

## Instructions for the *Pitzer College in Botswana* Supplementary Application

1. Please fill in the information below regarding **dietary restrictions** and return the form with your application.
2. Please review the attached **health information**. Return the signature page with your completed application to indicate that you have read and understood the guidelines. Keep the health guidelines for future reference.
3. Complete the **Directed Independent Study Project – Initial Proposal** form as a preliminary topic for your independent study project and return with the rest of the application.

## Health Information for *Pitzer in Botswana* Applicants

Note: Acceptance to the Pitzer College in Botswana program is not contingent upon completion of immunizations prior to the application deadline. However, students are expected to obtain all “highly recommended” immunizations and prophylactic medicines before participating in the program.

### Immunizations

For current information, visit the Center for Disease Control’s (CDC) website at <http://wwwn.cdc.gov/travel/destinationBotswana.aspx> .

Botswana does not currently require any certificate of immunizations for entry into the country, but other countries along your route may. For this reason, and for your own records, you should have all immunizations recorded in a yellow “World Health” booklet or “International Certificate of Vaccination” that is available from your doctor or health clinic. **Contact your doctor or local county health clinic** to set up a schedule for your shots. Some immunizations come in a series that may take weeks or even months to complete. All of the immunizations recommended below afford partial or full protection against diseases that still occur in Botswana. Without an up-to-date immunization, any of these diseases could have serious, potentially life threatening consequences. **Please take these recommendations very seriously.**

**Typhoid:** The typhoid injection is good for two to three years. **Highly recommended.**

**Hepatitis A:** Infectious Hepatitis (Type A) is a viral disease of the liver that is transmitted primarily by the fecal-oral route via water or contaminated food. Gamma-Globulin (IG) has long been recommended by the CDC for prevention of this disease, but there is now a Hepatitis A vaccine (Havrix) that is preferred over IG for persons who plan to travel repeatedly to or reside for long periods in high-risk areas. It is highly recommended for all students on the Pitzer in Botswana program. The first dose provides adequate protection beginning four weeks after it is administered and lasting six to 12 months. Another dose is recommended six to 12 months after the first to provide long-term protection that will last for at least four years. A simultaneous dose of immune globulin is necessary *only* if you travel to a high-risk area *less* than four weeks after your initial dose of the Hepatitis A vaccine, before it becomes completely effective. The best course of action is to get both doses of the Hepatitis A vaccine before you leave. If this is not possible, it makes sense to get your first dose exactly one month before you go abroad so as to assure adequate protection from the time you arrive until the end of your program, without having to take IG. For persons who are allergic to the Hepatitis vaccine or otherwise elect not to receive it, immune globulin is still a viable option. You should get 5cc of immune globulin just a few days before you leave the US to assure maximum effectiveness and coverage for your entire trip. There is some concern that taking immune globulin for Hepatitis A at the same time or too close to some of your other immunizations may reduce their effectiveness. For this reason, if you elect to get IG rather than the Hepatitis A vaccine, we suggest that you complete all of your other immunizations at least one month before the beginning of your program, and then take your immune globulin just a few days before departure.

**Malaria:** Malaria is a serious, potentially lethal disease that still occurs in parts of Botswana. Since there is no vaccine for malaria, drug prophylaxis along with liberal use of bug juice, protective clothing and mosquito nets for sleeping are all **highly recommended**. Please refer to the Center for Disease Control's *Malaria Information for Travelers to Southern Africa* in the back of this booklet and consult with your doctor to decide on a prophylactic drug that is best for you. The CDC states that malaria only occurs in Botswana north of 21 degrees latitude (north of Francistown). It does not occur, therefore, in Gaborone, or in the village area where we spend the first month of the program. Exposure is possible, however, during our study trip to the Okavango Delta and Chobe National Park (two weeks in duration), and during your independent study period (one month in duration) should you choose to work or travel in the northern parts of Botswana. The CDC recommends three possible drugs that are effective as Malaria prophylaxis (Lariam, Doxycycline, and Malarone). You can check the CDC information sheet in the back of the handbook for the amount of prophylaxis you would need should you choose to go with Doxycycline or Malarone.

