2023-2024 LESOTHO COUNTRY GUIDELINES
FOR U.S. FULBRIGHT SCHOLARS AND STUDENTS

Updated: March 10, 2023

The Fulbright Program is sponsored and administered by the Department of State’s Bureau of Educational and Cultural Affairs (ECA) and awards scholarships to lecture, conduct research, and study abroad. Here, the program is managed by the Public Affairs Section (PAS) of the U.S. Embassy in Maseru, Lesotho.

This document contains summary information about the Fulbright award, logistical and program support provided through ECA, contact information for PAS or the U.S. Embassy, and advisory information about your host country. These guidelines are an important resource, and should be reviewed prior to departing for your host country. This document may be supplemented by PAS during your arrival orientation at post. Please note that this information is subject to change.

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

The Embassy’s interim Public Affairs Officer (PAO) is Charles Blake (BlakeCC@state.gov) +266 2231 2666 Ext 4343. The Senior Cultural Affairs Assistant Madingane Maliehe (MalieheMM@state.gov +266 2231 2666 Ext 4314) and Junior Cultural Affairs Assistant Mabohlokoa Bookholane (KoteleMR@state.gov +266 2231 2666 Ext 4153) will be your Fulbright point-of-contact at the Embassy. The Embassy is located at 254 Kingsway Avenue, which is the main road into Maseru from the border crossing at the Maseru Bridge. The Embassy telephone number is (+266) 2231 2666. The fax number is (+266) 2231 0116. The Embassy e-mail address is infomaseru@state.gov. The international mailing address is P.O. Box 333, Maseru 100, Lesotho. The U.S. Embassy Maseru website is: http://ls.usembassy.gov.

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

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

*When contacting the Public Affairs Section by email for the first time, please copy all PAS staff listed above.

All Fulbright grantees must register with the embassy in case of emergency. This should be done through the STEP website just prior to arrival in-country: http://step.state.gov. The Smart Traveler Enrollment Program (STEP) is a free service to allow U.S. citizens and nationals traveling and living abroad to enroll their trip with the nearest U.S. Embassy or Consulate, allowing you to receive important information about safety conditions and helping the U.S. Embassy contact you in an emergency, whether natural disaster, civil unrest, or family emergency. It is not specific to Fulbright grantees. Grantees should separately notify the embassy directly of their arrival date.

ENSURING YOUR SAFETY ABROAD

While overseas, U.S. Fulbright participants are private U.S. citizens who do not fall under Chief of Mission authority; however, they are also under U.S. government sponsorship during their
exchange programs and the Department provides guidance and assistance for their welfare and security. Fulbright participants are supervised by the post/commission and must abide by post/commission requirements, the terms and conditions of their respective grants, and the policies of the J. William Fulbright Foreign Scholarship Board.

PAS, the Regional Security Office, and American Citizen Services can assist you in matters of safety and security. Should you encounter safety threats, or if you are a victim of crime, contact the U.S. Embassy in your host country for assistance. All U.S. Embassy websites have information on American Citizen Services, including how to obtain assistance in an emergency. In the event of an authorized ordered departure due to natural disaster, civil unrest, epidemics, or other emergency circumstances, Fulbrighters must consult with the U.S. Embassy.

Security Briefing

All Fulbright grantees will receive a security briefing upon arrival in the host country. At your security briefing, Fulbright grantees should ask about areas of the city and the country where they need to be especially alert. You can also ask for recommendations for protecting personal belongings at home and when traveling. Up-to-date security information can be obtained from the U.S. Department of State’s travel website: https://travel.state.gov.

Security Tips

The U.S. State Department has designated Maseru a critical-threat post for crime. The Department of State rates Maseru as critical for crime. Incidence of home invasions, break-ins, carjacking are becoming common. These crimes are most common in the capital city of Maseru but can occur elsewhere as well. Foreign diplomats and members of the expatriate community are often targeted, as they are perceived as wealthy. Most crimes are “targets of opportunity” in nature and are the result of inadequate personal security precautions. Traveling alone or at night is particularly dangerous.

