

Northrise University

Student Exchange Information Guide.



S1 2019

Northrise University

Exchange Program Information Guide

This program guide is an information guide for exchange students visiting Northrise University. This information guide aims at helping the student have a rich academic, social and spiritual experience while attending classes at Northrise University.

The Student Life Office will from time to time plan these activities to enrich the students experience and these activities are optional and do not earn students any credits. All related costs are covered by the students and students will be given updated information as changes arise.

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ZAMBIA – Basic Data

Zambia is a land locked country in the Central African region, bordering some eight other African countries, namely, Angola, Botswana, the Democratic Republic of the Congo (DRC), Malawi, Mozambique, Namibia, Tanzania, and Zimbabwe.

Land Area (km²) - 752,614 Sq. km

Population – 17.09 m (World Bank, 2017)

Total Population - 10.7m (2004), 10.9m (2005), 11.1m (2006), 11.3m (2007)

Population Density - 15 inhabitants/km²

Growth Rate - 4.5(2018), 4.1 (2017), 3.4(2016),

Main Towns (Population '000)Lusaka (Capital) - 1,526

Kitwe - 562

Ndola - 518

Kabwe - 221

Livingstone - 141

Climate - Tropical, cool on High plateau

Languages - English (Official), Nyanja, Bemba, Tonga, Lozi and other local languages

Measures - Metric System

Time - 2 hours ahead of GMT; 1 Hour ahead of CET; 7 hours ahead of Eastern USA & 10 hours ahead of Western USA

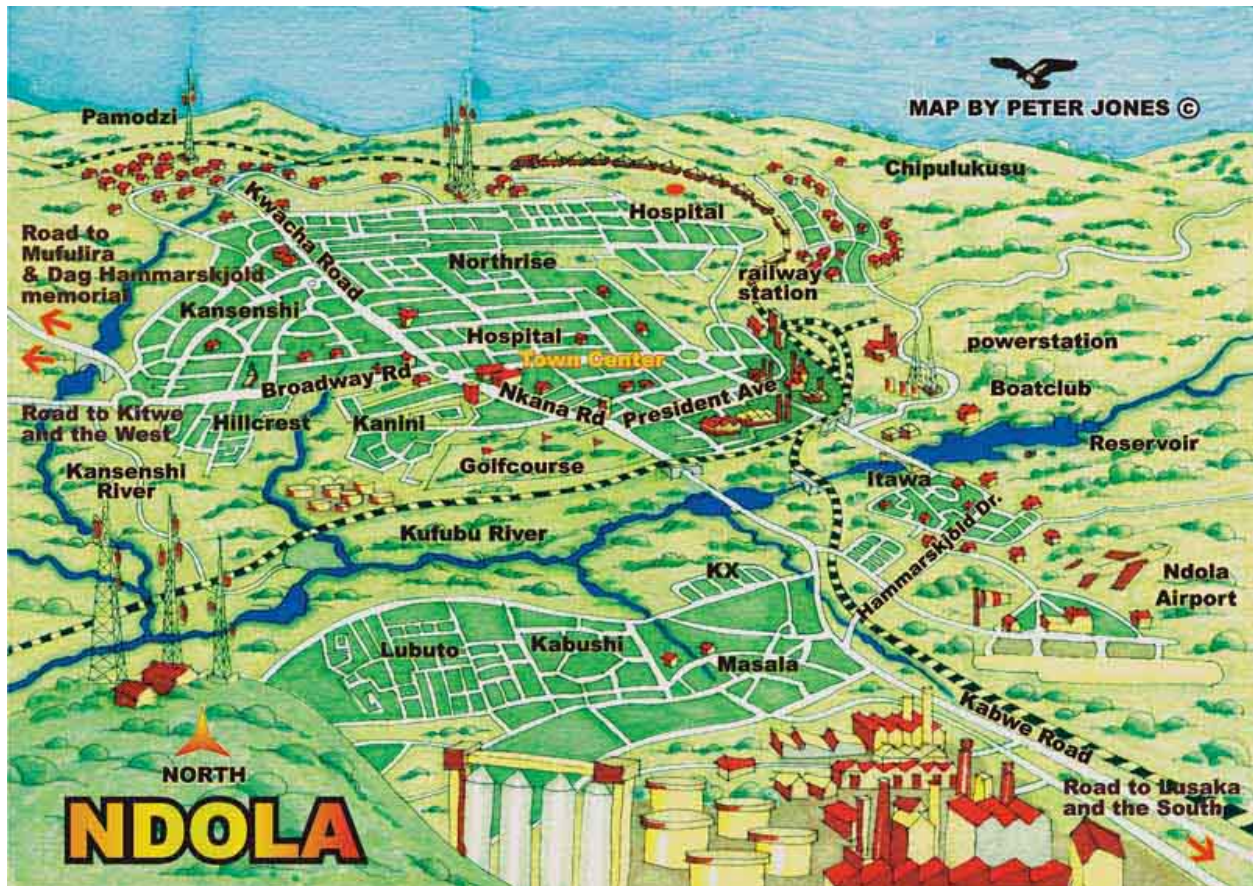
Source: Central Statistics Office, Ministry of Finance & Development Planning, (2007)

