

# **WELCOME TO PAKISTAN**

## **A GUIDE TO LIVING AND WORKING, 2013-14**



### **The Fulbright Scholar Program**

Sponsored by the United States U.S. Department of State  
Administered by the United States Educational Foundation in Pakistan (USEFP) and  
The Council for International Exchange of Scholars (CIES)

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# I. Introduction

This manual is primarily designed for American Fulbright Scholar grantees who are coming to Pakistan under U.S. U.S. Department of State/CIES auspices, whose grants are managed by the United States Educational Foundation in Pakistan (USEFP), and who receive their stipends and allowances from USEFP. It will be sent to such grantees following their approval, but prior to their arrival in Pakistan, and is to be used as a guide and reference during the actual grant period in Pakistan. It is not a grant document; all grantees should refer to their individual Grant Authorization Forms for the specific terms of their individual grants.

This manual contains general information on grant benefits, travel arrangements, and academic assignments. In addition, it briefly describes living and working conditions in Pakistan (mainly Islamabad), and offers suggestions that we hope will be useful in making pre-departure preparations. Fulbrighters should also use their local libraries to begin or further their exploration into the immensely varied and fascinating history and culture of Pakistan. Many general sections of this manual may also prove useful, however, to other types of Fulbright grantees, such as “Regional Fulbright Scholars” and “Fulbright Specialists,” even though their grants are made by CIES and their grant terms may vary from those funded directly by USEFP. (Regional Fulbright Scholars and Fulbright Specialists, e.g., do not directly receive their stipends, travel, or medical benefits or allowances from the USEFP.)

The effectiveness of an American Fulbrighter in Pakistan is largely dependent on the grantee’s ability to relate successfully to the people of Pakistan. The friendliness and hospitality of the Pakistani people goes a long way toward ensuring the success of this venture. USEFP provides facilities and services to its grantees to make the grantee’s stay as comfortable and as rewarding as possible within the security limitations, budget and the vagaries of life in Pakistan. Ultimately, however, the success of the program depends on the individual grantee. Friendliness, a high tolerance for frustration, the ability to combine tact and frankness, a sense of humor, and a sincere eagerness to learn about Pakistan and from Pakistanis, are qualities that most ensure a mutually satisfying, cross-cultural experience. The Fulbright Program is a unique opportunity to share information about the U.S. with Pakistanis and to help dispel many myths about American people and their culture, beliefs and customs.

## II. United States Educational Foundation in Pakistan

The J. William Fulbright Foreign Scholarship Board (FSB), a statutory body appointed by the President of the United States, has overall responsibility for the Fulbright Program throughout the world. Acting under the Board's guidance, the Bureau of Educational and Cultural Affairs of the U.S. Department of State manages and administers the Fulbright Program. ECA works through bi-national organizations such as USEFP, U.S. embassies, and private institutions in the U.S. to successfully carry out the Fulbright Program. Pakistan has a bi-national commission established in 1950 by the Governments of Pakistan and the United States. Four Pakistanis, appointed by the Ministry of Education, and four Americans, appointed by the U.S. Ambassador, serve on its Board of Directors. Since 1951 when the first group of Pakistani grantees travelled to America and 1952, when the first American grantees visited Pakistan, the Foundation has fostered mutual understanding between the people of Pakistan and the United States through educational and cultural exchange. Over 4,000 Pakistanis and almost 800 Americans have had the opportunity to participate in the Fulbright Program through USEFP.

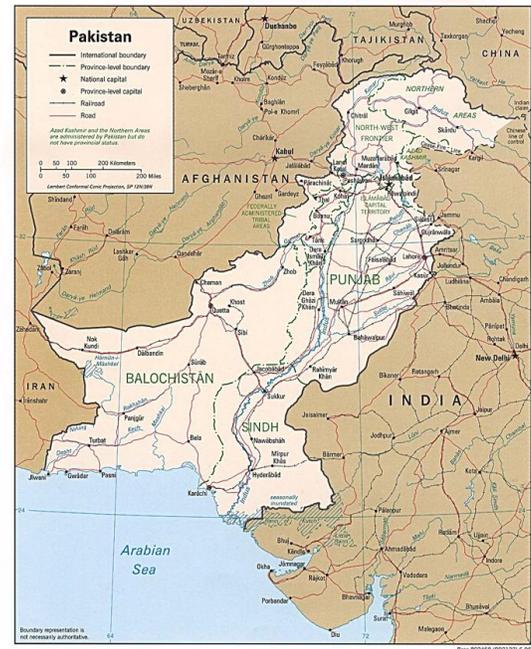
In addition to the Fulbright Program, USEFP administers a number of U.S. State Department programs, including the Hubert H. Humphrey Fellowship Program, the Global Undergraduate Exchange Program, Teaching Excellence and Achievement, and many others. With offices in Lahore and Karachi as well as Islamabad, USEFP seeks to support independent educational exchange activities by maintaining advising and outreach services for Pakistani students. It provides educational testing services so that the standardized examinations required for higher education in the U.S. are available in Pakistan. USEFP also supports an extensive network of alumni, who are a valuable resource to visiting scholars.



# III. Welcome to Pakistan

## 1. Geography

The Islamic Republic of Pakistan came into existence in August 1947. It lies between 23.30 and 36.45 degrees north latitude and 61 and 75.31 degrees east longitude. Stretching over 1600 kilometers north to south and about 885 Kilometers east to west, covering a total area of 803,943 square kilometers, it is about a twelfth the size of the United States and three times as large as the United Kingdom.



The country is bordered in the east and southeast by India, in the north by the People's Republic of China, in the northwest by Afghanistan, in the southwest by Iran and in the south by the Arabian Sea. The following major physiographic regions can be distinguished: the north and northwestern mountainous areas of which the highest peak (K-2 Mount Godwin-Austin) rises to 8,125 meters (28,250 feet); the Baluchistan Plateau and the Thar Desert in the west; the Potohar Plateau and the Salt Range of large deposits of rock salt in the heart of the upper part of the country; and the Indus Plain which is the most fertile and densely populated area in the country.

The federal capital, Islamabad, is located at the foot of the Margalla Hills on the Potohar Plateau.

## 2. Climate

Pakistan is a sub-tropical, semi-arid country characterized by two distinct seasons (summer and winter) and a monsoon period, which brings heavy rains in most parts of the country from July through September.

Summers are hot all over the country and temperatures may exceed 45 degrees C (113F). During the summer monsoon period the temperature drops slightly to 30-35 degrees C (86-95F). Following the monsoon (July-August), it tends to be humid (as high as 90% humidity). The total summer period, including the monsoon season, lasts about five months (May-September). It is generally still quite warm through the end of October in Islamabad.

Winters are cool to cold, with temperatures at times reaching zero centigrade (32F) during the night. In the north of the country, some rainfall also occurs in January and February. The winter period lasts for four to five months (November-February).

## 3. History

One of mankind's earliest civilizations existed in the Indus Valley but gradually became extinct presumably after invasions of the valley from the West. Little is known of this civilization or its contribution to the sub-continent culture of today.

Later, Buddhism flourished in the region in the Gandhara Empire of Alexander the Great. Islam reached the subcontinent in 711A.D. with invaders from Arabia, and by the time of the Moghul emperors in the sixteenth century, it had become the major religion. The Moghul emperors continued to rule the entire region until the Sikhs of the Punjab formed their own separate empire. Other Hindu groups followed until 1849 when the British took possession of the Punjab and all its territories as far as Peshawar.

The Muslims attempted to regain control of the territories with the unsuccessful First War of Independence in 1857. In March 1940, at its annual session in Lahore, the All India Muslim League passed the historic "Pakistan Resolution" which recommended the creation of an independent Muslim State. Pakistan was founded 14 August 1947 under the leadership of Mohammad Ali Jinnah (known as Quaid-i-Azam, or the Father of the Nation).

There are four provinces in Pakistan: the Punjab, Sindh, Khyber Pakhtunkhwa (formerly the North West Frontier Province), and Baluchistan as well as additional administrative units: the Northern Areas (FANA), the Federally Administered Tribal Areas (FATA), and Azad Kashmir (AJK).

## 4. Human Geography

Pakistan has an estimated population of 190,000,000, as of 2013, making it the world's sixth largest country by population – more populous than Russia and smaller than Brazil. Because of Pakistan's high growth rate, it is expected to surpass Brazil in population in 2020. Population projections for Pakistan are relatively difficult because of the apparent differences in the accuracy of each census and the inconsistencies between various surveys related to the fertility rate, but it is likely that the rate of growth peaked in the 1980s and

has since declined significantly. The population was estimated at 162,400,000 on July 1, 2005, with a fertility rate of 34 per thousand, a death rate of 10 per thousand, and the rate of natural increase at 2.4%. Pakistan also has a high infant mortality rate of 70 per thousand births.

The demographics of religion in Pakistan were significantly influenced in 1947 by the movement of Muslims to Pakistan, and Hindus and Sikhs to India. Census data indicates that 96% of the population are Muslims, of whom nearly 85% are Sunni Muslims and 15% are Shi'a Muslims according to CIA estimates. [1] The remainder comprises Christians, Hindus, Jews, Sikhs, Parsis, Ahmadis, Buddhists, and Animists (mainly the Kalasha of Chitral). Pakistan is the second most populous Muslim-majority country and also has the one of the largest Shi'a populations of any country. As of 2013, an estimated 2.9 million refugees — approximately 81.5% being ethnic Pashtuns — remain in Pakistan as a result of the wars in Afghanistan.

Urdu is the national language and lingua franca of Pakistan despite being a non-native Pakistani language. It was installed and promoted by the British Raj in the mid-1800s to supplant Farsi (Persian language), which had been spoken there for some 2000 years and to tie the western former Afghan, Central Asian, Persian or previously autonomous regions (Punjab, Sindh, Balochistan, Kalat, Bahawalpur, Kashmir and NWFP etc.) to the mainland Asian Subcontinent and the British Raj headquartered in Delhi. English is the official language, used in the Constitution and by many corporate businesses, the educated urban elite, and most universities. Punjabi is spoken by over 70 million people, but has no official recognition in the country.

These major ethnic groups are further broken down into several smaller ethnic groups - Punjabis (44.68)% of the population, Pashtuns (15.42%), Sindhis (14.1%), Seraikis (8.38%), Muhajirs (7.57%), Balochis (3.57%) and others (6.28%).