Grantees should take care in arranging for a secure apartment, with solid doors and bars on accessible windows. Street crime and residential burglaries are not infrequent, and Fulbrighters are advised not to walk in most urban areas after dark, as muggings can occur. As in any major U.S. city, people are cautioned to watch valuables at all times. Men should carry wallets in a front trousers pocket; women should carry tightly closed purses held securely to their sides. There are reports of thieves snatching jewelry and other objects from open vehicle windows while stopped in heavy traffic. Carjackings are rare but seem to come in spurts, so use caution, particularly when driving at night. Travelers' checks, passports and other valuables should not be left in a hotel room; check all important documents and valuables in a hotel safety deposit box. Better yet, leave nonessential jewelry and irreplaceable items at home in the U.S. Foreign diplomats and members of the expatriate community are often targeted, as they are perceived as wealthy. Most crimes are “targets of opportunity” in nature so take adequate personal security precautions.

Please use caution when traveling to national parks or nature preserves. Travelers should only use the services of reputable travel firms or knowledgeable guides when traveling on safaris or to nature preserves. Safaris are best undertaken with a minimum of two vehicles so that there is a backup in case of mechanical failure.

Travel within Lesotho and to Other Countries
When planning trips beyond the area of your host community, check the Embassy website for the latest travel advisories [ls.usembassy.gov]. Fulbrighters should verify that PAS and the U.S. Embassy consular section have your current addresses and telephone numbers in case of emergencies. Fulbrighters should also keep PAS apprised of any travel, in-country or abroad. Please be advised that grantee medical benefits are not in force during independent travel outside of the host country. If you plan to travel outside of the country, you need to arrange for other medical and medevac coverage for this period. For the latest security information, Americans traveling abroad should regularly monitor the Department's website at [https://travel.state.gov] where the current Travel Advisories and Public Announcements can be found.

The cross border relations between Lesotho and South Africa have been rocky over the past few years and have left travelers between the two countries frustrated with long queues of up to 5 hours, especially at the Maseru bridge. Travelers are strongly urged to fly directly into Lesotho and not via Bloemfontein. Generally, official Embassy personnel freely travel to most regions with ease. Travelers may still need to show proof of vaccination when crossing any boarder into South Africa.

Victims of Crime

U.S. citizen victims of sexual assault should report crimes to the local police at +266 2231 7263 and contact the U.S. Embassy RSO at +266 5885 6607. Remember that local authorities are responsible for investigating and prosecuting the crime. Emergencies reporting can be facilitated through the RSO office. Alternatively, emergency numbers can be reported 24/7 at Police headquarters on the toll free number: 80022046 or +266 2232 2099 or +266 2231 2934. See our webpage on help for U.S. victims of crime overseas.

The U.S. Embassy can:
- help you find appropriate medical care
- assist you in reporting a crime to the police
- contact relatives or friends with your written consent
- explain the local criminal justice process in general terms
- provide a list of local attorneys
- provide our information on victim’s compensation programs in the U.S.
- provide an emergency loan for repatriation to the United States and/or limited medical support in cases of destitution
- help you find accommodation and arrange flights home
- replace a stolen or lost passport

Domestic Violence

U.S. citizen victims of domestic violence may contact the Embassy for assistance.

Emergency Medical Evacuation

Fulbright grantees have health care benefits under the Department of State Group Accident and Sickness Program for Exchanges (ASPE). ASPE is a health benefits program; it is not an all-purpose health insurance, and it is subject to limitations. Traveler’s medical insurance, particularly emergency evacuation coverage is strongly recommended, especially for grantees based outside the capital city. Fulbrighters are strongly encouraged to provide PAS with copies of their medical evacuation coverage documents in the event of an emergency.
The Fulbright grant provides limited medical and medical evacuation (medevac) coverage for the grantee only. The cost of medical insurance and medevac insurance for dependents must be paid for by the Fulbrighter. Fulbrighters based outside the capital should explore membership in a local medical evacuation service that transports injured or ill members from rural areas to the capital or another city.

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

Criminal Penalties

While you are traveling in your host country, you are subject to its laws even if you are a U.S. citizen. Foreign laws and legal systems can be vastly different than our own, and persons violating local laws, even unknowingly, may be expelled, arrested, or imprisoned. If you break local laws in your host country, your U.S. passport will not help you avoid arrest or prosecution. It’s very important to know what’s legal and what’s not wherever you go.

Safety and Security Considerations for LGBTQ+ Grantees and their Dependents

Attitudes and laws towards lesbian, gay, bisexual, and transgender individuals differ around the world, and some countries still criminalize homosexuality. Fulbrighters should research the host country prior to their departure from the U.S., particularly if they intend to be accompanied by their same-sex partner during the Fulbright grant.