Religion

There is freedom of worship in Zambia with over 15 different churches. Christianity is followed by over 60% of the population.

Students at the dorm go to different churches; you may tag along to the church of your choice. Some of the renowned churches in Ndola include, Ndola Baptist Church, Catholic Church, Pentecost churches (People's Church, Bread of Life Church etc.), and Jehovah's witnesses. There are other hundreds of Pentecostal churches around. Some churches do send their buses to pick students from the dormitory; otherwise you have to find your way to the church.

Ndola Town



(Peter Jones)

Ndola was founded in 1904; it is the capital of the Copperbelt province of Zambia and is one of the largest cities in the country. It is an important commercial center of Zambia, located 320km north of Lusaka, Ndola is the gateway to the mineral producing region of the country and is on the border with the Democratic Republic of Congo. It is linked by road and rail to the capital city, Lusaka and the tourist capital Livingstone. The development of Ndola has been rapid and extensive, featuring a major oil refinery. The oil pipeline from Dar-es-Salaam in Tanzania ends its 1700km journey in Ndola.

One of the big attractions in Ndola is the annual Zambia International Trade Fair in July which attracts a number of local and international exhibitors. A number of newspapers and journals are printed in the city, two of which serve the country – The Times of Zambia and then Sunday Times.

Shopping

Ndola has three (3) main shopping malls which we recommend you may use for all your groceries and foodstuffs. Jacaranda Mall is located along the Great North Road as you exit Ndola from the Southern end of the city. It's about 2.5km from the city center and 15min drive from the dormitory. Kafubu Mall is located along the same road and is a 15 minute walk from the downtown bus terminal. The third mall is located along the Independence Avenue is called Z-mart Mall and is situated right in front of the main local bus terminal. We do have another small shopping mall in Kansenshi suburb but it has relatively fewer shops than the others. We recommend that you do your shopping from any of these malls but there are other places of shopping namely; Rekeys Mall, Ndola Square and Dola Hill Mall. Some of the renowned supermarkets include, Shoprite, Pick and Pay, Spur, Quick Save, Food lovers and Choppies. You will also find banks, ATMs, fast foods, electronic shops, boutiques, gyms, cinema and sports clubs etc. Activities that you can engage in as part of leisure during your free time could include a visit to The Ndola Boating Club, Tusha Farms, and Levy Mwanawasa Stadium, a hike up Dola Hill, Baluba Local Zoo, Nsoke Game Park and Barrack Gardens.

Towns on the Copperbelt are quite close to one another and hence, day trips can be made to towns such as Kitwe, Luanshya and Chingola. Kitwe is the hub of the Copperbelt and as such, has slightly more activity than Ndola with bigger Shopping centers that provide a wider range of shopping. From Go Karting at Mukuba Mall, to Shopping at ECL Mall, to canoeing at Mindolo Dam, a day's trip to Kitwe with some friends would be very exciting and refreshing.

