

## **2013-2014 LESOTHO COUNTRY GUIDELINES FOR U.S. FULBRIGHT SCHOLARS AND STUDENTS**

The Fulbright Program is sponsored and administered by the Bureau of Educational and Cultural Affairs (ECA) of the United States Department of State. Overseas, Fulbright programs are the responsibility of the Public Affairs Section (PAS) of the U.S. Embassy.

This document contains summary information about the Fulbright award, logistical, and program support provided through ECA, and advisory information about your host country. This overview of privileges that can and cannot be accorded to Fulbright scholars and students by the Public Affairs Section and the U.S. Embassy will be supplemented by Public Affairs Staff in Maseru. Information in the Guidelines is subject to change.

### **THE PUBLIC AFFAIRS SECTION OF THE U.S. EMBASSY IN LESOTHO**

The Embassy's Public Affairs Officer (PAO) is Sue Harville ([harvillesr@state.gov](mailto:harvillesr@state.gov)). The Public Diplomacy Specialist, Mathabang Fanyane ([fanyanemr@state.gov](mailto:fanyanemr@state.gov)), will be your Fulbright point-of-contact at the Embassy. The Embassy is located at 254 Kingsway Avenue, which is the main road into Maseru from the border crossing at the Maseru Bridge. The Embassy telephone number is (+266) 22-312-666. The fax number is (+266) 2231-2666. The Embassy e-mail address is [infomaseru@state.gov](mailto:infomaseru@state.gov). The international mailing address is P.O. Box 333, Maseru 100, Lesotho. The U.S. Embassy Maseru website is: <http://maseru.usembassy.gov>.

Fulbright scholars in the U.S. may also write to the PAO at:

Public Affairs Officer  
U.S. Department of State  
2340 Maseru Place  
Washington, D.C. 20521-2340

**All Fulbright grantees must register with the embassy in case of emergency.** This can be done on this website at any time: <http://www.travel.state.gov/>

### **THE FULBRIGHT GRANT AND THE BINATIONAL NATURE OF THE PROGRAM**

The Fulbright Program is administered in accordance with regulations established by the J. William Fulbright Foreign Scholarship Board (FSB). The Board has ruled that Fulbright grant funds cannot duplicate benefits received under other auspices. Therefore, grantees, who receive host government or host institution financial contributions (for example, international travel, per diem/subsistence/housing allowance) in cash or kind, do not receive allowances for these benefits in their grants. Grantees who receive a concurrent grant to the same country under other auspices may have their Fulbright grants reduced if Fulbright grant benefits are duplicated by the other grant.

Governments and institutions in host countries support the exchange program in two ways: Through (a) *monetary contributions* which result in a sharing of program costs or (b) provision of *non-monetary assistance* to enhance the exchange experience for the guest scholar.

## **WHAT THE FULBRIGHT GRANT PROVIDES**

### **For Student Grantees**

Fulbright student grants have two components: [1] a base amount, and [2] a monthly maintenance allowance. Additional funds may be included in your grant as allowances and are described separately. Benefits authorized by ECA are paid in U.S. dollars through the Institute of International Education (IIE).

1. The base amount is provided to cover initial or one-time start-up expenses such as:
  - a. Round-trip economy airfare. The Fulbright student is responsible for making travel arrangements according to the Fly America Act and securing tickets.
  - b. Unaccompanied and/or excess baggage.
  - c. Miscellaneous costs such as visa fees permits, medical exams, immunizations, etc. This is a fixed sum in each grant and may not reimburse all expenses completely.
2. A monthly maintenance allowance is provided to cover recurring subsistence needs such as housing, fuel, utilities, and food. The allowance is based upon the estimated standard living costs in the country of assignment.

