

GLOBAL JUSTICE *Information Packet*

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Checklist

Passport

If you don't have one yet, now is the time to apply. <https://travel.state.gov/content/passports/en/passports/apply.html>

Flights

The sooner you book your flights, the cheaper they will be. It's more fun to fly with friends, so check in with your classmates about their travel plans! Common airlines to look at: KLM, Emirates, Virgin Atlantic, Lufthansa

Visa

India – Apply for your visa ahead of time, come and talk to me if you would like help!

Uganda – Purchase your visa when you arrive in Uganda (\$100USD)

Rwanda – ?

Copies

Carry copies of your visa and passport in case anything gets lost, stolen, or you find yourself in a sticky situation.

Medications

Try to get these at least 3 weeks in advance of leaving. See more information later in the packet. For those going to Uganda: If you plan on taking malaria medication, get a prescription for about six or seven days. You will start taking your malaria meds 2 days before landing in Uganda, then you will have 4 or 5 days to make it to the Surgery where you can purchase the remainder of your medications for much cheaper.

Health Insurance

Pepperdine's International Programs website has information for the undergrad students, but some good information for you as well. You can visit the site here: <http://community.pepperdine.edu/seaver/internationalprograms/faq/> They provide undergraduates with ACE/AXA. Whether or not you get international insurance is up to you, the Global Justice Program does not require it, but it's not a bad thing to have.



Medications and Vaccinations

Remember: Have all your vaccinations and medications completed by April 29th at the LATEST. Most places recommend that you get them done at least 3 weeks before you leave.

Passport Health

5455 Wilshire Blvd.

Suite 1802

Los Angeles, CA 90036

<https://www.passporthealthusa.com/los-angeles/>

323.297.0700

You can schedule the appointment online. When you get there, they have a packet for you of all the recent India information regarding the country and vaccinations. The nurse will take you through all that you need to get, make sure you have a record of the vaccinations you have already received so you know what you're up-to-date on.

Kaiser

If you have Kaiser they do have a travel clinic where you can go to get your vaccinations. They will know, based on where you are traveling what vaccinations are required.

Pepperdine

The Pepperdine health clinic does some vaccinations as well. If you schedule an appointment with them you will pay about \$30 for what they call a "travel visit" then you would pay for the vaccinations in addition to the appointment cost. They will give receipts and many insurance providers will cover the costs. Their website with information is here:

<http://community.pepperdine.edu/healthcenter/preventativecare/immunizations.htm>

Hepatitis A, B – Hep A around \$45

Tetanus - \$65

Typhoid - \$70

Yellow Fever - \$35

Meningitis - \$160

MMR, Varicella, Pneumococcal, Polio, HPV, Influenza

They can also write a prescription for your anti-malaria medication

Most, if not all places, use the CDC website to determine what vaccinations are required and highly recommended.

www.cdc.gov

Recommended over-the-counter meds:

Pepto – Lifesaver **Imodium AD** – Bring in addition to the prescribed anti-diarrheal medication **Gas-X** – Unexpected, but good to have **Dramamine** – If you get car sick easily I recommend having some, also great for nausea. **Advil and Advil PM** – Normal Advil for normal things, Advil PM is my sleep med for flights and for evenings to get adjusted to the new time zone. I steer clear of other stronger things. Many people recommend Melatonin for a more natural option. Some people really enjoy Ambien as another sleep aid option – it's a prescription and a little stronger.



Country Information

Weather

I have not been in Kampala during the summer, but expect it to be hot and dusty with the occasional thunderstorm. I'd assume the same for Rwanda and Delhi.

Luggage

Typically I try to avoid checking a bag, but since you will be there for 8 weeks it's probably worth it. Don't fret if it gets lost for a day or two, this happens 😊

Getting UGX (Uganda Shillings)/INR (Indian Rupees)/RWF (Rwandan Franc)

You can get money at a bank or through an ATM. It shouldn't be much of a problem. In most places there is an exchange spot in the airport before you exit, but it probably doesn't have the best exchange rates. I would suggest exchanging a little at the airport and then find another place near your housing once you get settled.

Attire

- Work attire. Business professional for work. This is the same as the United States. CSJ students, your attire might be a little more casual, check with Jon Derby.
- Workout attire – Typically, workout clothes for the ladies would be shorts to the knees and a t-shirt. Long leggings and a long shirt would be fine as well. Just air on the side of extreme modesty.
- Casual – you will come to find out quickly that the western style of dress is accepted in the cities. Jeans are totally fine for women in the city.
- Clothes for rural areas – Ladies, try to stick to skirts that cover the knees or go all the way to the ankles. You would want this for any traveling you plan on doing within Uganda—if it is tourist related, then long pants or shorts to the knees are fine. Those going to Delhi, you will quickly fall in love with their style of clothing, be prepared to buy a few outfits when you arrive.

Food

The first week or two is always hard adjusting, thankfully you will have plenty of western options. Once you get settled, go ahead and venture out. I would avoid all meat from a roadside stand in any country. But if you do want to be adventurous then make sure you watch them cook it for a few extra minutes right in front of you. Keep in mind...not much refrigeration...and you don't know when exactly they killed the animal.

Stomach sickness

It's not uncommon for people to get sick when they first arrive in Uganda/Rwanda/India. But, if you take precautions, it should be fine. You should only drink bottled water and should avoid salads and other raw vegetables that may be washed in water. I would advise always having Imodium AD on your person, in case anyone gets diarrhea.

Want to learn a little about your country?

<https://www.cia.gov/library/publications/the-world-factbook/>



Suggested Packing List

Toiletries

- Shampoo/Conditioner
- Razor
- Hair Brush
- Hair ties
- Toothbrush
- Toothpaste
- Lotion
- Chap Stick
- Makeup
- Washcloth
- Deodorant
- Tissues

Clothes

- Business/Business Casual
- Modest Tourism
- In country travel, hiking, workout
- Travel Clothes – flights

Shoes

- Flats/business attire, running shoes, comfy travel shoes, sandals

Food

Ugandan/Rwandan food is not spicy but sometimes it's nice to have familiarity. Granola bars are great if they don't melt in the heat (avoid chocolate or peanut butter), tuna packs are small and pack nicely, dried fruit, nuts, gum and mints.

Travel Bag

This bag should stay glued to you while traveling. Keep your wallet and money, ID, Passport, toothbrush, toothpaste, Chap Stick, lotion, washcloth, socks, neck pillow, camera, phone, laptop, and medications. It would be unfortunate for some of these things to be in your checked luggage and get ruined/stolen/lost.

Other items to consider

- A journal, a few pens
- Copies of your license, passport pages, visa
- Cash to exchange for shillings/rupees/francs when you get there – they prefer larger and newer bills (try getting newer than 2006 \$100 bills)
- Electronics chargers
- Headphones
- Water bottle
- Hand sanitizer
- Raincoat
- Head Lamp
- Adapters

*There are shopping centers and malls in Kigali, Kampala, and Delhi. If you forget something at home, you should be able to find it in the city you are going to. So don't fret too much about forgetting something while packing.



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*Please don't hesitate to reach out to me if you have any questions or concerns, feel free to call, text, or email!

