

Fulbright-Hays Group Project Abroad

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**“TEACHING THE HUMAN EXPERIENCE:  
LESSONS FROM ETHIOPIA”  
SUMMER 2009**

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Africa Unite Concert 2005- Meskel Square, Addis Ababa

Dear Participants,

Welcome to the Fulbright Hays Group Project Abroad to Ethiopia!

Congratulations for being selected for a Fulbright Hays GPA. We know you have worked hard to be able to participate in this highly competitive project, and we have put together a challenging and rewarding program of study. This project is designed to introduce you to many of Ethiopia's cultures, languages, religions, and issues that can teach us more about the human experience. Through cultural immersion, site visits, lectures, and hands-on activities we will stimulate valuable curriculum development. While in Ethiopia, you will practice passionate listening and effective learning.

*'The mouth that is silent, no fly enters it'*

Fulbright programs ultimately promote mutual understanding and respect between the United States and other nations. In this sense, you are "cultural ambassadors" and should become active and involved upon returning home from Ethiopia. Please read this handbook and keep with you at all times.

I look forward to an exciting, educational summer!



Anastasia Shown, MSW  
Director, Fulbright-Hays Group Project Abroad Ethiopia  
Assistant Director, African Studies Center University of Pennsylvania  
Code of Conduct

While in Ethiopia, you will be representing not only yourself, but also your school, the University of Pennsylvania, and the U.S. Department of Education. It is critical that you remember this at all times. Public errors in judgment or conduct in Ethiopia are likely to be a problem not only for you, but could also compromise the University and future programs like this. It is up to you to think carefully about appropriate behavior within your new cultural surroundings, and the potential negative implications of questionable behavior. If you have questions, please discuss it with program director(s). Though you will be working and studying in Ethiopia, this program is an official part of the University of Pennsylvania and The U.S. Department of Education and, as such, you are subject to their policies. Please have fun but don't do anything dangerous or unwise.

#### Things to Remember:

1. You represent your school, Penn, U.S. Dept. of Education, and our whole group. Your actions, positive or negative, intentional or unintentional, have implications for the entire program. Behave in a way that would make your students, colleagues, children, parents, and country proud!
2. It should be recognized that American citizens who make public political statements abroad or who engage in political activities abroad may thereby become involved in the domestic political process of the host country.
3. If you travel outside of scheduled activities, it is important to let program directors know.
4. Keep in mind that many individuals have worked hard on your behalf; a lot of work has happened behind the scenes to prepare for your trip.
5. You are the beneficiary of thousands of dollars of U.S. taxpayer funds, so be prudent and gracious spenders of these funds.
6. Full and active participation is expected throughout the entire program.
7. This is a professional program and is not designed to cater to specific interested individuals.
8. Don't let everyday hassles of group travel interfere with excitement and enjoyment.
9. Learn from each other and support one another.

#### PROGRAM OVERVIEW

### Program Objectives

Fourteen K-12 teachers will travel to Ethiopia for five weeks (July 6-Aug 11). Pre-departure workshops in May and June will draw on Penn faculty experts and Philadelphia's large Ethiopian business and cultural community. In-country activities will involve Ethiopian educators who will partner with the U.S. teachers. Participants will engage in trips to historical and cultural sites and to international organizations headquartered in Addis Ababa. A distance learning program will be conducted utilizing videoconferencing through collaboration with Global Education Motivators, a Philadelphia-based NGO in association with the United Nations. An educational video of the group's travels will be produced, edited and distributed for use in classrooms. Post-travel workshops, videoconferences, forums, and web-sites will further serve to disseminate the results of the Seminar to teachers and students throughout the U.S. The program's three overarching themes:

