

STUDENT HANDBOOK

AFRICAN ECOLOGY AND CONSERVATION

NAMIBIA

May 16 – June 04, 2010

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STUDY ABROAD PROGRAM

GENERAL INQUIRIES

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Study Abroad Office

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Turner House, 110 Brooks Ave., NCSU, Raleigh, NC

Tel. (919) 515-7587 Fax (919) 515-5110

INSTRUCTORS

Program Director

Dr. Werner Dörgeloh

wgdorgel@ncsu.edu

Guest Lecturers

In Namibia, field ecologists and staff members from the Gobabeb Training & Research Centre, Directorate of Environment and Tourism and the Cheetah Conservation Fund will present lectures and will lead some of the field work at the various locations.

Tour Operator

Chameleon Holidays & Travel

5-7 Voigt Str. North, P.O. Box 6107, Windhoek, Namibia 9000

Phone +264 61 247668 Fax +264 61 220885

chamhol@mweb.com.na www.chameleonholidays.com

TERMS AND CONDITIONS

Group Goals

- To maximize the educational experience of all participants
- To foster a spirit of cooperation and teamwork
- To ensure group cohesion for the enjoyment of each participant

Expectations from Participants

In order to achieve the group goals, students are expected to participate in all activities (orientation sessions, lectures, discussions, field activities, meals etc.), and to adhere to instructions of the program director. Students are also expected to be punctual, polite and to behave in an appropriate manner at all times.

Smoking and Drinking Policy

A strict non-smoking and non-drinking (alcoholic beverages) policy applies in all vehicles and tents. Alcohol may be consumed only in limited quantities while on the trip.

Termination Policy

Under certain circumstances, students may be terminated from the course without refund and a final course grade of F. Possible reasons for termination include willful non-participation in program activities, irresponsible behaviour, unwillingness to work within the restrictions of another culture and laws of the host country, and the use of illegal substances. Students who are terminated will be dropped off at the nearest airport and NC State will be notified of their

dismissal from the program. It will be the student's responsibility to schedule their flight home and carry any additional costs that may occur.

GENERAL INFORMATION

TRAVEL DOCUMENTS

Passport/Visa <http://resafrica.net/namibia/essentials.htm>

Nationality	Passport required?	Visa required?	Return Ticket required?
USA	Yes	No	Yes
Canadian	Yes	No	Yes
Full British	Yes	No	Yes
Other EU countries	Yes	1	Yes
Australian	Yes	No	Yes

Passport

A passport valid for a minimum of six months after the date of departure from Namibia is required by all tourists. Make a copy of your passport identification page and carry it with you in a separate place from your passport. This will facilitate replacement in case your passport is lost or stolen. Leave one copy at home with relatives or friends.

Safety Tip: Scan your passport and travel documents online and email them to yourself.

Visa

No pre-approved visa is required by US citizens for stays of up to 3 months.

Air Ticket

Students will be advised by the program director on the flight schedules and travel agencies, but are required to book their own air tickets.

Two carriers, South African Airways and Delta Airlines offer direct flights from the USA to Johannesburg, South Africa, the main airport for southern Africa. From here you board a connecting flight to Windhoek, Namibia. Meals are served on the long overseas flights, as well as on the regional flight between Johannesburg and Windhoek.

South African Airways (www.flysaa.com) departs daily from Dulles Airport, Washington DC and JFK in New York

Delta Airlines (www.delta.com) departs daily from Atlanta

MONEY

Currency

The Namibian Dollar (N\$) is linked to the South African Rand (R) on a 1:1 basis. The South African Rand is also acceptable as a currency in Namibia but not *vice versa*. Money can be drawn at international airports, at banks or at bureau de change.

Credit & Debit Cards

- Visa and MasterCard are the most widely used credit and debit cards, and are usually accepted in shops, restaurants, travel agents, tour companies and air lines, but may not be accepted in some of the remote, rural areas. Check with your credit or debit card company for details of merchant acceptability and other services in foreign countries. Take your bank's or credit card issuer's international phone numbers along (remember that some toll-free numbers in the U.S.A. don't work abroad).

Debit cards can be used to withdraw money from an ATM or a bank. Credit cards can be used at some facilities but may not be accepted in many of the remote, rural areas. It is also advisable to carry some cash.

- *Safety Tip:* When paying by credit card, make sure that you are present when the card is being swiped. There have been incidents of fraud where cards have been swiped more than once or where additional money has been withdrawn.

Traveller Checks

You can also take some money in traveller checks made out in US Dollars. Traveler checks can be cashed in at banks, bureau de change or some hotels.

Spending Money

You should carry some cash in South African Rand or Namibian Dollar. A general guideline for spending money is about US\$10 - \$15 per person per day to cover the costs of drinks, snacks, gifts etc., although this is only a very rough guideline. If you are planning on buying lots of gifts, allow extra money.

BANKS

Banks are found in every city and larger towns where you can draw some money, cash your traveler cheques etc. Banking hours are Monday to Friday 09:00-15:30 and on Saturday 08:30-11:00. The larger banks in Namibia are:

First National Bank

Standard Bank

Nedbank

Bank of Windhoek

TELECOMMUNICATION

Telecommunication facilities (public phones, internet) are available in Windhoek, Gobabeb (limited), Swakopmund, Okaukuejo and in Otjiwarongo. Postcards can be posted from these cities and from all camps in the Etosha N.P. We will not have access to telephones or the internet for a few days at a time while in the rural areas.

