COMMUNITY INFORMATICS IN AFRICA

BACKGROUND
Over the course of the past few years a partnership has been formed between the West African nation Sao Tome & Principe and students and faculty at the Graduate School of Library and Information Science (GSLIS) at the University of Illinois, Champaign-Urbana. Through this partnership, members of the GSLIS community have visited the country and helped with various information access projects, including installing computers in various high schools and the National Library. These projects will continue for the foreseeable future and as members of the GSLIS/UIUC community continue to travel to Sao Tome, it is important that they are prepared to go abroad. What follows is useful and important information for anyone seeking to travel to Sao Tome and be a part of these community-building projects.

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Created by Rachel Wightman
Last updated December 17, 2008
COUNTRY INFORMATION: Sao Tome & Principe
The following is general information about the Sao Tome & Principe. It is highly suggested that you read about the culture before visiting. Participatory research is most effective when there is at least some understanding about the culture.

Country Description
--taken from CIA World Factbook Online

Discovered and claimed by Portugal in the late 15th century, the islands' sugar-based economy gave way to coffee and cocoa in the 19th century - all grown with plantation slave labor, a form of which lingered into the 20th century. While independence was achieved in 1975, democratic reforms were not instituted until the late 1980s. The country held its first free elections in 1991, but frequent internal wrangling between the various political parties precipitated repeated changes in leadership and two failed coup attempts in 1995 and 2003. The recent discovery of oil in the Gulf of Guinea promises to attract increased attention to the small island nation.

Fast Facts
--taken from BBC Country Profile
(http://news.bbc.co.uk/1/hi/world/africa/country_profiles/1064541.stm)

Full name: The Democratic Republic of Sao Tome and Principe
- Population: 158,000 (UN, 2007)
- Capital: Sao Tome
- Area: 1,001 sq km (386 sq miles)
- Major language: Portuguese
- Major religion: Christianity
- Life expectancy: 64 years (men), 67 years (women) (UN)
- Monetary unit: 1 dobra = 100 centimos
- Main exports: Cocoa
- GNI per capita: US $870 (World Bank, 2007)
- Internet domain: .st
- International dialling code: +239

For more cultural background and overview see the entry on Sao Tome in the New Encyclopedia of Africa, available online from the University of Illinois Library.
http://www.library.uiuc.edu/ugl/find/ereference.html

For more travel information see the Lonely Planet Travel Guide at:
http://www.lonelyplanet.com/sao-tome-and-principe
TRAVEL INFORMATION

The minimum requirements to visit Sao Tome include: a current passport, a visa, and evidence of a yellow fever vaccination.

Please read over the travel information from the Department of State for Sao Tome & Principe: http://travel.state.gov/travel/cis_pa_tw/cis/cis_1010.html

Embassy Information

There is not an embassy in Sao Tome. Instead, travelers should register at the closest embassy in Libreville, Gabon by visiting the State Departments travel registration website here: https://travelregistration.state.gov/ibrs/ui/.

The ambassador from the United States to Gabon is Eunice S. Reddick.

Embassy Address:
Centre Ville, B.P. 4000,
Libreville, Gabon

Phone:
(241) 76-20-03 or
(241) 76-20-04

Website: http://libreville.usembassy.gov/

Other Travel Information:

To obtain a passport visit the U.S. Department of State at: http://travel.state.gov/passport/passport_1738.html

At the website you will find the forms and fees associated with obtaining a passport. The process can take 4-6 weeks so you should plan ahead. You can also find information about renewing your passport at the website listed above.

In order to travel to Sao Tome, you will need a visa. In order to obtain a visa contact:
Permanent Mission of São Tomé and Príncipe to the UN
400 Park Ave., 7th Floor
New York, NY 10022
phone (212) 317-0533
fax (212) 317-0580
IMMUNIZATIONS:

You will need a yellow fever vaccination to travel to Sao Tome. Other vaccinations recommended before traveling to Sao Tome are: *Hepatitis A, Hepatitis B, and Typhoid*. All these vaccinations available from the **McKinley Health Center Immunization and Travel Clinic**.

Contact the McKinley Health Center to set up an appointment and/or for more information about getting any of these vaccinations. Please contact the Health Center in advance to make sure you have plenty of time to get all necessary vaccinations. Also, you'll need to fill out attached form before visiting the clinic.

Phone: 217-333-2715

McKinley Health Center/Travel Clinic website: [http://www.mckinley.uiuc.edu/clinics/itc/itc.htm](http://www.mckinley.uiuc.edu/clinics/itc/itc.htm)

You may also check with the Carle Clinics in Urbana or Champaign. They also offer travel clinic and immunization services. You can call them at 217.383.1554 to set up an appointment. Like the McKinley Health Center, call in advance to make sure you have time to receive all your immunizations before leaving the country.