1. **Participants will gain knowledge of the history of the region**, which includes evidence of the oldest traces of humanity in the world. Teachers will learn about the physical and human geography of the region, the origins of humanity, and the ancient civilizations of Ethiopia and its neighbors in the Horn of Africa. They will hear from local anthropologists, view fossil discoveries, and visit an archaeological site.
2. **Participants will learn about past and contemporary religions in the region.** A number of global religions are practiced in Ethiopia today, each with a long history. Participants will take educational tours to sacred and religious sites and learn in depth about these belief systems.
3. **Participants will learn about the larger global issues of migration, displacement, and the Diaspora** by examining the consequences of war and famine in the region, and observing the work of international organizations and relief agencies. Participants will study the causes of human migration and the condition of refugees in the Horn of Africa. They will take educational tours to international organizations. Participants will link this awareness to the African

### Program Requirements

1. Participation in and completion of all project-related activities including pre-departure orientations; an intensive five-week field study-tour and curriculum development in Ethiopia; and a series of follow-up activities in the U.S.
2. Implementation of curricular plans and materials in the classroom, school district, and community.
3. Participation in regional, statewide, and national workshops and professional meetings to discuss experiences in Ethiopia and ways to incorporate this knowledge and understanding into classroom activities.

### Expenses Covered by the Program

The U.S. Department of Education Fulbright-Hays Group Projects Abroad Program grant and University of Pennsylvania funds will cover the following items and services:

- Accommodations and meals.

- Roundtrip airfare to Ethiopia and local transportation.
- Ground transportation between Philadelphia and JFK, New York.
- Admission fees to cultural and historical sites as part of the program's itinerary.
- Instructional materials.
- Instructional costs in Ethiopia and in the United States.
- Administrative costs in Ethiopia and in the United States.

### Costs to Participants

The following expenses are not covered by the U.S Department of Education or University of Pennsylvania and must be borne by the participants:

- Transportation between your home and Philadelphia or JFK.
- \$500.00 participant cost share. The cost share is used for programming support in the U.S. pre and post Ethiopia. It will also off-set the cost of personnel and facility rental in Ethiopia.
- Costs related to obtaining visa and obtaining or renewing passport.
- Costs related to vaccinations/inoculations and medication as well as health and accident insurance plans.
- All purchases of a personal nature.

### US DEPARTMENT OF EDUCATION REGULATION

Under the grant of the Mutual Educational and Cultural Exchange Act of 1961 (also known as the Fulbright Act), each project participant has the following obligations and responsibilities:

- A GPA participant is not by virtue thereof an official or employee of the US Department of Education (USDE) or other agency of the Government of the United States of America, or of an agency of the Government of Ghana.
- GPA project participants are responsible for observing satisfactory academic and professional standards and for maintaining a standard of conduct and integrity which is in keeping with the spirit and intent of the Fulbright Program and which will contribute positively to the promotion of mutual understanding between peoples of the United States and those of Ethiopia.
- GPA project participants are expected to obey the laws of Ethiopia and of the U.S.

### Restriction on Non-Participants

Spouses and/or other family members or friends will not be accepted as participants in the program and they will not be permitted to join or accompany enrolled participants for any part of the program.

### Termination of Project Participants

The sponsors of the GPA program reserve the right to decline, to accept, or to retain any person as a project participant. Should any person's health or physical infirmity and/or general deportment, in the judgment of the project director (in consultation with the *Advisory Committee*), impede the operation of the program or the rights or welfare or enjoyment of other participants; the project director has the right to terminate that person's participation in the program at any time. Other reasons for possible termination may include but are not limited to the following:

- Violation of the laws of the United States or Ethiopia.
- Acts likely to be offensive to Ethiopia and its citizens.
- Failure to observe satisfactory academic or professional standards.
- Failure to devote full time to project activities.
- Physical or mental incapacitation.
- Engaging in unauthorized income producing activities, which are inconsistent with the purpose and best interest of the program.

### Reporting Requirements

All project participants are required to complete and submit "final" brief individual reports using the USDE on-line reporting system called International Resource Information System (IRIS) by the due date set by Anastasia Shown, the Project Director. In addition, Anastasia Shown will make available frequent written and group oral evaluations during the GPA project.