If you encounter any problems or if you are harassed or threatened due to your sexual orientation or gender identity, please contact the U.S. Embassy.

The People’s Matrix Association is a local organization that is also a great support system for the LGBTI community in Lesotho. It was established in 2008 by a Mandela Washington Fellowship alumni, Tampose Mothopeng, who has remained a key contact of the Embassy since his participation in the inaugural YALI cohort in 2014. The organisation is charged with creating an enabling environment for people with diverse sexual orientations, gender identities and gender expressions by promoting unity, solidarity, cohesion and cooperation among LGBTIQQA+ people in Lesotho as well as developing new partnerships nationally, regionally and worldwide. More information about The People’s Matrix can be found on their website The People's Matrix (thematrix.org.ls).

THE FULBRIGHT GRANT AND BINATIONAL NATURE OF THE PROGRAM

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

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

**WHAT THE FULBRIGHT GRANT PROVIDES**

**For Student Grantees**

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

1. **The base amount** is provided to cover initial or one-time start-up expenses such as:
   a. Unaccompanied and/or Excess Baggage
   b. Miscellaneous Costs, such as visa fees, permits, medical exams, immunizations, etc.
   This is a fixed sum in each grant and may not reimburse all expenses completely.

2. A monthly maintenance allowance is provided to cover recurring subsistence needs such as housing, fuel, utilities, and food. The maintenance allowance is based upon the estimated cost of maintaining a modest standard of living in the country of assignment.

**For Scholar Grantees**

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

1. **Travel and Relocation**
   a. Unaccompanied and/or Excess Baggage
   b. Relocation Allowance for expenses such as visa fees, permits, medical exams, immunizations, etc. This is a fixed sum in each grant and may not reimburse all expenses completely.

2. A monthly maintenance allowance is provided to cover recurring subsistence needs such as housing, fuel, utilities, and food.

3. Monthly base stipend
Fulbright Reporting Requirements

The Fulbright award requires submission of two reports: 1) at the interim or mid-point of the grant and 2) a final report prior to departing from the host country. Grantees will receive instructions from CIES or IIE, as appropriate, on how to file reports on-line. However, please do not wait until reports are due to raise with CIES/IIE or PAS any concerns you may have.

PRIOR TO YOUR ARRIVAL

Travel to Lesotho

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

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

Visas

The Government of Lesotho does not require a visa for U.S. citizens for stays up to 90 days (U.S. citizens arriving at a port of entry by land are given 30 days, those arriving by air are given 90 days). The Immigration Service may choose to issue a visa for thirty or ninety days to U.S. citizens at the port of entry. Visas can be renewed at the Ministry of Home Affairs of Lesotho, however, the process for obtaining visa extensions visas and residence permits can be difficult. For Scholar Grantees, the Host University makes arrangements for extended visas, residence and work permits, and exemption certificates for Fulbright lecturers assigned to the University. Lecturers are advised to have a copy of the offer letter from the University on hand upon arrival at the airport.

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

Researchers and students make their own arrangements for extended visas and work and residence permits. The Embassy can write up an endorsement letter to be submitted with all other required documentation.

Please note that dependents of Fulbright recipients have faced challenges renewing their temporary residence permits. Dependents remain eligible to renew their visas every 90 days, as long as the visa of the Fulbright recipient is valid.

Research Permits and Research Clearance

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

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

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

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

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

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

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

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

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

Each Fulbrighter is responsible for acquiring a work permit, a residence permit, and a long-term visa when they arrive. Some Fulbrighters have been able to get assistance from NUL with fees for the work permit, but all will have to pay 1,000 Maloti (about $60) for their residence permit.
PAS AND U.S. EMBASSY SUPPORT

Crime and Personal Safety

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

Arrival and Temporary Lodging

The Fulbright grantee will be responsible for managing all details of their arrival and housing on their own. In the past, Fulbrighters have used their personal contacts at the National University of Lesotho (NUL) to arrange housing, and have arranged for NUL representatives to meet them upon their arrival. This is the responsibility of each individual Fulbrighter. Please advise CIES/IIE of your itinerary at least two weeks in advance of your departure from the United States so that CIES/IIE can inform the U.S. Embassy Maseru of your travel plans. After arrival, you should call the Public Affairs Section (+266 2231 2666 ext. 4314) to introduce yourself and schedule a briefing with the Regional Security Officer. You should also register with the U.S. Embassy’s Consular Section, and should keep the Consular Section informed about mailing addresses and emergency contact points at usconsularmaseru@state.gov/ +266 2231 2666 ext. 4102) during your grant period.