Namibian Time = GMT +2 (Summer - September to March)

Namibian Time = GMT +1 (Winter - April to August)

This amounts to a 5 hour time difference ahead of US Eastern Time in May/June.

From USA to South Africa Tel. 011 27 + 11 (Johannesburg) + Local number

Phoning from Namibia to the USA

001 + Area code + Tel. number

Phoning from the USA to Namibia

011 + 264 + City code + Tel. number

Windhoek 61

Walvis Bay, Swakopmund 64

Outjo, Otjiwarongo 67

Phoning within Namibia

Windhoek 061 + Tel. Number

Walvis Bay, Swakopmund 064 + Tel. Number

Outjo, Otjiwarongo 067 + Tel. Number

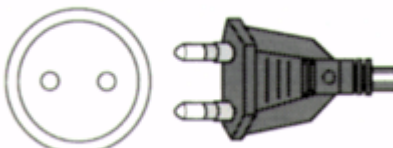

Phoning from the USA to Johannesburg, South Africa

011 + 27 + 11 + Tel. number

A cell phone will be available during the tour for emergencies only. Namibia has a GSM 900 cell phone network which covers most cities, towns and major roads.

Mobile phone users may call 112 in an emergency and you will be connected to the appropriate service. Though the call is free of charge, all subsequent emergency or rescue services rendered are for your own account.

ELECTRICITY, POWER OUTLETS AND PLUGS

<p>C:</p>  <p>This plug is ungrounded and has two round prongs and can be used in most of the countries in continental Europe, and is also widely used in South Africa and Namibia.</p>	<p>D:</p>  <p>This plug is the old British Standard and is used in South Africa and Namibia. This plug has three large round pins in a triangular pattern.</p>
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MISSED OR DELAYED FLIGHTS

In the event where a student(s) may have missed a connecting flight or was delayed for whatever reason, the rest of the group will continue to the final destination (Windhoek, Namibia). The group will be met by the tour operator at the airport and transported to Windhoek. The group will stay in Windhoek until every person has arrived and the group is complete. The person(s) left behind should arrange for the next flight to the destination. Late arrivals have to arrange and pay for their own transport to Windhoek. However, we don't foresee any problems.

GROUND TRAVEL IN NAMIBIA

We will travel as a group in one or two safari type vehicles, depending on the size of the group. Seats are rotated daily under the direction of the program director, so that we do not show partiality among passengers. If you have a history of motion sickness, please bring your own preventative medication with you.

Most traveling will be on unpaved, dusty roads in remote wilderness areas, often for a few hours between destinations. On many of the routes there will be no shops, take-outs, telephone booths, pharmacies, gas stations etc. (and no billboards!!) between destinations. However frequent stops will be made for your convenience.

There will be limited cooling facilities available on each vehicle. You have to supply your own drinking water, soft drinks (Coke etc.) and snacks while on the road, but please keep it to a minimum because of limited space on the vehicles.

Please note: This is a participatory trip where students are expected to help load/unload the vehicle and trailer, put up/take down their own tents, assist with preparing meals, and wash their own dishes.

ACCOMMODATION

The first two nights in Windhoek we will stay at the:

Chameleon Backpackers & Guestlodge

Tel: +264 61 244347

Email: info@chameleonbackpackers.com

Web: <http://www.chameleonbackpackers.com>

Street address: 5-7 Voight St, Windhoek, Namibia

Postal address: P.O. Box 6107, Windhoek, Namibia

Throughout the rest of the tour we will camp in 2 bed dome shaped tents. We will make use of a variety of campsites, ranging from sites with full amenities, to rustic campsites in more remote areas. The two nights at the coast in Swakopmund, accommodation will be in chalets (holiday cottages).

The chance of encountering snakes, scorpions and mosquitoes should be limited due to the low temperatures at night. In the Etosha National Park, large and dangerous animals such as elephants and lions roam in the vicinity of the camp. However these camps are fenced in. Participants will be informed about the camping conditions during the program.

CLIMATE

Climatic seasons in southern Africa

Hot & wet Jan. – April

Cool & dry May – Aug.

Hot & dry Sept. – Dec.

Interior

General temperatures for this time of year (June) are:

Inland Day 15 – 22°C (59 – 72°F)

 Night 5 – 10°C (41 - 50°F)

In the interior, most rain falls in summer (November to April). Summer day temperatures are high. Winter nights are cold to very cold, but days are generally warm and pleasant. The humidity in winter is low (about 20% - 30%), especially in the Namib desert it may be as low as 15%.

