. If staying in a guest house, to be on the safe side, the cost of board and room should be calculated at US\$30.00 per day.

**POCKET MONEY:** Approximately US\$100.00 per course (Non-residents of Nairobi).

**TRANSPORTATION:** To and from Nairobi: Depends on point of departure.

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**TUITION**

**FOREIGN STUDENTS FROM OVERSEAS**

**TUITION: FOREIGN STUDENTS FROM OVERSEAS IN IMMERSION PROGRAMS**

Payable to **Michael C. Kirwen A/C MIAS in US\$**

One Course: Four Credits (Three Weeks)

**Tuition: US\$1080.00** or equivalent in Kshs. at time of payment

Two Courses: Eight Credits (Six Weeks)

**Tuition: US\$2160.00** or equivalent in Kshs. at time of payment

**TOTAL ESTIMATED COST PER COURSE FOR 2018: US\$2100. (Excluding transport to Nairobi)**

Since the situation of each foreign student is unique, it is necessary to calculate the cost of the **Living Expenses**, then add on **Tuition, Books, Program transportation, and Pocket Money** to find the total cost per course for a particular student. For example, in 2010, the total expenses for a student from the U.S., who lived at Flora Hostel, for **two** courses was US\$3500.00 (not including the cost of transportation to and from the U.S.).

\*\*\*\*\*

**CITIZENS AND RESIDENTS OF AFRICA**

**TUITION: CITIZENS AND RESIDENTS OF AFRICA IN IMMERSION PROGRAMS**

Payable to **Maryknoll Institute of African Studies in Kenya shillings**. Other currencies pay to **Michael C. Kirwen A/C MIAS**

One Course: Four Credits (Three Weeks)

**Tuition: Kshs. 37,500** or equivalent in US\$. at time of payment

Two Courses: Eight Credits (Six Weeks)

**Tuition: Kshs. 75,000.00** or equivalent in US\$. at time of payment

**TOTAL ESTIMATED COST PER COURSE FOR 2018: US\$1560.00. (excluding transport to Nairobi)**

Since the situation of each foreign student is unique, it is necessary to calculate the cost of the **Living Expenses**, then add on **Tuition, Books, Program transportation, and Pocket Money** to find the total cost per course for a particular student. For example, in 2006, the total expenses for a student resident in Africa, who lived at Flora Hostel, for **two** courses was US\$3120.00 (not including the cost of transportation to and from Nairobi).

\*\*\*\*\*

**ATTN! The Kenya shilling (and prices) has fluctuated widely the past two and a half years. In August 2017 it stood at Ksh.103/US\$. As the program draws near, you will be notified of the Kenya Shilling exchange rate with the U.S dollar so you can revise your budget if needed.**

## **MONEY EXCHANGE**

Kenya currency is based on the decimal system. The unit of currency is the shilling, divided into 100 cents.

The law of Kenya, as of October 1994, allows a person to bring up to US\$5000.00 of foreign currency into the country whether cash or travelers cheques without declaring it. As you need shillings, exchange your foreign currency at the local Forex Bureaus. Visitors are advised to check currency rates regularly: As of May 2008 one U.S. dollar was worth sixty-two Kenya shillings.

Visitors are strongly advised to avoid street dealers and to transact all currency dealings through official dealers. It is a serious offence to deface or knowingly damage Kenya currency.

## **PAYMENT**

Pay all fares and gratuities in Kenyan shillings. It is suggested for security reasons that you bring some cash with you but the bulk of your funds in the form of traveler's checks. Note, personal checks are virtually impossible to cash. However, cash advances through credit cards is available in the larger hotels, businesses, travel agencies and restaurants. Major credit cards, especially Visa, MasterCard and American Express can be used for the purchase of goods and services.

## **PLEASE NOTE**

Never pack traveler's checks, cash or credit cards in your luggage or leave them in your room. Petty thievery is a universal phenomenon. Many of the students the past years carried their passport and cash in a small money pouch that hangs from the neck and is concealed inside a shirt or blouse. **It is recommended that you purchase one for the trip.**

In the U.S. they are available in luggage stores.