Carle Clinic Travel Clinic Website: [http://www.carle-clinic.com/Travel_Clinic/Pages/home.aspx](http://www.carle-clinic.com/Travel_Clinic/Pages/home.aspx)

For more health information from the Center for Disease Control in relation to Sao Tome and proper health precautions please visit the following website: [http://wwwn.cdc.gov/travel/destinationSaoTomeAndPrincipe.aspx](http://wwwn.cdc.gov/travel/destinationSaoTomeAndPrincipe.aspx)

OTHER FORMS:

You will be asked to file information with the University of Illinois' Study Abroad Office. This information will include emergency contact and international insurance information. You will be emailed the form to fill out. (There will be a small fee for the insurance.) You will also be asked to attend a health and safety meeting during the Spring 2009 semester. Please see the attached form.
FUNDING OPPORTUNITIES:

Illinois Research Information Service (IRIS)
A database of grant and funding opportunities hosted by the University of Illinois Library.
http://www.library.uiuc.edu/iris/about.html

Study Abroad Office
A list of web resources that may have possible funding for students.
http://www.ips.uiuc.edu/scholarship/sao_web_links.shtml

From GSLIS
Funding is available for students traveling to conferences but may also be available to those traveling for service opportunities. Contact Linda Smith at lcsmith@illinois.edu or 217.333.7742 for more information.
http://www.lis.uiuc.edu/about/travel-student.html
PORTUGUESE
The official language of Sao Tome is Portuguese. Below are listed common phrases you may want to know. However, the list is not exhaustive and it is suggested that you buy a Portuguese-English dictionary.

Alo! Hello!; Hi!
Bom dia - Good Day, good morning
Boa tarde - Good afternoon
Boa noite - Good night, evening
Como vai (esta) - How are you?
Muito bem - Very well
Obrigado - Thank you
E o (a) senhor(a) - And you?
Bem, obrigado(a) - Fine, thank you
Muito prazer em conhece-lo. - Nice to meet you.
De onde uma casa de banho? - Where is the bathroom?

Computer Terminology
transcribed from Podcast, lesson 22: http://brportuguesepod.podbean.com/feed/

<table>
<thead>
<tr>
<th>English</th>
<th>Portuguese</th>
</tr>
</thead>
<tbody>
<tr>
<td>PC, CPU</td>
<td>spell in portuguese</td>
</tr>
<tr>
<td>monitor</td>
<td>cognate - pronounce in portuguese</td>
</tr>
<tr>
<td>teclado</td>
<td>keyboard</td>
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<tr>
<td>driver de CD</td>
<td>cd driver</td>
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<tr>
<td>driver de DVD</td>
<td>dvd driver</td>
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<tr>
<td>impressor</td>
<td>printer</td>
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<tr>
<td>phones guivido</td>
<td>headphones</td>
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<tr>
<td>microfone</td>
<td>microphone</td>
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<tr>
<td>cabo</td>
<td>cable</td>
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<tr>
<td>entrada de som</td>
<td>audio input</td>
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<tr>
<td>entrada de video</td>
<td>video input</td>
</tr>
<tr>
<td>saida de som</td>
<td>audio output</td>
</tr>
<tr>
<td>saida de video</td>
<td>video output</td>
</tr>
<tr>
<td>multifunctional</td>
<td>all-in-one (printer/copy/fax/scanner)</td>
</tr>
<tr>
<td>escanner (sp?)</td>
<td>scanner</td>
</tr>
<tr>
<td>modem</td>
<td>cognate - pronounce in portuguese</td>
</tr>
<tr>
<td>roteador (sp?) de rede</td>
<td>network router</td>
</tr>
<tr>
<td>roteador (sp?) de bandalaga</td>
<td>broadband router</td>
</tr>
<tr>
<td>escrivinina</td>
<td>desk</td>
</tr>
<tr>
<td>mesa de computador</td>
<td>computer desk</td>
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<tr>
<td>Portuguese</td>
<td>English</td>
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<tr>
<td>placa</td>
<td>board</td>
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<tr>
<td>placa de som</td>
<td>sound board</td>
</tr>
<tr>
<td>placa de video</td>
<td>video board</td>
</tr>
<tr>
<td>placa mae</td>
<td>motherboard</td>
</tr>
<tr>
<td>internet</td>
<td>cognate - pronounce in portuguese: in-ter-ne-che</td>
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<tr>
<td>connexion</td>
<td>connection</td>
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<tr>
<td>programa</td>
<td>program</td>
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<tr>
<td>sistema operacionao</td>
<td>operating system</td>
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<tr>
<td>clicka</td>
<td>to click</td>
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<tr>
<td>navegar a internet</td>
<td>surf the internet</td>
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<tr>
<td>navegador</td>
<td>browser</td>
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<tr>
<td>baixar</td>
<td>to download</td>
</tr>
<tr>
<td>teclar</td>
<td>to text chat</td>
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<tr>
<td>tecnologia de informacao</td>
<td>information technology</td>
</tr>
<tr>
<td>usa o computador</td>
<td>to use a computer</td>
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<tr>
<td>tenho que usar computador agora.</td>
<td>I have to use the computer now.</td>
</tr>
<tr>
<td>passo se usar e computador?</td>
<td>can I use your computer?</td>
</tr>
<tr>
<td>esa computador de internet?</td>
<td>does this computer connect to the internet?</td>
</tr>
<tr>
<td>voce e tenho o cabos U-S-B ?</td>
<td>Do you have any USB cables?</td>
</tr>
<tr>
<td>tenho que imprimir mio trabalho</td>
<td>I have to print my work</td>
</tr>
</tbody>
</table>
SUGGESTED PACKING LIST
These are things that were suggested to bring/pack on previous trips.