### **For Scholar Grantees**

Fulbright scholar grants have three components: [1] *travel and relocation*, [2] *monthly maintenance*, and [3] *a monthly stipend*. Additional funds may be included in your grant as special allowances and are described separately. Benefits are based upon the estimated standard of living costs in the country of assignment, and are not intended to duplicate U.S. salary levels or the standard of living of U.S diplomatic personnel. Benefits authorized by ECA are paid in U.S. dollars through the Council for International Exchange of Scholars (CIES).

1. Travel and Relocation:
  - a. Round-trip economy airfare, unless the host institution cost-shares in part or in whole. The Fulbright scholar is responsible for making travel arrangements adhering to the Fly America Act and securing tickets.
  - b. Unaccompanied and/or Excess Baggage
  - c. Relocation Allowance: for expenses such as visa fees, permits, medical exams, immunizations, etc. This is a fixed sum in each grant and may not reimburse all expenses completely.
2. A monthly maintenance allowance is provided to cover recurring subsistence needs such as housing, fuel, utilities, and food.
3. Monthly base stipend.

## **Fulbright Reporting Requirements**

One of the requirements of the Fulbright award is submission of two reports: at the mid-term stage of the assignment; and a final report prior to departing from the host country. Fulbrighters will receive instructions from CIES or IIE, as appropriate, on how to file reports online.

## **PRIOR TO YOUR ARRIVAL**

### **Travel to and within Lesotho**

Grantee air travel is coordinated by the travel agency, HRG Worldwide, which will bill IIE or CIES directly for the costs of your tickets. HRG staff will assist you with your reservation and then send your reservation to IIE or CIES for approval. You must book a round-trip ticket with a return date that corresponds to the grant end date. All air travel and all air shipments paid for with United States Government funds must conform to the Fly America Act, which requires that all such travel and shipments be on “U.S. flag” airlines where such service is available.

The U.S. Embassy encourages U.S. citizens living in or traveling in Lesotho to enroll in the State Department’s Smart Traveler Enrollment Program at <http://travel.state.gov> to obtain updated information on travel and security in Lesotho.

## **Visas, Work Permits, and Long-Term Residency Permits**

### **Visas**

The Government of Lesotho does not require a visa for U.S. citizens for stays up to 90 days. The Immigration Service may choose to issue a visa for thirty or ninety days to U.S. citizens at the port of entry. If the visa obtained is for thirty days, it can be renewed at the Immigration Service; however, obtaining extended visas and residence permits is more difficult. The Host University makes arrangements for extended visas, residence and work permits, and exemption certificates for Fulbright lecturers assigned to the University. Lecturers are advised to have a copy of the offer letter from the University on hand upon arrival at the airport.

Exemption certificates allow the Fulbright lecturer to work at the university and leave and re-enter the host country without cost. For this application, a Fulbright Lecturer will need to provide passport photographs and a copy of a marriage certificate, if accompanied by a spouse.

Researchers and students make their own arrangements for extended visas and work and residence permits upon presentation of a research permit issued by the Government of Lesotho, Ministry of Home Affairs.

### **Research Permits and Research Clearance**

The Government of Lesotho regulations require ALL researchers to obtain a research clearance prior to conducting any field work. The only research clearance needed is affiliation with a national institution. The Institute of Southern African Studies (ISAS) of the National University of Lesotho welcomes researchers. No fees are involved. It is customary to offer presentations on your research and to provide copies of any publications to the Institute.

Grantees are encouraged to reconnect with affiliate organizations once the grant has been awarded. Research clearance and permit process can take months to complete, and grantees must begin the process as soon as possible. Researchers/students who do not have research permits risk being denied entry. **Obtaining a permit after arrival in country is a long and tedious process** and may result in the grantee spending time that cannot be used on research, or in being denied a permit. It is also against government regulations for an individual to change visa status from that of a visitor to that of a researcher.

The Government of Lesotho encourages researchers/students to consult with a relevant Ministry/Department, research institution or another relevant body **before** submitting finalized funding proposals. A copy of the first correspondence outlining the research theme should be sent to the subject Ministry or the Ministry of Labour and Home Affairs.