### Contact

1. Anastasia Shown  
African Studies Center UPenn  
255 S. 36<sup>th</sup> St.  
Philadelphia, PA 19104  
Office 215-898-6449  
Cell 260-580-6853  
[shown@sas.upen.edu](mailto:shown@sas.upen.edu)

2. Shimelis Bensa  
Department of History and Heritage Management  
Addis Ababa University  
P. O. Box 1176  
Addis Ababa, Ethiopia  
Office 251-11-1239723  
Cell 251911892809  
[saizana@yahoo.com](mailto:saizana@yahoo.com)  
[ethkis@ucla.edu](mailto:ethkis@ucla.edu)

### 3. AMERICAN EMBASSY ADDIS ABABA, ETHIOPIA

P.O. Box 1014

Addis Ababa

Phone: 517-40-00 (Embassy Switchboard)  
124-24-00 (Embassy After Hours)  
517-40-07 (Public Affairs Section)  
124-24-24 (Consular Services)  
666-95-66 (CDC Switchboard)  
551-00-88 (USAID Switchboard)

Fax: 517-40-01 (Embassy)  
124-24-54 (Public Affairs Section)  
124-24-35 (Consular Section)  
466-95-67 (CDC)  
124-24-45 (DAO)  
551-00-43 (USAID)

(Note: Include the following area codes when calling the above numbers outside Ethiopia. 251 + 11 + telephone/fax number and 251 + 91 + cellular number)

[pasaddis@state.gov](mailto:pasaddis@state.gov)

### 4. International SOS

Call collect: 44-208-762-8008

Member Number for Penn is **11BSGC000012**

### 5. Participants

|                          |  |
|--------------------------|--|
| Amy Conners              | <a href="mailto:aeconners@gmail.com">aeconners@gmail.com</a>                   |
| Danielle Marie Heeney    | <a href="mailto:dmheeney@yahoo.com">dmheeney@yahoo.com</a>                     |
| Nihmet Suheyla Eren      | <a href="mailto:nimet.eren@gmail.com">nimet.eren@gmail.com</a>                 |
| William Fitzhugh         | <a href="mailto:lfitzh3265@aol.com">lfitzh3265@aol.com</a>                     |
| Brooks Teevan            | <a href="mailto:ooh.its.brooks@gmail.com">ooh.its.brooks@gmail.com</a>         |
| Benjamin Hover           | <a href="mailto:iconstructure@hotmail.com">iconstructure@hotmail.com</a>       |
| Latif Ashanti Tarik      | <a href="mailto:latiftarik@aol.com">latiftarik@aol.com</a>                     |
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| Michelle Alcaraz         | <a href="mailto:mrsrogersenglish@gmail.com">mrsrogersenglish@gmail.com</a>     |
| David Boyle              | <a href="mailto:DBOYLE@CRSD.ORG">DBOYLE@CRSD.ORG</a>                           |
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| Bonnie Jean Mac Allister | <a href="mailto:macallister.bonnie@gmail.com">macallister.bonnie@gmail.com</a> |
| Michael Majok Kuch       | <a href="mailto:majokkuch@yahoo.com">majokkuch@yahoo.com</a>                   |

\*\*\*Make 3 copies of your passport- ALL PAGES, flight itinerary, health insurance cards, Program itinerary, etc. Keep one copy with you (carry-on bag), another in your checked bag(s), and the third leave behind with someone in the U.S.

\*\*\*Register your travel online with the Dept of State at:

<https://travelregistration.state.gov/ibrs/ui/index.aspx>

## HEALTH INFORMATION

***\*DISCLAIMER: The health information provided here is in no way intended to replace medical advice of a trained travel medicine practitioner.***

Participants are required to have a health and accident insurance plan. If you take any medication on a regular basis, it would be wise to ask your physician for an adequate supply for the full duration of the program. Health facilities in Addis Ababa are very limited and are generally inadequate outside the capital. Even the best hospitals in Addis Ababa suffer from inadequate facilities, antiquated equipment, and shortages of supplies (particularly medicines). There is a shortage of physicians. Emergency assistance is limited. Psychiatric services and psych meds are practically nonexistent. Serious illnesses and injuries often require travelers to be medically evacuated from Ethiopia to a location where adequate medical attention is available.

