



With One Voice in Tanzania

January, 2012



This course is designed for students who are interested in exploring health in Tanzania from a holistic perspective that regards one's physical, emotional and spiritual wellbeing as intricately enmeshed. Students will interact directly with people in rural and urban health care settings, as well as spend extended time being part of a rural village's daily life. Because music plays an important role in Tanzanian culture, students will have numerous opportunities to join the people of Tanzania in singing favorite Tanzanian songs of faith in Swahili. Students will write daily narratives that reflect on the meaning of this experience. A final paper will explore the lived experience of the power of music for health and wellbeing in Tanzania.

The Tanzanian experience will begin at Kilimanjaro, visiting Operation Bootstrap projects in Arusha and Moshi. The course will continue south to Iringa and then off the beaten path to Tungamalenga and area Maasai villages. Students will go on safari in Ruaha National Park, and visit historic Bagamoyo.

This course will be of particular interest to pre-health majors, religion majors and music majors.

Pre-requisites: Ability to adapt to and accept primitive conditions

Maximum enrollment: 18

Instructor: Barbara Zust, Department of Nursing
Todd Mattson, Lutheran pastor/musician

Dates: January 1-3, 2012: Pre-trip seminar
January 4-25, 2012: Travel

Cost: \$4,500

