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 6-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-week study abroad program.

Course Objectives

- Describe the challenges faced by urban and rural children in Uganda as they progress from birth to adolescence
- Compare urban and rural child health and education issues
- Describe strengths and weaknesses of child development initiatives in Uganda
- 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

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

Participation

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Students are expected to participate in all aspects of the program, including pre-orientation and orientation activities. For JHU students, orientation will include a 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 may 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 may include:
1. Malaria /Childhood Illnesses
2. Nutrition
3. HIV/AIDS
4. Orphans and Vulnerable Children
5. Maternal Health
6. Water and Sanitation
7. Alcohol and other drugs

- **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>
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<tbody>
<tr>
<td>Friday</td>
<td>Students arrive before 4 pm prepared to spend 1 night at Baltimore International Hostel Dinner as a group at a nearby eatery.</td>
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<tr>
<td>Saturday</td>
<td>Breakfast at BIH or airport Very early morning departure from Baltimore International Hostel for 10:25AM flight from IAD to EBB</td>
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<tr>
<td>Sunday</td>
<td>Arrive in Kampala at 1:50PM; head to Ndere Centre: Home of Cultures, where we will be staying. Rest/shower Welcome Dinner at the Ndere show at 6PM</td>
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<tr>
<td>Monday</td>
<td>Welcome Breakfast at Ndere with Ugandan students Welcome remarks from Dr. Serwadda at 10am Orientation--teambuilding with Makerere students in Kampala</td>
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<tr>
<td>3-Jan</td>
<td>Lunch at Ndere. Owino Market scavenger hunt Dinner with TUBA and other NGO workers Sleep in Kampala</td>
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<tr>
<td>3-Jan</td>
<td>Breakfast at Ndere Orientation—Culture Shock, Cultural Exchange, Responsible Tourism, Group Dynamics Planning independent study groups (Form your hypotheses now. Think about the things you want to see/ask.) Lunch at Toruwu ½ day at Toru-wu. Dinner at Ndere REFLECTION SESSION #1: Eric, Mieka, and Aloysius Sleep at Ndere</td>
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<tr>
<td>4-Jan</td>
<td>Breakfast at Ndere Travel to Kalsizo, Rakai District Homestay welcome luncheon First evening with homestay family Dinner with family Sleep in homestay</td>
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<td>5-Jan</td>
<td>Breakfast with homestay family Gather for check-in reflection session at RHSP Lecture of the history of RHSP Tour of Rakai Health Sciences Program – 25+ years of Clinical Practice and Research Lunch at RHSP Visit to nearby village (eg. fishing village, active rural research site) Dinner/Evening with homestay family</td>
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<td>6-Jan</td>
<td>Breakfast with homestay family Small teams explore independent study topic with local experts/guides REFLECTION SESSION #2: Eric, Mieka, and Aloysius Lunch at RHSP Afternoons on independent study topics Dinner/Evening with homestay family</td>
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<tr>
<td>7-Jan</td>
<td>Breakfast with homestay family Service project Lunch on site at service project Dinner/Evening with homestay family</td>
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<td>8-Jan</td>
<td>Breakfast &amp; lunch with homestay family Shadow homestay family (attending church or other family activities) REFLECTION SESSION #3: Group 1 Dinner with homestay families</td>
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<tr>
<td>9-Jan</td>
<td>Breakfast and lunch with families Shadow homestay family all day to explore facets of independent topic through participant observation. (farming, cooking, shopping etc.) Farewell party/dinner</td>
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<td>10-Jan</td>
<td>Breakfast and goodbyes with family Lunch/ quick stop in Masaka Drive to Lake Mburo National Park Dinner at Lake Mburo REFLECTION SESSION #4: Group 2</td>
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<tr>
<td>11-Jan</td>
<td>All meals at Lake Mburo Walking safari and water safari at Lake Mburo National Park REFLECTION SESSION #5: Eric, Mieka, and Aloysius Sleep at Lake Mburo National Park</td>
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<td>12-Jan</td>
<td>Very early breakfast at Lake Mburo Drive to Kampala Lunch at Ndere Ugandan Health System Lecture at Ndere Dinner at Ndere REFLECTION SESSION #6: Group 3 Sleep in Kampala</td>
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| Friday  | 13-Jan     | Breakfast at Ndere Center  
Tours and informational interviews at MU-JHU Research and Mulago Hospital  
Lunch in Makerere School of Public Health Seminar Room  
REFLECTION SESSION #7: Group 4  
Computer Lab time for presentation prep and making plans for independent day on Monday  
Dinner at Haandi or a local eatery |
| Saturday| 14-Jan     | Breakfast at Ndere  
Service at Sanyu Babies Home in AM  
Boxed lunches and souvenirs at Sanyu  
Service at Love to Love in PM  
REFLECTION SESSION #8: Group 4  
Dinner at Ndere  
Sleep in Kampala |
| Sunday  | 15-Jan     | Breakfast at Ndere  
Free day to relax, shop, explore guided by student-peers in Kampala  
Lunch/Dinner at local eateries  
Sleep in Kampala |
| Monday  | 16-Jan     | Breakfast at Ndere  
Exploring independent study topics with small teams in and around Kampala  
Lunch at local eateries  
REFLECTION SESSION #9: Group 5  
Dinner at Ndere  
Sleep at Ndere |
| Tuesday | 17-Jan     | Breakfast at Ndere  
Visit to St. Sylvia’s School in Kampala  
Lunch at Ndere  
Time to finalize presentations  
Presentation rehearsals with Eric and Aloysius  
Dinner at Ndere |
| Wednesday| 18-Jan    | Breakfast at Ndere  
Follow up with connections made here or visit National Theatre Craft Market  
Lunch at Ndere or at a local eatery near Mulago  
Afternoon presentations to Makerere faculty  
Final goodbye dinner at Piato sponsored by the Dean of Makerere School of Public Health  
Sleep at Ndere |
| Thursday| Jan-19     | Breakfast at Ndere  
Optional ziplining with lunch there  
Dinner at Ndere  
Sleep at Ndere |
| Friday  | Jan-20     | Breakfast at Ndere  
Lunch in Entebbe or airport  
Depart 6:45 pm from Entebbe airport |