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

Check cashing and/or local banking arrangements

ATMs for most card services are available in both Maseru and South Africa. Major credit cards are accepted at retail stores, including hotels, restaurants, and grocery stores. Fulbrighters using credit cards should check with the company about what services are available in Africa. On-line banking services are increasingly common and may be the best means to monitor and reconcile your transactions. We also recommend that you establish overdraft service with your U.S. bank to cover any overdrawn checks, which may occur because of slow mail service for sending and receiving bank statements and deposits.

Local Health Services and Access to Embassy Health Facilities

Fulbright grantees do not have access to the Embassy health facility. Bring copies of prescriptions for medications and eyeglasses, and other important health records. Contact the ASPE provider for more information on the prescription services covered by the Fulbright program. While grantees are covered by the Department of State for medical evacuations, accompanying dependents are NOT. Medical evacuation insurance for dependents is highly recommended. One evacuation insurance company, which the American community has used in the past, is International SOS Assistance, Inc. (http://www.internationalsos.com/)
Local health services do not generally meet U.S. standards; you will probably have to travel to Bloemfontein, South Africa, for medical care. The U.S. Embassy can provide information about recommended physicians and clinics. There is no malaria in Lesotho. The most serious public health concerns are HIV/AIDS, road accidents, and tuberculosis, which is highly contagious at a certain stage.

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

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

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

Local Health Facilities

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

MEDICAL SPECIALIST DIRECTORY

Lesotho & Ladybrand:

Post Medical Advisor
Dr Hoedoafia
Work: +266 2233 3600
Cell: +266 6285 1040
Email: Hoedof@email.co.ls

REGIONAL MEDICAL OFFICERS

Regional Medical Officer
Makori Osoro RMO
Office: +27 12 431 4015
Cell: +27 79 1111 877
Email: OsoroM@state.gov

Regional Medical Officer Psychiatrist (RMOP)
David R. Johnson,
Office: +27-12-431-4660
Mobile: +27-79-111-2440
Email: JohnsonDR@state.gov

Medical Provider
Helen Teclemariam
Office: +27 12 431 4015
Cell: +27 79 111 7496
Email: TeclemariamAH@state.gov
LIFE-THREATENING EMERGENCIES

1. If the situation is a dire life or limb-threatening emergency, call +266 5887 0633 or +266 5941 1720

2. Notify Embassy duty officer +266 5888 4035 of nature of the emergency and the location of the patient as soon as practical after medical care and transportation have been arranged. Management Officer must be informed of hospitalization.

POISONING

Information regarding initial treatment can be obtained from Poison Control Center authorities. All reasonable attempts should be made to contact Poison Control in the United States where 24-hour staffing and state-of-the-art information is readily available.

In the United States:
National Capitol Poison Center, Washington, DC (24 hours service)
Tel: +1-800-222-1222

The following list of health care providers has been compiled by the Health Unit. Practitioners are included after review by the Regional Medical Officer or Regional Nurse. The majorities have had training overseas, are familiar with American medical care, and have a reasonable command of English.

The list is not meant to be exhaustive or definitive nor does it represent either a guarantee of competence or endorsement by the Department of State or the American Embassy. It does indicate that they have been utilized by the American community in the past. Retention on this list depends upon a combination of factors including availability, training, and positive assistance in previous consultations, etc. Patient input, both positive and negative, regarding experience with local health care providers, is always welcome and provides additional information to assist in expanding or contracting this list.

The following physicians can be recommended in Maseru:

Dr. C.K Hoedoaflia (GP)
Wilies Clinic
Khubetsoana
Tel: +266 22 333 600 (W)
+266 6285 1040 (C)

Maseru Private Hospital
Out Patient department
Tel:+266 2231 3260

Dr. E Ndobe (Dentist)
Thetsane Office Park
Tel: +266 2232 5299
Cell: +266 62 004 280

Dr. Callego & Aida (Orthodontist)
1st floor Metcash complex
Tel: +266 2231 7870
Cell: +266 5886 5099 /5886 9896

Dr RB Lesoli (ENT)
(Visit twice a month from Bloemfontein)
Maseru Private Hospital
Tel:+266 2231 3260
Cell: +27 514 320 190

The following physicians can be recommended in Ladybrand:

DR. J.F Du Toit
27A Dan Pienaar Street, Ladybrand
Tel: 0027-51-924-0249
Emergency: 0027-51-924-0249

BLOEMFONTEIN: Hospitals in Bloemfontein offers excellent facilities in all fields.