## **SPENDING MONEY**

Everyone will have different needs when it comes to how much money should be brought along for the trip. The following information will help you plan but it cannot provide airtight regulation.

During your stay in Kenya, unless other arrangements are made, all your meals will be provided at your residence. There is usually a flat fee covering both board and room payable whether you are present or not for meals.

If you dine out or are away from the residence on a private excursion, the expense will be yours. A meal in a good Nairobi restaurant cost US\$10.00-20.00. Meals in small local restaurants cost US\$5.00-10.00.

The cost of living in Nairobi is expensive. Clothing, film, restaurant meals, books, stationery, toiletries, etc. are as high in price or higher than they are e.g., in the United States. As suggested, it is good to have purchased most of your basic needs before travelling to Africa.

Items that you are likely to buy during your trip would be the following: wood carvings, locally manufactured cloth, batiks, jewelry, paintings, musical instruments and handicrafts -- all available in the markets. Always haggle over the price. You can often cut the original price in half.

## **DEPARTURE TAX**

The departure tax from the Kenya airport is US\$20.00 or the equivalent in foreign currency or Kenya Shillings. Usually this tax is included in the price of your airline ticket and is indicated on the ticket.

## **FILM**

You will tend to take more pictures of the spectacular sights of Africa than you would ordinarily be tempted to do in your backyard. So, if you are a camera buff, bring a generous supply. Processing of prints and slides in Nairobi is possible and quite reasonable. However, you may prefer to process your film in your home country.

## **CLOTHING**

Name brands are expensive and local brands are sometimes of poor quality. You should plan on bringing all the clothes you intend to wear (cf. check list on page 15).

## **TRAVEL AND PRIVATE EXCURSIONS**

You will want to wander around on your own and so you should budget some money for travel. There is public bus service all over Kenya, with trains to Kisumu and Mombasa, and the fares are reasonable.

## **ADDITIONAL EXPENSES**

In addition to these ordinary expenses, it is prudent to budget some amount for unforeseen emergencies, e.g. broken eye glasses, medical emergencies, lost clothing or equipment, etc.

## **REMEMBER**

The Institute is responsible only for the tuition received for the courses which must be **paid in advance** to Michael C. Kirwen A/C MIAS. The **tuition is non-refundable** except in the cases of medical hardship or family emergencies where application can be made for a refund. The program is not responsible for: a) passport and visa fees; b) airport or border taxes; c) travel, visits, or excursions; d) insurance, whether travel, life, accident, or health, e) board and room, f) airfares, g) for any medical expenses incurred by any member of the program, and h) for any additional costs incurred by participants who cannot complete the program, for whatever reason.

## **Section III ADDENDA**

### **INTERNATIONAL PHONE CALLS**

Direct dial phone service between Kenya and the United States is quite good but expensive. A ten minute call to the U.S. costs about US\$11.00. Also, collect calls from Kenya are not possible. Furthermore, the AT&T, Sprint or MIC calling card can not be used to dial a U.S. operator direct.

### **MAIL SERVICE FROM NAIROBI**

Please note that mail service between Kenya and the United States or Europe is rather slow. Air Mail takes from six to ten days (occasionally even longer); be sure to alert your relatives and friends of this delay.

### **DIET**

The food in Kenya is very good and nourishing. The type of food is comparable to what you are already used to -- pork, beef, lamb, chicken and fish. Also there are plenty of fresh fruits and vegetables in season. Bread is excellent. Vegetarian foods are served in most restaurants.

### **ADJUSTMENT TO A FOREIGN CULTURE**

One aspect of living in Africa that people do not often think of in advance is the necessary adjustment to a foreign culture. This does not usually become apparent until the novelty of the first few days overseas has worn off. At that point, some of the frustrations of not knowing an African language and having to deal with the inconveniences or deprivations of another culture than your own begin to loom large. Some people will feel a bit lonely or enervated. Tempers might grow short. All of these are normal and transitory experiences of people adjusting to life in a different culture. To be aware of the cause of such feelings and to know that you are not alone in having them can go a long way toward dissipating them in yourself and being more understanding of others. Through some group discussion we hope to facilitate everyone's adjustment. By the end of the program, the experience of having lived in another culture usually turns out to be one of the richest treasures people take away from the program.