## 5. National and Public Holidays

Several important festivals are celebrated by Pakistani Muslims during the year, dependent on the Islamic calendar. Ramadan, the ninth month of the calendar, is characterized by daytime fasting for 29 or 30 days and is followed by the festival of Eid ul-Fitr. In a second festival, Eid ul-Adha, an animal is sacrificed in remembrance of the actions of Prophet Abraham (Arabic: Ibrahim) and the meat is shared with friends, family, and the less fortunate. Both Eid festivals are public holidays, serving as opportunities for people to visit family and friends, and for children to receive new clothes, presents, and sweets. Muslims celebrate Eid-e-Milad-un-Nabi, the birthday of the prophet Muhammad, in the third month of the calendar (Rabi' al-Awwal). Muslims mark the Day of Ashurah on the 9th and 10th days of the first month (Muharram) to commemorate the martyrdom of Hussain bin Ali, (the grandson of the Prophet Muhammad).

Hindus, Buddhists, Sikhs, and Christians in Pakistan also celebrate their own festivals and holidays. Sikhs come from across the world to visit several holy sites in Punjab, including the shrine of Guru Nanak, the founder of Sikhism, at Hassan Abdal in the Attock District, and his birthplace, at Nankana Sahib. There are also several regional and local festivals, such as the Punjabi festival of Basant, which marks the start of spring and is celebrated by kite flying. Religious holidays are based on the lunar calendar and are therefore subject to the

appearance of the moon. The probable dates on which holidays are likely to fall in 2013-2014 are given in the box below.

2014 Holidays			
OCCASION	DATE	DAY	TYPE
New Year's Day	Dec. 31	Tuesday	U.S.
*Eid-iMilad-un-Nabi (Prophet's Birthday)	Jan. 14	Tuesday	Pakistani
Birthday of M.L. King, Jr.	Jan. 20	Monday	U.S.
President's Day (Washington's Birthday)	Feb. 17	Monday	U.S.
Pakistan Day	Mar. 23	Sunday	Pakistani
Memorial Day	May 26	Sunday	U.S.
Independence Day	Jul. 4	Friday	U.S.
Pakistan Independence Day	Aug. 14	Thursday	Pakistani
*Eid-ul-Fitr	July 28-30	Monday - Wednesday	Pakistani
Labor Day	Sept. 1	Monday	U.S.
*Eid-ul-Azha	Oct. 4-5	Saturday - Sunday	Pakistani
Columbus Day	Oct. 13	Monday	U.S.
*9th and 10th Muharram	Nov. 3-4	Monday - Tuesday	Pakistani
Iqbal Day	Nov. 9	Sunday	Pakistani
Veterans Day	Nov. 11	Tuesday	U.S.
Thanksgiving Day	Nov. 27	Thursday	U.S.
Christmas	Dec. 25	Thursday	U.S.

*\*Muslim holidays are subject to the appearance of the moon and may vary from the scheduled dates.*

## IV. Program Description

Fulbright Scholar Researcher grants are designed to support American university faculty members by funding stipends for up to six months of research work and/or lecturing on topics of their choice.

The peer review of applications for Scholar grants is coordinated by CIES, which forwards them to the bi-national Fulbright Commission in Pakistan for its consideration and approval, and to the J. William Fulbright Foreign Scholarship Board, which gives ultimate approval. Once a scholar has been awarded a grant, USEFP is responsible for grant administration. This includes applying for a No Objection Certificate (NOC) from the Government of Pakistan on behalf of the scholar and otherwise acting as a liaison on all matters relating to the grant.

The numbers of grants made by USEFP depends on the level at which the Commission is funded by the U.S. Department of State.

Because of the security situation, the Fulbright Program in Pakistan is unique in some respects. The objectives are the same as for programs in many other countries. American lecturers assist selected Pakistani university departments by holding workshops, seminars, and lectures to promote (1) curriculum development; (2) capacity building for departmental and inter-departmental faculty research; (3) expanding the training of graduate students by introducing subjects which could not otherwise be taught; as well as (4) to allow the American lecturer to expand his or her own understanding, both professional and personal, by living and working in Pakistan. Because of an agreement between USEFP and the Regional Security Office of the U.S. Embassy, U.S. Fulbright Scholars are allowed to come to Pakistan only if they agree to follow security rules set by USEFP.

To ensure that expectations are clear and in an effort to make the grantee's time in Pakistan as productive and enjoyable as possible, USEFP and the grantee will jointly frame a plan of activities – the Individual Fulbright Scholar Plan (IFSP) – before the grantee arrives in Pakistan. This IFSP plan will cover both professional and social concerns. It will outline the grantee's research agenda, identify the resources required to accomplish this, and outline what USEFP can and cannot do to assist, what it can try to do, and what it sees as beyond its capacity or responsibility. Both USEFP and the grantee will sign off on the plan. After USEFP has shared its thoughts on the feasibility and logistics of a grantee's research agenda, it will begin to identify relevant academic or other contacts as jumping off points for the research plan. USEFP will provide general letters of introduction. At any point in a scholar's research program, USEFP will assist in identifying potential contacts. However, it will be the responsibility of grantees to schedule and follow up on their own appointments and, more generally, to identify the contacts that will be most useful to their own research once USEFP has provided some initial suitable contacts. If a scholar encounters problems, USEFP will be happy to help.

The IFSP will also identify special expertise that grantees may have that they wish to share and in what formats (e.g., workshops, lectures). USEFP will then suggest a schedule of activities to enable this. When the grantee has signed off on this plan, USEFP will organize these activities on behalf of the scholar. The plan of activities will also begin to spell out how USEFP can assist the grantee in terms of socializing, entertainment, and cultural experiences. Please be aware that USEFP cannot guarantee access to any particular individual, department, ministry, or institution.

IFSPs can and will need to be modified as a scholar's research progresses. To see that the plan is on track and to suggest additions and modifications, among other things, grantees will have regularly scheduled meetings with USEFP staff. Grantees will meet weekly with the Program Officer, monthly with the Program Manager, and with the Executive Director on entry, mid-term and exit. The grantee may, of course, request additional meetings at any time and USEFP staff will make every effort to oblige.

## 1. Grant Benefits

Grant benefits are itemized in the grant document that Scholars receive with their award letter. **Keep your signed copy of the Grant Authorization Document for reference to your specific benefits.** USEFP will also keep a copy. Generally, grant benefits for Scholars will include the items discussed in the following paragraphs. (*NOTE HOWEVER, the benefits offered to Regional Research grantees and Specialists are set by the U.S. Department of State, and paid and governed by CIES, not by USEFP.*)

### A. Travel

**Airfare:** Fulbright Scholar grants include purchase of, or payment for, economy airfare from your home in the U.S. to Pakistan and from Pakistan to the U.S. by the most direct, economical route that uses a U.S. carrier where available, for the grantee. No dependents are allowed on the Pakistan program. Depending on the cost, this may mean purchase of two one-way tickets, since for longer stays in Pakistan, two one-way tickets may be less expensive than purchasing a round-trip ticket.

Grantees can make travel reservations either through USEFP or on their own. They should, however, not make their own travel reservations without first consulting with and gaining clearance from USEFP. Most people will find it easier to have USEFP book the ticket. In either case, grantees are advised to finalize their plans with the Commission at least 60 days prior to their planned arrival in Pakistan. Please bear in mind that grantees must also inform the Commission of their desired return-date at least 60 days prior to their return to the USA, especially if the grantee is planning to leave Pakistan during the high-travel season of December, when bookings are very difficult.

Once you have communicated your travel dates and plans to USEFP, USEFP will ask its travel agent to identify the most economical fare available in Islamabad from your point of origin in the U.S.

Grantees can make and pay for their own travel bookings using this quoted fare as a baseline. If you choose to make and pay for your own tickets, you will have to present your ticket for reimbursement upon arrival in Islamabad. USEFP cannot make any travel advances. Keep in mind however, that if you make your own travel arrangements, you can

be reimbursed only if you adhere to the Fly America Act guidelines and only for travel via the most direct and economical fares to and from Pakistan. That is, you will be reimbursed only up to the quoted baseline fare amount that USEFP receives from its travel agent in Islamabad.

Grantees may alter their routes and classes of travel, add stopovers, etc. in any way they choose, provided they: a) notify and get prior permission from USEFP to do so; b) sign a disclaimer acknowledging that their grant has ended on the day they begin their travel and that USEFP is not responsible for any aspect of the travel between their departure from Pakistan and arrival in the U.S.; c) pay for any extra cost over and above the lowest economy fare quotation obtained by USEFP; and d) travel by American flag carriers whenever and wherever possible. Grantees who choose to make their own travel arrangements according to these provisions may be reimbursed up to the cost of the cheapest and most direct route cost on U.S. carriers after they have arrived in Islamabad. Any amount over the lowest fare quote that USEFP obtains (e.g. for stopovers in excess of those normally required by the route, or upgrades to business class) cannot be reimbursed. USEFP cannot give “advances” on travel costs.

***Baggage allowance:*** A allowance for accompanied baggage (up to \$500) is also provided in the grant. If not needed at the outset, the allowance can be retained and used at the end of the grant. Most grantees find they have more to take back with them than what they brought.

***Airport Pick up:*** All grantees must re-confirm their arrival time via fax or e-mail several days in advance, so that we can make the necessary arrangements to meet you at the airport.

Please note that pets are not allowed. Make arrangements to leave pets at home.

***Visas:*** It is necessary to obtain a visa for Pakistan (in the U.S.) prior to your departure. All grantees must enter Pakistan on “official” visas using the following procedure:

USEFP will request complete passport information, a biographic information sheet, and a brief project description. USEFP then requests a No Objection Certificate (NOC) from the Education Ministry of the Government of Pakistan. When the NOC has been received, the grantee can present the NOC and Grant Authorization document, along with their passport and visa application to the Pakistan Embassy in Washington, D.C. or to a Pakistan Consulate in Los Angeles, New York, or Chicago. These can be submitted by post as well as in person. The visa fee will not be reimbursed by USEFP. The visa fee will not be reimbursed by USEFP. It is the responsibility of the grantee to ensure that his/her visa is valid for the entire duration of his/her stay.

Many grantees decide to visit India following the completion of, or even during their grants. For grantees intending to travel to India, it is **strongly recommended** to get an Indian visa in the U.S. because it is difficult to acquire one quickly in Islamabad.

***Orientation:*** Grantees are met at the airport by a USEFP staff member and driver, who will take them to the Fulbright House and assist them in getting settled there. Orientation by USEFP staff is generally conducted on an individual basis. Grantees

will be briefed on their assignment and introduced to Pakistani culture. If a grantee has been cleared to be hosted by a university in Pakistan, they are encouraged to come to Islamabad first for an orientation. In addition to the briefing by USEFP, there is also a mandatory briefing by the U.S. Embassy's Regional Security Office (RSO) on the first Monday or Tuesday morning after a grantee's arrival. (These days are subject to change.)