Of the three options, the one with the least side effects seems to be Malorone. This is also the most expensive, but if you can afford it, or your insurance company pays for it, and if your physician feels Malorone is an appropriate drug for you, this may be your best bet.

In addition to the three options discussed by the CDC, there is a local option available in Botswana that you may encounter or hear about. Maloprim (also known as Deltaprim and Malasone) is manufactured in South Africa, and recommended by physicians there as the prophylactic drug of choice for this region of Africa. It is composed of Pyrimethamine 12.5 mg and Dapsone 100 mg and taken once a week beginning one week before entering a malarial area and continued while there and for four weeks after leaving the malarial area. Unfortunately, this drug (Pyrimethamine 12.5 mg and Dapsone 100 mg) has been found to have potentially serious side effects in some European studies and Pitzer cannot recommend it to students.

Again, consult with your doctor as to which drug is best for you and plan on taking enough pills to cover anywhere from seven to sixteen weeks of prophylaxis. **Please remember, even when you are taking the drug prophylaxis, it is essential to bring a good insect repellent (with DEET) and to use a mosquito net for sleeping and protective clothing (long sleeve shirts and pants) in the evenings when you are in malarial areas.**

**Tuberculosis:** Given the prevalence of this disease in Botswana, a TB Skin Test is **highly recommended** before leaving home and again after returning from Botswana. A change in the skin test indicates exposure and will alert you to the need for observation by a physician.

**Polio and Diphtheria-Tetanus:** As a general precaution, we **highly recommend** that you update these and any other childhood immunizations for which you haven't received a booster in the last five years.

**Yellow Fever:** A yellow fever vaccination is NOT required for entry into Botswana, and there is no risk of yellow fever infection in southern Africa. Some countries do require the vaccination, however, so if you plan to travel after the program to Namibia, Kenya, Tanzania, Lesotho, or Swaziland, you may wish to go ahead and get the certificate. Your local health department will give you a yellow fever vaccination (a one-time shot, good for 10 years).

**Cholera:** A shot is only **recommended** for those with compromised gastric conditions such as ulcers, but **optional** for others due to the very low chance of contacting this disease, and serious doubts about the effectiveness of the vaccination.

**Hepatitis B:** This type of hepatitis is transmitted through body fluids such as blood and semen and is a much more serious form of the disease than type A (above). While there are compelling cultural, health and legal reasons for avoiding sexual contact or intravenous drug use in Botswana, the need for an emergency blood transfusion is possible for anyone and this vaccination **should be seriously considered** in consultation with your doctor. Three shots are necessary for full protection although partial immunity is acquired after the first two, which are administered one month apart. The third shot is given six months after the first shot. If you cannot complete the series before you leave, you may consider getting the first two shots before leaving and the third shot after your return to the US.

**Meningitis:** Meningococcal disease (bacterial meningitis) is a bacterial infection in the lining of the brain or spinal cord, which is transmitted through respiratory droplets when an infected person sneezes or coughs on you. There are occasional outbreaks of this disease among college students in the US. Pitzer continues to highly recommend a Meningococcal vaccine for students on a study abroad program. Good for one year. (See the CDC web site at <http://wwwn.cdc.gov/travel/yellowBookCh4-Menin.aspx> for additional information.)

**Other Afflictions:** Diseases such as Schistosomiasis and Bilharzia, among other parasitic infections, are present in Botswana, but can be easily prevented by drinking safe water, refraining from swimming in ponds or rivers, and avoiding contact with insects. We will give you more health information on prevention when you arrive in Gaborone. We can safely say, however, that Botswana is a healthy country, relatively speaking, and if you take precautions, you should have no major health problems during your stay.