## **Section IV ACADEMIC INFORMATION**

### **DATES OF 2018 IMMERSION PROGRAMS**

The first session of the 2018 programs begins in Nairobi on **May 15<sup>th</sup>, 2018 at 9:00 am** with an orientation for all students to the first session and **continues to June 6<sup>th</sup>, 2018** the second session runs from **June 12<sup>st</sup> 2011 to July 4<sup>th</sup>, 2018**.

Students new to Africa are requested to arrive three days before the beginning of a session so that they are adjusted to the climate and altitude, and are over their jet lag before classes begin.

### **FIELD RESEARCH**

The process of field research is facilitated by Kenyan university graduates who have been hired to guide the students into various dimensions of African society. The meetings and trips with the field assistants are organized in such a way that the students experience new realities of the Kenyan society in the Nairobi area at least three times a week. For example, trips are made to the local markets, University of Nairobi, housing estates, various Christian churches and ministries, diviners and traditional healers, etc. During these trips, besides participant observation, students discuss with informants and others the ideas and issues being presented in the classroom.

### **DAILY SCHEDULE**

Class days are Wednesday through Friday. The lectures are at Tangaza University College from 8:30 am-12:05 pm. This is followed by a prayer service from 12:15 pm to 12:30 pm. At 12:30 pm lunch is served in the cafeteria. Afternoons have workshops scheduled on field research skills and technique, field research projects and pastoral reflection. The rest of the week is for field research with one's personal field assistant, reading and writing (each week three days of field research sessions are planned in advance with the lecturers) and for library research, private study, writing of a fifteen page research/integration paper. Transportation to and from the school is the responsibility of the students. The program, however, provides transportation from downtown Nairobi (The Stanley Hotel) to Tangaza University College and back on class days.

## **COURSE OFFERINGS: 2018 IMMERSION PROGRAMS**

The following is the list of courses that have been prepared by various lecturers for the 2018 Immersion programs. This is why one is asked to select three courses by way of priority. Sufficient student preregistration determines whether a particular course is taught. A separate booklet (Course Catalogue) is available with the course outlines and descriptions.

### **FIRST SESSION**

**May 15 to June 6, 2018**

- \_\_\_\_\_ *African Cultures: An Overview\**.
- \_\_\_\_\_ *African Traditional Religion Interprets the Bible.*
- \_\_\_\_\_ *African Feminist/Womanist Theology: A Source for African Christian Theology.*
- \_\_\_\_\_ *Contemporary Political and Economic Realities in Kenya.*
- \_\_\_\_\_ *Sociology of Development/Underdevelopment in African Religion.*
- \_\_\_\_\_ *Introduction to East African Art.*
- \_\_\_\_\_ *Towards the Inculturation of Religious Community Life in Africa.*
- \_\_\_\_\_ *African Christian Theology: Historical and Systematic Development.*
- \_\_\_\_\_ *Spirituality, Personhood and Psychotherapy in an African Context.*
- \_\_\_\_\_ *Gospel and Culture: The African Experience.*

### **SECOND SESSION**

**June 12 to July 4, 2018**

- \_\_\_\_\_ *African Cultures: An Overview\**.
- \_\_\_\_\_ *African Traditional Religion: Major Beliefs, Practices and Contemporary Forms.*
- \_\_\_\_\_ *African Marriage and Family: Challenge and Change.*
- \_\_\_\_\_ *Introduction to East African Literature: Focus on Religious Conflicts.*
- \_\_\_\_\_ *Justice and Peace in East Africa.*
- \_\_\_\_\_ *Church in Contemporary Africa: its political, social and economic situation.*
- \_\_\_\_\_ *Introduction to Islam in Eastern Africa.*
- \_\_\_\_\_ *African Traditional Religion: Major Beliefs, Practices and Contemporary Forms.*
- \_\_\_\_\_ *Ideology and Practice of Health Ministry in Contemporary Africa: Traditional and Western.*
- \_\_\_\_\_ *Sage Philosophy: The Root of African Philosophy and Religion..*
- \_\_\_\_\_ *Moral Teaching and Practices of African Traditional Religion.*
- \_\_\_\_\_ *Mission in African Today: Methods, Concepts, Practices & Challenges.*
- \_\_\_\_\_ *African Traditional Spirituality.*