- Medic-Clinic Hospital (private)
• Rosepark hospital (private)
• Universitas Hospital (Medical Training hospital)

**Medi Clinic Hospital**
Cnr Kellner & Parfitt Street
Bloemfontein
Tel: +27 51 404 6666
24 HRS Emergency Centre: +27 51 404 6225

**Cardiologist**
Dr Roscher
Tel: +27 51 444 4313
Cell: +27 83 400 6599

**Medi Clinic Hospital**
Cnr Kellner & Parfitt Street
Bloemfontein
Tel: +27 51 404 6666
24 HRS Emergency Centre: +27 51 404 6225

**Orthodontist**
Dr Pitso Mogoregi
107 Kellner Str, Bloemfontein
Tel: +27 51 432 1998

**BLOEMFONTEIN**: Hospitals in Bloemfontein offers excellent facilities in all fields.

Medic-Clinic Hospital (private),
Rosepark hospital (private)
Universitasas Hospital (Medical Training hospital)

**Pediatrician**
Dr Diffenthal Chris
Tel: +27 51 444 3794
Cell: +27 82 800 4649

**Cardiologist**
Dr Roscher
Tel: +27 51 444 4313
Cell: +27 83 400 6599

**Pediatrician**
Dr Orji Poly
Tel: +27 51 443 0301
Cell: +27 76 302 4050

**Orthopedic**
Dr Van der Merwe
Tel: +27 51 444 3801
Cell: +27 83 250 4222

**Pediatrician**
Dr Diffenthal
Tel: +27 51 444 3794
Cell: +27 82 800 4649

**Orthopedic**
Dr Van der Marwe
Tel: +27 51 444 3801
Cell: +27 83 250 4222

**Gyn and Obs**
Dr Thato Motlanke
Tel: +27 51 444 0303
Cell: +27 72 284 3334

**Dentist**
Dr. P Kasselman
Tel: +27 51 444 0284
Cell: +27 83 256 9992

**Orthopedic**
Dr Van der Marwe
Tel: +27 51 444 3801
Cell: +27 83 250 4222

**Dentist**
Dr. F. Kotze
Tel: +27 51 444 2350
Cell: +27 83 256 9929

**General surgeon**
Dr G Heyns
Tel: +27 51 444 6258
Cell: +27 82 454 9667
ROSEPARK HOSPITAL
57 Gustav Crescent
Bloemfontein
Tel +27 51 505 5111

Cardiologist
Dr M Oosthuysen
Tel: 0027 51 522 8889

Pediatrician
Dr Snyman
Tel: 0027 51 522 6796

Gyn and Obs
Dr T Khoale
Tel: 0027 51 447 3068

Orthopedic Surgeon
Dr FP du Plessis
Tel: 0027 51 522 0606

Dentist
Dr L Bester
Tel: 0027 51 522 6818


UNIVERSITAS HOSPITAL
1Logemam Street,
Bloemfontein 9321
Tel:+27 51 506 3500
24 hrs Emergency center: +27 82 911
Fax: +27 51 444 5499

LOCAL HEALTH FACILITIES

Hospitals in Lesotho have very limited facilities, and the Health Unit recommends that Mission personnel travel to Bloemfontein for medical care.

Maseru Private
Thetsane
Tel: +266 2231 3260
Duty cell: +266 5974 9303

Willies hospital
Khubetsoana
Tel: +266 2233 3600
Cell: +266 6285 1040

Maseru
Queen Mamohato Memorial Hospital
Lepereng Botsabelo
Tel:+266 2222 0000

Roma
St Joseph's Hospital
Roma
Tel: +266 2234 0206.

Morija
Scott Hospital
Morija
Tel: +266 2236 0000.

There is hospital in Ladybrand, but it also has limited facilities.
Ladybrand Hospital
Tel: 0027-51-924-3268
SENDING AND RECEIVING MAIL

Personal mail

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

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

The address format for correspondence is as follows:

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

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

Instructions for Shipment of Books and Educational Materials by U.S. Fulbright Grantees
(As of January 2022. Subject to change.)