The University of Pennsylvania contracts with International SOS to provide 24-hour worldwide assistance and emergency services designed to supplement and integrate with the University of Pennsylvania's services, procedures and policies. While abroad International SOS can assist in emergency situations, including evacuation and repatriation. <http://travel.upenn.edu/travel/international-travel/international-sos/>

Malaria is prevalent in Ethiopia outside of the highland areas. Travelers who become ill with a fever or flu-like illness while traveling in a malaria-risk area and up to one year after returning home should seek prompt medical attention and explain to the health care provider their travel history and which anti-malarials they have been taking. For additional information on malaria, protection from insect bites, and anti-malarial drugs, please visit the CDC Travelers' Health web site at <http://www.cdc.gov/malaria/index.htm>.

Tuberculosis is an increasingly serious health concern in Ethiopia. For further information, please consult the CDC's Travel Notice on TB at <http://www.cdc.gov/travel/yellowBookCh4-TB.aspx>.

A yellow fever vaccination certificate is required from travelers aged over one year travelling from an infected area. Ethiopia is listed in the endemic zone for yellow fever and travelers arriving from non-endemic zones should note that vaccination is strongly recommended for travel outside the urban areas, even if an outbreak of the disease has not been reported and they would normally not require a vaccination certificate to enter the country.

All water should be regarded as being potentially contaminated. Water used for drinking, brushing teeth or making ice should have first been boiled or otherwise sterilized. Do not drink tap water. Bottled water, suitable for drinking, is available almost everywhere in bottles of 1.5, 1.6 or 1.8 liters. Make sure you drink enough water, especially when the weather is hot. Vegetables should be cooked and fruit peeled.

It is not uncommon to suffer from diarrhea when traveling. This can be caused by unfamiliar food as well as by impurities. The following steps will help you to minimize the risks:

- Always wash your hands thoroughly after using the toilet and before eating or cooking food.
- Always drink bottled water and use it for brushing your teeth.
- Wash all fruits and vegetables thoroughly before eating. We recommend peeled fruits and boiled vegetables.
- Give your system time to become accustomed to unfamiliar foods. Eat only a little at first, and build your intake gradually.
- Avoid eating salads, dairy products made with unpasteurized milk, and food cooked at roadside stands.
- Carry medication for relief of cramps and diarrhea and antibiotic for emergency self-treatment of traveler's diarrhea. (Check with your health care professional.)

Ethiopia is a mountainous country and the high altitude may cause health problems, even for healthy travelers. Addis Ababa is located at an altitude of 8,300 feet. Travelers may experience shortness of breath, fatigue, nausea, headaches, and inability to sleep. Individuals with respiratory (including asthma) or heart conditions should consult with a health care professional before traveling to Ethiopia. Travelers to Ethiopia should also avoid swimming in any lakes, rivers, or still bodies of water. Most bodies of water have been found to contain parasites. Travelers should be aware that Ethiopia has a high prevalence of HIV/AIDS. Ethiopia has had outbreaks of acute watery diarrhea, possible cholera, typhoid, or other bacterial diarrhea in the recent past, and the conditions for reoccurrences continue to exist. Further information on prevention and treatment of cholera and other diarrheal diseases can be found at the CDC web site at <http://www.cdc.gov/travel/contentDiseases.aspx>.

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

### BEFORE YOU GO

#### Weather

Ethiopia has a tropical climate, cooler than normal because of the altitude, with a distinct rainy season from April to September. Annual rainfall averages more than 1,000 mm/40 inches. The average maximum temperature in Addis Ababa is 68 to 80 Fahrenheit. Semi desert in the north east and south east lowlands where the rainfall is less than 20 inches a year. The country has a history of severe droughts.

#### Money

The U.S. dollar is the best thing to bring with you. You can exchange it at banks and foreign exchange bureaus. You can bring straight cash and traveler's cheques. Any commercial bank in Ethiopia can change cash and travellers cheques. The rates are the same everywhere. Major credit cards will be less useful and can only really be used in Addis Ababa and they only take VISA DEBIT CARDS. Dashen Bank has 19 ATM locations in Addis Ababa. Most reliable ones are located at Sheraton Hotel and Dembel Shopping Center. There is also ATM at the Hilton Addis Ababa, as well as at

the DH Geda building on Bole Rd. You will use the Ethiopian currency, Birr. Birr is divided into 100 cents. There are 1, 5, 10, 50 and 100 Birr notes. The Birr is a stable currency. Current exchange rate: 8.6326 Birr for one USD. Currency transactions with private citizens are illegal.