Namib Desert and Atlantic Coast

General temperatures for this time of year (June) are:

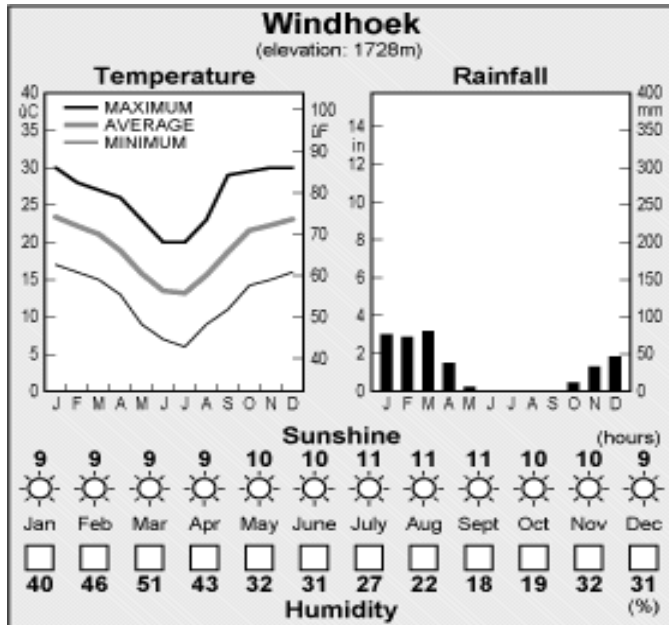
Coast Day 20 - 25°C (68 - 77°F)

 Night 16 - 20°C (61 - 68°F)

The cold Benguela current keeps the coast of the Namib Desert cool and damp with a thick coastal fog, but free of rain for most of the year. In winter the fog moves further inland during the night.

Etosha National Park

Average maximum monthly temperature	Summer	33°C (91°F)
	Winter	28°C (82°F)
Average minimum monthly temperature	Summer	17°C (63°F)
	Winter	7°C (45°F)



FOOD AND WATER

Food supplied on the tour is safe to eat. Food in supermarkets, restaurants, lodges, and hotels is generally of a good standard. Pasteurized milk and dairy products, meat, poultry, seafood, fruit and vegetables, bread etc. bought in supermarkets is generally considered safe for consumption. You are strongly advised NOT to buy food from street vendors. All meals (Western type foods) are camp style and are prepared on an open fire.

The water supply in cities and larger towns is normally chlorinated. Whilst safe to drink it may initially cause mild abdominal upsets. Bottled water can be purchased in grocery stores.

SHOPPING

Modern shops can be found in all the cities and larger towns. Some of the larger and more commonly found shops are:

Clothing shops

Edgars, Jet Stores, Mr Price, Ackerman's, Woolworth, Wecke & Voigts, Kock & Schmidt

Outdoor clothes and gear

Cape Union Mart (Windhoek)

Cymot (Windhoek, Swakopmund)

Groceries

Pick & Pay, Spar, ShopRite, Checkers, OK Bazaar, Wecke & Voigts

Pharmacies

Various pharmacies can be found in cities and at least one pharmacy in larger towns.

TIPPING / GRATUITIES

Tipping is not compulsory and the decision to tip is entirely yours. If, however, you would like to tip because you have received good service, a brief guideline to assist you is enclosed:

Restaurants / Hotels

10% is customary on meal accounts

Driver/Guides

This typically ranges between \$20 to \$40, or more per student, depending on your discretion.

TOURIST INFORMATION

Namibia Tourism Board, Windhoek Office

Ground Floor, Sanlam Centre

C/o Fidel Castro & Werner List Street

Sanlam Building, Grond Floor, Shop No. 22

Windhoek, Namibia

Tel.: 061 290-6000

e-mail: info@namibiatourism.com.na

internet: <http://www.namibiatourism.com.na>

Websites

Organizations

Namibia Ministry of Environment and Tourism	http://www.met.gov.na
Directorate of Environment and Tourism	http://www.dea.met.gov.na
Desert Research Foundation of Namibia (DRFN)	http://www.drfn.org.na/index.htm
Gobabeb Training and Research Centre	http://www.drfn.org.na/gobabeb/index.htm
Cheetah Conservation Fund	http://www.cheetah.org

Travel documents

Passport and visa.

Read more at the US Department of State	http://travel.state.gov
Embassy of the US, Windhoek, Namibia	www.usembassy.namib.com

Health information for international travel

Go to Centers for Disease Control and Prevention (CDC) <http://www.cdc.gov>

Click on National Center for Infectious Diseases

Click on Travellers Health

Click on Destinations

<http://www.cdc.gov/travel/safrica.htm>

Airline travel tips

South African Airways http://ww3.flysaa.com/saa_landing.html

<http://www.freetraveltips.com/Airlines/Air03.htm>

<http://www.americanairlines.com/content/customerService/baggage/restrictedArticles.jhtml>

Study Abroad

Safety for Study Abroad http://travel.state.gov/travel/living/studying/studying_1238.html

Namibia travel information

Namibia Tourism Board <http://www.namibiaturism.com.na>

Namibia from A to Z http://www.namibia-travel.net/namibia/a_z.htm

Namibia Travel Guide <http://www.namibia-travel.net>

Namibia Travel Information <http://www.travelinnamibia.com>

Namibia Information <http://www.namibweb.com>

World 66 Travel Guide <http://www.world66.com/africa/namibia>

Information on government, law, economy, banks, education, languages, news

http://www.sas.upenn.edu/African_Studies/Country_Specific/Namibia.html

FAO Corporate Document

[http://www.fao.org/documents/show_cdr.asp?url_file=/DOCREP/005/X9751E/x9751e06](http://www.fao.org/documents/show_cdr.asp?url_file=/DOCREP/005/X9751E/x9751e06.htm)
.htm

Maps and Information

www.worldatlas.com

www.atlapedia.com

www.countrywatch.com

www.merriam-webster.com

www.mytravelguide.com

www.lib.utexas.edu/maps

http://go.hrw.com/atlas/norm_hm.