To obtain a residence permit, a researcher or student must meet the following requirements:

- a) Two completed application forms,
- b) Two recent color passport-size photos,
- c) Passport valid for at least six months, with at least one blank page,
- d) Fee (cash or postal orders only), and
- e) Letter of invitation or evidence of affiliation from the host institution. If the applicant is not affiliated to any institution, the endorsement should come from a person of professional standing in the field of the applicant's discipline, supporting the application and providing assurance that the research will conform to research guidelines.

Two copies of a completed research permit application form must be submitted to the relevant ministry at least four months before commencement of the study. Application forms may be obtained from any Government Ministry, the Lesotho Embassies and High Commission abroad, and the National University of Lesotho (NUL), Office of the registrar, or downloaded from: <http://www.lesotho.gov.ls>.

In cases where a research subject overlaps the portfolios of several Ministries, researchers are advised to submit their applications through the Ministry of Labour and Home Affairs.

Further details on the research application process may be obtained at the Embassy of the Kingdom of Lesotho in Washington, D.C. For specific questions contact the Educational Attaché, Embassy of Lesotho at:

2511 Massachusetts Avenue  
Northwest  
Washington, D.C. 20008-2823  
Tel: (202) 797-5533  
Fax: (202) 234-6815  
Email: [lesothoembassy@verizon.net](mailto:lesothoembassy@verizon.net)

Each Fulbrighter is responsible for acquiring a work permit, a residence permit, and a long-term visa

when they arrive. Some Fulbrighters have been able to get assistance from NUL with fees for the work permit, but all will have to pay 1,000 Maloti (about \$108) for their residence permit.

## **Sending and Receiving Mail**

### **Personal mail**

If a Fulbright student in Lesotho is approved to receive first-class letter mail through the diplomatic pouch, the following rules apply:

A Fulbrighter may send and receive first-class letter mail only (maximum of one pound). Letter mail means letter mail only -- please. Magazines, newspapers, videocassettes, and flat package mail are not authorized. Carry U.S. postage stamps with you for your first-class mail back to the United States and, if necessary, arrange for a U.S. contact to send you additional stamps throughout the year. No U.S. postage stamps are available from the Embassy.

The address format for correspondence is as follows:

Your name (Fulbrighter)  
2340 Maseru Place  
Dulles, VA 20189-2340

The above address is a personal mailing address, established by the Department of State to separate personal mail destined for U.S. Embassy staff from official business mail. Do not include any mention of the Department of State or U.S. Embassy in this address. Mail sent to this address will not be irradiated.

### **Books and Educational Materials sent by Diplomatic Pouch**

Fulbrighters have access to the diplomatic pouch for sending a maximum of four 8.5"x11" copy paper-size boxes of books and other education materials. Please advise your relatives and friends not to send birthday and Christmas packages to you via the diplomatic pouch address. All package mail in excess of the four permitted boxes will be returned to the U.S. at your expense.

No materials can be sent back to the U.S. by pouch at any time during your stay. Several months before departure, Fulbrighters should start to determine the mode by which they will ship back their goods (accompanied air, unaccompanied freight, and/or international mail) and secure necessary export permits, if applicable.

**CAUTIONARY NOTE:** In the past, abuse by several Fulbright scholars caused near revocation of privileges for all program participants. Anyone who violates pouch regulations will be barred from use and will have to make other arrangements for handling personal and professional correspondence.

For the four boxes of books, ECA strongly recommends sturdy boxes and reliable mailing tape such as filament (strapping) tape. The combined volume of the entire shipment must not exceed 6 cubic feet. Each box cannot exceed **50 pounds**. The grantee will be responsible for shipment costs if the

limit is exceeded. Overloaded boxes or flimsy boxes will split. Boxes sent through the diplomatic pouch are neither registered nor insured. Most boxes eventually arrive at the Embassy. However, ECA recommends that Fulbrighters not send anything that cannot be replaced, as some boxes have, on occasion, been lost. Shipping time for boxes is hard to predict. You should plan on two to three months in transit. Put a return address in the upper left corner and repeat the return address on a note inside the boxes.