### Luggage

You are permitted to bring two checked bags and one carry-on. If you bring two checked bags, one must be full of donations/gifts only. That bag must be able to fit inside your other bag. At the end of the trip, this second bag can be used for carrying items that you may purchase in Ethiopia. Your carry-on bag should be light weight and yet big enough for use on short trips instead of using your larger one(s).

### Clothing

While clothing will depend on the time of the year, it is the best to remember that Ethiopians are fairly conservative in their dress, suits and ties being standard in offices. We recommend that participants distinguish themselves from the stereotypical tourists by following the local dress code. In the highlands light or medium weight clothing is appropriate. A light rain coat and umbrella are essential. A sweater/long sleeve shirts are best for chilly evenings. The sun can be very strong in high altitudes, so a strong sunscreen is important. A T-shirt, long pants, and sandals will be sufficient during the day, but for early morning and evening you may need a sweater, sweatshirt, and/or a light jacket. Bring sneakers or walking shoes and a pair of dress shoes. Have one outfit for more formal occasions, such as restaurant dining or as a house guest. Women will need skirts or dresses- knee length or longer for occasions when pants cannot be worn, and should avoid bare midriff tops and micro-mini skirts and shorts. Women should also bring a scarf or shawl. Participants should note that the program activities include taking hikes and walks, which require wearing sneakers and long pants. There might be an occasion for swim wear. Bring outfits that are normal for the teaching profession.

### Cosmetics and Toiletries

Most cosmetics and toiletries will be available in Addis Ababa, but bring all your regular items with you to avoid having to use up your spending money. We recommend the following:

- Razor and razor blades.
- Soap, shampoo/conditioner.
- Needle, thread and safety pins.
- Small packs of pocket-sized tissues.
- Wind-up flashlight.
- Pre-moistened towelettes.
- Band-aids.
- Cotton swabs.
- Tweezers and nail clippers.
- First aid cream.
- Pain killers- Tylenol, aspirin, ibuprofen.

- Kaopectate, or something similar, for diarrhea. Consult with your doctor.
- Antacid.
- Decongestant and/or antihistamine.
- Insect repellent.
- Sufficient prescription medication.
- A travel alarm clock.
- Sunscreen

### Cameras and Appliances

We recommend that you bring as few appliances as possible in order to simplify travel, and reduce the likelihood of theft. While you will likely bring a camera to photograph friends, and cultural and historical sites, we recommend that you ask permission whenever you take a picture of people. A fee may be charged for videotaping/picture taking at some cultural and historical sites. Taking pictures near sensitive installations, including military sites, airports, and government buildings, is prohibited.

### Electrical Appliances

Ethiopia uses 220 volts and 50 cycles AC. Plugs are three-pin, or two pin. This means you will need a transformer for any non-convertible appliances brought from the U.S.

### Gifts

We strongly recommend that you bring some items appropriate as gifts for Ethiopian friends, schools, and mentors. This may include sports or university items with logos, pens and pencils, solar and battery calculators, candy, etc.

*“In Africa it is the custom to bestow small gifts as a token of thanks, or just out of respect, to people who perform favors or generous services. Sometimes, especially when you are traveling in rural areas, you may want to give something to someone who befriends you, even in some small way. Also, you will need to bring gifts for the schools you will visit. You might consider baseball caps with logos, an assortment of sizes of colorful T-shirts with logos, cheap wrist watches, solar or battery powered calculators, powders and body lotions etc. for ladies, hard candies, small flashlights (squeeze lights), sunglasses, colorful BandAids, tylenol (the rule in dispensing any over-the-counter medicine is always that the person receiving it must be able to read and fully understand the instructions). You will need to bring a variety of pencils, pens, colored marking pens, pads of paper, and hard candies for the schools. Pens and candies are also great small gifts for your time on the road. Ghanaians are enormously generous people and will often share with you everything they have. You will want to come prepared to do the same.” -by Lyn Brignoli, GPA 2000, Ghana*

