FACILITATING RESILIENCE & RECOVERY (BOTSWANA)

Experiential Learning Program for mental health professionals and advanced students

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PROGRAM OVERVIEW
Join Dr. Nada Stotland, Past President of the American Psychiatric Association and Professor of Psychiatry at Rush Medical College in Chicago, on an exploration of mental health systems in Botswana. You will not only evaluate the status of mental health in the country and learn about the system’s strengths and weaknesses, but also interact with and enjoy the hospitality of your Batswana hosts. Professional and personal meetings are combined with unique cultural experiences, an exploration of Botswana’s rich history and economic status, and an opportunity to admire the country’s natural beauty and wildlife.

PROGRAM DESTINATION
Botswana is a land-locked, stable and prosperous country in Southern Africa, well-renowned for being Africa’s longest continuous democracy and one of the world’s largest diamond producers. Botswana is an African success story. After achieving democratic rule in 1966, three of the world’s richest diamond-bearing formations were discovered within its borders. Today, the country enjoys a high standard of economic stability, education and health care, which, with the exception of South Africa, is unequaled elsewhere in sub-Saharan Africa.

... Welcome to Botswana, a major African development success story.

PROGRAM BACKGROUND
Psychiatric and mental health care in Botswana have largely developed under the purview of the nursing profession. This seems to be because nursing was the most organized mental health-related profession when the country gained independence, and nurses still are the predominant providers of care. A community-based mental health care plan, organized and largely operated by nurses, has been in place in the country since 1978. The goal of this plan was to decentralize mental health care, and this does result in the impression that there is not a large psychiatry practice in the country.

This community-based plan continues to operate alongside traditional medicine/indigenous practices in many places, particularly outside the capital. Traditional healers (Dingaka) have legal status in the country. Particularly with mental health issues, many Batswana still prefer to visit traditional healers and seek assistance from the “Western” system only when the traditional approach fails. Stigma around mental health issues also plays a huge role in a family’s decision to get help for family members with a mental illness.
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PROGRAM DATES
- Main program: July 12-19, 2014
- Optional safari extension (Victoria Falls & Chobe NP): July 19-23, 2014

PROGRAM COSTS
- Main program: $2,990 per person (double occupancy, exclusive of flights)
- Optional safari extension (Victoria Falls & Chobe NP): $1,790 per person (double occupancy)

PROGRAM ITINERARY
July 12: Personal welcome at the airport | transfer to the hotel | group welcome dinner
July 13: Group briefing and orientation | visit to the SOS Children’s Village Tlokweng
July 14: Visit to Baylor Clinic | workshop at the University of Botswana’s Faculty of Health Sciences
July 15: Excursion to Lobatse, Manyana Village and Mochudi | workshop at the Sbrana Psychiatric Hospital in Lobatse
July 16: Meeting at Yoho (Youth Health Organization) | meeting at Reteng and introduction to Khoi-San issues
July 17: Meeting at Ditshwanelo (Botswana Center for Human Rights) | visit of the Princess Marina Hospital and the Botswana Red Cross Society
July 18: Day excursion to Mokolodi Nature Reserve (including farewell dinner with traditional dancing)
July 19: Time for own exploration and optional souvenir shopping | transfer to the airport and personal farewell

OR (optional extension)
July 19: Transfer to the airport and flight to Victoria Falls via Johannesburg | sunset cruise
July 20: Guided tour of Victoria Falls | afternoon at leisure | Boma dinner
July 21: Transfer to Chobe National Park | open vehicle game drive
July 22: Open vehicle game drives
July 23: Transfer to Victoria Falls Airport and personal farewell (return flight via Johannesburg)

“I am very excited about our trip to Botswana: a beautiful, stable country with a mild climate, incredible wildlife, and serious attention to mental health.”

Dr. Nada Stotland
Past President
American Psychiatric Association
Professor of Psychiatry
Rush Medical College in Chicago

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PROGRAM HIGHLIGHTS

- Exchange ideas with recognized experts in your field – including your delegation leader, co-delegates and local hosts.
- Expand your professional knowledge by studying modern and traditional mental health systems in a unique African setting and comparing with your understanding of your own systems.
- Broaden your personal horizon and gain a global perspective.
- Explore Botswana, one of Africa’s biggest success stories.
- Create once-in-a-lifetime memories and build lasting friendships with professional counterparts.
- Enjoy a program extension that includes the magical Victoria Falls and Chobe National Park.

PROGRAM INCLUSIONS

GEI programs are inclusive experiences that cover the entire in-country arrangement:

- All accommodation in 3-4* hotels
- All in-country transportation for the delegation
- All meals, as specified in the itinerary, inclusive of one locally produced soda or mineral water per meal
- Admission to all activities, as specified in the itinerary
- Mineral water on the vehicle
- Full-time local delegation management and guiding
- 24/7 emergency support from our local program office

Not included are the international transport (flights, airport taxes etc), visas, travel and medical insurance, alcoholic and additional non-alcoholic drinks, personal expenses and other extras.

ABOUT GEI

GEI is a private institute that provides high-impact short-term programs for international students and professionals in developing countries. Three successive levels of engagement encourage transformation towards proactive global citizenship, and contribute to the personal and professional development of international participants and local counterparts alike.

Let us inspire and empower you to make a difference.