Childhood, Health and Society in Uganda

Urban and Rural Strengths and Challenges

Explore the social, cultural, and political context of childhood in Uganda. JHU students will be teamed with students from Uganda’s Makerere University for a unique peer-to-peer learning experience. Students will learn about the strengths and challenges faced by urban and rural child health and education initiatives in Uganda. Students will first travel to the Rakai District of Uganda to examine health and education issues in a rural setting; then spend time in an urban setting in Kampala, the country’s capital, for hospital and school tours, guest lectures, student-driven site visits and volunteer opportunities. The rural component incorporates a 5-night homestay, a community-driven service-learning project, and a visit to The Rakai Health Sciences Program—a world-class public health research facility. Students will also experience an adventure-filled safari in one of Uganda’s renowned National Parks.

Course Overview

The Johns Hopkins (JHU) Krieger School of Arts and Sciences Public Health Studies Program (KSAS PHS) offers a study abroad program in Uganda focused on child development in the Ugandan context. Participants will engage with local researchers, practitioners, community members, and peers at Makerere University to critically examine initiatives serving children from the time period spanning in-utero through adolescence. Through site visits, lectures, service-learning projects, participatory engagement, peer-to-peer dialog, reflection sessions, and a final presentation, students will learn about the strengths and challenges of urban and rural child health and education initiatives.

Employing experiential education methodologies, students will explore the implementation and outcomes of maternal health programs, healthy newborn initiatives, health campaigns, education options, orphanages and remand homes. Students from KSAS and Makerere University will explore collaborative strategies and develop a deeper understanding of the challenges and opportunities facing public health and education institutions serving youth.

The JHU/Makerere intersession will be a mutually beneficial program that brings together two different, but complimentary, peer student groups: 1) undergraduates in JHU public health, and 2) undergraduate public health students from Makerere University. All students will receive 3 credits for participation in orientation activities and the 3.5-week study abroad program.

Course Objectives

- Describe strengths and weaknesses of child development initiatives in Uganda
- Compare differences in urban and rural child health and education issues
- Describe the challenges faced by urban and rural children in Uganda as they progress from birth to adolescence
- Learn about international public health, education and child development from a Ugandan perspective
- Explore perspectives across disciplines, cultures and geographical boundaries

Program Objectives

- Encourage collaborative problem-solving through hands-on service-learning experiences and dialogue
- Encourage interdisciplinary approaches to health and education challenges locally and abroad
- Facilitate students’ global citizenship through meaningful cross-cultural interactions
- Foster the institutional relationship between JHU and Makerere

Academics

June 19, 2014
Assessment based on participation (30%), readings (10%), thematic project & presentation (30%), reflections & blogs (30%)

Participation
Students are expected to participate in all aspects of the program, including pre-orientation and orientation activities. For JHU students, orientation will include a two-day pre-intersessions seminar, including:
- Orientation: discussions and enjoyable activities on topics of students’ expectations, Ugandan culture, safety, personal objectives and responsible engagement with vulnerable populations.
- Online exchange with Ugandan partners: students will Skype with their Ugandan partners prior to departure.
- Reflection: students will write a one-page reflection on their goals for the intersession.

Readings
Readings will be provided to give empirical evidence, theoretical underpinnings and geographical context to the sessions. Some readings will be posted online prior to the course start date; others will be assigned/distributed in Uganda. Students are expected to complete a set of general readings in order to facilitate their understanding of Ugandan culture and society and the situation of youth there, and to use specific thematic readings in the preparation of their thematic project. See below for a list of all readings organized by theme.

On Site in Uganda
- Participation: Teambuilding and cultural sensitivity activities will be integrated throughout the intersession.
- Thematic Project and Final Presentation: Students will be organized in study teams consisting of two JHU students and one Makerere student. Each team will focus on one topic of interest, and, through readings, participatory engagement and experiential methodologies, gather information for a final presentation to Makerere University faculty at the end of the intersession. The presentation can include theoretical and empirical data from readings to support the perspectives that students form from their experiential explorations during the intersession. Presentations should also include reflections on the peer-to-peer learning and cross-disciplinary emphasis of this program. Throughout the intersession, students are required to keep a journal that documents the sites visited, individuals spoken with, questions asked, and observations made.