## WELCOME TO ETHIOPIA



### About

Ethiopia has long been an intersection between the civilizations of North Africa, the Middle East and Sub-Saharan Africa. Unique among African countries, Ethiopia was never colonized, maintaining its independence throughout the Scramble for Africa onward, except for a five-year period (1936-41) when it was under Italian occupation. There was no Italian colonization of Ethiopia

during this period, however, as the Italians occupied only a few key cities and major routes. The Italian period is thus considered an "occupation" and not colonial rule. Ethiopia has long been a member of international organizations: it became a member of the League of Nations, signed the Declaration by United Nations in 1942, founded the UN headquarters in Africa, was one of the 51 original members of the United Nations, and is the headquarters for and one of the founding members of the former OAU and current AU.

Ethiopia was also historically called Abyssinia, derived from the Arabic form of the Ethiosemitic name "ḤBŠT," modern Habesha. In some countries, Ethiopia is still called by names cognate with "Abyssinia," e.g. Turkish Habesistan, meaning land of the Habesha people. The English name "Ethiopia" is thought to be derived from the Greek word Αἰθιοπία Aithiopia, from Αἰθίοψ Aithiops 'an Ethiopian', derived from Greek terms meaning "of burnt (αἰθ-) visage (ὄψ)". However, this etymology is disputed, since the Book of Aksum, a Ge'ez chronicle first composed in the 15th century, states that the name is derived from "'Ityopp'is", a son (unmentioned in the Bible) of Cush, son of Ham who according to legend founded the city of Axum.

Ethiopia uses the Ethiopian calendar, which dates back to the Coptic calendar 25 BC and never adopted the Julian or Gregorian reforms. One Ethiopian year consists of twelve months, each lasting thirty days, plus a thirteenth month of five or six days (hence the "Thirteen Months of Sunshine" tourism slogan). The Ethiopian new year begins on September 10 or 11 (in the Gregorian calendar), and has accumulated 7-8 years lag behind the Gregorian calendar: thus, for the first nine months of 2007, the year will be 1999 according to the Ethiopian calendar. On September 11, 2007, Ethiopia celebrated New Year's Day (*Enkutatash*) for 2000. In Ethiopia, the 12-hour clock cycles do not begin at midnight and noon, but instead are offset six hours. Thus, Ethiopians refer to midnight (or noon) as 6 o'clock.

Amharic is the official language of Ethiopia. The language is a Semitic language related to Hebrew and Arabic, and if you know either one you'll recognize

some cognates. In all parts of the country everyone speaks Amharic to some extent, no matter what their first language may be. The language is written in the Ge'ez script. In big cities, most people under 40 speak some English. English is a primary foreign language taught in schools. Ethiopians have a distinct way of speaking English. Because it is heavily accented, it might be a bit difficult to understand it at the beginning. However, when you get used to the way they pronounce some English words, it will become fairly understandable. Up north in Tigray, Tigrinya is the primary language, and it's also written in Ge'ez. However, Amharic is widely understood. In the middle regions, Oromo is widely spoken. Oromo language uses a Latin alphabet.

Ethiopians are very proud of their culture, identity, and country. Avoid criticizing their cultural lifestyle, especially their brand of Christianity. Avoid all contentious religious discussion, or you may risk all good will and hospitality you could have been afforded. It is best to ask friends to explain their customs, festivals and beliefs and to listen with respect. Because they have no history of colonization (except the brief Italian wartime occupation of 1936-1941), the Ethiopians' relationship with the westerners is free of racial animosity or old grudges. However, there is considerable suspicion and even xenophobia toward foreigners in the country side. Ethiopians can be short-fused if they feel they are not treated as equals. If a woman is with a man, ask the man's permission to talk to her beforehand. For a man to avoid eye contact with a woman is considered a sign of respect. If you're a foreign woman and are in public with a man, don't be upset if Ethiopian men address all questions to him. They will do this not to slight you but to show respect. This will be the case on public transport, in restaurants, etc. Likewise, if you are a foreign man, maintaining a formal distance from women will be seen as good manners.