<http://www.itmb.com>

<http://napha.50megs.com/Maps.htm>

Maps of parks <http://www.orusovo.com/nammap/>

News

Namibian (newspaper, latest weather updates) www.namibia.com.na

BBC World News – Africa

USAID Namibia www.usaid.org.na/pronews.asp?proid=3

Vegetation & Wildlife

http://www.worldwildlife.org/wildworld/profiles/terrestrial/at/at1316_full.html

<http://www.ultimateungulate.com>

<http://www.sa-venues.com/wildlife/default.htm>

Interesting Reading

The Sheltering Desert by Henno Martin. ISBN 0868521507

GENERAL TRAVEL TIPS

- Although English is the official language in Namibia, it is not widely spoken
- Namibia, like all countries in Africa uses the metric system (km, m, ltr, ha etc.)
- Remember cars drive on the left side of the road. Before crossing a road, always look to the right first
- Be aware, drivers generally do not give way or stop for pedestrians, except at traffic lights when pedestrians are allowed to walk
- Most shops are open from 8am to 6pm during weekdays but are closed on Sundays
- Remember Namibia is not a litigious society. For example if you step into a thorn by accident, or burn yourself in the camp fire, or burn yourself with coffee it is regarded as your own mistake and responsibility.
- **Please note:** NO biological samples (plant or animal) or artifacts (geological, archeological, historical) may be removed or collected and taken out of Namibia.

PACKING LIST

Travel Documents

- Passport. Keep a photocopy of the photo page of your passport, visas and air tickets, separately from the original documents.
- Proof of vaccinations
- Proof of medical insurance. To be supplied by the Study Abroad Office.
- Pocket money of about \$300 to \$400 or \$20/day should be sufficient.
- Credit cards (Visa or MasterCard are widely accepted) are accepted in shops, restaurants, tour companies, but may not be accepted in many of the remote, rural areas

Medical Supplies

- Enough prescription medicine (including allergy kit, if relevant) to last at least for the duration of the trip
- Malaria prophylactics
- Items from the student Travel Clinic
- Consider eye-drops if you are sensitive to dust and smoke (or dry air on airplane)
- Consider Dramamine or similar if you are susceptible to motion sickness

Clothes

- Remember large daily temperature fluctuations will be experienced while in the desert and in the bush savanna. Days will be cool to warm and nights will be cold to very cold.
- Wear casual clothes for field trips. Shorts during the day and jeans at night will be sufficient. A thick jacket and a sweater (pullover, jersey) should be sufficient for the cold to very cold evenings. Along the coast it will be cold.
- NO camouflaged clothes, including hats will be allowed on the program. Make sure that your clothes do not have any military type or military related badges (e.g. US Army, US Marine, Sergeant etc.) showing.
- Comfortable light duty hiking footwear or sneakers
- Sandals for showering (optional)

- **NB** Be prepared against the intense sun and glare. Bring a:
 - Broad rimmed hat. Caps or a bandana are not effective against the sun
 - Sunglasses
 - Sunscreen (at least 45 spf)
- We will travel on dusty roads most of the time. You should bring clothes for about 10 days. There are washing/drying facilities in Swakopmund. In Okaukuejo and at CCF clothes can be washed in wash basins (sinks).
- Bathing suit (optional) - the Atlantic Ocean is very cold <60°F. Swimming pools in Gobabeb and Okaukuejo will be cold.

Personal Items

- Toiletries
- Small lightweight towel (e.g. camp towel)
- Hand or face cream, Lip balm (your skin will become dry)
- Pillow, sheets, maybe a light blanket (sleeping bag and mattress will be supplied)

General Items

- Field notebook, file or folder, and pen
- Field guides (optional e.g. birds, insects) relevant to Namibia or southern Africa
- Small backpack for field work
- Insect repellent (there should be few mosquitoes since May/June is the early winter season)
- Flashlight
- Camera (optional; **Note:** store in ziplock or other dustproof bag)
- Binoculars (**Note:** store in ziplock or other dustproof bag)
- Water bottle (about 1 ltr or ¼ gallon) for field work

Note: You will have the opportunity to buy essential items, groceries etc. in Windhoek the day after arrival

Baggage

These are general guidelines to help you pack your bags.

Airplane

The rules about items such as nail clippers, make-up etc. that may be taken onto the airplane are frequently changing. To make sure of the latest regulations please check with your airline carrier.

Checked baggage (international flight)

- The checked baggage allowance for Economy Class is 2 pieces with 23 kg (50lb) each.
- Leave some space in your suitcase for items such as gifts, books, food which you may want to bring back

Hand luggage

- Your one piece of hand luggage (carry-on bag) should be no more than 23cm wide, 52cm long and 40cm high, and its weight should not exceed 8kg (17.6lb).
- Small purse, camera, or other "personal item" are allowed in addition to a carry-on bag
- Currently travellers to and from the USA are allowed no more than 3 ounces of liquid, gel and aerosols placed in a clear plastic zip-top bag in their carry-on luggage. To check the latest rules on permitted and prohibited items, consult the Transportation Security Administration (TSA) website www.tsa.gov/travelers/airtravel/prohibited/permitted-prohibited-items.shtm

Packing guidelines for overseas flight

- Take all important documents (passport, vaccinations, traveller's checks etc.) and valuables (cameras, binoculars, iPods, iPhones etc.) in your hand luggage onto the plane.
- Pack one set of spare clothes in your carry-on bag in case your suitcase is delayed or lost
- Use an extra strap around your suitcase in case the zip breaks.
- Make sure that you can easily identify your suitcase, e.g. using a coloured strap.