Transport

People who don't drive usually use a public bus as the common mode of public transport. On average a bus ride from one place to the other will cost you about a dollar (\$1) or less. Within the city center there is a bus terminal with buses going to nearly all residential areas within Ndola. A taxi is also another mode of transport that you may use. On average you will pay about \$10 tax from the dormitory to the city center (Town) and back.

Transport for school activities is arranged for the students. However, for personal errands, you may wish to take a taxi or a bus during weekends and public holidays, or preferably ask a fellow student with a car to take you.

We advise that you take a bus with someone who knows the routes and the bus stations. RAs are available to help you.

Security

Please ensure you secure your room and personal belongings into the locker. Don't leave your personal items lying anywhere in the school hallway or any other part of the buildings. Always secure your money as you walk around the streets.

Exchange Rates

Ndola has several commercial banks with VISA ATM which you may use for your convenience, the accessible ones being Standard Chartered Bank, Barclays Bank is located in Buteko Avenue, Stanbic bank along President Avenue. Other banks that we recommend include FNB which is along Independence Avenue.

Always get the current exchange rates from the Bank and not from the street.

Local Language

Bemba is the commonly used local language in the city of Ndola and the surrounding towns. English is also commonly used as the official language. Most people understand the basics of English language; hence you will not have trouble communicating. A few people understand Nyanja, you may want to stick to Bemba should you want to learn any of the two common local languages.

Useful words

ENGLISH	BEMBA	NYANJA
Hello	Shani	Bwanji

Goodbye	Shalenipo	Bwino
How are you?	Muli shani?	Mulibwanji?
I am fine	Ndi Bwino	Nili Bwino
Thank you	Natotela	Dzikomo
Very Much	Sana	Kwambili

Cultural Guide - Etiquette and Courtesy

Zambians generally are culturally social and are community oriented, therefore interactions are very important to them. Hence the following etiquette and courtesy are important.

I. Greetings are very important in the Zambian culture.

- a. You do not start a conversation with a person you have not bothered to first greet.
- b. You greet another by saying; “Good morning” (“**Mwashibukeni**”) "hello" (“**Shani**”), "how are you?" (Mulishani) in Bemba, one of the common languages used on the Copperbelt, of which Ndola is part of.
- c. As part of the Street language, people refer to the elderly men and women as “**uncle**” or “**aunt**” respectively.
- d. You can shake hands by extending your right hand as a sign of greeting. The left hand is not allowed in greeting because it symbolizes disrespect or bad luck.
- e. Hugs are part of the greeting the people you are close with or you want to be close with, especially in the Church environment with the same sex, mostly.
- f. Kisses are not usually part of the Zambian custom of greeting, but pecks on the cheek are practiced by the younger generation or when the elderly women are greeting the younger generation in some cases, symbolizing some closeness in family circles.
- g. Another important aspect of Zambian culture is respect for elders. When greeting an elder, one shows respect by either doing any of the following; dropping to one knee; bowing the head,

clapping three times, placing the hand on the chest and saying one of the many terms that signify respect.

- h. You can continue the conversation after greeting someone, if you like, by asking about one's family or discussing the weather or anything you like.
- i. In the Zambian culture, it is in most cases impolite to come directly to the point; conversations may go on for several minutes before the point of the conversation is broached.

II. Addressing People

- a. Formal Address (Titles: Dr., Pastor, Mrs., Mr. or Ms., etc., (plus the Last Name)). For example, "Mrs. Zimba or Dr. Zimba": This is used to address people in authority or those who you are not on first name basis as friends or companions.
- b. Informal Address: You can use someone's first name (Steven), but if someone is older than you, you need to add "Ba" as a form of respect, For example, "Ba Steven."
- c. Sometimes, elderly men and women are called by the name of one of their children, mostly the first born; "Bana Chileshe" for a lady or "Bashi Chileshe" for the man. This simply means the mother to Chileshe or the father to Chileshe. This is usually used more in the community than in the office environment.

