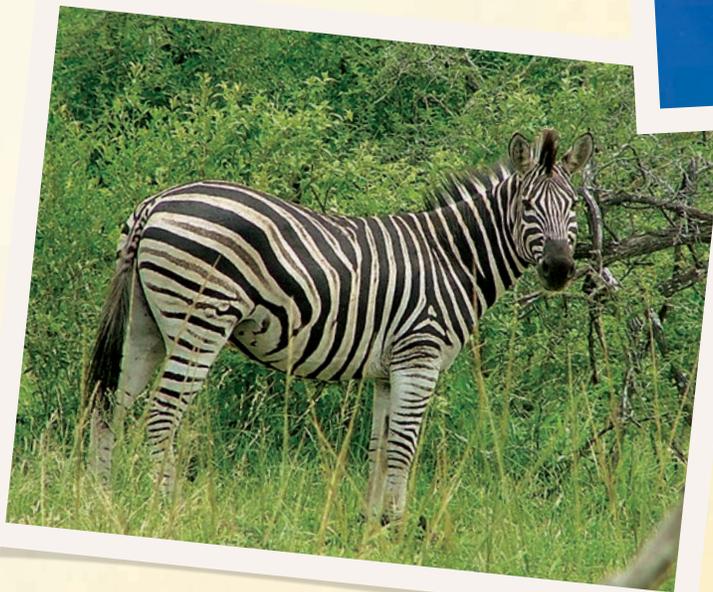


Southern African Field School



Southern African Field School

❁ Experience world-class field education and research in Southern Africa!

The Southern African Field School (SAFS) is a University of Alberta study abroad opportunity that provides world-class field education in Swaziland, South Africa and Mozambique. Offered through the Faculty of Science, the program offers life changing educational experiences for undergraduate students in African Ecology, Marine Ecology, One Health and Directed Research. Students will connect with the local communities, develop international networks and learn to develop poignant research questions that will inspire future development in Africa.

Key Features

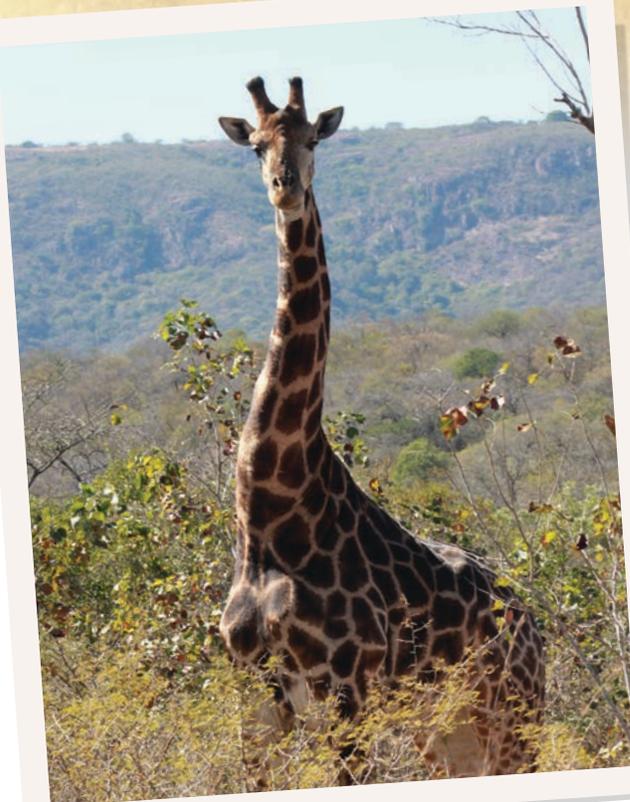
- Experience the culture of three countries in one semester
- Hands on field research combined with classroom learning
- Low student teacher ratio, maximum of 18 students per semester
- Live in a wildlife reserve in Swaziland
- Learn African ecology through lectures given on safari in Kruger National Park, South Africa
- Learn Marine field techniques snorkeling and scuba diving in Mozambique
- Try learning new languages-Siswati, Zulu and Portugese
- Work with local people and projects and collaborate on a research project
- Program is lead by a U of A faculty member who spent 10 years living and studying in Southern Africa. He will lead classroom lectures (in English).
- Get up to 15 U of A credits; there are no transfer credit issues because you will be taking U of A courses that will be graded and appear on your transcript like any other course taken at the U of A.