Tour vehicles

- It is strongly recommended that you use a duffelbag or backpack. Suitcases with hard sides or sharp edges are not allowed. These may not fit into the trailer and damage other luggage during transportation.
- Please limit the size and weight of your baggage, since there will be limited space on the vehicles
- Optional – you may want to bring a plastic cover for your suitcase when you leave it outside the tent during the night. Especially in the desert it will become covered by sand and dust.

Do not bring

- Social security card
- Computers (the power supply is 220V and power sockets have 3 prongs)
- Electronics (other than camera)
- Valuable articles not necessary for the course
- Excessive jewelry. This may be offensive to poor communities.
- Luxurious garments
- Objects of sentimental value
- Cutting instruments of ANY kind (metallic or non-metallic) such as knives, carpet knives, box cutters and folding or retractable blades regardless of length, straight razors, elongated scissors ...” may not be carried in your hand luggage on the airplane.

HEALTH PLAN

Note: See your doctor at least 4–6 weeks prior to your departure to allow time for vaccinations to take effect.

DISEASES

Health insurance is required and is included in the program cost. All participants will be notified of vaccinations and other health precautions at the Travel Clinic orientation session. Visit the Travel Clinic or your doctor at least 4–6 weeks before your trip to allow time for vaccinations to take effect. For further information consult the Study Abroad Office and the Travel Clinic at NCSU.

Vaccinations

Information about vaccinations and other health precautions, such as safe food and water precautions and insect bite protection, may be obtained from the:

- Centers for Disease Control and Prevention at <http://www.cdc.gov/travel>
- Hotline for international travelers at 1-877-FYI-TRIP (1-877-394-8747)
- Fax 1-888-CDC-FAXX (1-888-232-3299)

For information about outbreaks of infectious diseases abroad consult the: World Health Organization's (WHO) website at <http://www.who.int/en>.

Further health information for travelers is available at <http://www.who.int/ith> or <http://resafrika.net/namibia/essentials.htm> (2005).

CDC recommends the following vaccines for Namibia:

- [Hepatitis A](#) or immune globulin (IG).

- [Hepatitis B](#) if you might be exposed to blood (for example, health-care workers), have sexual contact with the local population, stay longer than 6 months, or be exposed through medical treatment.
- [Rabies](#), if you might be exposed to wild or domestic animals through your work or recreation. *Note:* Rabies vaccination is not necessary for this program.
- [Typhoid](#), particularly if you are visiting developing countries in this region.
- As needed, booster doses for [tetanus-diphtheria](#), [measles](#), and a one-time dose of polio vaccine for adults. [Hepatitis B](#) vaccine is now recommended for all infants and for children ages 11–12 years who did not complete the series as infants.

Anti-Malaria

The Kavango and Kunene rivers in the far north of the country are a Malaria risk throughout the year. We will not travel to these areas. Malaria risk exists in the northern and north eastern regions, and in Otjozondjupa (CCF falls within this region) and Omaheke during the wet summer months and autumn (November to May/June). The most northern area visited during this trip will be the Etosha National Park, which is a well-known international tourist destination. The trip will also be conducted in winter when few mosquitoes, the vector of the Malaria parasite will be found.

All US travelers to a malaria-risk area should take one of the following:

- Atovaquone/proguanil (brand name: Malarone™)
- Doxycycline
- Mefloquine (brand name: Lariam™)
- Primaquine (primary prophylaxis; in special circumstances)

Note: The predominant *falciparum* strain is reported to be resistant to chloroquine. Chloroquine is NOT an effective antimalarial drug in Southern Africa and should not be taken to prevent malaria in this region.

Sexually Transmitted Diseases

HIV-AIDS is wide spread in southern Africa, especially amongst poor communities. Students are strongly advised not to engage in any sexual activities with locals during the tour. Although the use of condoms (available at pharmacies and some grocery stores) may reduce the risk of HIV transmission, it does not prevent it.

MEDICAL FACILITIES

NC State University and the study abroad program assumes no responsibility for the professional ability or reputation of the doctors, dentists or medical facilities whose names appear on the list.

Medical Care

The medical services at private hospitals and clinics such as in Windhoek, Walvis Bay, Swakopmund and Otjiwarongo are generally very good, capable of providing emergency care and performing many routine procedures. Facilities outside the capital vary widely. Several large towns have well-equipped facilities similar to those available in Windhoek, while smaller towns generally do not. Private health clinics are the recommended providers of medical services, since government run District Hospitals are generally not up to standard.

Doctors, both general practitioners and specialists, as well as dentists, generally have training and facilities that match U.S. standards. Although most doctors are general practitioners, there are some specialists e.g. orthopedic surgeons available in Windhoek. Patients who require for example heart surgery and other specialized surgeries need to be transferred to Cape Town, South Africa.

Most remedies are available at pharmacies in the bigger towns such as Windhoek, Walvis Bay, Swakopmund, Outjo, Otjiwarongo and Okahandja.