All Fulbright boxes are considered "official mail" and for that reason are subject to security scanning for contents and irradiation to guard against biological (e.g. anthrax) contamination. Books and bound documents have apparently not been damaged by scanning. Photographs and single sheets of paper may be damaged, becoming yellowed and brittle. Slides or any thin plastic materials such as transparencies are destroyed. There have been reports of CDs melted by the irradiation.

### ADDRESSING THE PACKAGE:

Upper left-hand corner:

Return address:       Grantee Name  
                              Street Address  
                              City, State, Zip

Mailing Address:      Public Affairs Officer  
                              U.S. Department of State  
                              2340 Maseru Place  
                              Washington, D.C. 20521 - 2340

In lower left-hand corner of the box write:

**UNCLASSIFIED VIA AIR POUCH**

Your Name

**FULBRIGHT SCHOLAR EDUCATIONAL MATERIALS**

Grantees sending only one package should write "1 of 1" in the lower right-hand corner. Grantees sending more than one package should number each package in a series and circle the markings, e.g., "1 of 3", "2 of 3", and "3 of 3".

Packages can be shipped through the U.S. Postal Service or an express mail service such as UPS. Grantees are responsible for paying domestic postage or shipping costs from their home to Washington, D.C.

### **PAS AND U.S. EMBASSY SUPPORT**

### **Crime and Personal Safety**

All Fulbright grantees will receive a security briefing upon arrival in the country (for more information see Arrival and Temporary Lodging). The Department of State rates Maseru as critical for crime. Incidence of armed robberies, home invasions, break-ins, carjackings, and murder are on the rise. These crimes are most common in the capital city of Maseru but occur elsewhere as well. Foreign diplomats and members of the expatriate community are often targeted, as they are perceived as wealthy. Most crimes are “targets of opportunity” in nature and are the result of inadequate personal security precautions. Traveling alone or at night is particularly dangerous. Recent security incidents have also occurred in the middle of the day.

### **Arrival and Temporary Lodging**

The Fulbright grantee will be responsible for managing all details of their arrival and housing on their own. In the past, Fulbrighters have used their personal contacts at the National University of Lesotho (NUL) to arrange housing, and have arranged for NUL representatives to meet them upon their arrival. This is the responsibility of each individual Fulbrighter. Please advise CIES/IIE of your itinerary at least two weeks in advance of your departure from the United States so that CIES/IIE can inform the U.S. Embassy Maseru of your travel plans. After arrival, you should call the Public Affairs Section to introduce yourself and schedule a briefing with the Regional Security Officer. You should also register with the U.S. Embassy’s Consular Section, and should keep the Consular Section informed about mailing addresses and emergency contact points (address and telephone number) during your grant period.

Housing is not provided as part of the program, each individual Fulbrighter will need to make their own arrangements for housing using their personal contacts in Lesotho.

### **Check cashing and/or local banking arrangements**

Fulbrighters may use the Embassy cashier to cash personal checks up to \$500 per day. No third-party checks will be accepted. ATMs for most card services are available in both Maseru and South Africa. Major credit cards are accepted at retail stores, including hotels, restaurants, and grocery stores. Fulbrighters using credit cards should check with the company about what services are available in Africa. On-line banking services are increasingly common and may be the best means to monitor and reconcile your transactions. We also recommend that you establish overdraft service with your U.S. bank to cover any overdrawn checks, which may occur because of slow mail service for sending and receiving bank statements and deposits.