Themes include:

1. Maternal Health /Prenatal Care
2. Malaria and other Childhood Illnesses
3. Alcohol, Tobacco and Other Drugs
4. Nutrition
5. HIV
6. Water and sanitation
7. Orphans and Vulnerable Children
- Group reflections and blogs: each Ugandan/American student team will be required to facilitate one group reflection session during the course of the intersession. Topics will be determined in collaboration with faculty advisors. Reflection sessions will occur daily, with the length depending on the activity to be debriefed. This student pair is then required to blog about the subject of their reflection session on the provided computer with internet access. All blogs will be posted to the JHU website and may be submitted to local newspapers in Kampala.

Travel Itinerary and Academic Themes & Activities

<table>
<thead>
<tr>
<th>Date</th>
<th>Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Thursday 2-Jan</td>
<td>Students arrive before 12pm prepared to spend 1 night at Baltimore International Hostel  Pre-intersession seminar noon-5pm at Baltimore International Hostel</td>
</tr>
<tr>
<td>Friday 3-Jan</td>
<td>Breakfast at BIH  Pre-intersession seminar 9am-12pm  Lunch  Depart Baltimore International Hostel in the afternoon for flight in evening from IAD to EBB</td>
</tr>
</tbody>
</table>

June 19, 2014
<table>
<thead>
<tr>
<th>Date</th>
<th>Day</th>
<th>Activities</th>
</tr>
</thead>
<tbody>
<tr>
<td>4-Jan</td>
<td>Saturday</td>
<td>Arrive in Kampala at night; head to Ndere Centre: Home of Cultures, where we will be staying</td>
</tr>
</tbody>
</table>
| 5-Jan  | Sunday    | Breakfast at Ndere
Munyonyo Day Trip
Speaker session with Honorable Karuhanga
Dinner with Ndere Troup Performance
Sleep in Kampala |
| 6-Jan  | Monday    | Breakfast at Ndere
Career panel with American expatriates and Ugandans
Lunch at Ndere
½ Day in Mugongo with TUBA organization "East African Brass"
**REFLECTION SESSION 1: Mieka, Anna, and Aloysius**
Sleep at Ndere |
| 7-Jan  | Tuesday   | ½ day fishing village
½ day in Kikajo village with youth and women from Training Of Rural Women in Uganda (TORU WU)
**REFLECTION SESSION 2: Mieka, Anna, and Aloysius** |
| 8-Jan  | Wednesday | Breakfast with Ugandan students @ Ndere
Welcome remarks from Dr. Serwadda at 10am
Orientation/teambuilding with Makerere students in Kampala
Owino Market scavenger hunt
Orientation to independent study topics—form your hypotheses now. Think about the things you want to see now.
**REFLECTION SESSION 3: Alcohol, Tobacco and Other Drugs Group** |
| 9-Jan  | Thursday  | Travel to Rakai village
Homestay welcome luncheon
First evening with homestay family
Dinner with family
Sleep in homestay |
| 10-Jan | Friday    | Lecture of the history of RHSP by Director Dr. Fred or Dr. Gertrude on rural health issues
Presentations from various Rakai projects: Circumcision, Counseling, Field Communication
Tour of Rakai Health Sciences Program – 25+ years of Clinical Practice and Research
**REFLECTION SESSION 4: Mieka, Anna and Aloysius**
Evening with homestay family |
| 11-Jan | Saturday  | Small teams explore independent study topic with local experts/guides
Evening with homestay family |
| 12-Jan | Sunday    | Church with homestay family
Shadow homestay family all day
**REFLECTION SESSION 5: Malaria and Other Childhood Illnesses Group**
Evening with homestay family |
| 13-Jan | Monday    | Breakfast with homestay family
Goodbye party
Afternoon departure
Dinner and Sleep at Lake Mburu National Park |
| 14-Jan | Tuesday   | Walking safari and water safari at Lake Mburu National Park
Sleep at Lake Mburu National Park |
| 15-Jan | Wednesday | Drive to Kampala
Lecture at Ndere from MakSPH faculty
Sleep in Kampala |
| 16-Jan | Thursday  | Breakfast at Ndere Center
Service at Sanyu Babies Home in AM
Lunch at local eatery
Visit to a Remand Home (Juvenile Detention Center)
**REFLECTION SESSION 6: Nutrition Group**
Sleep in Kampala |
| 17-Jan | Friday    | Breakfast at Ndere Center
Explore Independent Study topics thorough tours at MU-JHU Research and Mulago Hospital
Lunch in Seminar Room at MakSPH
Computer lab time for presentation prep and making plans for independent study on Monday
Theme group meeting to discuss and reflect on studies and experiences
**REFLECTION SESSION 7: Maternal Health Group** |
<table>
<thead>
<tr>
<th>Day</th>
<th>Date</th>
<th>Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Saturday</td>
<td>18-Jan</td>
<td>Breakfast at Ndere&lt;br&gt;Visit water and sanitation field sites&lt;br&gt;Finish any outstanding theme group meetings and make plans for independent day on Monday&lt;br&gt;&lt;em&gt;REFLECTION SESSION 8: Orphans and Vulnerable Children Group&lt;/em&gt;</td>
</tr>
<tr>
<td>Sunday</td>
<td>19-Jan</td>
<td>Breakfast at Ndere&lt;br&gt;Church/lunch with Ugandan partners at friend/family home in Kampala&lt;br&gt;Free day to relax, shop, explore with Ugandan friends&lt;br&gt;Lunch and dinner out with friends&lt;br&gt;Sleep in Kampala</td>
</tr>
<tr>
<td>Monday</td>
<td>20-Jan</td>
<td>Breakfast at Ndere&lt;br&gt;Explore independent study topics with small teams in and around Kampala&lt;br&gt;Lunch at local eateries&lt;br&gt;Dinner at Ndere&lt;br&gt;&lt;em&gt;REFLECTION SESSION 9: Water and Sanitation Group&lt;/em&gt;&lt;br&gt;Sleep in Kampala</td>
</tr>
<tr>
<td>Tuesday</td>
<td>21-Jan</td>
<td>Work on presentations&lt;br&gt;&lt;em&gt;REFLECTION SESSION 10: HIV Group&lt;/em&gt;&lt;br&gt;Sleep at Ndere</td>
</tr>
<tr>
<td>Wednesday</td>
<td>22-Jan</td>
<td>Breakfast at Ndere&lt;br&gt;Lunch at Makere&lt;br&gt;Presentation to Makerere faculty&lt;br&gt;Final goodbye dinner sponsored by the Dean of Makerere School of Public Health&lt;br&gt;Sleep at Ndere</td>
</tr>
<tr>
<td>Thursday</td>
<td>23-Jan</td>
<td>Breakfast at Ndere&lt;br&gt;Depart early for resort stay in Jinja.&lt;br&gt;Lunch at resort or local eatery&lt;br&gt;Dinner at resort&lt;br&gt;Bead ceremony&lt;br&gt;Sleep at resort</td>
</tr>
<tr>
<td>Friday</td>
<td>24-Jan</td>
<td>Breakfast at resort&lt;br&gt;Go to Ndere, pick up luggage&lt;br&gt;Lunch and showers at Ndere&lt;br&gt;Depart in evening from EBB</td>
</tr>
</tbody>
</table>