Private Health Clinics

Windhoek

Windhoek Medi-Clinic

Cnr. Of Heliodoor & Eros Street, Eros Park, Windhoek, Namibia

PO Box 9819, Windhoek, Namibia

Tel. 061 222687

Fax 061 220027

Emergency Unit Tel. 061 222687

<http://www.windhoekmc.co.za/>

Roman Catholic Hospital, Windhoek

PO Box 157, Windhoek

92 Stubel Street,

Tel: 061 237 237

Fax: 061 236 416.

Windhoek Central Hospital (government hospital)

Ooievaar Street

Windhoek West

Tel. 064 203-9111

Rhino Park Private Hospital (Day hospital only - no casualty) Tel. 064 225 434

Swakopmund

Cottage Medi-Clinic, Swakopmund

Box 1157, Swakopmund

Cnr of Mosley and Francisca van Neel Str

Tel. 064 412200

Fax 064 412202

<http://www.mediclinic.co.za/framesets/fshospitals.htm>

Otjiwarongo

Otjiwarongo Medi-Clinic

Sonn Street, Otjiwarongo, Namibia 9000

PO Box 1085, Otjiwarongo, Namibia 9000

Tel.: 067 303734

Emergency Unit Tel. 067 303734

<http://www.otjiwarongomc.co.za/>

District Hospitals

These hospitals are government operated and are not recommended.

Khorixas District Hospital, P/Bag 2010, Khorixas, Kunene Tel: 067 331064 Fax: 67 331398

Okahandja District Hospital, P/Bag 2026, Okahandja, Otjozondjupa Tel: 062 503039 Fax: 62 501731

Outjo District Hospital, P/Bag 2567, Outjo, Kunene Tel: 067 313044 Fax: 67 313271

Otjiwarongo District Hospital, P/Bag 2516, Otjiwarongo, Otjozondjupa Tel: 067 300900 Fax: 67 304963

Swakop District Hospital, P/Bag 5004, Swakop, Erongo Tel: 064 412400 Fax: 64 400946

Tsumeb District Hospital, P/Bag 2004, Tsumeb Tel: 067 221082 Fax: 67 221370

Walvis Bay District Hospital, P/Bag 5010, Walvis, Erongo Tel: 064 203441 Fax: 64 202086

Medical Rescue and Ambulance Services

Medical Air Rescue Service: ISOS, Tel 061-249777

Medrescue, 061-230505 Long distance medical assistance or ambulance by road or air.

If outside **Windhoek** the dialing code is 061- and precedes the Windhoek telephone number.

Aeromed Tel. 249 777

MedRescue Tel. 230 505 /6 /7

Fire Brigade Ambulance Tel. 21-1111

ISOS Brigade Ambulance Tel. 23-0505

MRI MedRescue, Walvis Bay

Box 3282, Walvis Bay

Tel. 264 64 20200

Fax 264 64 209831

mrinam@iafrica.com.na

SAFETY PLAN

SAFETY TIPS

- Familiarize yourself with local laws and customs of the countries to which you are traveling. Remember, the U.S. Constitution does not follow you! While in a foreign country, you are subject to its laws.
- Never leave your property unattended in any public place even if you are on a guided tour
- Use the same precautions you should anywhere in the world. Avoid displaying jewelry, expensive cameras and other valuables. Carry your (video) camera in a shoulder bag and not around your neck
- Never carry large amounts of cash on your person. Carry small change in your wallet and some bank notes or credit cards separately in your pocket or in a body pouch. Carry the body pouch so that it cannot be seen.
- In towns and cities, a criminal element may prey on unwary tourists! Be on the look out for pickpockets and bag snatchers.
- Most areas in the cities are reasonably safe, but stay away of dark or deserted areas. If you need to explore the city in the evening or on weekend afternoons when few people are around, it is advisable to do so in groups. Seek advice from the Windhoek Tourism Information Office about local conditions

- In the unfortunate event of a tourist becoming a victim of a crime please report the matter to the police.
- If your safety is threatened in any way please do not hesitate to call our 24-hour City of Windhoek Security Office for assistance. Telephone 290 2239 or 290 2018. Our Security Officers will assist you with understanding and compassion
- There is a system in place whereby transgressions against tourists can be heard in court within 24 hours
- Do not take photographs of any military or government building, complex, installation etc.
- Never give money to children or loiterers, as this will attract attention and encourages begging
- Tourists should avoid purchasing diamonds and other protected resources outside of licensed retail establishments. The penalty for illegal dealing in diamonds in Namibia is stiff -- up to U.S. \$20,000 in fines or five years in prison -- and the courts generally impose the maximum sentence. The purchase and exportation of other protected resources, such as elephant ivory, may also be prohibited by Namibian, international, and/or U.S. law.
- Please do not throw burning cigarette butts out of the car window. These could cause bush fires, which destroy valuable grazing and wildlife.

VICTIMS OF CRIME

The loss or theft abroad of a U.S. passport, or if you are the victim of a crime while overseas, should be reported immediately to the local police and the U.S. Embassy in Windhoek for assistance. The Embassy/Consulate staff can, for example, assist you to find appropriate medical care, to contact family members or friends and explain how funds could be transferred. Although the investigation and prosecution of the crime is solely the responsibility of local authorities, consular officers can help you to understand the local criminal justice process and to find an attorney if needed. Posts in countries that have victims of crime assistance programs should include that information.