Module 1: Ecology in Swaziland and South Africa

Overview

Your journey starts off the beaten track in the Kingdom of Swaziland, one of the smallest countries in Africa. This laid back country will ease you into Africa while you immerse yourself in the rich culture, exploring and studying in the many nature reserves. Joining with conservation projects you will have the opportunity to research bats, vultures, rodents, ungulates, small predators, vegetation and a variety of other wildlife in some of Swaziland's conservation areas. The natural wonders and culture of Swaziland you experience may forever change your outlook on life. Finish this module with a one week Safari at Kruger National Park, home of the big five (African lion, African elephant, Cape buffalo, African leopard, and White/Black rhinoceros), led by a wildlife expert who spent years researching in Southern Africa.



Courses

Choose *6 from:

BIOL 208 – Principles of Ecology (*3)

Ecology is the scientific study of interactions between organisms and their environment in a hierarchy of levels of organization: individuals, populations, communities, and ecosystems. BIOL 208 provides a comprehensive survey of general concepts that can stand alone or serve as preparation for advanced courses in ecology. Labs emphasize collection, analysis, and interpretation of data from ecological experiments and field studies to illustrate and complement lecture material. Examples are drawn from a broad range of organisms and systems. Prerequisite: BIOL 108 or SCI 100.

BIOL 367 – Conservation Biology (*3)

This course introduces the principles of conservation biology with an emphasis on ecological processes operating at population, community and ecosystem levels of organization. Threats to biological diversity, ranging from species introductions to habitat destruction will be discussed along with conservation solutions ranging from the design of protected areas through conservation legislation. Prerequisite: BIOL 208. Credit cannot be obtained in both BIOL 367 and REN R 364.

or with permission,

BIOL 495 – Field Methods in Ecology of Southern Africa (*3 - intended for students who have already completed BIOL 208)

Biology 495 is a field course in Field Ecology for the Southern African Field School. It is designed to give students the opportunity to gain first hand experience at doing fieldwork and in the design, execution and analysis of data. This course will provide students with knowledge of a variety of field techniques including animal behavior sampling, vegetation sampling, radio telemetry, population estimation, and trapping and handling of vertebrates (small mammals). Emphasis is on conducting experiments but we will also emphasize the basics of sound experimental design and field protocol development.

The course is held at Mbuluzi Game Reserve in Swaziland. We will work with vertebrates, invertebrates, and plants in their natural setting.

BIOL 398 – Research Project (*3)

Directed research done under the supervision of an academic member of the Department of Biological Sciences. Normally for students in their third year

of study. Successful completion of this course requires a written report on the research project. Prerequisites: A 200-level Biological Sciences course and consent of the Associate Chair, Undergraduate Studies. Credit for this course may be obtained only once.

BIOL 498 – Research Project (*3)

Directed research done under the supervision of an academic member of the Department of Biological Sciences. Normally for students in their fourth year of study. Successful completion of this course requires a written report on the research project. Credit may be obtained more than once. Prerequisites: A 300-level Biological Sciences course and consent of the Associate Chair, Undergraduate Studies.



Study Area

Experience hands-on wildlife field research run in partnership with Swaziland's game reserves and national parks, namely, Mlawula Nature Reserve and Mbuluzi Game Reserve, which make up an area of over 40,000 hectares.

Well known for large charismatic game such as elephants, rhinos and lions, there are a variety of smaller species that are threatened and equally important to the natural functioning of the savanna ecosystem. Raptors (birds of prey) for example are at the top of the food chain and thus suffer the cumulative effects of savannas becoming degraded, yet they can roam huge distances (beyond park boundaries) and therefore are exposed to a variety of threats.

Many savanna species are very poorly known and understood in southern Africa yet they play a key role in the functioning of the larger ecosystem. Although this project involves being based in areas containing big game, your field research activities will be focused on smaller ecosystem elements.



Field Work

This component involves field-based wildlife research and hands on conservation action to investigate the ecology of savanna species in north-eastern Swaziland to help in the ongoing conservation efforts. A major inquiry is to identify which species can be used as ecological indicators of the health of the savanna ecosystem.

The wildlife field work involves joining All Out Africa's ecologists in the collection of field data, while being based in an African nature reserve and gaining hands-on training and experience. The research may involve weighing, measuring, tagging and banding young birds, bats and reptiles in order to monitor their condition and enable the study of their population dynamics and dispersal. It also may involve fitting radio-transmitters to track the animals to determine their home range, distribution and movements.

Note: There are no specific fitness requirements to be met, however these projects often involve a lot of walking through the bush both on and off paths.



Your Role

Visiting some of the region's most exciting wildlife areas you will help conduct and fund wildlife research and monitoring. You will engage in walking and driving through game reserves conducting research and monitoring activities that locate and monitor various species of wildlife living and breeding in north eastern Swaziland and record habitat and environmental variables associated with the collection of such information.