### **Access to Embassy Health Facilities and Medical Care**

Local health services do not generally meet U.S. standards; you will probably have to travel to Bloemfontein, South Africa, for medical care. The U.S. Embassy can provide information about recommended physicians and clinics. There is no malaria in Lesotho. The most serious public health concerns are HIV/AIDS, road accidents, and tuberculosis, which is highly contagious at a certain stage.

It may take the new arrival a few weeks to adjust to Lesotho’s altitude—just over 5,000 feet. Some people experience headaches, dizziness and a general lethargy, but these symptoms soon pass.

If using prescription drugs, bring a supply that will last the length of your grant. Also, be certain to pack in your carry-on baggage basic information that will enable a medical professional to help you quickly, efficiently, and properly should it become necessary. Seek the guidance of your personal physician prior to departure from the United States in selecting basic health information records to take with you. Please carry a copy of your Fulbright medical report as a basis for treatment.

Consult the Centers for Disease Control website: <http://www.cdc.gov/travel.htm> for detailed information concerning health precautions for Lesotho.

### Local Health Facilities

Hospitals in Lesotho have very limited facilities, and the U.S. Embassy Health Unit recommends travel to Bloemfontein for medical care.

## MEDICAL SPECIALIST DIRECTORY

<b>CARDIOLOGISTS</b>	
Dr. N. Van de Merwe Suite 103 Medi Clinic BTN Tel: +27 51 444 1315	Dr. I. Roscher Suite 505 Medi Clinic BTN Tel: +27 51 444 4313 Cell: +27 83 400 6599
Dr. J. Nienkemper Suite 512 Medi Clinic BTN Tel: +27 51 444 0692	
<b>CARDIOTHORACIC SURGEONS</b>	
Dr. J. Pretorius Suite 109 Medi Clinic BTN Tel: +27 51 444 5033 Cell: +27 83 456 4955	Dr. M. Swart Suite 111 Medi Clinic BTN Tel: +27 51 448 0846 Cell: +27 83 274 6482
<b>DENTISTS</b>	
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Dr. F. Kotze Suite 410 Medi Clinic BTN Tel: +27 51 444 2350 Fax: +27 51 444 3937	Dr. E. Ndobe Industrial Area Cnr Moshoeshoe & Makoanyane Rd. Tel: +266 2232 5299 Cell: +266 62 004 280
Dr. P. Kasselmann Suite 410 Medi Clinic BTN Tel: +27 51 444 0284	Dr. Callego & Dr. Aida 1 <sup>st</sup> Floor Metcash Complex Tel: +266 2231 7870 Cell: +266 5886 5099 / 5886 9896
Dr. L. Bester & Dr. S.J. Coetzee Rosepack Hospital Tel: +27 51 522 6818	

<b>DERMATOLOGISTS</b>	
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<b>DIETICIANS</b>	
<p>Dr. K. Karen Suite F10 Netcare BTN Tel: +27 51 444 2558 Cell: +27 82 929 0717 Fax: +27 51 444 2558</p>	<p>Dr. I. Spoelstra Level 6 Medi Clinic BTN Tel: +27 51 404 6244 Fax: +27 51 444 6144</p>
<b>EAR, NOSE AND THROAT SURGEONS</b>	
<p>Dr. W. Albertse Suite G07 Medi Clinic BTN Tel: +27 51 400 7700 Cell: +27 82 569 5292 Fax: +27 51 400 7701</p> <p>Dr. W. du Preez Suite 303 Medi Clinic BTN Tel: +27 51 444 0331 Cell: +27 83 303 0196 Fax: +27 51 444 0868</p>	<p>Dr. J. Crobbelaar Suite 203 Medi Clinic BTN Tel: +27 51 444 6420 Cell: +27 82 334 4213</p> <p>Dr. H. Hough Suite G12 Rosepack Hospital BTN Tel: +27 51 522 8351 Cell: +27 82 8014 7016 Fax: +27 51 522 0950</p>
<b>FOOT CLINIC</b>	
<p>Ms. M. Williams Suite 311 Medi Clinic BTN Tel: +27 51 522 9537 Cell: +27 82 296 4102</p>	
<b>GENERAL PRACTITIONERS</b>	
<p>Dr. J. Buys Suite 106 Medi Clinic BTN Tel: +27 51 444 1585 Cell: + 27 82 552 2447</p> <p>Dr. G. Smith Suite 207 Medi Clinic BTN Tel: +27 51 444 0505 Cell: +27 82 556 6905</p>	<p>Dr. D. Walsh &amp; Dr. K. Yazbek Suite 209 Medi Clinic BTN Tel: +27 51 444 1059 Cell: +27 83 264 1248</p> <p>Dr. L. Hugo Rosepark Hospital BTN Tel: +27 51 522 2988</p>
<b>GENERAL SURGEONS</b>	
<p>Dr. M.P. Jager, Dr. J.B. Fichardt &amp; Dr. V.D. Watts Suite 404</p>	<p>Dr. A. Loubser (trauma) Suite 208</p>