### Food and Drink

You will be given a stipend prior to the trip for the meals you have on your own. The program will provide many of the meals for the group.

*Injera* is Ethiopia's national dish. Injera is a spongy, tangy tasting bread made from the grain teff, which grows in the highlands of Ethiopia. It is eaten with *wot* (or *wat*), the traditional stews made with spices and meat or legumes.

Some popular wats: *Doro* (chicken)

*wat*, *Key* (lamb) *wat* and *Asa* (fish) *wat*. Another popular dish is *Tibbs*, spicy beef fried in butter. The injera sits directly on a large round plate or tray and is covered with *wat* placed symmetrically around a central item. The various wats are eaten with other pieces of injera, which are served on a side plate. Injera is eaten with the right hand - rip a large piece of injera from the side plate and use it to pick up one of the various flavors of *wat* on the main platter. Do not eat with your left hand! In

Ethiopia food is a respected gift from God and eating with your left hand is a sign of disrespect. Another popular injera dish is *firfir*: fried, shredded injera. It can be served with or without meat or with all sorts of veggies. If you prefer vegetarian foods, try the 'shiro wat' which is a vegetable stew served with injera, most of the times you have to specifically ask for it as it doesn't come with most of the combinations as Ethiopians prefer meat. *Kitfo* is minced meat, spiced with chili. You can have it raw (the locally preferred way, but there's a risk of getting the tape worm), 'leb-leb' (lightly cooked) or fully cooked. It comes with a local cheese 'ayeb' and spinach. For the pickier traveler, almost every place in Ethiopia also serves spaghetti (thanks to the short lived and unsuccessful Italian occupation.)

The coffee ceremony involves drinking a minimum of three cups of coffee and eating popcorn. It is a special honor, or mark of respect to be invited into somebody's home for the coffee ceremony. In preparation for the ceremony the coffee beans are roasted in a flat pan over charcoal. The beans are then ground using pestle and mortar. The coffee is brewed with water in a clay coffee pot and is considered ready when it starts to boil. Coffee in Ethiopia is served black with sugar. *Tej* is a honey wine, similar to mead, that is frequently drunk in bars (in particular, in a *tejbeit*) A variety of Ethiopian beers are available, all of which are quite drinkable, also Ethiopian wine - both red and white - which would not win any prizes but are drinkable.

### Housing

There is a wide range of accommodation in Ethiopia. We will be staying at moderate guest houses and hotels. Bed linens will be provided. In most cases towels will be supplied. We recommend that you bring an extra towel and a washcloth. Be prepared for inconveniences, such as occasional cold showers, water shortages, and unreliable power supplies.

### Laundry

Bed linens and towels provided will be laundered. Participants will be responsible for their own laundry. Laundry services will available at hotel for a small fee.

### Bathrooms

Most of the time, you will be staying in facilities with U.S. style toilets. In some cases toilets and washing facilities will be in separate rooms. Toilet paper will be provided. However such facilities may not be available in some restaurants, some private homes, and some of the field trip destinations. For this reason you are advised to bring small tissue paper packets and hand sanitizer and keep these with you at all times.

### Communication

Your program directors will have cell phones during the entire program. You will be able to use these phones occasionally if you buy minutes. Once we have the number you can give it to your emergency contacts in the U.S. The country code for calling Ethiopia is **251**. The city code for Addis Ababa is **011** (or **11** from outside Ethiopia).

Ethiopia uses the GSM network. You can buy or rent a cell phone in Ethiopia or bring your own unlocked phone from the U.S. and rent a SIM card from a local store.