## B. Stipend/Allowances

***Maintenance stipend:*** A monthly stipend (the exact amount is indicated on your Grant Authorization Form) is provided to cover the grantee's living and other expenses. Stipends are paid for each full month that the grantee is in Pakistan and on a daily pro-rated basis for each partial month that the grantee is in Pakistan. Fulbright regulations do not permit payment of the stipend for periods that the grantee is not in Pakistan. The stipend is paid in a combination of U.S. dollars and Pakistani rupees as given on your Grant Authorization document. Lecturer/Researchers also receive other grant benefits, which are described in the Grant Authorization document. Occasionally, grantees may wish to have their dollar-denominated stipends sent to their bank accounts in the U.S. by wire transfer. For this purpose, be sure to bring a sample check from your U.S. account and ask your U.S. bank to provide you with the information needed for effecting a wire transfer, including the bank's "Swift Code." Please note that USEFP will not pay any costs such as wire transfer fees.

***Housing Allowance:*** USEFP, in contrast to most other Fulbright programs in other countries, provides furnished housing for grantees. Housing arrangements are described in more detail in a subsequent section.

***Settling-In Allowance:*** A one-time settling-in allowance of \$500 (paid in Pak Rupees) will be paid on arrival in Islamabad. These funds can be used for household items of special importance to the grantee.

***Incidental Allowance:*** Fulbright Scholar Lecturer/Researcher grants include an allowance for the "purchase of supplies and equipment and for other expenses deemed necessary by the Commission for the successful realization of individual projects." The exact amount is determined by USEFP in light of the type of project, normally reimbursed in rupee equivalent funds.

***Reimbursement Claims:*** Claims should be submitted to the Fiscal Officer and reimbursement will normally be made along with the monthly maintenance payment. Receipts should be attached to claims, including signed receipts from field assistants, language teachers, etc. Grantees should explain the relationship of the expenditure to their work, if not readily apparent. **NOTE: Incidental expenses may be reimbursed in dollars only if they were originally made in dollars.**

***Allowable Expenditures:*** You may claim reimbursement for the following items out of your incidental allowance:

- Approved **travel within Pakistan connected with your project**, e.g. for attendance at a conference of professional societies, to lecture at campuses upon invitation, and to conduct research. Travel within host city is **not** reimbursed,

nor are any other charges for inter-city travel other than the actual fare. **Grantees must pay hotel and food bills, tips, etc.** themselves.

- **The cost of film, books, pamphlets, maps, etc., required for the project:** This does not include books of a general background nature, which can be borrowed from libraries or with which grantees should be familiar.
- **Equipment and services:** USEFP may be able to make its office equipment available to grantees. Grantees are expected to provide their own office supplies for the F-10 house or elsewhere outside of USEFP.
- **Ownership of Non-Expendable Items:** Please note that, according to Foreign Scholarship Board policy, all non-expendable equipment and books purchased with the Fulbright grant are the **property of the Fulbright Commission**. USEFP, however, allows grantees to retain maps, pamphlets, and government publications purchased out of the incidental allowance.

**Book Allowance:** A book allowance is provided for U.S. Scholars to enable them to purchase books for their own use in connection with their teaching assignments and for eventual donation to their appropriate Pakistani campus or departmental library.

**Excess Baggage & Grant-Related Books:** Scholar grantees are entitled to a limited *reimbursement* allowance (up to \$500) for accompanied excess baggage. Most grantees use their baggage allowance at the end of their stay when they have acquired Pakistani gifts, handicrafts, etc., to send home.

**Unaccompanied Baggage:** We recommend that grantees bring with them all that they will need as accompanied baggage except for one book shipment (only printed materials are allowed) through pouch. Fulbright Scholars are authorized to make a one-time shipment of educational materials to the American Embassy. This shipment cannot exceed four copy-paper-size boxes, none of which may weigh more than 50 pounds. These materials cannot be sent back to the United States by pouch. Address these packages to:

Cultural Affairs Office (Brian Gibel)  
Fulbright Scholar Program (family name of grantee)  
8100 Islamabad Pl  
Washington, DC 20521-8100  
The Scholar's name must appear in the return address.

Clearing shipments through Pakistani customs is a lengthy and unpleasant process.

**Health Benefits:** Through the U.S. Department of State-funded Accident and Sickness Program for Exchanges (ASPE) Health Benefit program, Fulbright grantees are provided basic health and accident insurance. This insurance, however, is considered secondary to any other insurance a grantee may have, and grantees are strongly advised **not** to give up any existing insurance in anticipation of the Fulbright/ASPE coverage. Your grant does not cover the cost of any existing insurance you may have in the U.S. The U.S. Department of State health policy for Fulbrighters provides for medical evacuation if necessary.

## 2. Start of Grant

USEFP should receive your intended dates of arrival and departure by May 1. The medical form needs to be received at least two months before the grant start date but no more than six months in advance of the start date. Grants are not considered approved until medical clearance is received.

USEFP will apply for the required No-Objection Certificate (NOC) from the Government of Pakistan in May. However, the NOC is granted at the discretion of the Government of Pakistan. USEFP cannot guarantee that a grantee will receive the requested NOC by the start date identified by a grantee. To receive clearance, the NOC request is processed through both the Ministries of Education and Interior. Although USEFP regularly follows up with both, ultimately it is up to the Government of Pakistan to approve or not and how quickly. A grantee's phoning the Pakistan Embassy in Washington or otherwise pressuring the Pakistan Government may have the opposite of the intended effect.

## 3. Early Termination & Extension of Grants

Grantees who terminate their grants earlier than the period specified in their grants will have their stipends reduced accordingly, on a daily, pro-rata basis. Grantees whose grants include international travel, and who terminate their grants prior to completing at least 80% of the grant period may lose their return travel allowance. Fulbright regulations prohibit USEFP from paying for periods when the grantee is outside of Pakistan.

Grants may be suspended by USEFP with USEFP's application for termination for the following reasons:

- A grantee is found to have violated his/her Terms and Conditions;
- Public statements or actions that bring the Fulbright Program into disrepute.

## 4. Finances, Taxes, etc.

The grant begins with one month's cash advance paid in Pakistani rupees, upon the grantee's arrival. Thereafter, the stipend will be paid by the Fiscal Officer on a regular monthly basis.

**Bank Account:** Upon arrival, grantees should consider opening an account at Citibank Ltd., where USEFP has its account. A Commission employee will help in these and in other transactions. **It is recommended that grantees bring their U.S. checkbooks with them,** as certain expenditures must be paid in U.S. dollars. Arrangements can be made to effect wire transfers to and from a Citibank account from a U.S. account. The cost of wire transfers or currency conversion will be borne by grantees, not by USEFP. As your grant period nears completion, keep in mind that exchanging excess Pakistani rupees can be problematic, so grantees should manage their finances in such a way as to minimize their rupee holdings as their grants come to a close. There are ATMs in Islamabad that will work with an American ATM card (with charges applied of course).

**U.S. Income Tax:** Fulbright grants are taxable as U.S. income. However, IIE, USEFP, and the U.S. Department of State neither withhold taxes from grant payments nor issue grantees a 1099 or W2 form. USEFP does, however, provide grantees with a letter in January of each year that states the grant amount received in the prior calendar year. Grant payments are

not subject to taxation by Pakistan. USEFP is not in a position to answer any detailed questions concerning tax liability and any questions concerning Federal or State income tax matters should be taken up with officials of the Internal Revenue Service or the appropriate State revenue authority.

Further information may be obtained by calling 1(800) TAX-FORM and asking for the *Scholarships and Fellowships Publication 970* or from the website <http://www.irs.gov/pub/irs-pdf/p970.pdf>. Other helpful documents include Publication 54 "Tax Guide for U.S. Citizens and Resident Aliens Abroad" and Publication 463 "Travel, Entertainment and Gift Expenses". The IRS has provided detailed information about taxation requirements on a Fulbright Grant: <http://www.irs.gov/Individuals/International-Taxpayers/Fulbright-Grants>.

We recommend that grantees see a tax adviser in the U.S. before coming to Pakistan. The following IRS publications available at local IRS offices are useful:

- Tax Guide for U.S. Citizens Abroad
- Tax Information for U.S. Scholars
- Income Tax Benefits for U.S. Citizens Who Go Overseas

## 5. Accommodation

Accommodation is provided to Fulbright Scholars, including Regional Researchers and Specialists based in Islamabad. USEFP has for several years maintained a furnished house in the F-10 sector of Islamabad. The house is divided into three apartments spread over three floors. Each grantee is assigned a bedroom with an attached bath. Each apartment has a kitchen, lounge and dining room. Grantees will be charged \$600/month for accommodation (room and board). (Rates are subject to change.) The largest apartment, located on the ground floor, will be a communal area (apart from the two bedrooms) from 7 am to 10 am and 5 pm to 9 pm.

While U.S. Fulbright Scholars are given priority, the Fulbright House is not exclusively for their use. From time to time other scholars or official visitors come from the U.S. USEFP reserves the right to rent a room to other visiting scholars, if one is available, at its discretion. On occasion, USEFP may also need to house an out-of-town USEFP Board member who has travelled to Islamabad to attend a meeting of the Board. On other occasions, it may be necessary for USEFP to house USEFP staff who have travelled to Islamabad for training or other official activities.

**Eating:** The Fulbright house has domestic staff responsible for its general maintenance. The cook will serve a basic breakfast and dinner at a fixed time each day. Grantees are requested to inform the cook if they do not plan to be there for a meal. The cost of these meals is fixed at \$300/month and is included in the \$600 deduction for accommodation, regardless of whether you avail this facility. Lunches will be taken care of by grantees themselves. If additional food is required, take-out and catering menus are available at the house, and food can be ordered from nearby outlets at grantee's own expense. For extra service, please make arrangements to pay the cook, cleaner, or other helpers.

There is a washing machine at the house. Grantees can do their own laundry or avail the dhobi (washer) service that is offered, again at a grantee's own expense. The communal areas of the house are cleaned daily. Bedrooms and bathrooms are thoroughly cleaned once a week on a rotational basis. Additional cleaning services must be arranged by grantee at their own cost.

Security guards will also be on duty 24 hours a day. Since their purpose is security, they are not available for any other duties.

**Amenities:** The house is equipped with basic amenities. It is furnished simply but comfortably. Bed linens, towels, dishes, and other items required for daily living are provided. Grantees should feel free, however, to purchase additional items themselves (such as their own towels) and donate them to the house if they do not want to take them home with them. Each room is equipped with a reversible (heat and cooling) air conditioner. A UPS system ensures that some lights and fans will work during power outages ("loadshedding"). Each floor has a television, cable, wireless Internet connection, and printer. All items are inventoried to a particular apartment. Therefore grantees should request an item from USEFP before moving it from one apartment to another.