Medi Clinic BTN Tel: +27 51 444 2652 Cell: +27 83 252 4299 +27 83 250 4202 +27 82 569 2395	Medi Clinic BTN Tel: +27 51 444 0094 Cell: +27 86 636 0733
<b>GYNAECOLOGIST</b>	
Dr. E.C. de Coning & Dr. B.L. Faber Suite 202 Medi Clinic BTN Tel: +27 51 444 2288 Cell: +27 72 272 1955 +27 82 568 1558 Fax: +27 51 444 3462	Dr. J.A.A. De Beer & Dr. J.N.L. Van Zyl Rosepack Hospital BTN Tel: +27 51 522 6977
Dr. W.E. Brummer Suite 204 Medi Clinic BTN Tel: +27 51 444 2232 Fax: +27 51 444 3165 Cell: +27 82 457 2047	Dr. Do-Jo Jordaan Rosepack Hospital BTN Tel: +27 51 522 1077
Dr. F. Steynberg Basement Hospital Block Medi Clinic BTN Tel: +27 51 444 3254 Cell: +27 83 261 4101 Fax: +27 51 444 3254	
<b>HEALTH PSYCHOLOGIST</b>	
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<b>INTERNAL MEDICINE</b>	
Dr. D. Khutsoane Suite 510 Medi Clinic BTN Tel: +27 51 444 0496 Cell: +27 83 440 0145	Dr. R. Flook Suite 304 Medi Clinic BTN Tel: +27 51 444 6190
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<b>NEUROSURGEON</b>	
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Dr. J.H. Wilkinson Suite G03	

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<b>NUCLEAR MEDICINE</b>	
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<b>ONCOLOGIST</b>	
Dr. N. Cronje Level 3 Medi Clinic BTN Tel: +27 51 444 3926 Cell: +27 82 800 1432	Dr. S. Bonnet & Dr. S. Fourie Suite 508 B Medi Clinic BTN Tel: +27 51 444 3205 Cell: +27 83 653 5428, +27 83 253 7580
<b>OPHTHALMOLOGIST</b>	
Dr. Eloff Pasteur Medical Centre Addison Street Hospital Park Tel: +27 51 522 0237/43  Dr. Mokete Bonhomme House Maseru Tel: +266 22 324 130 Cell: +266 5885 1092  Dr. A. Louw Pasteur Medical Centre 1 <sup>ST</sup> Floor RM 106 Tel: +27 51 522 1651	Dr. Carter Pasteur Medical Centre BTN Tel: +27 51 522 0002  Dr. Gouws Rosepack Hospital 2 <sup>nd</sup> floor Gustav Crescent Tel: +27 51 522 8625 +27 51 522 2908 (Pasteur Medical Centre)
<b>OPTOMETRIST</b>	
Mellins I-Style Loch Logan Mall Waterfront BTN Tel: +27 51 448 3580  Trevor and Skinner Kellner Street BTN Tel: +27 51 430 3982	Dr. T. Mokete Pioneer Road LNDC Centre Tel: +266 22 314 000 +266 52 503 000
<b>ORTHORPAEDIC SURGEON</b>	
Dr. O. Badenhost (ankle) Suite 302 Medi Clinic BTN Tel: +27 51 444 0269 Cell: +27 83 269 6067  Dr. W. Van der Merwe (shoulder and knee) Suite 102 Medi Clinic BTN Tel: +27 51 444 3801 Cell: +27 83 2504222  Dr. P. Erasmus (back) Rosepack BTN Tel: +27 51 522 4221	Dr. W. Kock Suite 311 Medi Clinic BTN Tel: +27 51 444 0458 Cell: +27 82 379 6231  Dr. R. Steyn Medi Clinic BTN Tel: +27 51 444 805  Dr. K. Smit (pediatric) Rosepark BTN Tel: +27 51 525 2659