**Course Instructors**

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**Literature/Resources**

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

**General Readings:**


**Maternal Health:**


[http://jtt.sagepub.com/content/21/1/14](http://jtt.sagepub.com/content/21/1/14)

[http://journals.cambridge.org/action/displayAbstract?fromPage=online&aid=8251389&field=S0266462311000055](http://journals.cambridge.org/action/displayAbstract?fromPage=online&aid=8251389&field=S0266462311000055)

[http://www.biomedcentral.com/1472-698X/11/S1/S10](http://www.biomedcentral.com/1472-698X/11/S1/S10)

[http://www.biomedcentral.com/1471-2458/13/816](http://www.biomedcentral.com/1471-2458/13/816)


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Vulnerable Children:


http://www.biomedcentral.com/content/pdf/1753-2000-4-6.pdf


http://bjsw.oxfordjournals.org/content/early/2012/08/15/bjsw.bcs126.abstract

http://isw.sagepub.com/content/56/1/67.short

http://dspace3.mak.ac.ug/handle/10570/3549

http://www.popline.org/node/195615


http://www.sciencedirect.com/science/article/pii/S1054139X11002837

Children and HIV:


*Childhood illnesses:*


http://journals.plos.org/plosone/article?id=10.1371/journal.pone.0027997


Nutrition:


Water and Sanitation:

http://www.iwaponline.com/jwh/008/jwh0080550.htm


http://www.tandfonline.com/doi/abs/10.1080/13549830903406032

http://www.tandfonline.com/doi/abs/10.1080/13549830903406032

http://www.biomedcentral.com/content/pdf/1476-069X-10-38.pdf

Alcohol and Other Drugs:
http://link.springer.com/article/10.1007/s10461-007-9333-5/#page-1

http://link.springer.com/article/10.1007/s00038-009-0095-x/#page-1


http://www.tandfonline.com/doi/abs/10.3109/10826081003793920


http://www.monitor.co.ug/SpecialReports/How-much-alcohol-are-we-taking/-/688342/2935878/-/10nr4nxz/-/index.html
Other 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