*Insert pictures (see p.17-21 of handbook)*

**Please note that while this is a clean and well-maintained residence, it is not a luxury accommodation. Scholars cannot expect to live at the same standard as their own homes. We hope that scholars will consider this a reasonable sacrifice to make for the opportunity to research and experience life in Pakistan.**

## 6. Transportation

**Travel within Islamabad:** A shared car and driver are provided by USEFP. This may be USEFP's own car and driver, or an approved rental firm's car and driver. Transport will need to be coordinated in advance through the USEFP office as much as possible. Please note that although USEFP will work to ensure that grantees have transport to all official appointments and engagements, we can never guarantee the availability of the car to grantees, especially when there are two or more scholars in country simultaneously. We would request you to provide a schedule of your planned activities for the following week each Friday. This will assist us in scheduling the cars and making the best use of our limited resources.

For security reasons, we do not permit grantees to drive themselves.

**Travel within other host cities:** It will be the responsibility of any institution hosting a scholar to provide transportation. Grantees are not allowed to use public transportation.

### **Travelling outside of Islamabad**

Any grantee wishing to travel outside of their approved host city must make a request to USEFP. Grantees cannot travel outside their approved host city without the explicit permission of USEFP. Many areas of Pakistan are completely restricted. No request for travel to KPK, FATA, Balochistan, or some other areas will be considered. Grantees also need to be aware of areas within their host city that should be avoided.

*Please note that USEFP will not pay the costs that may be associated with complying with housing or travel restrictions, such as hotels or airfares.*

# V. Preparing to Come

## 1. Climate and clothing

There are four seasons in Islamabad: moderately cold and damp in December, January, February; cool and mild in November and March; hot and dry in April, May, and June; and hot, humid and rainy in the monsoon months, July through September. In the hot season, daytime temperatures range in the 100's F while winter days are in the 60's. In June the temperature can reach above 115 F. Although the Fulbright house and USEFP offices are air-conditioned, universities and colleges may not be. Extreme temperatures of summer therefore can be challenging to people unused to heat or with health conditions. The Fulbright house is equipped with a generator which will run lights, fans and air-conditioning. However, this is unlikely to be the situation in most places that grantees will work or visit.

Winter nights can get cold (40's and 50's) and seem much colder due to the lack of central heating and insulation. Quilts, blankets, and shawls help solve the problem. Although temperatures are moderate, the lack of central heating necessitates warm clothing for the winter months, often more for indoors than out! Although the bedrooms at the Fulbright house have reversible air-conditioning, the communal areas (drawing/dining room, kitchen) are not climate controlled. A variety of woollens are available, but it is still advisable to bring warm sweaters and a jacket for outdoors. Dressing in layers proves quite practical. Other than December, January, and February, the weather is quite warm, so lightweight summer clothing is in use most months of the year.

While dress is generally informal in Islamabad, as U.S. representatives abroad, Fulbrighters should try to look well-groomed on all occasions. Men should bring a suit and tie for receptions and other engagements. Women may also want to bring professional clothing, as necessary. It must be remembered that Pakistanis dress modestly. Shorts are never acceptable attire for either women or men. Sleeveless blouses or shirts are also sometimes inappropriate. The local *shalwar* (trouser) *kameez* (shirt) is often a good option. It is comfortable and attractive – especially in the summer months – and people appreciate a foreigner wearing their dress as a compliment to their culture. Material, mostly cotton and/or polyester, is available in Islamabad, as are inexpensive tailors. Made-to-order clothing can supplement but certainly not substitute for bringing along all the clothing you will need during your stay.

Good-quality shoes, socks and readymade women's clothes are not readily available on the local market, so buy them before leaving the U.S. Good shoes are especially hard to find; bring all that you will need. Pantyhose, tights, knee highs are generally unavailable so stock enough for your whole stay. Remember, however, these are very seldom worn in the hot season. Women should bring extra underwear because the selection in Islamabad shops is limited, at best. Special clothes items like bathing suits, sportswear, and formal wear may be difficult, or impossible, to buy in Islamabad.

## 2. Household and Miscellany

Lodgings for Fulbrighters are equipped with **basic** furniture and household items (dishes, silverware, pots and pans, water filters, bed linens and blankets). Grantees may want to supplement these basic furnishings according to personal preferences. For example, you may bring a favorite cookbook, or anything you need for ethnic cuisine other than Pakistani. Grantees may buy some items in Islamabad according to their preferences and at the end of their stay sell them or add them to USEFP's inventory.

It is important to understand the unpredictability of the market in Islamabad. Things available in abundance disappear abruptly, while other items traditionally unavailable may suddenly flood the market. Luxury items, like cosmetics, are expensive and choice is limited. If you have a favorite face cream or other cosmetic items, bring enough to last your whole stay. Another quirk of the market is that an item may in fact be available, if only you can figure out which of the many, many small shops is the one that stocks it. Grantees need to be adaptable when these shortages occur.

## 3. Computers, cell phones, etc.

If you need a computer for your research, you should consider bringing with you a laptop and any specialized software you may need. Please remember that Pakistan's power supply is 220 volts. Unless your electrical goods work on both 110 and 220 volts, as most laptops, cell phone and camera chargers do, do not bring them. Many grantees purchase voltage transformers and stabilizers, which are available locally and quite cheaply. Most, if not all US cell phones (or, more properly their SIM cards) are incompatible with cellular service in Pakistan. A cell phone will be provided by USEFP. Phone charges will be paid by the grantee. For security reasons, grantees are required to keep their cell phones on. Long distance calls to/from the US are fairly inexpensive. Skype and other Internet phone services work well in Pakistan. The Fulbright house has a broadband wireless Internet connection.

# VI. Health Precautions & Medical Care

Before leaving the United States – and in order for your grant to be finally approved, you must undergo and pass a physical examination. CIES will provide you with the necessary forms. After you have passed your physical, please bring a copy of the completed physical examination form with you to Pakistan, along with your medical history. USEFP will also need a list of the current medications you are taking and the dosages. This information will be confidential. We hope we will never need to use this information but it is critical to have it if you become ill and are injured in any way.

You must also secure and bring with you to Pakistan an international health card (i.e., a World Health Organization, or WHO Card) and make sure that all of your immunizations for those diseases specified by the Center for Disease Control for Pakistan are up to date. The Fulbright Program does not cover the cost of any immunizations. (Appendix A of this manual is a list of the inoculations currently recommended by the American Embassy Medical Unit for Pakistan. This list – which all grantees should follow – may be more comprehensive than the list recommended by the CDC.) ***Remember to bring your record of vaccinations (eg, a WHO Yellow Card or similar) and a copy of your completed physical***

**examination form with you when you come to Pakistan.** If your doctor or travel clinic doesn't have the "International Certificate of Vaccination and Prophylaxis" (the WHO Yellow Card), then you can use whatever kind of card or list of vaccinations received that your clinic can provide you. The main point is to know what vaccinations you have had and which ones you need.

Medical bills must be submitted as claims under your own insurance, or secondarily as claims under the U.S. Department of State insurance policy that applies to Fulbrighters. However, every medical treatment or illness does carry a \$25 deductible under the U.S. Department of State policy. Scholars can use the ASPE health benefits solely or as if it was their primary health insurance provider. However, the benefits coverage is not extensive and scholars are urged to retain their usual primary health insurance and/or purchase supplemental insurance. The Seven Corners manual for scholars, as well as a quick reference guide and a claim form are enclosed with this manual.

Generally, in traveling through Asia, you should drink only boiled and filtered water. Avoid undried plates and utensils, uncooked vegetables or fruits which cannot be peeled, un-boiled milk, and cold foods which may have been contaminated by handling. Intestinal troubles are common, but a little caution and common sense will go a long way towards minimizing their effect.

Detailed information is available at: <http://wwwn.cdc.gov/travel/destinationPakistan.aspx>.

Medical facilities of international standard are available in Islamabad; Shifa International Hospital has many U.S. Board-certified physicians on staff.

### **Physicians/Dentists**

A list of hospitals and chemists is provided in Appendix B.

## **VII. Living in Islamabad**

### **1. Introduction**

Islamabad, the capital of Pakistan, lies against the backdrop of the evergreen Margalla Hills at the northern edge of the Potohar Plateau. Islamabad is located eight miles north of Rawalpindi's city center. In contrast to its twin city Rawalpindi, Islamabad is lush green with a peaceful suburban atmosphere. It is a city of wide tree-lined streets, large houses, elegant public buildings and well-organized bazaars. Sidewalks are shaded and safe behind rows of blooming jacaranda and hibiscus trees. Beautiful parks filled with roses, jasmine and bougainvillea add to the beauty.

The urban area is divided into eight zones: administrative, diplomatic, residential, institutional, industrial, commercial, greenbelt, and a national park. Islamabad hosts many well-organized parks and gardens, mosques, universities and shrines, museums and archaeological sites. Lok Virsa, the National Cultural Center and Museum, off Link Road has exhibits, handicrafts, and examples of dresses from different regions of Pakistan.

For shopping enthusiasts, Islamabad has many bazaars, the main ones being Super Market, Jinnah Super, and the Blue Area. Apart from such excursions one may visit the Shakarparian hilltop, the beautiful Jasmine Garden, Rawal Lake, and the Pir Suhawah hilltop. Drive for ten minutes up to Daman-e-Koh at the top of the Margalla Hills for a sweeping view of Islamabad. For jogging and walking the huge Fatima Jinnah park is an ideal spot. In sport activities, one can find golf courses and even a bowling alley along with numerous cricket and football grounds.

## 2. Communication

**Post:** Letters going to or coming from Pakistan can take as long as a month. If you have friends who will be writing to you from countries other than the U.S., in the interest of speed they might want to write to you in care of the Commission's House no. 5, Street 17, F-6/2, Islamabad 44000. However, there is always a risk of loss or theft with regular international mail. **Checks and cash should not be sent through the international mail.** In addition to the regular mail, grantees may also send or receive documents using one of the international courier services such as DHL or FedEx, both of which have offices in Pakistan. These courier services however, are generally limited to the sending and receipt of documents only. Though generally reliable and fast, they tend to be expensive.

**Packages:** The only way to receive packages (other than documents) is to have them sent through international mail (USEFP, House no. 5, Street 17, F-6/2, Islamabad 44000, Pakistan). Although grantees are entitled to customs-free entry of packages, USEFP does not recommend such shipments, as the clearance procedure is cumbersome. Moreover, the loss rate is very high.