You may gain hands-on experience in handling wildlife and using research equipment. Being based at our African Savanna Research Centre in Mbuluzi Game Reserve, you are sure to enjoy game drives and bush walks in a scenic setting while contributing to important conservation projects.



A typical day *(subject to change)*

Although day to day activities vary on the project, a typical day might be:

- 6:30 am:** Wake up and have breakfast
- 7 am-12 pm:** Research and monitoring project activities (depends on time of year)
- 12 pm:** Lunch and relax
- 1-4 pm:** Class lectures
- 4 pm on:** Various afternoon or evening activities, depending on research and monitoring priorities at the time.

Accommodations

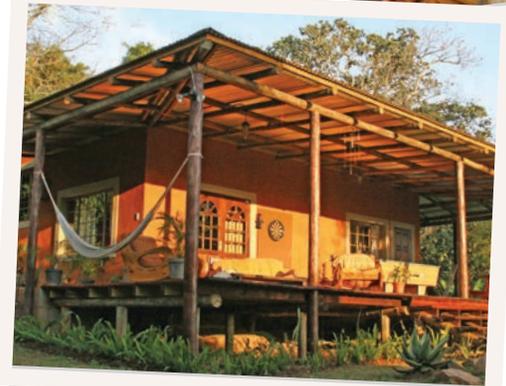
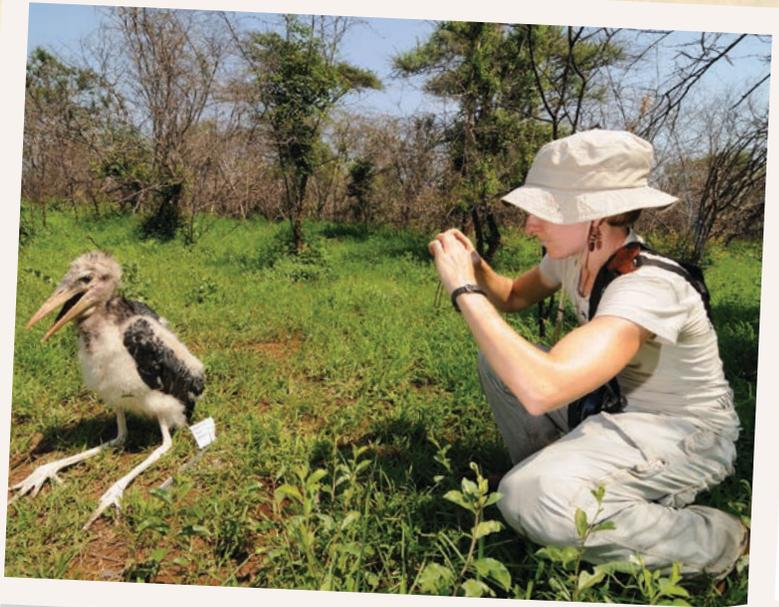
Your first week in Swaziland will be based at Lidwala backpacker lodge in the Ezulwini valley, accommodated in either a dorm room with bunk beds or safari-style tent with regular beds or dome tents with a foam mattress, with communal bathroom facilities. Bed, mattress, sheet and pillows will be provided, but your own sleeping bag is required. The Lodge has a communal kitchen to prepare meals, a TV lounge with board games and book exchange and a large deck area and outdoor pool. The lodge is surrounded by a spacious garden, a communal barbecue (braai) and campfire area. Often you can see monkeys roaming around the garden and the many plants attract a wide range of birds.

For the next three weeks you will be in the field in a wildlife reserve. Accommodations for this time is in dome tents with foam mattresses and pillows, all provided. You will need to bring a sleeping bag of appropriate warmth for the season. Flush toilets and hot showers are on-site, however, there is limited electricity. Lanterns are provided in the bathrooms and at the campsite. A headlight or torch is still very useful to bring. There will be sufficient access to electricity for charging laptops for study activities. The camp also has a kitchen, which consists of a gas powered stove, small gas powered refrigerator, pots, pans, and cutlery.

The final week you will on a safari in Kruger National Park, South Africa. In Kruger you will be accommodated in safari style dome tents with two people per tent. Tent, mattress, and pillow are provided but you will need to bring your own sleeping bag. The camps are fenced so you will be safe from wild animals while in camp. The camps are well equipped with clean toilets, hot showers and well stocked shops where you can buy drinks, snacks, souvenirs etc.

