Frequently asked questions about study tour for
/Public Health and Infectious Diseases: the South African Experience

What are the dates of our trip to South Africa?
Tuesday, December 9th through Wednesday, December 24th. You should not make any other plans on Tuesday the 9th and will need to be at the Cincinnati-Northern Kentucky (CVG) airport by 11:30 am to meet with the rest of the group and to eat lunch. Additional flight details are listed below:

<table>
<thead>
<tr>
<th>Date</th>
<th>Flight Number</th>
<th>Departure/Arrival</th>
<th>Time</th>
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<tbody>
<tr>
<td>December 9</td>
<td>DL 1934</td>
<td>Cincinnati to Atlanta</td>
<td>145PM - 320PM</td>
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<td></td>
<td>DL 200</td>
<td>Atlanta to Johannesburg</td>
<td>816PM - 630PM (next day arrival)</td>
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<td>December 14</td>
<td>SAA 579</td>
<td>Johannesburg – Durban</td>
<td>730pm – 840pm</td>
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<td>December 23</td>
<td>SAA 566</td>
<td>Durban – Johannesburg</td>
<td>335pm – 445pm</td>
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<tr>
<td>December 23</td>
<td>DL 201</td>
<td>Johannesburg to Atlanta</td>
<td>850PM - 645AM (next day arrival)</td>
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<td>December 24</td>
<td>DL 2011</td>
<td>Atlanta to Cincinnati</td>
<td>940AM - 1105AM</td>
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How do I get my airline ticket?
You don’t. This has already been arranged by the University Honors Program (UHP) as part of the course. All tickets are paid for and issued to the University of Cincinnati and will be given to you at the airport at the time of our departure.

Should I get my own visa?
No. A visa is not necessary for our visit to South Africa.

Can I get vegetarian meals on the plane or in South Africa?
Yes. However, you need to tell Neil Choudhury (neil.choudhury@uc.edu) at the UHP as soon as possible so that a special request can be placed with Delta.

How much pieces of luggage can I bring?
One checked bag and one carry-on bag – no more! Delta allows you to check one bag for free on the flight to South Africa, and we will not be paying for extra bags. All of your necessary clothes should easily fit within one checked back, and an additional baggage is simply more items for the entire group to keep an eye on.

How heavy can my checked luggage be?
To avoid extra charges for oversize or overweight baggage, your checked bag must 1) weigh 50 pounds (23 kg) or less, and 2) not exceed 62 inches (157 cm) when you total length + width + height. Most importantly, you should be able to carry your bags up/down stairs and around South Africa with ease. If you cannot carry your bag for more than 5 minutes without hurting yourself, you are bringing too much and need to pack lighter. Consider that you do not need clothes for 14 days. You need clothes for 5-7 days + laundry detergent to wash your clothes once or twice in the sink.

What expenses are not included in the course?
One meal a day will be on your own. However, meals in South Africa are generally cheap. Souvenirs and gifts are also not included. Vaccination and medication costs are not included. Otherwise, all accommodations, entrance fees, transportation, and meals (as a group) are already included in the course cost.

How much money should I bring?
You will need some money for non-group meals, as well as for souvenirs and gifts. $400-$500 is sufficient unless you plan on doing a lot of shopping.

Should I bring cash, a credit card, or traveler’s checks?
Do not bring traveler's checks. We will not be going to the bank regularly, and bank lines can be quite long. Bring cash in US dollars and bring a credit card so that you have multiple ways to access your money. It is quite easy to exchange US dollars for South African Rand at the airport upon our arrival or withdraw money from an ATM at the airport. When bringing a credit card, be sure to call the credit card company in advance and tell them of your travels or your first transaction out of country may get blocked for fear of fraudulent activity.

**What vaccinations should I get?**
I am not a doctor; therefore, I can only recommend what the Centers for Disease Control (CDC) suggests you do to prepare for our trip to South Africa. Please read the following website carefully:
In general, there are no vaccinations that are required for South Africa.

**What medications should I bring with me?**
You should bring a general-purpose antibiotic in case of gastrointestinal problems. While this is uncommon, you should be prepared. I strongly suggest Ciprofloxacin / Cipro. It is also a good idea to bring Pepto-Bismol and/or Imodium tablets, as well as bug spray with you.

**What clothes will I need?**
It will be quite warm – highs of 85-90 and lows of 70-75 – the entire time we are in South Africa . . . . remember that it will be summer there. However, we will spend much of our time in “professional environments”. Thus, while you are “in class” (i.e., meeting with professionals), men and women should wear pants, skirts, and/or capris. You should avoid wearing jeans while “in class” as you will be quite hot in them. Polos, short-sleeved button up shirts, and blouses are good too. Dress shoes are not necessary but certainly okay, as are closed toed shoes in general. Sneakers are okay. Ties are not necessary. During our “out of class” time (i.e., cultural activities, group meals, down time, and evenings), you can be much more informal for the most part. Do not over think this. Do you best and all will be fine!

**What will accommodations be like in South Africa?**
We will be staying at two guest centers. Rooms have AC and their own bathrooms. All have electricity and running water. All rooms are shared between two individuals and include two beds. You can choose your own roommate.

**Can I do laundry in South Africa?**
Yes, but not exactly as you may do laundry in the US. You can buy small packets of liquid Tide and wash your own clothes in your room as necessary or pay to have them cleaned at each place we stay (on your dime).

**Should I give tips in South Africa?**
For the most part – no! Particularly at the airport, keep your money to yourself and invisible to others. At restaurants, tips are sometimes included; however, the instructor will take care of this for the entire group.

**Will I have internet access?**
No. From the time you arrive at the Cincinnati airport until we return back to the Cincinnati, you will have no access to the internet or Facebook. I will also be communicating this to your parents/friends/etc. before we leave for South Africa to ensure their compliance with this rule. This is not negotiable, so plan ahead.

**How will I communicate with people in the US while in South Africa?**
You will not. Before we leave for South Africa, I will ask each of you to provide a list of email contacts. While in South Africa, those individuals will receive regular updates. UC International will serve as the emergency contact should your parents or others need to contact you while you are in South Africa.

**What electrical system does South Africa use?**
Not the same one we do. This means that you will need an adaptor for things such as hairdryers or electric razors. However, you should avoid bringing hairdryers or other large electrical items.

**What is the alcohol policy?**
There is a strict no alcohol policy that will be enforced for everyone from UC that is involved in this course. Prior to departure, this will be discussed further, and you will be required to sign the policy stating that you have read it.

**Can I drink the water in South Africa?**
Yes. There is also plenty of bottled water in all establishments. Given the high temperature and humidity, you should also bring packets of Gatorade powder – or something with electrolytes (not just “vitamin water”).