<b>PAEDIATRICIAN</b>	
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<p>Dr. S.C. Brown &amp; Dr. Bruwer Dept of Pediatrics, UFS Tel: +27 51 444 3230 Cell: +27 82 578 2690 +27 82 558 5055</p>	
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Ms. C. Stapelberg Suite 312 Medi Clinic BTN Tel: +27 15 444 3018 Cell: +27 83 269 3106	
<b>RADIOLOGIST</b>	
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<b>SA DRUG AND TOXICOLOGY INFORMATION</b>	
Dr. N. Fourie & Dr. Venter Level 5 Medi Clinic BTN Tel: +27 51 444 3012 Cell: + 27 83 440 1480/+27 82 783 7958	
<b>TRAUMA SURGEON</b>	
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<b>UROLOGIST</b>	
Dr. W.J. Marx Suite 110 Medi Clinic Tel: +27 51 444 1677 Cell: +27 82 557 7001	Dr. J.A. Myburgh Suite 108 Medi Clinic Tel: +27 51 444 1643 Cell: +27 82 800 4694
Dr. H.G. Voigt Suite 310 Medi Clinic Tel: +27 51 444 3940	
<b>LOCAL MEDICAL SERVICES</b>	
<b>Private Clinic in Maseru</b> Dr. R. Kose (GP) Maseru Tel: +266 2231 5620	Dr. T.B. Kolobe & Dr. H. Mofubelu (GP) Metcash Complex Tel: +266 2231 4111 Cell: +266 5884 6502 +266 5885 5888
Dr. N.C. Moji (cardiology) Cathedral Area Tel: +266 2232 2198 Cell: +266 5885 0468	Dr. P. Mohaleroe & Dr. Hanson (GP) LNDC Tel: +266 2232 0374 Cell: +266 5886 3715 +266 5879 5482
Dr. M.M. Taoana (GP –Rheumatology) 1 <sup>st</sup> floor Metropolitan Bld Tel: +266 2232 4389 Cell: +266 5885 0753	Dr. Hoadoafia and Dr. Tsolo (GP) Willies Clinic Khubetsoana Tel: +266 2233 3600
Dr. E.N. Tlale (OBS & GYN)	