Plane ticket (2 copies)
Passport (2 copies)
Drivers License (two copies)
Vaccination card (2 copies of yellow fever page)
Passport photo (1)
Insurance forms (proof of insurance)
emergency phone numbers (include phone numbers of credit cards if lost, family contacts)
credit card (PIN)(Note... no ATM on island but can get cash advance at local bank with visa card)
cash (get Euros before leaving Champaign)
something to carry valuable documents
meds (keep in original containers)
Malaria, Cipro, Antacid, Aspirin, (Paul will have a first aid kit)
Sun screen (with deet if possible)
Deet wet wipes
Hand sanitizer
beach towel
Tide stick
toiletries (containers 3 oz or less in carry on)
Snack bars
Flashlight (don't know when the power will go out)
Camera
Spare eye glasses (contacts)
Small note pad or journal
laptop computer
USB memory stick
Universal plug adaptor ($10 at Walmart)
$200+ (in cash)
Music CDs
DVDs

Clothing (men)
long pants
dress shirt
shorts
t-shirts
swim wear
hat
casual shoes
flip flops/sandals

Clothing (women)
skirt
one nice outfit
long pants
swim suit
short sleeved shirts/tank tops
lightweight long sleeved top (mosquitoes at night)
sandals
closed-toe shoes for jungle (if needed)
TRAVELING TO A NEW CULTURE

Stages of Cultural Adjustment
-- taken from the University of Illinois Study Abroad Office website

Adjustment to a new culture is not accomplished in a few days. In fact, adjustment is an on-going process. What follows are the four stages of cultural adjustment identified by Gregory Trifonovitch.

The Honeymoon Stage
This initial stage is characterized by exhilaration, anticipation and excitement. You are fascinated with everything that is new. You are embarking on your "dream come true", to study in a different country. You feel eager to please the people around you. You display a spirit of cooperation and show an active interest in others.

Because you are likely to feel eager to please others, you may nod or smile to indicate understanding when in fact you have not understood. When the misunderstandings mount up, you are likely to experience the second stage of cultural adjustment.

The Hostility Stage
The second stage is characterized by frustration, anger, anxiety and sometimes depression. You may feel frustrated and, if you are in a non-English speaking country, you might be weary of speaking and listening in a foreign language daily. Sleep patterns may be disrupted. You may suffer from indigestion and be unable to eat. You might feel upset because, although you have taken time to learn about the new country, and know how to speak the language, you don't seem to understand anyone.

You might react to this frustration by rejecting your new environment. The internal reasoning might be, "If I feel bad it's because of them." At this point it is likely that you will display hostility toward your host culture. Some of this hostility is translated into fits of anger over minor frustrations, excessive fear and mistrust of host-country nationals, frequent absenteeism, lack of interest, lack of motivation and, at worst, complete withdrawal.

The Humor Stage
This third stage follows when you begin to feel relaxed in new situations and begin to laugh at misunderstandings and minor mistakes which would have caused major headaches in the hostility stage. By now, you will have made some friends and are able to manage better in the host culture.

The Home Stage
The final stage occurs when you not only retain allegiance to your home culture, but also "feel at home" in your new culture. You have successfully adjusted to the norms and standards of the host culture and should be commended for the ability to live successfully in two cultures.
BIBLIOGRAPHY/FURTHER RESOURCES:

Resources on Sao Tome


<http://find.galegroup.com/gvrl/infomark.do?&contentSet=EBKS&type=retrieve&tabID=T001&prodId=GVRL&docId=CX3049000587&source=gale&userGroupName=uiuc_uc&version=1.0>

A rather large (and comprehensive!) book on the history of Sao Tome. Available in the UIUC Education and Social Science Library.

Resources on Traveling Abroad

A very comprehensive text on cross-cultural communication. Section II especially gives very thorough list of factors that influence intercultural communication, such as collectivistic/individualistic cultures and high-context vs. low context.

Also very comprehensive text on traveling to other cultures. Theory based but with lots of great information on adapting cross-culturally.

This article is written within a medical context but still has good information about the stages of culture shock. Available through the UIUC Library online databases.

Geared toward people moving overseas but a comprehensive resource for general understanding of traveling to another culture.