iii. Dressing

The code of dressing introduces one to the intergenerational trends and fashions that are highly influenced by the western culture. The younger generation is into the western culture of dressing and can go with any fashion appealing to them. However, the Church and Christian environment try to emphasize modest and smart dressing.

a. Women and Young Ladies

- Informal or Casual dressing- Ladies can wear pants, jean trousers, skirts with T- shirts or dresses.
- Formal dressing- Office pants, skirts and dresses /short skirts and dresses slightly (2 - 4 inches) above the knees with office tops are acceptable. However, very short and tight dresses and skirts

can border on indecent dressing. Dressing that exposes much of the woman's body is also categorized as indecent dressing.

- Formal African Outfits- Ladies wear suits or dresses made of Chitenge materials or any other formal dressing influenced by the western culture.

b. Men and Young men

- Casual Dressing – Casual shirts, Chitenge shirts or T- shirts with a pair of trousers are worn.
- Formal Dressing- Smart shirts, Chitenge shirts with a pair of trousers or suits are worn.

iv. Food

- a. The availability of food supplies depends on season and location. An average Zambian is expected to have at least three main meals, that is, breakfast, lunch and dinner. Those who can afford can have snacks in between the main meals.
- b. The main staple food is called “**nshima**”, which is cooked using ground maize (corn) called mealie meal. Nshima is served with one's choice of a dish such as beef stew, chicken or vegetables.
- c. In the place of nshima, other families can opt to have rice, macaroni, and spaghetti, potatoes with beef, chicken, fish or vegetables.
- d. Other foods, such as groundnuts (peanuts), sweet potatoes, and cassava, are more seasonal.
- e. Fruits are plentiful, including bananas, mangoes, paw paws, and pineapples.
- f. In the urban like Ndola town, one is exposed to different cuisines such as English, Chinese, Indian, Italian, etc. These are served in formal western-style restaurants that are largely accessible only to the wealthy.
- g. In the cities, there are plenty of Fast-Foods establishments or "Take-Away" that serve quick western foods such as fried pieces of chicken, and chips (French fries), burgers, sausages, samosas (savory-filled pastries) with a Coca-Cola or drink of one's choice.

- h. When eating, culturally, the young people are asked to observe silence and concentrate on eating. However, the working and modern generation has adopted the western culture of having deep or light conversations over a meal.

v. **Some Regulations and Rules**

Zambians are usually warm and hospitable people. It is very easy to trust people in Zambia and relate with them warmly. However, due to the diverse cultures that have affected our country, every visitor is asked to be cautious and take full responsibility of personal security by following laid down procedures and tips below.

- a. Ensure that electronic gadgets are kept secure and safe at all times Always ensure that doors are locked and secured where your personal belongings and valuables are kept.
- b. Do not attend to people's personal needs that you have not brought to the attention of student life.
- c. Time-Keeping is a struggle to the Zambian community because to a Zambian, what happens is more important than when it happened. However, Northrise University tries to ensure that we break this habit by starting and ending our programs at the proposed time.
- d. Asking for alms is a common trend in the town center by the underprivileged and street kids, but it is advisable to keep away from producing money in public as it can attract unwanted incidences.
- e. Do not give emails and personal contacts to anyone unless you are sure who they are or can check with your buddies or student life associates. Transactions between the visitors and the local people can only be done in a formal place of business, where necessary, a receipt must be produced.

Other Tips

1. The Right Hand

- a. The right hand is for eating, which is traditionally done without utensils.

- b. The right hand is used for greetings and exchanging of items between two people.
- c. It is impolite to use your left hand when interacting with another person.
- d. Washing of one's hands before eating is very common and guests are given the honor of going first in case of washing of hands.

2. Privacy

- a. Zambians do not usually respond to questions probing into their age, especially if they are above 40 years of age.
- b. Zambians rarely openly discuss their health statuses, unless they earn someone's trust.
- c. Some Zambians do not want to discuss issues that are very personal in public or to people they are not familiar with.
- d. When you are privileged to visit people's homes, the bedroom to most families is a sacred place and they do not allow visitors to get to the main bedroom of the owners of that house.
- e. Zambians do not easily and openly air out their grievances, but they will get into comfortable zones to complain when they are hurt.