Meals

Cooking and cleaning responsibilities are shared between students on a fairly relaxed rotational basis organized by the accommodation manager. Generally breakfast will be cereals and toast, lunch will be sandwiches and dinner will be a cooked meal. Cooked meals are healthy and nutritious and we try to cater for different needs and preferences as much as possible, but compromise is needed. We ask you to be flexible and respectful about the food that has been prepared for you.



Module 2: Marine Ecology in Mozambique

Overview

Você fala português? You will be answering “sim” when you feel the afro-portuguese vibe in Mozambique. A Portuguese colony until 1974, the country then suffered through nearly 20 years of civil war, until the Peace Accord of 1992. Since this time Mozambique has been growing and developing and is definitely a hidden gem. Nestled on the Indian Ocean with over 2500 km of coast line, you will find paradise among the white sand beaches and coral reefs. But that is just the start of what we have in store for you. In the Marine Ecology module you will study tropical marine ecosystems and ecotourism. Getting up close to some of the most spectacular marine life, such as the worlds largest fish-the whale shark. You will participate in hands-on whale shark research, coral reef monitoring, humpback whale monitoring, Manta Ray, turtle ID and nest surveys, as well as, explore one of Africa’s best scuba diving destinations!



Courses

Choose *6 from:

BIOL 361 – Marine Science (*3)

An introduction to marine science and marine biology including history of marine exploration, essential features of the physical marine environment, a survey of major marine communities and adaptations of the organisms that live in each, overviews of selected groups of marine organisms (e.g., marine mammals), and human impact on the oceans. Recommended as preparation for courses offered through the Bamfield Marine Station (see courses listed under MA SC). Prerequisite: ZOOL 250 or BIOL 208.

BIOL 495 – Special Topics: Marine Field Techniques (*3)

Biology 495 Marine Ecology Section is a field course in Field Ecology designed in close collaboration with field experts for the Southern African Field School. It is designed to give students the opportunity to gain first hand experience at doing fieldwork and in the design, execution and analysis of data. This course will provide you with knowledge of a variety of field techniques including animal behavior studies, coral reef sampling, photo identification, population estimation, and an understanding of the social impacts on conservation and management of marine

resources. Emphasis is on conducting experiments but we will also emphasize the basics of sounds experimental design and field protocol development.

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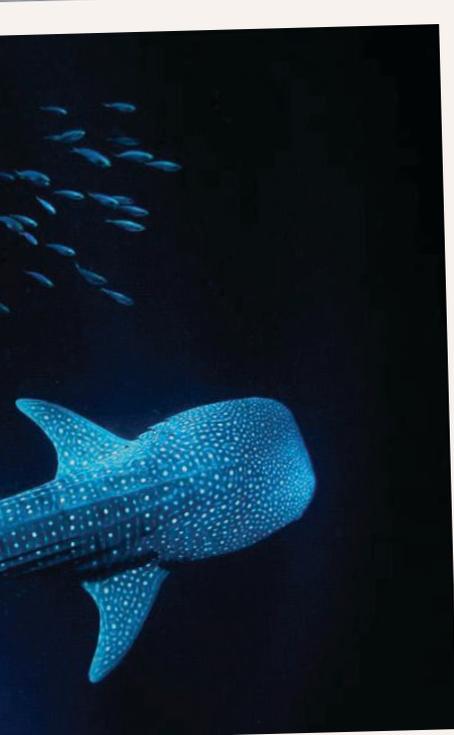
BIOL 398 – Research Project (*3)

Directed research done under the supervision of an academic member of the Department of Biological Sciences. Normally for students in their third year of study. Successful completion of this course requires a written report on the research project. Prerequisites: A 200-level Biological Sciences course and consent of the Associate Chair, Undergraduate Studies. Credit for this course may be obtained only once.

BIOL 498 – Research Project (*3)

Directed research done under the supervision of an academic member of the Department of Biological Sciences. Normally for students in their fourth year of study. Successful completion of this course requires a written report on the research project. Credit may be obtained more than once. Prerequisites: A 300-level Biological Sciences course and consent of the Associate Chair, Undergraduate Studies.





Important information

- In order to carry out the activities required of you in the Marine Ecology Module you will need to be a capable swimmer (able to swim 100m unassisted) and snorkeler; being able to hold your breath to dive down would be an advantage.
- If you have a pre-existing medical conditions or are over 45 years of age, you must bring a medical clearance letter permitting you to dive.
- If you are taking Lariam/Mefloquine/Mephliam/Tropicure (or any other derivatives) as anti-malarial treatment (prophylaxis) you will not be permitted to dive, as it causes increased risks when diving. Please advise your doctor that you are going on a dive holiday, and request another suitable anti-malarial treatment.
- Accredited divers must bring their dive cards (listing their last logged dive) with them to the project site as proof.
- Ask for our fish list if you would like a head start on coming to grips with all the different species that you will be seeing on your dives.