**Telephone & Internet:** The Pakistan country code is 92 and Islamabad city code is 51- followed by a seven digit phone number. Grantees receive a cell phone for their use from USEFP but they are required to pay for the phone credit themselves. Also, the landline at the Fulbright House may be used for local calls without charge. International calls will be charged to the grantee. USEFP has its own fax machine (92-51-843-1555). Grantees can **receive** faxes on this machine. However, grantees will be charged to send faxes from the Commission. There are many commercial fax outlets in Islamabad, and in addition, Pakistan now has several cheap and well run e-mail services and Internet Service Providers. Grantees are asked not to have personal e-mails sent to them through the Commission's e-mail address. Most grantees bring laptop computers; wireless Internet connections are available both at the USEFP office and the Fulbright house. Skype and other Internet video chat services are an excellent option for communicating with friends and family in the U.S.

## 3. Cost of Living in Islamabad

Most of your basic living expenses are provided in the grant, such as housing, utilities, and transportation. Fulbright grantees will find the grant stipend to be quite adequate. However, in order to help familiarize you with the kinds of expenses you will be responsible for, there is a brief summary of expected living expenses below.

**Food:** USEFP provides a weekly budget for the cook. Grantees may wish to work with the cook to prepare a special meal on occasion. Local markets have excellent grains, fruits, and vegetables. Imported foodstuffs, e.g. cheese, chocolate, coffee, tend to be significantly more

expensive than in the U.S. If you really love a particular brand of coffee, you might consider packing some.

**Suggested Payment Schedule for Household Staff:** USEFP drivers are well-paid and receive overtime; there is no need to give them extra payments. However, do consider their comfort over the course of your day (make sure they have time to get some tea, lunch, etc.). It is customary in Pakistan for guests to leave a tip for household staff when they leave.

**Utilities:** Utility rates are extremely high and USEFP requests grantees to conserve as much as possible. Do not run the air-conditioners or heaters when you are not in a room, turn off lights, etc. With the availability of e-mail, and internet telephone programs, phone costs have steadily dropped. Wireless internet access is available at the Fulbright house.

## 4. Currency and banking

The monetary unit is the Pakistan Rupee, which is available in denominations of 1, 2, 5, 10, 20, 50, 100, 500, 1000, and 5000. U.S. \$ 1 = Rs 98 (approximately, April 2013, and are of course subject to change on a daily basis). There are no restrictions on the amount of foreign currency, either in the form of bank notes or travelers cheques or other negotiable instruments, that may be brought into Pakistan, and it does not have to be declared. Banks and a number of hotels are authorized to accept foreign currency or travelers cheques. There are also a number of official currency exchange offices which tend to offer a better rate for cash when converting dollars to rupees than the rate available in the banks. All large hotels, shops and restaurants accept major credit cards. Counterfeit currency is in fairly wide circulation so you should be alert to the feel and appearance of larger currency notes.

The State Bank of Pakistan is the Central Bank. There are domestic commercial banks, development finance organizations and foreign banks including Standard Chartered, Barclay's Bank. No US bank is operating for consumer banking in Pakistan.

Major credit cards such as American Express, Visa, Master Card, and others can be used for your shopping and other transactions. ATMs are now located all over Islamabad providing 1 Link/MNET services for quick cash.

Currency can be changed at regular money changers. There are several behind Usmania Restaurant in the Blue Area and Riaz Exchange Co. (Pvt.) Ltd. in Beverly Center, Blue Area, T: 051 2270975.

## **Foreign Currency Banks and Timings**

**Barclay's Bank**  
**F-7 Markaz, Islamabad.**

**Standard Chartered** Tel: 051-111-002-002  
(ATMs in F-10 Markaz and F-11 Markaz)

Monday – Thursday	9am – 5pm
Friday	9am – 12:30pm, 3pm – 5pm
Saturday	9am – 1pm
Sunday	Closed

## **5. Food**

Most Pakistani cuisine is based on meat and vegetables, served with either rice or bread. Most essential foodstuffs are available locally at fairly reasonable prices. A limited variety of imported foods are available in retail stores. A wide variety of vegetables and fruit are grown locally and available seasonally. Meat in the form of beef, buffalo, veal, lamb and goat (mutton) is in plentiful supply and of good quality. Fresh poultry and good fish are also available. People tend to buy fish mainly during the colder months – October to April.

Coffee is not grown in Pakistan, but is imported and expensive. Tea is plentiful and reasonable in price.

Vegetarians will find many delicious daal (lentil) and vegetable dishes available. However, vegetarians will have to plan their diet as this is not the norm in Pakistan. It is best to inform your hosts as well as USEFP in advance.

**Restaurants:** From time to time the U.S. Embassy's Regional Security Office may recommend against visiting restaurants. Please check with USEFP on the current policy before going. Traditional Pakistani cuisine centers around meat dishes, and a lot of oil is used in cooking. A wide variety of spices, flat breads and excellent long grain rices are used in daily food. Mutton and chicken curries, kebabs and various charcoal-prepared dishes are widely appreciated by the foreign community. A number of other countries' cuisines are also available. Tipping is expected in all restaurants, but Pakistanis often tip a much smaller percentage than in the U.S. In Pakistan alcohol is prohibited. For foreign nationals, drinking is permitted only within the premises of their embassies/consulates or their residences. There are a variety of cuisines available, but be sure to try Pakistani barbecue. Restaurants in Islamabad tend to close a bit earlier than in many other parts of the country or region. A number of fast food outlets have opened in Islamabad. It is generally not a good idea to go to the foreign fast food outlets. Have food delivered instead.

## 6. Entertainment and Culture

For some time, there was little professional music, art or theater in the cities, apart from occasional amateur dramatics and performances by visiting artists and local groups. This has been changing. In Islamabad, the National Art Gallery has recently opened, and numerous smaller galleries regularly host events and exhibitions. Professional theater groups are also making a comeback, with performances held either at the National Art Gallery or the Islamabad Club. While there are no nightclubs or discotheques, there is a good deal of private entertaining.

Saidpur Village, a model village within Islamabad, is well worth a visit. In addition to being picturesque, it has a number of charming open air restaurants.

FM radio has also burgeoned in recent years. Popular western music can be heard throughout the country on stations such as City FM 89. Satellite television has made popular U.S. and U.K. English-language programming widely accessible. Pirated DVDs and CDs are a thriving industry so that popular western films are available freely. Anyone wishing to buy legitimate software, DVDs or CDs are recommended to bring them from the U.S.

### Leisure

**Asian Study Group (ASG)**, Malik Complex, 80 Jinnah Avenue, Blue Area. Tel: 287-5891. Open 2:30 — 5:00 p.m. ASG is a voluntary, non-profit organization that was formed to enable members of the community, both foreign and Pakistani, to learn more about the culture, history, geography, religion, environment, crafts, cooking and customs of Pakistan. A monthly newsletter keeps members informed of ASG and other cultural activities being held in and around town. Membership forms can be obtained through USEFP.

**Kuch Khaas**, House 10, Street 1, F-6/3: A community center that runs an extensive program of talks, films, musical and other events. Tel: +92 51 8357483, [info@kuchkhaas.org](mailto:info@kuchkhaas.org).

**American Club** Offers limited access membership for the restaurant/bar, video rental, pool, exercise facilities and tennis courts. Fulbright grantees in Pakistan are entitled to use of the American Club and Recreational Facilities but are required to pay a monthly membership fee. Tel: 2080-0000, ask for Club extension.

**UN Club** House No. 3, Street 2, F-7/3. Tel: 227-9313, 227-9093. Open to members of the International community at lunch times and every Friday night. Membership is also available.

**Horse Riding** Two options are available:

- Opposite Best Western Hotel, Murree Road. The instructor is Mr. Mushtaq (0303 7756658)
- Off Lehtar Road. The instructor is Brigadier Jaffar (9222791 for directions).

**Golf** There are two Golf courses in Islamabad. The Islamabad Club has an 18-hole course and the Air Force Golf Club in F/10 has a 9-hole course. Membership to the clubs is not required. Golf clubs can be rented and golf lessons can be obtained. Islamabad golf course: Tel: 282-9320

**Tennis and Squash** Tennis can also be played at most Embassy clubs, and coaches are available. The Margalla Tennis Club has women's open tennis on Tuesday mornings. You do not have to be a member to participate. Squash can be played at the British Club and also at the Islamabad Club.

### **Fitness Centers**

American Club Gym (Members Only)

The Ultimate Gym: House 1, Street 27, F6/2. Tel: 287-3894

Serena Hotel Gym: Tel 287-4000

Metafitnosis: E-7250-A, Street 23, E-7, Tel:+92-51-265 2974; [info@metafitnosis.com](mailto:info@metafitnosis.com)

The Gym: Beverly Center, Blue Area Islamabad, Tel: 0300-5209573

### **Films/Movies**

Renting videos in Islamabad is cheap and popular. Radio City in Supermarket, Illusions in Supermarket, Jinnah Market and F-10 Market all have a wide selection of videos including the latest releases.

### **Museums**

**Pakistan Museum of Natural History:** Garden Avenue, Shakarparian, Islamabad, Tel: +92-051-9252082, +92-51-9252086, Email: [ubaidsa@hotmail.com](mailto:ubaidsa@hotmail.com)

**Taxila Museum,** Taxila: [http://www.heritage.gov.pk/html\\_Pages/taxila\\_museum.htm](http://www.heritage.gov.pk/html_Pages/taxila_museum.htm)

**Lok Virsa** (National Institute of Folk & Traditional Heritage): Garden Avenue, Shakarparian, Tel: 92-51-9252106, 92-51-9252091, [info@lokvirsa.org.pk](mailto:info@lokvirsa.org.pk).