Up-to-date information on safety and security can also be obtained by calling 1-888-407-4747 toll free in the U.S., or for callers outside the U.S. and Canada, a regular toll-line at 1-317-472-

2328. These numbers are available from 8:00 a.m. to 8:00 p.m. Eastern Time, Monday through Friday (except U.S. federal holidays).

POLICE OFFICES

Police Head Office Tel. (061) 209-3111 (in Windhoek)

Inspector General Head Office and Security Branch

Lazarett Street

Private Bag 12024, Ausspannplatz, Windhoek

Windhoek Nampol All sections Tel. 061-209 4111

Windhoek Protection unit, All sections Tel 061-209 3111

Otjiwarongo Nampol Tel. 067-3006 20

Tsumeb Nampol Tel. 067 223 5001

Swakop Nampol Tel. 064-40 2431

EMERGENCY NUMBERS IN NAMIBIA

Mobile phone users may call 112 in an emergency and you will be connected to the appropriate service.

Official phone contact numbers:

Namibia Police Emergency	10111
City of Windhoek Municipal security office (24 hrs)	290 2239 or 290 2018
City of Windhoek Fire Brigade (ambulance, accidents and injuries)	211 111
City of Windhoek Traffic Division	258 473 / 290 2722
Crime Stoppers (anonymous information to Police)	254 299

Private phone contact numbers:

Rescue 911 (24 hrs)	222 255
Rescue 911 Mobile number	081 241 7555

Rescue 911 Ambulance services

081 241 7555

Armed response (24 hrs)

222 255 / 225 444

OTHER SAFETY ISSUES

Safety on the Tour

While on a mobile tour with a local tour operator, safety risks are minimal.

- Always listen to your guide!
- When visiting wildlife areas do not walk into the bush without a guide!
- Do not approach any wild animals too closely: It may be dangerous!
- Never feed any animals, however inquisitive they may appear to be!

Dangers posed by Wild Animals

Students should bear in mind that, even in the most serene settings, the animals are wild and can pose a threat to life and safety. You should use common sense when approaching wildlife, observe all local or park regulations, and heed all instructions given by tour guides or the program director. In addition, students are advised that potentially dangerous areas sometimes lack fences and warning signs. Exercise appropriate caution in all unfamiliar surroundings.

Animal Products

Namibia strictly enforces its laws controlling the trade in animal products. The possession or removal of any living or dead animal or trophy from an animal without a government permit is illegal. Trophies may not be taken from the wild without a permit. A trophy is any horn, ivory, tooth, tusk, bone, claw, hoof, hide, skin, hair, feather, egg, or other durable portion of an animal, whether the item has been processed or not. Curio shops and vendors throughout the country sell items such as animal skins, plain and decorated ostrich eggs and egg shells, and carved bones or teeth of animals protected by this law. All of the souvenirs, although widely sold, are subject to this Act. Travelers departing the country with a trophy must have a receipt from a store licensed to sell such items. Ivory and endangered rhinoceros horn products obtained in Namibia may not be removed from the country under any circumstances; elephant hair jewelry may be removed only with the appropriate license from the Ministry of Environment and Tourism. Violators are subject to arrest and may face a penalty of up to five years imprisonment and a substantial fine.

EMERGENCY PLAN

BACK-UP EMERGENCY CONTACTS AT NC STATE, USA

In case of an emergency, call the NCSU campus police at Tel. (919) 515-3333. They do collect calls. Other numbers of the campus police are:

Non-emergencies Tel. (919) 515-3000 or

General Information Tel. (919) 515-5894.

Brooke Ashley (Assistant Director) brooke_ashley@ncsu.edu

Study Abroad Office, Campus Box 7344, Raleigh, NC 27695-7344

Tel. (919) 515-2087 Fax (919) 515-6021

<http://studyabroad.ncsu.edu>

EMBASSY OF THE US, WINDHOEK, NAMIBIA

14 Lossen Street, Ausspannplatz, Windhoek, Namibia

Mailing address:

Private Bag 12029, Windhoek, Namibia

Phoning from the US Tel. 011 264 61 295-8500

Phoning from within Namibia Tel. 061 295-8500

www.usembassy.namib.gov

All participants will be registered with the U.S. Embassy in Namibia through the State Department's travel registration website, <https://travelregistration.state.gov>, prior to departure. This site will also be used to obtain updated information on travel and security within Namibia.

MEETING PLACE IN CASE OF AN EMERGENCY

In case of an emergency the group will meet at the Chameleon Backpackers & Guestlodge (office of Chameleon Holiday & Travel) in Windhoek (see address below). Should this not be possible a second meeting place will be at the US Embassy in Windhoek (see address above).

Chameleon Backpackers & Guestlodge (office of Chameleon Holidays & Travel)

5-7 Voight Str., P.O. Box 6107, Windhoek, Namibia 9000

Phone +264 61 244347

info@chameleonbackpackers.com

<http://www.chameleonbackpackers.com>

In the event that you have to rent a car and/or drive yourself, these are some safety tips you should follow:

- Road signs are internationally recognized symbols
- As distances between towns are considerable, make sure that you don't run out of gas and drinking water
- Driving on gravel roads can be unpredictable and the major cause of accidents is excessive speed. Do not exceed 80 km/h!
- Never pick up strangers or hitchhikers
- Park in well-lit or guarded areas at night. Support identified car guards who, for a small reward, will keep an eye on your car.