**\* The course, "African Cultures: An Overview," is repeated in each session as it is a required course for those in the Master programs, and a popular course for students new to Africa.**

## Section V ACADEMIC STRUCTURES

### IMMERSION PROGRAMS

The courses are taught in three week periods with thirteen hours of instruction per week. **Four postgraduate credits** are granted for the successful completion of each course.

There are two sessions in the MIAS Immersion programs. Each session offers ten courses, some of which are foundational and some advanced.

If a student successfully completes two courses during the 2018 Immersion sessions, he/she receives eight graduate credits which are registered and awarded by Saint Mary's University of Minnesota/USA, an accredited university\* and a member of the North Central Association of Colleges and Schools.

\*The Higher Learning Commission  
30 north LaSalle Street, Suite 2400  
Chicago, Illinois 60602-2504  
(800) 621-7440  
[www.ncahigherlearningcommission.org](http://www.ncahigherlearningcommission.org)

**ATTN: THE 2017/2018 DEADLINE FOR FORMAL APPLICATION:**  
**August 15, 2017** for **September 8 - December 1, 2017** Semester program  
**December 15, 2017** for **January 19 - April 13, 2018** Semester program  
**May 1, 2018** for **May 15 - June 6, 2018** Immersion program  
**June 1, 2018** for **June 12 - July 4, 2018** Immersion program  
**August 15, 2018** for **September 7 - November 30, 2018** Semester program

## ADDENDUM I CHECKLIST

Before closing your suitcase, you might check to see if you have included the following items:

- |  |   |
|--|---|
| _____ shirts/blouses                                   | _____ handkerchiefs   |
| _____ camera & film supply                             | _____ umbrella  |
| _____ underwear  | _____ hat for sun   |
| _____ toilet articles                                  | _____ suit/sport coat   |
| _____ trousers/slacks/skirts                           | _____ insect repellent  |
| _____ stationary, notebooks, diary                     | _____ recommended textbooks<br>(cf. Section V of students handbook) |
| _____ warm sweaters                                    | _____ bandages  |
| _____ sewing kit, scissors                             | _____ cold remedy, aspirin etc.                                     |
| _____ lined windbreaker or jacket                      | _____ shoulder bag for field trips                                  |
| _____ flashlight                                       | _____ extra passport photos   |
| _____ socks  | _____ cassette tape recorder/tapes                                  |
| _____ thongs for shower                                | _____ International driver's license                                |
| _____ walking shoes                                    | _____ warm knee socks for women                                     |
| _____ medication & prescriptions                       | _____ New Testament, Bible  |
| _____ dress shoes                                      | _____ ticket and passport   |
| _____ sun glasses (dark)                               | _____ check book/travelers checks                                   |
| _____ fall-weight skirts/dresses                       | _____ <b>laptop computer (recommended)</b>                          |
| _____ pouch to wear around the neck for passport/money |   |

### **Above all: don't forget your passport, airline ticket, money!**

Remember that the electrical current is different in Africa than in the U.S. The current is 240 volts 50 hz. (same as continental Europe). You will, therefore, need plug adaptors and a transformer for most U.S. electrical appliances (e.g., hair dryers, electric razor, iron, etc.). If possible it is best to forego such equipment since it is quite heavy in your luggage.

Those who have contact lenses may find it wise to also bring along a pair of regular eyeglasses; some have found the dust an irritant in areas outside of the city and preferred to wear eyeglasses at those times. Those with glasses may want to bring an extra pair and a copy of their prescription.