### **Art Galleries**

**The National Gallery:** Permanent collection and exhibitions/performances organized by the Pakistan National Council of the Arts, Plot 5, F-5/1 Tel: 051-920-5250, 920-5273-4, 920-5268

**La Galerie:** House 15, Street 18, F-7/2 Tel: 051-265-2356-7

**Nomad Gallery:** #22, Justice Abdul Rashid Road (old 7th Avenue), F-6/1, Islamabad. Tel: 051 - 2273725; Saidpur Village

**Rothas Art Gallery:** F-7/4, Islamabad

**The Art Gallerie:** F-6/1, Islamabad

**Tanzara Gallery:** House 14, Street 12, F-7/2 Tel: +92 51 2650840

**Jharoka:** House #8, Street 28, F-8/1, Tel: +92 51 02260324,  
[jharokaartgallery@hotmail.com](mailto:jharokaartgallery@hotmail.com)

**Gallery 6:** House 624, Street 44, G-9/1, Islamabad, Tel: +92 51 2251171, +92 51 2251171,  
[mail@gallery6islamabad.com](mailto:mail@gallery6islamabad.com)

## VIII. Working in Islamabad

Whether you are coming as a researcher or research/lecturer you must have a No Objection Certificate (NOC) issued by the Government of Pakistan. Once you have an NOC, you can apply for a study/research visa. Separate permission is required to access the National Archive. If your work is dependent on access to the National Archive, please postpone taking up your grant until you have received permission. A grantee's actual plan of activities (IFSP) will be arranged in collaboration with USEFP, as outlined earlier in the program description. Brief descriptions of the institutions with which a scholar may wish to develop a research relationship, or at which lectures, symposia, workshops or other activities might be arranged are given below, along with an explanation of the educational system and some of the special challenges confronting lecturers and researchers.

### 1. Pakistan's Education System

Pakistan's educational system is based on the British model. A description and chart explaining the system is provided in Appendix C.

Possible Pakistani institutional hosts for American Scholars in the Islamabad/Rawalpindi Area are given below:

**Quaid-i-Azam University (QAU)** (<http://www.qau.edu.pk/>) is the largest university in Islamabad. The university is recognized in Pakistan and abroad as a quality institute with high academic standards; QAU's graduates and alumni hold prestigious positions in various universities, research institutions, government and private sector. The University has also established research collaboration with selected universities/research organizations in United States, Europe and South Asia. One of the top public institutions of higher education in Pakistan, it has also been ranked second among universities in Muslim countries. More than 80% of its professors hold doctoral degrees and have overseas experience.

The University presently admits about 600 students in its Master's degree program, 200 to M.Phil and 100 to Ph.D.s annually. Quaid-i-Azam University consists of four faculties – Natural Sciences, Social Sciences, Biological Sciences and Medical Sciences and offers programs in Chemistry, Computer Sciences, Earth Sciences, Electronics, Mathematics, Physics, Statistics, Administrative Sciences, Anthropology, Defense and Strategic Studies, Economics, History, International Relations, Animal Sciences, Bio-Chemistry, Micro-Biology and Plant Sciences. The university has also established a National Institute of Psychology, National Institute of Pakistan Studies and Institute of Information Technology at its Islamabad campus. It has collaborations with institutes/colleges all over Pakistan, including

Taxila Institute of Asian Civilization; National Institute of Historical and Cultural Research, Islamabad; Armed Forces Medical College, Rawalpindi; National Defense College, Islamabad; Pakistan Institute of Ophthalmology Al-Shifa Eye Trust Hospital; Pakistan Institute of Medical Sciences (PIMS); Sheikh Zayed Postgraduate Medical Institute; National Institute for Bio-Technology & Genetics Engineering(NIBGE); and Health Services Academy.

**Pakistan Institute of Development Economics (PIDE):** PIDE is an autonomous research organization established by the Government of Pakistan. It is devoted to theoretical and empirical research in Development Economics, in general, and on Pakistan-related economic issues, in particular, as well as other social sciences related to economic policy and development, such as demography and anthropology and interdisciplinary studies. <http://www.pide.org.pk/>

**Institute of Space Technology (IST):** A federally chartered degree-awarding Institute offering degree programs in Aerospace, Communication Systems, Materials Science & Engineering. <http://www.ist.edu.pk/>

**Bahria University:** Bahria University is a public-sector university established by the Pakistan Navy. It has campuses in Karachi and Islamabad. The University awards degrees in Business, IT and Engineering. It is the first institute in Pakistan which is affiliated with community service and the first to deploy mobile computing and wireless technology in Pakistan. <http://www.bci.edu.pk/>

**National University of Science and Technology (NUST):** NUST is a public-sector, degree-awarding autonomous Engineering University established in 1991 by the Government of Pakistan. The university is located in Rawalpindi, near Islamabad. <http://www.nust.edu.pk/>

**COMSATS:** COMSATS Institute of Information Technology is a public-sector, degree-awarding institute. The institute was established in 2000 and awards degrees in Engineering, Business, Architecture and Sciences. The institute has campuses in five other Pakistani cities. <http://www.ciit.edu.pk/>

**Fatima Jinnah Women University:** Fatimah Jinnah University is the largest public-sector, degree-awarding university for women in Pakistan. Established in 1998, the University offers degrees in Computer Sciences, Natural Sciences, Social Sciences and Humanities.

There are number of other public and private universities in the greater Islamabad area. A brief description is given below:

**Foundation University:** Foundation University is a private sector degree awarding institution sponsored by the Fauji Foundation, an Armed forces welfare trust. The University has its head office in Islamabad and three campuses in Rawalpindi. It awards degrees in Business, Engineering, Medicine and Liberal Arts. <http://www.fui.edu.pk/>

**Air University:** Air University is a degree-awarding university established by the Pakistan Air force in 2002. The University awards degrees in Engineering, Business, Social Sciences & Humanities, Applied and Natural Sciences, and Avionics and Aeronautics. <http://www.au.edu.pk/>

**Allama Iqbal Open University:** Allama Iqbal Open University is the largest public-sector, distance-learning university in Pakistan. The university was established in 1971 and awards degrees in general disciplines. <http://www.aiou.edu.pk/>

**Federal Urdu University of Arts, Sciences, and Technology (FUUAST):** The objective of FUUAST is to educate students in Urdu language and equip students with English language skills to compete with international expertise. One of its basic goals is to make modern and advanced education in the Arts, Science and Technology (particularly Information Technology), available to the people who could not otherwise afford it. <http://www.fuuast.edu.pk/>

**International Islamic University (IIU):** IIU is a seat of Islamic learning in Pakistan. IIU is a public-sector, degree-awarding university, established in 1980. In addition to degrees in general disciplines with a focus on Islamic studies, IIU has now branched into many other fields. <http://www.iiu.edu.pk/>

**National University of Computer and Emerging Sciences (FAST-NEUCES):** The university is one of the leading Engineering and IT Universities in Pakistan. Established in 1980, the University is registered with the Government of Pakistan as a charitable institution. The University has campuses in Karachi, Lahore and Peshawar.

**Riphah International University:** Riphah International University is a private-sector, degree-awarding university. The university awards degrees in Engineering, Computer Sciences, Medical & Health Sciences, Pharmaceutical Sciences and Management Sciences. <http://www.riu.edu.pk/>

**National University of Modern Languages (NUML):** NUML is the largest public-sector, language-learning university in Pakistan, established in 1970. The university also awards degrees in Computer Sciences and Management Sciences. <http://www.numl.edu.pk/>

**Center of Advanced Studies in Engineering (CASE):** Established in 2001, CASE is private-sector institution affiliated with the University of Engineering and Technology, Taxila, a public sector university near Islamabad. CASE offers Masters and PhD Degrees in Computer Engineering and Engineering Management.

**Arid Agriculture University:** Arid Agriculture University is the largest public-sector university for Agriculture, established in 1970. The university offers Master's and PhD Degrees in various agricultural disciplines.

**National Defence University (NDU):** NDU is a public-sector university, established by the Pakistan Military in 1963. The University offers courses on Security Studies. <http://www.ndu.edu.pk/>

**Pakistan Institute of Engineering Applied Sciences (PIEAS):** PIEAS has been the major human resource development center for the Pakistan Atomic Energy Commission since 1967. Besides nuclear technology, the institution specializes in information technology, nuclear medicine, medical physics, materials engineering, process engineering, systems engineering and laser technology. <http://www.pieas.edu.pk/>

**Sir Syed University:** Sir Syed University of Engineering and Technology is a private-sector university in Karachi, established in 1993. The university offers Bachelor's and Master's degrees in Engineering.

**Preston University:** Preston University is the first private-sector university in Pakistan, and has one of the largest networks of campuses in the country. The University was established in 1984 and offers degrees in Business, IT, Technology, Natural and Social Sciences.

**Iqra University:** Iqra University is a private-sector university, established in 2000. With campuses in Karachi, Islamabad and Quetta, Iqra University offers degrees in Engineering, Business, Computer sciences, Media Sciences and Social Sciences.

**Shifa College of Medicine:** Affiliated with Bahria University, Islamabad and accredited by the Pakistan Medical and Dental Council, Shifa College of Medicine is a private sector Medical College offering MBBS courses.

In addition, a number of think tanks in Islamabad may interest Fulbright Scholars, including the Sustainable Development Policy Institute (SDPI), the Islamabad Policy Research Institute (IPRI), Institute of Policy Studies (IPS), the Population Council, the National Institute of Policy Studies (NIPS), Pakistan Institute of Medical Sciences (PIMS).

Universities currently approved to host scholars in **Punjab** are:

**University of Gujrat:** The University of Gujrat is one of the new major public sector universities in Punjab. The university was established by the Government of Punjab in 2004 to cater to the higher education needs of the population of central Punjab, which includes districts of Gujrat, Sialkot and Gujranwala in addition to city of Wazirabad. These districts are popularly known as the Export Triangle of Pakistan due to various manufacturing industries operating in the area.

**Lahore University of Management Sciences (LUMS):** One of the top private universities of Pakistan, it is located in Lahore. LUMS was established in 1984 by a group of industrialists and people belonging to Pakistan's leading private and public sector corporations, to provide rigorous academic and intellectual training to students. LUMS is especially noted for its Business and Economics faculties. A large number of Fulbright alumni and U.S. graduates work as faculty and researchers.

**Forman Christian College University (FCC):** Forman Christian College is located in Lahore, Pakistan on a large and beautiful campus. It has introduced a Baccalaureate program, started in 2005, and strives to offer a western-style, world-class education to Pakistanis at tuitions that are affordable. New postgraduate programs started with the MBA in 2007, and now include MPhil. and Master's Degrees in specific disciplines. FCC's generous financial aid program and scholarships for deserving students make high quality education readily accessible. It serves a large population of non-elite students. USEFP maintains a Testing and Educational Advising Center on its grounds.

**Government College University (GCU):** GCU, Lahore is a co-educational public university. The university offers Bachelor's, Master's, and Ph.D.

Degrees in a variety of disciplines and currently has more than 6000 students and 323 faculty members. Government College University is the oldest in Pakistan.

**Beaconhouse National University (BNU):** A liberal arts university in Lahore established in 2003 by the Beaconhouse School System, BNU aims to provide a modern education while ensuring that the history and culture of Pakistani society are respected. Beaconhouse National University is a private, coeducational, non-sectarian institution offering undergraduate and graduate programs. Its Fine Arts departments are ranked as among the best in Pakistan.