**Course Instructors**

Mieka Smart, MHS  
Academic Advisor & Lecturer  
Johns Hopkins University  
Public Health Studies Program  
<msmart@jhu.edu>  
775 099 349  

Aloysius Mutebi, MPH  
Lecturer  
Makerere University  
School of Public Health  
amutebi@musph.ac.ug  
703 579 072  

Anna Kalbarczyk, MPH  
Program Associate  
Johns Hopkins University  
Center for Global Health  
akalbarc@jhsph.edu  
410-502-9873  

**Readings**

Please note that some readings appear under more than one category.

**General:**


Alcohol and Other Drugs:


Tumwesigye, NM, and Rogers, K. "Gender and the major consequences of alcohol consumption in Uganda." Alcohol, gender and drinking problems (2005): 189.


Maternal Health:


**Nutrition:**

The Uganda Food and Nutrition Policy, 2003. Available at: [https://extranet.who.int/nutrition/gina/en/node/8236](https://extranet.who.int/nutrition/gina/en/node/8236)


**Vulnerable Children:**


June 19, 2014
Children and HIV:


Water and Sanitation:


Malaria and Other Childhood illnesses:


http://www.malariaconsortium.org/pages/learning-papers.htm
http://www.malariaconsortium.org/where-we-work/uganda-mainpage.htm

**Useful Websites**

http://www.avert.org/aids-uganda.htm
http://www.savethechildren.org
http://www.usaid.gov/our_work/global_health/
http://www.avert.org/motherchild.htm
http://www.pepfar.org
http://www.avert.org/pmtct-hiv.htm
http://www.tasouganda.org
http://www.unicef.org/infobycountry/uganda_statistics.html