If you have to call a taxi, your hotel or the nearest tourism information office can recommend a reliable service. Radio Taxis and taxis that display the NABTA logo are the most reliable operators. A list of recommended Taxi operators are available at most Tourism Information Offices and hotels.

CONTINGENCY AND EVACUATION PLAN

- The tour operator has backup vehicles for emergency transportation.

- The group meets at the office of the tour operator (see information below) in Windhoek.
- As an alternative the group meets at the US Embassy in Windhoek.
- If the group has to stay over in Windhoek, students will be accommodated at the Chameleon Backpackers Lodge.
- Regular flights leave from the Windhoek Airport to Johannesburg and Cape Town
- Alternatively two minibuses can be hired in Windhoek. The roads to Johannesburg, South Africa are all paved and in good condition.
- Payments, money transfers or cash withdrawals can be made at local banks such as First National Bank, Standard Bank or Windhoek Bank. Major hotels normally have foreign exchange facilities and most shops, lodges and travel agencies accept travellers cheques.

DESIGNATED TRAVEL AGENCY

The designated travel agency, Sure Ritz Travel has offices in Windhoek and Swakopmund. Its involvement of the South African-based Sure Travel Holdings makes The Sure Travel group the second largest group of travel agencies in Southern Africa. Their offices are:

Windhoek

Sure Ritz Travel

Old United Building, 250 Independence Avenue, Windhoek

Tel. international (0926461) 278 000

Fax international (0926461) 227 575

Docex: Docex 1 , WINDHOEK NAMIBIA

Email: general.ritz@galileosa.co.za

Swakopmund

Sure Ritz Travel

Shop 1, 10 Moltke Street, Swakopmund

Tel. international (0926464) 405 151

Fax international (0926464) 405 131

Docex: Docex 1 , SWAKOPMUND NAMIBIA

Email: dunjaw.ritzswp@galileosa.co.za

TRANSPORTATION TO & FROM NAMIBIA – AIR, ROAD, RAIL

Air

There are no direct flights to and from the USA to Namibia, but only via Johannesburg or Cape Town in South Africa, and Europe. The International Airport near Windhoek is the main port of entry. Another airport providing regular flights to Johannesburg and Cape Town is in Walvis Bay near the coast. Other smaller airports providing flights to Cape Town are located in Keetmanshoop and Lüderitz in the south of the country. Each smaller town and the main tourist camps in the Etosha National Park have their own small landing strips which are accessible to small airplanes.

Facilities at the International Airport include a restaurant, bar, snack bar, duty-free shops, post office, bureau de change and car hire. The airport is situated 45 km east of Windhoek at an altitude of about 1 719 m above sea level. You can reach Windhoek by bus or taxi, or make use of the multitude of car rental companies (Avis, Hertz, Budget, EuropCar) represented at the airport. Buses return to the airport from the Kalahari Sands Hotel (Independence Avenue) in Windhoek.

Johannesburg - Arrival and departure

USA

South African Airways	New York	- Daily
	Washington DC	- Daily
Delta Airlines	Atlanta	- Daily

Europe

South African Airways		- Daily
British Airways, Lufthansa, KLM, Iberia, Virgin Atlantic, Swiss Air		- 2 to 3 times per week

Windhoek - Arrival and departure

Air Namibia	Johannesburg	- Twice daily
	Cape Town	- Twice daily
	Europe	- Daily (4 times a week to Frankfurt, Germany and 3 times to London, England)
South African Airways	Johannesburg	- 2 to 4 times per day
	Cape Town	- 2 - 4 times per day
Comair (British Airways)	Johannesburg	- regular flights
Lufthansa	Frankfurt, Germany	- Weekly
LTU International Airways	Munich, Germany	- Twice a week

Walvis Bay - Arrival and departure

Johannesburg - Regular flights

Cape Town - Daily

Domestic flights

Domestic flights are also available from Windhoek to all major towns in Namibia with Air Namibia.

Air Charters

Sefofane Air Charters (<http://www.namibweb.com/sefofane.htm>), is a reliable outfit associated with the established South African travel company Wilderness Safaris. The company uses a variety of aircraft. They fly to various destinations in Namibia:

Cheetah Conservation Fund (east of Otjiwarongo), Delta Camp, Eros (Windhoek), Epupa (Kunene River, Angolan border), Game ranches such Mokuti (bordering Etosha N.P.), Ongava (bordering Etosha N.P.), Okonjima (south of Otjiwarongo), Palmwag (Damaraland), Serra Cafema and Purros (Skeleton Coast)

Reservations for Sefofane Air Charters:

Elena Travel Services & Car Hire CC

P.O. Box 3127 Windhoek, Namibia

Fax: +264 61 244558

E-mail: info@namibweb.com

Bus

Overnight bus services are available from Windhoek to Cape Town and Johannesburg; these depart approximately three times a week. Visit the Intercap Mainliner bus service at <http://www.intercape.co.za> for the latest time schedules.

Rail

The railway network linking most towns in Namibia to Windhoek is joined to the RSA rail system at Ariamsvlei, Namibia. There is one train per week, with connections to Johannesburg and Cape Town as follows: Windhoek-Keetmanshoop-De Aar-Johannesburg and Cape Town.