Nairobi is situated on a plateau 5,200 feet above sea level. While extraordinary physical rigors are not demanded, living conditions demand good physical health. The weather for most of the program is mild 45-80 degrees Fahrenheit, combining intense tropical sunshine with rain, dampness and overcast skies. Furthermore, Kenya is in a malarial area and there is some slight risk of becoming infected on travel outside of the city of Nairobi, if one does not take proper precautions.



## ADDENDUM II A TASTE OF THE LANGUAGE

Almost any village or shop in Kenya will have someone who speaks English, but you will endear yourself to the local people and get a better taste of the culture if you make even a token effort to speak Kiswahili, at least the greetings.

### The following are a few helpful phrases in Kiswahili you should know:

#### General:

Habari gani?	What is the news?
Nzuri!	Good!
Si nzuri	(Things are) not good.
Habari za asubuhi	News of the morning
Habari za mchana	News of the afternoon
Habari za jioni	News of the evening
Habari njema	The news is fine
Sina	I don't have it
Sina pesa	I do not have money
Hapana	No!
Ndiyo	Yes
Sisemi Kiswahili	I do not speak Kiswahili
Pole	Take it easy
Unataka . . ?	Do you want . . ?
Unataka chai?	Do you want tea?
Mwislamu	Moslem
Mkristu	Christian
Mwafrika	African
Moja	One
Mbili	Two
Tatu	Three
Nne	four
Tano	Five
Sita	Six
Saba	Seven
Nane	Eight
Tisa	Nine
Kumi	Ten
Tafadhali	Please
Samahani	Excuse me
Asante	Thank you
Karibu	Welcome
Mzee	Elder/gentleman
Mama	Mother
Msichana	Girl
Ndugu	Brother/friend
Bwana	Mr/Sir
Bibi	Mrs/Madame
Ngoja kidogo	Wait a minute
Jina lako in nani?	What is your name
Ninakwenda	I am going
Nyumba	House
Ninakwenda nyumbani	I am going home
Toka	Get away! Go!

#### Around Nairobi:

wapi	where (is . . )
Posta	post office
Posta iko wapi?	Where is the post office?
soko	market
mtaa	street
barabara	road
njia	path
mbele	ahead
kulia	to the right
kushoto	to the left
Kanisa	Church
cinema	movie house
basi	bus
matatu	minibus
Duka	small store
Kituo cha basi	bus stop

#### In a restaurant:

hoteli	hotel/restaurant
nataka	I want
nataka chakula	I want food
pombe	beer
maziwa	milk
chai	tea
kahawa	coffee
sukari	sugar
mkate	bread
mchuzi	soup/gravy
samaki	fish
kuku	chicken
salad	salad
nyama	meat
mayai	eggs

#### Time:

saa ngapi	What time is it?
saa (tatu)	9:00 a.m.(third hour)
saa sita	noon
asubuhi	morning
jioni	evening
usiku	night
leo	today
kesho	tomorrow
jana	yesterday
juma pili	Sunday (2 <sup>nd</sup> day)
juma mosi	Saturday(1 <sup>st</sup> day)
kwaheri	goodbye

**APPENDIX A  
MAPS OF AFRICA**

**(available for viewing on the MIAS website at:**

**[www.MIAS.edu/handbook2c.htm](http://www.MIAS.edu/handbook2c.htm) )**

## **MAP OF EAST AFRICA**

**(available for viewing on the MIAS website at:**

**[www.MIAS.edu/handbook2c.htm](http://www.MIAS.edu/handbook2c.htm) )**

**APPENDIX B  
PHOTOS OF TANGAZA**

**(available for viewing on the MIAS website at:**

**[www.MIAS.edu/handbook2b.htm](http://www.MIAS.edu/handbook2b.htm) )**

**APPENDIX C  
AIRLINE FARES**

**(available for viewing on the MIAS website at:**

**[www.MIAS.edu/handbook2e.htm](http://www.MIAS.edu/handbook2e.htm) )**

**APPENDIX D  
STUDENT I.D. AND INSURANCE**

## THE SOLUTION TO YOUR TRAVEL NEEDS !



**Q. WHAT DOES ISIC STAND FOR?**

**A.** International Student Identity Card

**Q. HOW DOES IT DIFFER FROM MY REGULAR COLLEGE ID.?**

**A.** The International Student I.D. Card is internationally recognized as proof of student status and entitles you to hundreds of benefits all over the world.