Study Area

In the Marine Ecology Module you will help with hands-on whale shark research, coral reef monitoring, humpback whale monitoring, manta ray and turtle ID and nest surveys, as well as, explore one of Africa's best scuba diving destinations.

The Module is run in collaboration All Out Africa, the Foundation for the Protection of Marine Megafauna and Peri-Peri Divers, both based in Mozambique as well as the Ecocean global whale shark database and a number of international marine research bodies.

Whale sharks are the oceans biggest fish and although they are sharks, are harmless to people since they feed on plankton. Whale sharks are a threatened species and are relatively easy to monitor owing to their size (up to 20m long) and swimming next to them is an awe inspiring experience!

The coral reefs on which so much marine life is dependent are under threat of exploitation, bleaching, alien invasive species and other ecological changes associated with tourism and other human activities. One of the components of the project is to monitor the condition of coral reefs in the Tofo area using methods based on the international reef check program. This involves doing scuba diving transects along the reefs and recording coral cover and indicator species of fish in one of Africa's best diving destinations.

Field Work

The whale shark component of the Marine Ecology Module involves joining boat launches under the guidance of our project scientists on ocean safaris to snorkel with whale sharks in the open ocean. It involves taking underwater photographs for identifying the whale sharks as well as recording other ecological information.

The coral reef monitoring involves joining boat launches under the guidance of our project co-ordinator on scuba dives and carrying our underwater data collection on indicator species of coral fish and the condition and cover of coral on the reefs.

In order to carry out these activities you will need to be capable of equalizing your ear pressure and willing to learn to scuba dive. A four day internationally recognized PADI open water diving course is provided as part of this project to train you to be able to carry out this coral reef monitoring. If you already have this qualification you may do an advanced open water diving course instead or an equivalent number of extra research dives.

Your Role

You will help carry out the marine research and monitoring activities for the project under the guidance of our project co-ordinator. You will collect the data via beach walks, boat surveys, swims and scuba dives off the coastline of Tofo in Mozambique. You can expect an excellent diving, snorkelling and beach experience whilst gaining first hand marine research skills and contributing to a worthwhile project.

You will help monitor whale shark numbers, behaviour and ecology and take underwater identification photographs of the whale sharks. You will also join research scuba dives to help monitor the condition of coral reefs and indicator species of reef fish. You will also be trained to take ID photos of manta rays and other threatened marine species to aid population assessment and monitoring.

A typical day

Although day to day activities vary on the project, a typical day might be:

- 7:30 am:** Wake up and have breakfast.
- 8:30 am:** Data entry on the computer from previous day's research work.
- 9:45 am:** Walk to the dive center and get prepared for a whale shark launch. Jump on the boat and head out to sea to find whale sharks. On finding a whale shark enter the water snorkelling next to the whale shark and take photos of the correct parts of the shark. Photos enable us to identify individual sharks around the world and track their movements, age etc.
- 1 pm:** Lunch
- 2 pm:** Depending on the time of year – whale counts and data collection from on top of the dunes or preparation for turtle work in the night.
- 3:30-4:30:** Course lectures

Accommodation

In Mozambique you will be staying in Tofo village at All Out Africa's marine research centre located at Albatroz Lodge, on the dunes of Tofo. Accommodation is provided in two palm thatched chalets with a view of the ocean. Both chalets have electricity and running water, and feature an open kitchen and living area and verandah with ample room to relax outside. There are four bedrooms inside the main chalet, two with 2 bunk beds (sleeping 4) and two with one bunk bed (sleeping 2). There are 2 bedrooms inside the second chalet, each with 2 beds (each room sleeps 2). Beds, mattress, sheets and pillows will be provided, however if you are coming during May-August a sleeping bag is recommended. There are shared toilet and shower facilities inside the chalets. Clean drinking water is supplied by the Lodge, although you may prefer to purchase bottled water. The chalets are about 120m from Tofo Beach. Tofo village centre is also within easy walking distance, where there are very basic shops, a few restaurants and bars and a number of beach activities available.