386 Pope John II Rd. Tel: +266 2831 2451 Cell: +266 5885 2120	+266 6285 1040 +266 5885 1040
<b>PRIVATE CLINICS IN LADYBRAND</b>	
Dr. Van de Merwe & Dr. Straus Kerk Street, Ladybrand Behind Shoprite Tel: +27 51 924 3081/29	Dr. J.F. Du Toit Opposite Spar Tel: +27 51 924 0249  Dr. Brits Tel: +27 51 924 1813
<b>LOCAL HOSPITAL</b>	
Maseru Private Tel: +266 2231 3260/1 or +266 5974 9303	Willies Hospital Tel: +266 2233 3600/6285 1040
Makoanyane Millitary Hospital Tel: +266 2231 5265	Mamohato Memorial Hospital Tel: +266 2222 0600/ +266 2222 0300
<b>PRIVATE HOSPITAL IN BLOEMFONTEIN</b>	
Medi Clinic Hospital Corner of Kellner Street and Parfitt Street BTN Tel: +27 51 404 6666	Rosepark Hospital 57 Gustav Crescent BTN Tel +27 51 505 5111
<b>AMBULANCE</b>	
<b>ER 24trauma Centre</b> Ladybrand Tel: +27 71 576 9383	<b>ER 24trauma Centre</b> Bloemfontein Tel: +27 82 951 3009
<b>AIR TRANSPORTION</b>	
Lesotho Flying Doctors Tel: +266 22 322 329/+266 22312 654	Mission Aviation Fellowship Tel: +266 22 314 790/+266 22 313 640
Permission to land aircraft in Maseru must be obtained from Civil Aviation Officer: Mrs. Sesinye Tel: +266 22 312 499/+266 5885 3885	
<b>PILOT HOME TELEPHONE</b>	
Brad Westom Tel: +266 22 314 956	Michel Shutts Tel: +266 22 317 883
<b>PHARMACY</b>	
Husteds Pharmacy Kingsway Road/Maseru Mall Maseru Tel: +266 2232 2417	Joal Chemist Joubert Street Ladybrand Tel: +27 924 0933
Tripharm Moshoeshoe Road Industrial Area Tel: +266 2232 3020	Ladybrand Pharmacy 24B Church Street Ladybrand Tel: +27 51 924 2061
Link Pharmacy Pioneer Mall Tel: +266 2231 1324	
<b>DISEASE CONTROL</b>	
LNDC Maseru Tel: +266 2222 6391	
<b>BLOOD BANK</b>	
Metcash Building Maseru Tel: +266 2231 6091	

### Emergency Medical Evacuation

In the event that a Fulbright grantee requires emergency medical evacuation, the U.S. Embassy will assist. Travel to another country for medical diagnosis and/or treatment is not necessarily an emergency medical evacuation. Consult the brochure describing the Bureau of Educational and Cultural Affairs' Accident and Sickness Program for Exchanges for details. Dependents of grantees must have private medical evacuation insurance.

Fulbright grantees have health care benefits under the Department of State Group Accident and Sickness Program for Exchanges (ASPE). ASPE is a health benefits program; it is not an all purpose health insurance, and it is subject to limitations. Grantees should review, *Accident and Sickness Program for Exchange Participants in Program Sponsored by the Bureau of Educational and Cultural Affairs*. Traveler's medical insurance, particularly emergency evacuation coverage is strongly recommended, especially for grantees based outside the capital city.

The Fulbright grant provides limited medical and medical evacuation (medevac) coverage for the grantee only. The cost of medical insurance and medevac insurance for dependents must be paid for by the Fulbrighter. Fulbrighters based outside the capital should explore membership in a local medical evacuation service that transports injured or ill members from rural areas to the capital or another city. Fulbrighters are strongly encouraged to provide PAS with copies of their medical evacuation coverage documents in the event of an emergency.

### **Additional Information and Resources**

Consular Information	<a href="http://travel.state.gov">http://travel.state.gov</a>
State Alumni	<a href="http://alumni.state.gov">http://alumni.state.gov</a>
Fulbright Association	<a href="http://www.fulbright.org">http://www.fulbright.org</a>

### **Holidays in Lesotho**

In addition to observing American holidays, the U.S. Embassy also observes Lesotho holidays, according to the following holiday schedule:

January 1	New Year's Day
March 11	Moshoeshoe's Day
March/April	Good Friday
March/April	Easter Monday
May 1	Workers' Day
May	Ascension Day
May 25	Africa/Heroes Day
July 17	King's Birthday
October 4	Independence Day (Lesotho)
December 25	Christmas Day
December 26	Boxing Day