**Q. WHO IS ELIGIBLE?**

**A.** Anyone aged 12 years and up, enrolled in a program of study leading to a diploma or a degree at an accredited secondary or post-secondary educational institution during the current academic year

**Q. WHAT BENEFITS DOES IT OFFER?**

**A.** Holders of the International Student I.D. Card are automatically covered by a basic accident/sickness insurance package. This is valid from the date the card is purchased to the date it expires and may be used anywhere the cardholder travels outside the continental U.S.

The major benefits worldwide include domestic and international travel discounts by air, rail, bus and ferry;

discounts on accommodations and shopping; reduced or free admission to museums, theaters, cinemas and other places of interest.

**Q. WHERE CAN I OBTAIN THESE BENEFITS?**

**A.** Each purchaser of the International Student I.D. Card receives the annually revised *I.D. Discount Guide*, which lists all the major discounts available worldwide. It also lists the names and addresses of the offices that you can contact for assistance as you travel around the world. Remember always show your International Student I.D. Card before purchasing anything to get a discount<sup>1</sup>

**Q. HOW LONG IS THE INTER-NATIONAL STUDENT ID. CARD VALID?**

**A.** The International Student I.D. Card is valid for 16 months, from September 1 through December 31 of the following year

**Q. HOW MUCH DOES IT COST?**

**A.** The International Student I.D. Card costs \$10.

**Q. HOW DO I APPLY?**

**A.** Provide:

1. Proof of student status.

a) Letter from registrar or dean (with school seal) stating you are enrolled in an accredited institution and working toward a diploma or degree during the current academic year

**or**

b) Clear photocopy of transcript or grades

**or**

c) Bursar's receipt indicating FULL payment

2. One photo (1½ x 2½)

(print your name in pencil on the back of the photo)

3. I.D. Card fee. \$10

(only certified check or money order payable to CIEE)

**Q. HOW LONG DOES IT TAKE TO PROCESS?**

**A.** Allow 2-3 weeks if you apply by mail. In-person applications are processed immediately.

**Q. WHERE CAN I GET THE INTERNATIONAL STUDENT ID. CARD?**

**A.** The Council on International Educational Exchange currently has a network of over 400 campus issuing offices across the U.S. For the location of your nearest International Student I.D. Card campus issuing office contact: Council on International Educational Exchange, 205 East 42nd Street New York, NY 10017, (212) 6611414, or apply directly to the Council by mail using the application form on the reverse side.



**STUDENT I.D. AND INSURANCE CONTINUED*****COVERAGE A: BASIC TRIP-SAFE ACCIDENT AND LIMITED SICKNESS*****ACCIDENTAL DEATH AND DISMEMBERMENT**

\$25,000.00

**Coverage for accidental loss of life, limb or Sight** if you are riding solely as a passenger on an Air Conveyance licensed for the transportation of passengers for hire.

\$1,000.00

24 hour. all risk Coverage for accidental loss of life, limb or sight.

**ACCIDENT MEDICAL EXPENSE \$2,000.00 Maximum Amount**

Benefits will be paid for actual covered medical expenses, if your injuries require medical care or services within 26 weeks of the date of the accident, up to a maximum of \$2,000.00 for any one accident. If you are also an International Student Identity Card holder covered under Master Policy # 901 26 68 issued to CIEE then benefits will be paid by this Trip-Sate Insurance only after the maximum under Policy # 901 26 68 has been paid.

**SICKNESS HOSPITAL BENEFIT \$100.00 Daily Benefit**

If you are confined in a General Hospital as a registered patient because of a sickness contracted during the time of this insurance, a \$100.00 Daily Benefit will be paid up to a maximum of 60 days. Any sickness for which medical or surgical treatment was received 3 months prior to the term of this insurance will **not** be covered.