Meals

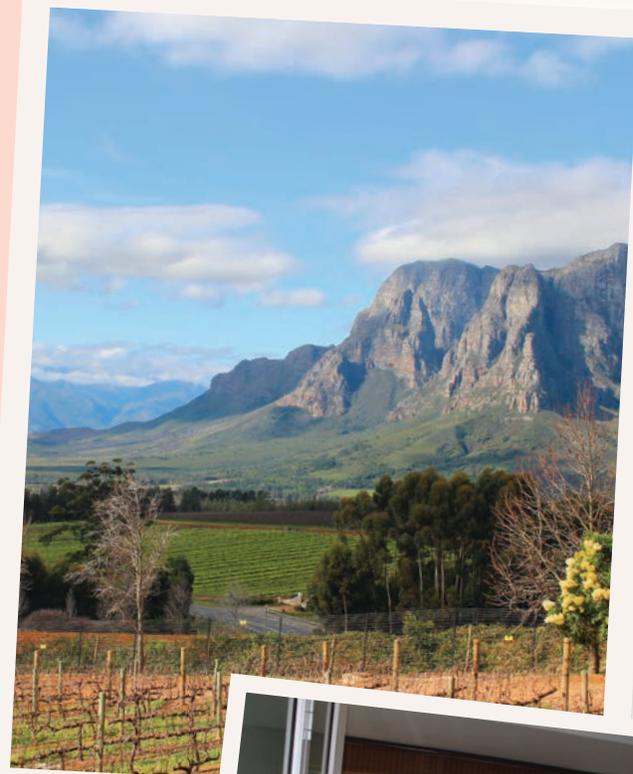
Breakfast, lunch and dinner provided by Albatroz beach lodge. Generally, breakfast will consist of cereal, eggs and toast; lunch will be sandwiches, salads or pasta, and your evening meal will usually be a cooked meal. Dietary preferences will be catered for where possible but you should bear in mind that the meals are basic and Tofo has limited choice for food so please be understanding of the efforts of those who have prepared the meal. Please check with us prior if you have a specific dietary need to see if we can cater for it. Local meals are served where possible for you to experience the cuisine and have an authentic experience.



Module 3: One Health in Cape Town, South Africa or Directed Research

Overview

Module 3 is the capstone of your semester abroad. You will have the option to either pick an area of specific research interest or be involved in One Health community outreach projects. Finish your semester in stunning Cape Town, or return to Swaziland or Mozambique. The world renowned city of Cape Town is set against the backdrop of the iconic Table Mountain plateau, and rests at the sapphire blue Table Bay; rich in history, vibrant culture, scenic beaches and unique natural wonders. You may choose to do BIOL 495: Zoonotic Disease in Africa based in Cape Town. For this option you will be involved in outreach projects such as health education (promoting vaccines, safe sex, hygiene), environmental health (water quality, air and land use) and human-animal interactions (domestic and wildlife). Alternatively, you may wish to do BIOL 398/498 - Directed Research Project in Swaziland, Mozambique or South Africa. The projects and research opportunities will vary based on the season and where you choose to conduct your research.



Courses

Choose *3 from:

BIOL 495 – Zoonotic Disease in Africa (*3)

One Health is an emerging paradigm examining diseases and health challenges that are the result of a confluence of factors related to environmental resources (water, air, land-use and climate change), animals (domestic and wildlife), agriculture, food security and socioeconomic/cultural factors that work concurrently and synergistically to affect health. This course will focus on zoonotic diseases (a disease that can be transmitted from animals to people) emerging and endemic in Africa, as well as how they interact with the environment and public. Examples include HIV, Ebola, Malaria, Rickettsia, and economically important animal viruses.

BIOL 398 – Research Project (*3)

Directed research done under the supervision of an academic member

of the Department of Biological Sciences. Normally for students in their third year of study.

Successful completion of this course requires a written report on the research project. Prerequisites: A 200-level Biological Sciences course and consent of the Associate Chair, Undergraduate Studies. Credit for this course may be obtained only once.

BIOL 498 – Research Project (*3)

Directed research done under the supervision of an academic member of the Department of Biological Sciences. Normally for students in their fourth year of study. Successful completion of this course requires a written report on the research project. Credit may be obtained more than once. Prerequisites: A 300-level Biological Sciences course and consent of the Associate Chair, Undergraduate Studies.

Research Area

Among the research locations students have the following options:

- BIOL 495 - Zoonotic Disease in Africa and One Health projects in Hout Bay/Cape Town, South Africa (flights not included)
- Return to Mbuluzi, Swaziland for Directed Research projects in ecology and conservation

Depending on availability:

- Directed Research projects in ecology/conservation in Hout Bay/Cape Town (flights not included)
- Directed Research projects in ecology/conservation in Mozambique (extra cost for boats/dives)

Course Information

Eligibility

Undergraduate students from any and all academic disciplines are welcome to apply for SAFS. To be eligible to take part in the program students must:

- Have a minimum GPA of 2.3 or higher in the last Fall/Winter Session
- Have successfully completed at least *15 by the start of the SAFS program
- Have successfully completed BIOL 108
- Have a valid passport and or visas to study in South Africa, Mozambique and Swaziland

Financial Assistance

- UofA Group Award with University of Alberta International Office (UAI), which, if awarded can provide up to \$2,150 for each student to help with costs.
- Other individual Study Abroad Grants available between \$750-3,450 (<http://www.goabroad.ualberta.ca/>).
- Program Fees are eligible for Student Financial Aid Assistance (www.su.ualberta.ca/services/sfaic).