U.S. Fulbright grantees are generally allowed to make a one-time shipment of educational materials to themselves in the host country through "the pouch", or the diplomatic mail system. Items sent in the diplomatic pouch are solely at the risk of the sender. The Department assumes no responsibility for loss of or damage to items sent via the diplomatic pouch. The USPS recognizes the Department of State as the agent for addressees and considers mail “delivered” to addressee upon delivery to the Department, at which point the mail passes outside of USPS control and is no longer defined as mail, it is defined as an "item." The USPS Domestic Mail Manual, Section 703, paragraph 3.1.2, recognizes that the Department has the authority to open and inspect all mail sent to it for transmission abroad to determine whether the item meets the Department's standards. Mail that does not comply may be returned to sender through USPS.

Some U.S. Embassies may not allow Fulbrighters to send pouch shipments. Please contact PAS in your host country for shipping address and additional guidance.

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

14 FAM 724.8 Use of Pouch by Fulbright Scholars

Fulbright scholars, as described in 6 FAH-5 H-352.7, are authorized to make a one-time shipment of educational materials to the American embassy or consulate in the country of assignment. This shipment must not exceed 6 cubic feet in volume. Six cubic feet is equal to 10,368 cubic inches and 1 cubic foot is equal to 1,728 cubic inches. To determine the volume of a box in cubic feet, multiply the width times the length times the depth (all in inches), and divide the sum by 1728. For example, a box that measures 24” X 24” X 18” has a volume of 6 cubic feet. If a shipment exceeds 6 cubic feet, the entire bulk shipment will be returned to sender. The tracking or registry numbers should be included on all parcels (see 14 FAM 723.3 and 14 FAM 723.2). These materials cannot be sent back to the United States by pouch.

Address these packages to:

Cultural Affairs Officer
254 Kingsway Road
Department of State
Washington, DC
20521-xxxx (Post +4 ZIP Code)

The Fulbright scholar’s name must appear in the return address.

b. Fulbright scholars assigned to a country with a Category A, Category B, or Category C post may use the pouch for letter mail up to 2-pounds to and from the United States. Letters must be addressed as follows:

Name of Grantee
254 Kingsway Road
Dulles, VA 20189-xxxx (Post +4 ZIP)

Fulbright scholars must also use this address as the return address on all mail from abroad.

c. Do not include any mention of the U.S. Embassy, the Department, Fulbright, or any other official title references in addresses using the 20189 ZIP code. The 20189 ZIP code can only be used for letter mail up to the 2-pound limit and cannot be used for mailing of the one-time shipment of educational materials.

Full instructions on use of pouch can be found here.
Additional Information and Resources

Consular Information  http://travel.state.gov
State Alumni  http://alumni.state.gov
Fulbright Association  http://www.fulbright.org

Holidays in Lesotho

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

<table>
<thead>
<tr>
<th>Date</th>
<th>Holiday</th>
</tr>
</thead>
<tbody>
<tr>
<td>January 1</td>
<td>New Year's Day</td>
</tr>
<tr>
<td>March 11</td>
<td>Moshoeshoe’s Day</td>
</tr>
<tr>
<td>March/April</td>
<td>Good Friday</td>
</tr>
<tr>
<td>March/April</td>
<td>Easter Monday</td>
</tr>
<tr>
<td>May 1</td>
<td>Workers' Day</td>
</tr>
<tr>
<td>May</td>
<td>Ascension Day</td>
</tr>
<tr>
<td>May 25</td>
<td>Africa/Heroes Day</td>
</tr>
<tr>
<td>July 17</td>
<td>King’s Birthday</td>
</tr>
<tr>
<td>October 4</td>
<td>Independence Day</td>
</tr>
<tr>
<td>December 25</td>
<td>Christmas Day</td>
</tr>
<tr>
<td>December 26</td>
<td>Boxing Day</td>
</tr>
</tbody>
</table>

LANGUAGE TRAINING RESOURCES

Many Embassy staff who have had an interest in learning Sesotho have sourced several in-house tutors who have come into the Embassy several times a week. Suggested tutors are; Boreng Halele who can be reached at +266 63095667 or boreng.hlalele@gmail.com and Mme Tebatso who can be reached at +266 58035109. Alternatively, another helpful resource for language training can be the local Alliance Francais. The availability of language tutors may vary due to their schedules.