***COVERAGE B: BAGGAGE/PERSONAL EFFECTS \$300.00 Maximum Amount***

You will be reimbursed, up to the maximum, for loss, theft or direct physical damage to baggage and personal effects. The baggage and personal effects must be owned by and accompanying you during your trip. The amount paid will be the lesser of: 1) actual cash value at the time of loss, less depreciation as determined; or 2) the cost of repair or replacement.

***COVERAGE C: EMERGENCY EVACUATION \$10,000.00 Maximum Amount******REPATRIATION OF REMAINS \$1,000.00 Maximum Amount***

Emergency Evacuation benefits will be paid for covered expenses incurred up to the maximum, if due to injury or sickness you must be evacuated for medical treatment to the closest, most appropriate medical facility or, if warranted, be brought back to the United States or Canada (where you reside). An Emergency Evacuation must be ordered by a Physician. Benefits will also be paid for reasonable covered expenses for Repatriation of Remains home to the United States or Canada, not to exceed the maximum.

***COVERAGE D: TRIP CANCELLATION/INTERRUPTION \$500.00 or \$1,000.00 Maximum Amount***

The plan will pay a benefit, up to the amount selected, for cancellation charges imposed, the extra fare to return home or resume your trip and the cost of unused non-refundable air, sea or land arrangements if your injury, sickness or death, or that of a member of your family, causes you to cancel or interrupt your trip.-

***COVERAGE E: 24-HOUR TRAVEL ASSISTANCE SERVICE***

The 24 Hour Travel Assistance Service will help in locating medical care and making arrangements to have the insurance plan pay for hospital bills; locate an attorney or bondsman in the event of legal difficulties; arrange emergency evacuations including transportation and treatment enroute; and assist in the replacement of stolen passports and tickets; relay emergency communications; provide predeparture information and other general assistance in problems or questions.

**PROPERTY INSURANCE  
(SAMPLE ONLY FOR YOUR INFORMATION)**

**Aon Risk Services**

Writerø Direct Dial: 410-783-5043

Writerø Direct Fax: 410-783-5241

**GLOBAL-PAK— Individual Plan**  
(previously *Travel-Pak®* or *World—Pak®*)  
Certificate:  
Expiring:

**Dear**

**Good news!** We are now in a position to offer you our new Global-Pak policy. Global-Pak is a new plan designed specifically for the corporate community providing the coverage you need in these volatile times worldwide. Global-Pak mirrors the basic coverage on the expiring Travel-Pak® or World-Pak® policy and provides enhancements in terms and conditions; broadened medical payments to others; additional living expenses; provisions for monies, securities and valuable papers; defense costs; and broadened leaseholders liability. All this at the same low rate and in some cases lower, than you experienced on your previous Plan!

**The Global-Pak Plan provides the following additional Coverage Options:**

- Excess Liability limits in the amount of \$1,000,000
- Transit Option via Transit-Pak
- Personal Medical/Legal Assistance Plan
- Accidental Death & Dismemberment
- Primary Automobile Coverage
- Kidnap/Ransom and Extortion Coverage

A brief coverage description is contained on the attached "Summary". You must purchase the basic In-Residence Coverage in order to take advantage of the Optional Coverages listed above. These options carry an additional premium and require completion of the applicable form.

**This is a new program, therefore, you must complete the new enclosed application.** This application is more detailed for your benefit in the event of a loss. Return only those portions of the application for which you desire coverage along with your check (US\$ - drawn on a US Bank) made payable to Aon Risk Services, Inc. A self-addressed return envelope is provided for your convenience. You will be sent a certificate of insurance along with a service change form and claim form for your use during the policy term. **(Note: This application is also available via e-mail with formulas for calculation predetermined. Please advise immediately if you wish to complete the application in this manner).**

Should you have any questions, please do not hesitate to telephone me directly. I look forward to the opportunity to be of service to you again this year.

Sincerely,

Account Manager  
Global Business & Marine Unit

*Aon Risk Services, Inc.*

111 Market Place Baltimore, Maryland 21202 tel: (410) 547-2800. Fax: (410) 547-2914