**National College of Arts (NCA):** This famous old college in Lahore is among the best of Pakistan's public educational institutions. The NCA has many prominent Fulbright alumni who are actively working as faculty and researchers and artists.

**Lahore College for Women University:** An independent women's university, Lahore College for Women was founded as a women's college in 1922 but was upgraded to a university in 2002. It has approximately 7000 students and a teaching faculty of more than 330. It admits students at the intermediate, Master's and Ph.D. level.

## 2. Lecturing

Fulbright grantees affiliated with USEFP rather than a university may give talks at a variety of local universities. The grantee can also assist faculty from various institutions by consulting on curriculum development and faculty development. The latter can be done through giving special seminars or lecture series, guiding research work, and collaborating on grant proposals. USEFP will do its best to have a schedule of activities in advance of a grantee's arrival whenever possible, but many activities will have to be arranged when the grantee is present in Islamabad.

Lecturing to Pakistani students may require adjustments on the part of the visiting professor. Degree (M.A.) students are equivalent to American undergraduates in age and training. The students are products of a system that stresses memory and rote learning and which places little or no emphasis on independent thinking and research. Some have had little or no experience in discussion-oriented education or independent reading and self-expression. Brighter students are usually able to respond to a different classroom technique, but a certain amount of resistance to change is also often encountered.

The other major challenge which may be encountered by the American professor is communication. Although English is the medium of instruction at the graduate level, students may have had limited exposure to American native speakers. "Pakistani English" may be difficult for you to understand, as may your accent and manner of speaking for students. For some student audiences, it may be necessary to speak extremely slowly and distinctly.

USEFP hopes that the Fulbright award will be an opportunity to initiate collaborative research projects, both in student training and among faculty. Since most faculty have been trained in a tradition that emphasized memorizing theoretical knowledge, there are often gaps in their understanding of how to begin conducting research. Fulbrighters can play an important role in helping Pakistani faculty and students initiate research projects. In

particular, we ask U.S. Scholars to conduct a workshop on research methods in your discipline. In addition, most grantees will want to conduct their own research projects in order to make their time in Pakistan as valuable and satisfying as possible.

Finally, it is important to remember and be sensitive to the vast difference between the amount of money a Fulbright Scholar earns (even from your Fulbright grant, which may be only a fraction of your university salary in the US) and that earned by your university colleagues in Pakistan, where even a full professor's salary is usually less than US \$1000/month.

### 3. Research

Generally, a researcher can expect to find their Pakistani counterparts to be helpful and genial. USEFP has an extensive network of Fulbright and Humphrey alumni who are enthusiastic about the opportunity to meet and guide U.S. Scholars. USEFP will identify potentially useful contacts from among its alumni and share these before a grantee arrives as part of the IFSP.

**Books:** Local bookstores are poorly stocked and university libraries very inadequate. It is wise, therefore, to send a supply of text and reference books for your own use and, possibly, extra materials for students. Donations of books to local university libraries or a particular department will be very much appreciated. If you intend to apply for reimbursement for books **purchased for your grant assignment** that will be donated to a university, these purchases should generally be approved in advance (See Section III "Grant Benefits," Section C – Incidental Allowance, and Section D – Book Allowance) and receipts must also be provided.

**Research Assistants & Translators:** Those grantees whose work requires research assistants and/or translators, unless they have prior contacts, should wait until they arrive in Pakistan to locate such assistance. There is no formalized process for doing so, but often USEFP may know of persons who can assist. Your Pakistani colleagues can also assist you with networking to find RAs and translators. Be sure to carefully discuss any past experience with those you are considering hiring and to be as clear as possible about your expectations of them. Rates will obviously depend on qualifications, the nature of the work, expected time commitments, etc. Finally, please remember to give credit where credit is due if your research work results in publication.

### 4. Reports

USEFP requires two types of reports, and they are considered vital. The first is in-house; each grantee is asked to make a brief report of his or her activities each month. USEFP can keep in touch with the grantee and report to the Board. This can be in the form of a brief informal letter or memorandum. In addition to tracking progress on one's academic assignment, the report can include any problems with university work, and information on travel, guest lectures, or other professional activities. Please report any changes in plans and programs.

There are also **midterm and final reports that must be submitted online to CIES** in a timely fashion. PLEASE bear in mind that it is your responsibility to record your password

and keep track of it! After you log-in the first time (i.e. for the midterm report) you will be prompted to change your password, and you must write it down and keep track of it at that time so that you can complete your final report. Reports should cover major accomplishments and shortfalls and provide information that might be useful to future grantees. **USEFP requires that the final report be submitted to CIES before USEFP issues the return tickets.** Please do consider reading the reports of earlier grantees – or contacting them directly with questions. Fulbright alumni can often give valuable advice from a peer perspective.

## 5. Academic and Speech Freedom

Although Fulbrighters have the same academic and speech liberties as all U.S. citizens, it is important to remember that you are here as guests of the Government of Pakistan which has granted you an NOC and visa, and that the security situation in the country vis-a-vis U.S. citizens may be tense. While you are free to write and publish as you see fit, it is highly advisable to avoid public controversy. A small cartoon appearing in far-off Denmark led to rioting and bombing in Pakistan. Any inflammatory reference to religion in a public forum can be dangerous to you and to USEFP. Because of the security situation, we would request you not to identify USEFP in newspaper articles, letters to the editor, television appearances, or in electronic communications such as blogs or tweets without first checking with USEFP. For the same reason, USEFP does not give out its address as standard practice. Do not put the address of the USEFP Office or Fulbright House on your visiting cards or stationery.

# IX. Emergency Action Plan

The following information is intended to provide guidance to Fulbright grantees in Pakistan as they consider various options and contingencies during possible crisis situations.

## 1. Status of Fulbrighters

The U.S. State Department recognizes that Fulbright grantees are a distinct group of individuals because they are under the U.S. government sponsorship when overseas. As such, it provides a level of support to Fulbright grantees in the event of a crisis.

Fulbright grantees should, upon arrival in Pakistan, register their names with the U.S. consular section. The Fulbright Program is addressed in the Emergency Action Plan of the U.S. Embassy, and the grantees are included in annex b of its warden system.

Shortly after arrival in country, all Fulbright grantees will be scheduled for and should attend the Security Briefing given by the U.S. Embassy Regional Security Officer (RSO) at the U.S. Embassy in Islamabad on Tuesday mornings.

Grantees are advised that the standard means of communication may be cut off during crisis situations. During a crisis, as long as the means of communication are open, grantees should maintain contact with USEFP and provide updates on at least a daily basis (probably more if the situation dictates).

## 2. Travel and Other Restrictions

At the beginning of their grant periods, all grantees will receive a briefing from the RSO. **If a grantee knowingly elects to travel outside of their approved host city without permission, they will be considered as having violated the terms and conditions of their grant** and the Commission may recommend to the J. William Fulbright Foreign Scholarship Board that their grant be revoked or terminated. If the grant is terminated, the grantee will be required to leave the country.

## 3. Emergence of a Crisis

If the situation is uncertain, the Commission, in conjunction with the RSO, will evaluate the threat potential to a grantee, and may offer grantees temporary relocation to another in-country site.

In the event of a serious situation, the U.S. Embassy may declare an *ordered departure* of non-emergency personnel. In such a situation, the continued viability of the Fulbright Program will also be evaluated. The Bureau of Educational and Cultural Affairs at the U.S. Department of State (ECA), in consultation with the Commission, determines whether the Fulbright Program can sustain operation under current circumstances and, if not, may suspend the program. If the program is suspended, all Fulbright grantees will be asked to leave the country. USEFP will facilitate relocation of the grantee either to a third country location, or the U.S.

The following scenarios may occur after the announcement of an *ordered departure*:

- a) *Grantee decides to leave Pakistan and resign the grant*: In the event grantee elects to return to the U.S. and resign his/her grant, the exact timing of departure should be coordinated with the Commission and host institution, if any. The grant would be amended to shorten it to the length of time in the country of assignment. If the grantee has received payment of benefits beyond the amount authorized in the amended grant, s/he would be required to return any overpayment to the cooperating agency/commission. Fulbright grants already include an allowance for return travel to the U.S. ECA would authorize a financial payment (stipend and/or maintenance allowance) for 30 days from the date of departure to assist with resettlement in the U.S. If a grant is terminated, all applicable reports will become due within 30 days.
- b) *Grantee elects to remain in Pakistan*: If a grantee elects to remain, even after the announcement of an *ordered departure*, ECA may withdraw the grant and discontinue the stipend/maintenance allowance. If the grantee has received payment of benefits beyond the withdrawal, s/he would be required to return any overpayment to the Commission. The grantee is asked to sign a statement of release acknowledging s/he is no longer considered a Fulbright fellow and must not continue to represent him/herself as such. The grantee does not forfeit the return travel entitlement, but must meet any increase in travel costs him/herself. The grantee's U.S. Department of State ASPE insurance coverage ends at the date of resignation as well.
- c) *Grantee decides to leave Pakistan without resigning the grant*: USEFP may determine that it is in the best interests of the program that grantees depart without curtailing the Fulbright grant. Factors governing such a decision include security concerns at the place of assignment and potential to resume the assignment in the near future. Where it is determined that departure without curtailment of grant is advisable, ECA authorizes

payment of up to one month's stipend for a grantee who is out of country of assignment with the expectation that circumstances may permit an early return to host country. If a return is not feasible (i.e., no change, or worsening of the situation), ECA authorizes a further one month stipend to assist with resettlement in the U.S.

- d) Even if the U.S. Embassy does not order a departure, depending on the local situation, grantees may choose to leave the country temporarily during a crisis. While costs of emergency air tickets, diversionary travel and other exceptional expenses may be covered from grant funds, grant funds may not be used for grantees' cost-of-living expenses outside of Pakistan, and the cost of any emergency travel would be deducted from the grant total.
- e) *Grantee is reassigned without curtailment of grant:* Grantees may select reassignment in another country; however, it is not possible for ECA to guarantee reassignment. Factors affecting reassignment include the length of time remaining in the grant, the scholar's field of study, the need for expertise in another country, and ability to obtain timely approvals from the potential new host institution and PAO/Commission. Reassignments are usually within the same geographic region.