3. Priorities

- a. In the Zambian culture, relationships are more important than personal objectives of completing tasks.
- b. A good leader is deemed as one who feels with the people and works with them with respect.
- c. Family comes first before work because Zambians place value on family ties that include the extended family.

Northrise University family, however operates as a modern Christian family that upholds Biblical principles and members of faculty and staff are previewed to some aspects of western culture and they are open to learn and interact with every friend of Northrise with very little difficulties.

Don'ts

- Avoid buying things from the street unless you are so sure. You will likely be charged twice the normal amount. Always buy from established supermarkets as recommended above.
- Do not exchange money on the street. Always go to the bank or a bureau-de change
- Ndola has a number of people on the street who beg for money or materials, these include the blind, orphans, handicapped and the less privileged. In as much as you may want to give money or food, you are encouraged to desist from arms giving.

Frequently Asked Questions

1. What is my first step to take in order to qualify for the exchange program?

Answer: When your application has been accepted by both universities, you need to

- **ensure that you have a valid passport and visa**
- **Health insurance policy**
- **Proof of sufficient financial means**
- **Return Air ticket**

2. Will someone pick me up from the airport upon my arrival?

Answer: Yes; there is someone who will be there for you. Be on the lookout for your name tag.

Remember to send your travel itinerary to Northrise University as soon as your travel bookings have been confirmed.

3. Who will be the contact person?

Answer: The names will be given to you immediately we know your flight schedule.

4. Does my contact person have a telephone number that can be given to me in the event of any delays in my transportation?

Answer: The numbers will be given to you immediately we know your flight schedule.

5. How will I take my meals?

Meals are served from the cafeteria or dining hall where all boarders eat from. You are not allowed to cook at the dorms but kitchenettes are provided with fridge, microwave and kettle for communal use.

6. Where and how should I prepare to exchange money once I get to Zambia?

Answer: We will help you to exchange money to our currency. A Debit Visa card will help as it will be easier to withdraw money that way.

7. Am I required to change money at the airport or a bank?

Answer: There will be no need to change money at the airport.

8. How much should I reserve for site seeing?

Answer: approximately (\$500 or more) depending on where you want to go.

9. How much should I pay for lunches that Northrise provides for at the downtown campus?

Answer: Food is part of the accommodation package.

10. How much am I required to pay for accommodation for a semester?

Answer: (This depends on the negotiation your university and Northrise University has entered into) (Consult on whether you will pay for your resident university or Northrise for your accommodation)

11. What else do I need?

Answer: Ensure that you have all the valid documentations such as passport, health insurance, return ticket, valid vaccinations and enough pocket money for incidentals. It is advisable to have a laptop and flash disks for academic purposes.

12. Orientation

Orientation week begins on the Monday after you arrive. This is a very intensive program that will allow you to learn as much as you can about how to approach your academics during the semester. There are many things to learn and find out about your life at NU, most of them you will learn by experiencing them alongside your Zambian peers.

Life on Campus

You will be housed in the Northrise University Dormitories and as such, there are a few things that come with this on campus housing plan. Students that stay on campus attend a weekly Bible study every Tuesday and an all school Chapel on Wednesday. Food is provided as part of the accommodation plan and hence, breakfast, lunch and supper are eaten from the cafeteria. The curfew is 9pm and as such, everyone should be in doors by that time. Classes run from Monday to Thursday whilst Friday is reserved for extracurricular activities.

It would be ideal for you to save some money for a trip to Livingstone town to see the Victoria Falls before the end of your student exchange program.

If you have specific questions that are not addressed, please do not hesitate to ask your Exchange Program Coordinator who will in turn forward the questions to us.

Prepared By: Student Life.

Student life Slogan – You Matter, We Care!! - *Student life!*