There are numerous internet cafes in Addis Ababa and other cities. Usually, within Addis Ababa, connection speeds are most of the time more than adequate for performing tasks such as checking one's e-mail. A typical internet cafe will have a dozen computers using one broadband (usually starts from 128kbps) connection. Ethiopia's international connection is unstable: On bad days, even a broadband connection will only deliver dial-up speed, because the whole country's traffic is running via an undersized backup satellite connection. Most computers or flash disks in use are infected with viruses. Outside of bigger towns, it is harder to find a working Internet connection and the charge per minute is often much higher than in bigger towns.

Ethiopia has one of the most efficient postal services in Africa. Many attribute this success to the extensive network of Ethiopian Airlines. However, mail does not get delivered to your address. You are required to buy a post office box. We will give you a postal address that you can receive mail at.

### Safety

Crime is a significant problem in every society. However this does not mean that you should feel nervous, or that you should be suspicious of everyone you meet. You should take reasonable precautions and follow the advice of the Program Directors. Pick-pocketing, purse snatching, and various types of scams are the most common forms of crime confronting visitors. Those who limit their display of jewelry and handle their cash discreetly reduce their vulnerability to crime.

For the most part traveling in Ethiopia is safe, but it is always good to err on the side of caution when you are in an unfamiliar place. It is wise to avoid areas with political unrest, since kidnapping of tourists has occurred in the past. Though Ethiopia has a secular government, the Ethiopian people are very religious. The two dominant religions (the Ethiopian Orthodox Church and Islam) strongly influence people's day-to-day life. Therefore, according to their influence the government implements certain rules and laws that could appear unsettling to westerners. In particular, homosexuality is illegal, and not tolerated. Penalties for possession, use or trafficking in illegal drugs in Ethiopia are strict and convicted offenders can expect jail sentences and heavy fines. The use of the mild stimulant "khat" is legal in Ethiopia, but it is considered an illegal substance in many other countries, including the United States. Travelers should be cautious at all times when traveling on roads in Ethiopia. There have been reports of highway robbery, including carjacking, by armed bandits outside urban areas. Some incidents have been accompanied by violence. Travelers are cautioned to limit road travel outside major towns or cities to daylight hours and travel in convoys, if possible. Travelers with vehicles may often be the target of stoning by local youths when driving in rural areas. Safety Tips:

- Don't walk alone at night in Addis Ababa and other major tourist towns.
- Be alert for pick pocketing in Mercato (market in Addis).
- Don't wear too fancy jewelry.

- Don't carry too much cash on you. Keep cash in separate places.
- Carry minimal camera/tech equipment.
- Avoid travel at night because roads can be filled with potholes, livestock, and big puddles.
- Take the minimum of expensive technology with you. This is an ideal time to reduce your dependence on gadgets.
- Learn your bearings as soon as you are settled in a place.
- Always lock your room at night and when you go out.
- Do not display your wallet, your passport, or a wad of money in any public place.
- Be careful in your dealings with strangers who are interested in 'being your friend' and ask for financial assistance or offer to provide you with unnecessary assistance. In such cases be firm and remove yourself from the situation quickly.

### GROUP LIVING



Participants are going to be seeing a great deal of one another during the course of the program, and it is very important for the whole Project that we develop a workable dynamic. A good group dynamic is based on cooperation while showing respect for each individual's need for privacy; a group functions best when everyone is willing to show flexibility and retain a sense of humor.

### Culture Shock

Most of you have traveled to unfamiliar places and environs before and some have traveled abroad as well. Any conflict between your expectations and reality may cause anxiety, sadness, stress, fear, or anger. This is quite normal, and everyone will experience this to some extent. Other symptoms of culture shock may include:

- A feeling of uneasiness with strangers.
- Fear of dirt, insects, and disease.
- Unwillingness to learn or abide by local customs.
- Over-reaction to delays and minor mishaps.
- Withdrawal and negativism.
- Excessive drinking or eating or loss of appetite.
- Unusual fatigue.

Learning about Ethiopia and the program can minimize culture shock. You should also lower your expectations of written, and especially telephone contact with loved ones back home. Once in the program, follow the suggestions below:

- Make sure you eat a balanced diet, get regular exercise and enough sleep.
- Avoid excessive alcohol intake.
- If you are suffering from culture shock, or if you believe another participant might be, please tell the project director right away.

### Readings

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