**AIDS:** A serious health concern for travelers to Botswana is AIDS. The primary mode of transmission of the AIDS virus in this part of the world is through sexual contact. Practicing safe sex will reduce your risk of contacting AIDS but not eliminate it. Abstinence is the only sure way to eliminate the risk of contracting HIV from sexual activity. For health, cultural and educational reasons, the program strongly recommends that students practice abstinence for the time they are in Botswana.

General health precautions for students in Botswana will be covered thoroughly during the on-site orientation immediately after arrival in Botswana.

Updated 7/31/08

**KEEP THIS DOCUMENT FOR REFERENCE**

**PITZER COLLEGE IN BOTSWANA ADDENDUM TO THE GENERAL APPLICATION**

Student Name \_\_\_\_\_ Date \_\_\_\_\_

Please indicate below any dietary restrictions\*

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*\* Note: Botswana is a meat-eating country and the idea of vegetarianism is foreign to most locals. In an effort to be sensitive to this cultural difference, the program recommends that you try to eat meat unless it goes against your religious and/or philosophical beliefs or your diet is restricted by a medical condition.*

**HEALTH INFORMATION ACKNOWLEDGEMENT**

I have read and understood the *Health Information for Pitzer in Botswana Applicants*. I understand that they are Pitzer College’s recommendations for my health and safety on this program. It is my responsibility to consult with my personal physician and the Center for Disease Control website <http://cdc.gov/travel> regarding these preventative measures and their applicability to my personal health.

\_\_\_\_\_  
Student Name Printed

\_\_\_\_\_  
Signed at (City Name)

\_\_\_\_\_  
Student Signature

\_\_\_\_\_  
Date

**SIGN AND RETURN THIS PAGE WITH YOUR APPLICATION**

Return to: Pitzer College Study Abroad  
1050 N. Mills Avenue  
Claremont, CA 91711

# Pitzer in Botswana

## Directed Independent Study Project - Initial Proposal

Name \_\_\_\_\_ Email Address \_\_\_\_\_

College \_\_\_\_\_ Major \_\_\_\_\_

The Directed Independent Study Project (DISP) is a key component of the educational model of the Pitzer in Botswana program. It allows you to take one topic of special interest and explore it in depth through disciplined field research. A successful DISP aims to increase knowledge in a field of study that contributes to the host culture while providing you an opportunity to utilize and build upon your language skills and cross-cultural competencies. Some topics may not be approved because of safety, health or other concerns. We ask that you be flexible.

In order to develop local connections and resources for your project and provide you with guidance, we would like you to fill out, scan and email a digital copy of this form to [studyabroad@pitzer.edu](mailto:studyabroad@pitzer.edu) by the application deadline. Your final proposal will be developed in close consultation with the program director and local faculty, scholars or specialists as appropriate. The culmination of your DISP will be a major paper and an oral presentation due at the end of the program.

This is an *initial* proposal. After you are in Botswana, and especially once your coursework is underway, you will be able to modify or change your proposal. Resources available in Botswana will determine the feasibility of your proposal. Some DISPs require an interview with the supervisor in-country or other prerequisites before final approval is given.

### **Topic**

What focused research question would you like to explore? Please state in one question. Your scope should be relatively narrow to allow in-depth study.

### **Methodology**

What methods will you use to gather information? Please be as specific as possible (ex. survey, interview, sampling, case study, life history analysis, etc.)

### **Relevant Background**

What previous coursework, lab, internship or research experience has prepared you for conducting this project?

### **Bibliographic References**

What bibliographic sources have you identified that provide context, research methods, or content knowledge for your project? Please list at least three (title, author, date published, title of article, book, or chapter, etc.). Will you be able to access these and other pertinent resources while in Botswana or do you need to review these sources before you leave the U.S.?

### **Ethical Considerations**

Are there ethical concerns or considerations you must address in relation to research you are proposing? If you will be conducting research with human subjects, will you be able to avoid physical and psychological harm to your subjects? Do you need to address any issues of privacy or confidentiality?

### **Safety Considerations**

What risks to your safety or others may be involved in carrying out your project?