Travel, Passports and Visas

The Manager of SAFS will assist you in finding appropriate bookings to your destination. Please consult with the Manager prior to booking your flight. If you are only completing one module, you may not be eligible for the group travel, and the Manager will assist you in finding appropriate bookings to your destination.

PASSPORTS AND VISAS

All students must have a valid passport. For complete information regarding Canadian passport offices and visa services, visit the Government of Canada website at www.pptc.gc.ca. American students should visit the US Department of State website at <http://travel.state.gov>.

Canadian and US students do not require a visa to travel to Swaziland or South Africa. All other passport holders should check the visa requirements for Swaziland <http://www.gov.sz> and

South Africa <http://www.home-affairs.gov.za/index.php/applying-for-sa-visa>. All nationalities require a visa for entry to Mozambique. Rules and prices for obtaining a Mozambique tourist visa change frequently, so it is imperative that you check with your local embassy regarding the length of your intended stay and if you'll need to arrange a visa prior to arrival. Students completing the full semester program will get visas for Mozambique as a group once we arrive in Swaziland.

TRAVEL AND HEALTH INSURANCE

You will be responsible for selecting and purchasing adequate travel insurance, providing coverage against theft, personal accident, personal liability, repatriation and cancellation of tickets. The University of Alberta accepts no responsibility for any costs associated with these types of problems.

Canadian students must bring, and always carry with them, their provincial health cards. American students enrolled in a University Health Plan must bring those cards. Students are also responsible to select and purchase adequate medical/health insurance. In the event of a medical/health problem, the University of Alberta bears no responsibility for any costs associated with a medical/health expense, which you may incur.

Code of Conduct

As students of the University of Alberta, you are expected to conform to the guidelines in the Code of Student Behaviour. The Code of Student Behaviour, as set out in the General Faculties Council (GFC) Policy Manual, is available online at www.governance.ualberta.ca. Outside of the classroom, students are also responsible for their actions and must abide by the Code of Student Behaviour. Southern African Field School has a partnership with All Out Africa, our on the ground support team. All students are expected to adhere to All Out Africa's code of

conduct:

- All participants joining an All Out Africa Experience are expected to behave in a civil and responsible manner being considerate to fellow participants, staff, local community members and the environment.
- Any participant, who misbehaves, is disruptive or threatens the safety of any other participants or All Out Africa Staff may be found guilty of misconduct and as such will be subject to disciplinary action. This includes behaviour such as serious rowdiness or drunkenness, failure to turn up to experience activities without notice, violating the laws or regulations of the particular location. Every reasonable effort will be made to resolve any disciplinary matter before it becomes serious, however, we reserve the right to take appropriate action in the event of misconduct including issuing verbal and written warnings. In cases of very serious or repeated misconduct, we reserve the right to expel the perpetrator from the experience without a refund.
- If a diversion in the experience is necessitated by the misconduct of a participant, that participant will be liable for costs incurred by All Out Africa.
- The Director has the authority to enforce the Code of Student Behaviour and in consultation with the Associate Dean, Undergraduate of the Faculty of Science deals with any infractions. Dismissal is an option.



Health and Safety

Swaziland, South Africa and Mozambique all have travel advisories that are considered safe for student travel.

SAFS will administer the program, and facilitate risk management procedures. Students are required to take the pre-departure moodle course. The program leader will evaluate students' risk management plans in the course. Students must also attend the UAI/EAP in person pre-departure workshop. *Note: The U of A realizes the situation in countries can change, and if at any time, if it is not deemed safe to travel to these countries the program will either be changed to new locations or cancelled.*

Whenever you travel outside of your own country you may experience new challenges and potential risks. You should prepare yourself by learning about the countries that you are traveling to and the potential risks that exist in those countries. It is advisable to check with the DFATD travel advisories at <http://travel.gc.ca/destinations>, for updates. It is recommended that you should register with the Registration of Canadians Abroad (<http://travel.gc.ca/travelling/registration>). This is a free service offered to Canadian citizens by Foreign Affairs, Trade and Development Canada that keeps you connected to Canada in case of an emergency abroad or evacuation, such as an earthquake or civil unrest, or an emergency at home. Students of non-Canadian nationalities should consult with the embassies or consulates of their home countries in the event of evacuation while abroad.