## X. Telephone List

USEFP Islamabad	Exchange No. 051-8431300	051-2877075-76/2877031	
Name	Title	Office Ext.	Cell phone
Rita Akhtar	Executive Director	8431-301	0300-852-9920
Saleem Abdul Razaque	Program Manager	8431-510	0300-852-9984
Zulfiqar Ali Bhuto	Asst. Program Officer	8431-514	0331-239-3595
Kamran Jalal	Asst. Admin & Security	8431-310	0301-765-7618
Abdul Rashid	Driver	8431-531	0333-518-8654
Muhammad Akram	Driver	8431-531	0346-528-2986
Arshad Mahmood	Driver	8431-531	0300-506-3019
Ghulam Hussain	Driver	8431-531	0307-529-7274
Qaiser Mahmood	Driver	8431-531	0303-515-3034
Fulbright House/Basement		051-229-3865	
Ground Floor		051-229-3879	
Second Floor		051-210-7989	

### US Embassy

Switchboard: 208-2000

*Regional Security Officer (RSO): 208-2203*

### General Emergency

Police 15 or 9270013

Fire Brigade 4221177, 4223897

### Ambulance

Islamabad 9210646

Rawalpindi 1122

# Appendix A

## Recommendations or Requirements for Vaccine-Preventable Diseases

### **Routine**

Recommended if you are not up-to-date with routine shots such as, measles/mumps/rubella (MMR) vaccine, diphtheria/pertussis/tetanus (DPT) vaccine, poliovirus vaccine, etc.

### **Hepatitis A** or immune globulin (IG)

Recommended for all unvaccinated people traveling to or working in countries with an intermediate or high level of hepatitis A virus infection (see map) where exposure might occur through food or water. Cases of travel-related hepatitis A can also occur in travelers to developing countries with “standard” tourist itineraries, accommodations, and food consumption behaviors.

### **Hepatitis B**

Recommended for all unvaccinated persons traveling to or working in countries with intermediate to high levels of endemic HBV transmission (see map), especially those who might be exposed to blood or body fluids, have sexual contact with the local population, or be exposed through medical treatment (e.g., for an accident).

### **Typhoid**

Recommended for all unvaccinated people traveling to or working in South Asia, especially if visiting smaller cities, villages, or rural areas and staying with friends or relatives where exposure might occur through food or water.

### **Rabies**

Recommended for travelers spending a lot of time outdoors, especially in rural areas, involved in activities such as bicycling, camping, or hiking. Also recommended for travelers with significant occupational risks (such as veterinarians), for long-term travelers and expatriates living in areas with a significant risk of exposure, and for travelers involved in any activities that might bring them into direct contact with bats. Children are considered at higher risk because they tend to play with animals, may receive more severe bites, or may not report bites. **Note: Rabies vaccine is temporarily in limited supply.** For updates on the rabies vaccine supply, please check the Rabies News and Highlights page regularly.

## Japanese encephalitis

Recommended if you plan to visit rural farming areas and under special circumstances, such as a known outbreak of Japanese encephalitis, see country-specific information.

## Polio

Recommended for adult travelers who have received a primary series with either inactivated poliovirus vaccine (IPV) or oral polio vaccine (OPV). They should receive another dose of IPV before departure. For adults, available data do not indicate the need for more than a single lifetime booster dose with IPV.

## Antimalarial Drugs

If you will be visiting a malaria risk area in Pakistan, you will need to take one of the following antimalarial drugs: atovaquone/proguanil, doxycycline, or mefloquine (primaquine in special circumstances and only after G6PD testing).

Note: Chloroquine is NOT an effective antimalarial drug in Pakistan and should not be taken to prevent malaria in this region.

Malaria risk area in Pakistan: Risk in all areas (including all cities) at altitudes below 2,000 m (<6,562 ft).

**A Special Note about Antimalarial Drugs:** You should purchase your antimalarial drugs before travel. Drugs purchased overseas may not be manufactured according to United States standards and may not be effective. They also may be dangerous, contain counterfeit medications or contaminants, or be combinations of drugs that are not safe to use.

Halofantrine (marketed as Halfan) is widely used overseas to treat malaria. CDC recommends that you do NOT use halofantrine because of serious heart-related side effects, including deaths. You should avoid using antimalarial drugs that are not recommended unless you have been diagnosed with life-threatening malaria and no other options are immediately available.

For more information visit:

<http://www.cdc.gov/travel/destinationPakistan.aspx>

# Appendix B

## Hospitals and Pharmacies

### Hospitals

Shifa International Hospital, H-8/4  
Tel: 4603666

Maroof International Hospital

F-10 Markaz, Islamabad.

Ali Medical Center, Centre Markaz F/8  
Tel: 285-7174, 225-5313-5

Pakistan Institute of Medical Studies (PIMS), G-8/3  
Tel: 926-1170

### Pharmacies

Shaheen Chemist  
Tel: 2824759, 2874335, 2270337, 2872842 & 2825660  
School Road, Super Market, F-6 and Main Blue Area

D. Watson Chemist  
Tel: 2827001, 2270720 & 2877001  
School Road, Super Market, F-6 and Main Blue Area

# Appendix C

## Educational System of Pakistan

### **Overview**

Pakistan's educational system is based on the British system for the most part and is the responsibility of the province. Although the Ministry of Education (MOE) presides over Pakistan's entire system of education, each province has its own department of education. The central government continues to be the overall policy-making, coordinating, and advisory authority. Educational institutions located in the federal capital territory are administered by the Ministry of Education. The Federal government is responsible for maintaining the quality and character of education.

The school stream consists of pre-primary, primary, middle, secondary and higher secondary levels. The minimum age requirement to start primary classes is six years (though there are exceptions and some children start at five and one-half years).

### **Primary Education**

Primary education lasts for five years. The language of instruction is either Urdu or the regional language. The curriculum includes: reading, writing, and arithmetic, general science, social studies, religious studies, and physical education. There is a recent movement to begin teaching English in the first grade.

### **Secondary Education**

The secondary level is divided in three parts:

1. Middle school from grade VI through VIII with subjects like Urdu, English, mathematics, sciences, social studies, and Islamic studies. Assessment is through semester or annual examinations.
2. Secondary level is from grade IX through X. Students can choose science or arts (humanities) stream. Successful students receive Secondary School Certificate.
3. Higher secondary, is grades XI & XII. Students specialize in either science or humanities. Successful students are awarded the Higher Secondary school Certificate or the Intermediate Examination Certificate.

### **Vocational/Technical Secondary Education**

One to two year diploma programs are offered through vocational/technical schools. These programs are in conjunction with formal schooling and are offered during the 9th and 10th grades.

## Higher Education

Higher education is offered through private and public degree-granting institutions. The academic curriculum is varied and consists of degree offerings in arts, science, engineering, medicine, business, technology, etc. The Higher Education Commission (HEC) has established guidelines for establishing institutions of higher education. HEC is responsible for monitoring the quality and assessment of degree granting institutions. The quality of education varies enormously from one institution to another from excellent to very moderate.

**Typical University Degrees:** Entry into university generally requires an admission test. Each province conducts its own entrance tests known by different names, especially for professional and first technical degree programs.

**Bachelor's (Pass):** Usually two years in duration

**Bachelor's (Hons):** Usually three years in duration

Bachelor's degrees in engineering, pharmacy, and computer science require four years. Lately several business administration degrees are also of four year duration. Medicine requires six years including internship. Colleges and universities throughout Pakistan are in the process of switching to four year bachelor's degrees formal disciplines.

**Bachelor of Education:** One year duration after the Bachelor's pass degree.

**Masters:** Two year duration after the Bachelor's Pass degree and one year after the Hons degree

### Non-University Higher Education

Polytechnics, technical and commercial institutes and colleges offer non university certificates and diplomas of two to three year's in length. Most of these are awarded by the Board of Technical Education in various provinces.

**Role of Authorities:** An important aspect of the Pakistan educational system is the role of authorities established by statute for the regulation and maintenance of uniform standards of education and training in professional subjects. Prior approval from these authorities is essential for starting new institutions, introduction of new courses, and fixing the intake capacity in each course. Some of the regulatory authorities include Federal Board of Intermediate and Secondary Education ([www.fbise.edu.pk](http://www.fbise.edu.pk)), Higher Education Commission ([www.hec.gov.pk](http://www.hec.gov.pk)), Ministry of Education ([www.pakistan.gov.pk/education-ministry/index.jsp](http://www.pakistan.gov.pk/education-ministry/index.jsp))

### Grading System

Higher Secondary and Intermediate level Grading System:

60% and above	First Class
50-59%	Second Class
35-49%	Third or Pass Class

**Post-Secondary Grading System:** Pakistan colleges and universities use different grading practices for different degrees awarded. Most commonly seen systems are percentages and letter grades similar to those in the U.S.

The grading system employed is usually given on the front or back of the academic results document. The following system applies to degrees that conduct annual external examinations.

First degree programs that give letter grades in the examinations (generally professional and engineering degrees) do so using scale similar to U.S. grading patterns.

# Appendix D

## **TERMS AND CONDITIONS FOR U.S. GRANTEES IN PAKISTAN**

The U.S. Educational Foundation in Pakistan (USEFP) warmly welcomes U.S. Fulbright scholars to Pakistan. At the same time, there are significant security threats to American citizens in Pakistan. The security environment for U.S. Scholars in Pakistan is unpredictable and subject to rapid change. For that reason, USEFP and the U.S. Embassy Public Affairs Section, in careful consideration of grantees well-being, have developed the following guidelines based on security advice and norms established and observed by the U.S. Mission in Pakistan.

U.S. Scholars who plan to travel to Pakistan as Fulbright Scholars or Specialists must agree to the following Terms and Conditions before entering into grant status in Pakistan:

1. Your host in Pakistan is USEFP or a host institution approved by USEFP in consultation with the U.S. Embassy's Regional Security Office and Public Affairs Section.
2. You will be expected to conduct your designated Fulbright activities at your assigned placement or host institution in Islamabad, Lahore or Faisalabad and not to travel to other cities or regions in Pakistan without prior USEFP approval.
3. You will be expected to live in your assigned accommodations and must obtain prior approval from USEFP if you plan to stay overnight in any other location.
4. All transportation will be provided by USEFP or your host institution. You agree that you will not take public taxis or public transportation of any kind.
5. You will carry a cell phone issued by USEFP or a personal cell phone and keep it on and ready at all times to facilitate rapid contact by USEFP for timely alerts about any urgent security situation.
6. You accept and affirm that you will be unaccompanied during your Fulbright tenure in Pakistan; family members and spouses or partners may not accompany you during your grant period.
7. You understand and accept that restrictions may be imposed by USEFP from time-to-time on your movements and activities in Pakistan on security advice received from the U.S. Embassy.
8. You agree to register with the U.S. Embassy's American Citizen Services Section and to attend a U.S. Embassy security briefing arranged by USEFP upon arrival in Islamabad, the required port of entry for all U.S. Fulbright scholars.