Petty crime, including theft of money or personal property, occurs. You should not show signs of affluence, and ensure personal belongings and travel documents are secure. Violent crime is less prevalent but increasing. You are also encouraged to leave a copy of your passport with your family/friends in Canada.

Remember you are visiting host countries and you are subject to these countries laws:

- Serious crimes, including murder and robbery with aggravating circumstances, may lead to the death penalty (Swaziland).
- Possession, use and trafficking of illegal drugs may lead to large fines or imprisonment (Swaziland and Mozambique).
- Possession of pornographic material is illegal (Swaziland).
- Homosexual activity is illegal (Swaziland and Mozambique).
- Photography of government buildings and military installations is prohibited (Swaziland and Mozambique).

You will need to visit a doctor and have medical forms signed before you go abroad. If you are on any medication you should ensure that you have enough for the time abroad. You should visit a travel clinic and see which vaccines are recommended by your doctor.

Malaria

Some of the areas that we will be visiting are malaria zones. The incidence (risk) of contracting malaria may be rated as high or low based on the length of rainy seasons and other factors. Mosquito nets, mosquito repellent containing Deet, wearing long pants and clothing that covers bare skin - especially at dusk and dawn (when mosquitos are likely to be most active) - may provide some protection from mosquito bites. Another option is to seek advice from your family physician about the pro's and con's of various anti-malarial medications. Some foreign workers and residents do not typically take anti-malarial medication due to the fact that the long term health effects of these medications are not well-known. Some people can have quite adverse side effects to these types of medications, including hallucinations. It is advised that you consult a travel health care expert or seek the advice of your family physician to discuss the relative merits (and the potential side effects) of taking anti-malarial medication versus other precautions. *Note: If you choose to take anti-malarial medication, please note that some types cannot be taken if you are going to scuba-dive in Mozambique.*

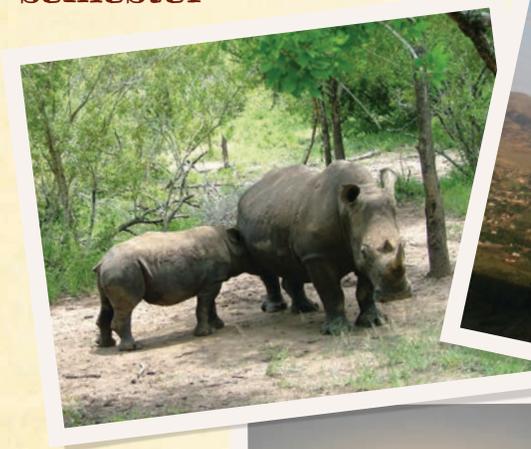
Rabies

Rabies is a deadly illness caused by a Lyssavirus that spreads to humans through close contact with the saliva of an infected animal, most often from licks, bites or scratches. It can be carried in any warm-blooded animal (domestic or wild). It is required that due to the risk of Rabies and the nature of the research that all participating in Module 1 receive the rabies vaccine.

Other environmental considerations include:

- **Mosquitos** can not only be bothersome but, as noted above, are a well-known carrier of malaria as well as other serious and potentially life-threatening tropical diseases.
- **Tick bites** are also a possibility and could result in tick-bite fever (also called tick typhus). Although such bites can be lethal, typical symptoms include fever and headache, as well as sores in the area of the bite(s). Recovery may take several weeks. Persons hiking in bush areas should take protective measures against ticks, and check themselves for ticks on a daily basis. Protective measures include the wearing of clothing that covers bare skin, and the application of insect repellent.
- **Snakes and spiders.** If you have a strong phobia of either or both, please understand that there is a possibility that you could encounter them.
- **Diarrhea (sic) and Stomach Upset** are a risk when traveling to a new country, eating different food, and drinking the local versus bottled water. If you have a restrictive diet or dietary problems, you **MUST** let us and your family doctor know prior to travel, and we will try to work around this.
- **HIV/AIDS** is very prevalent in southern Africa. If you should choose to have a sexual relationship, you should always use a condom to protect yourself, however, please bear in mind that even a condom may NOT provide complete protection against sexually-transmitted diseases. The best precaution is abstinence.

❖ **Live study and explore
three countries in a
semester**



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science.ualberta.ca/africa



Faculty of
SCIENCE
University of Alberta

 Department of
Biological Sciences

 UNIVERSITY OF
ALBERTA

