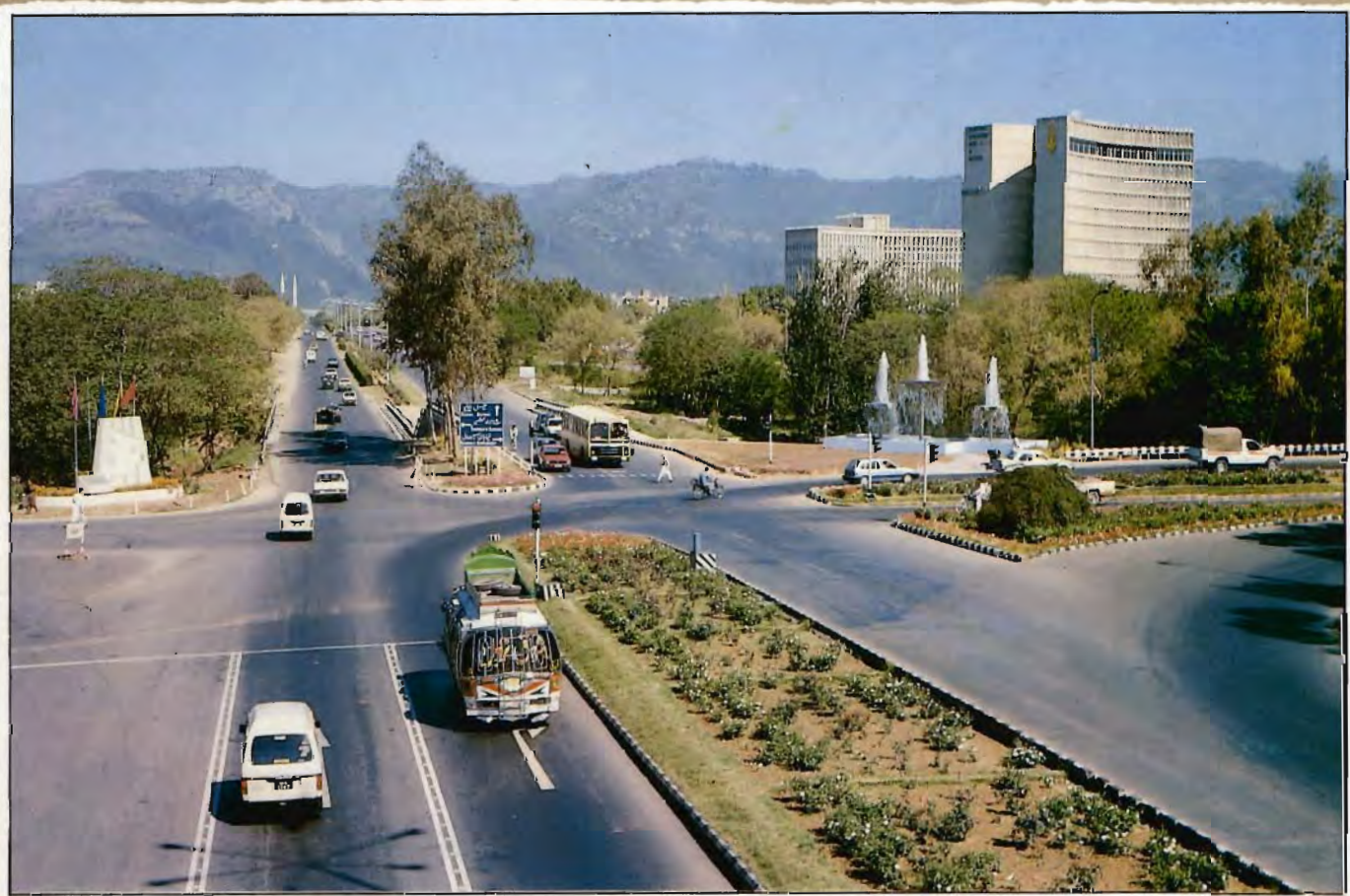


Assignment : Pakistan



ASSIGNMENT: PAKISTAN

**Prepared by
USAID/Pakistan**

**For Use by
Contractors Assigned to Pakistan**

1990

ACKNOWLEDGMENTS

Text

Virginia Morgan
C. Jean Agha

Photographs

Ministry of Information
Pakistan Tourism Development Corporation
Virginia Morgan

Additional credits for editing, proofreading, cultural sensitivity,
historical accuracy, and artistic design:

Demetria Arvanitis
Marilyn B. Buchan
Nazir Chaudhry
Jan Scott Comstock
Sharon L. Cromer
Mohammad Ilyas
Anwer Khalil
Sheikh Abdul Majid
John May
Violet Nissly
Maureen Shaukat

Inspiration and motivation for the revision of this publication
is credited to Frederick Will, Chief,
Office of Contracts and Commodities, October 1986 to March 1989.

**CONTRACTORS ARE ADVISED TO CONSULT THEIR CONTRACTS TO
DETERMINE THEIR ELIGIBILITY FOR ANY OF THE BENEFITS AND
PRIVILEGES DESCRIBED HEREIN.**

Contents

	<u>Page No.</u>
Part I. Pakistan: The Host Country	1
An Overview	1
The New Nation	1
The Provinces	3
Part II. What is Islam?	6
A Faithful Way of Life: "God is One"	6
The Koran, Sunnah and Shari'a	7
Islamic Practices	7
Sunnis, Shias, and Sufis	8
Material Progress and Spiritual Values	8
Part III. Preparation for the Move	10
Travel Arrangements	10
Luggage	11
Prohibited Items	13
Medical Information	13
Dental Care	14
Household Goods	15
What to Bring	16
Part IV. The American Community	19
USAID in Pakistan	19
Post Orientation	20
U.S. Commissaries	21
Diplomatic Mail Service	21
The American Compound in Islamabad	22
Weekly Newsletters	22
International Photography Society of Pakistan	23
Asian Study Group	23
Other Clubs and Activities	23
Part V. Living in Pakistan	24
Pakistani Culture	24
Housing	26
Residential Water Supply	26
Electricity	27
Household Furnishings	27
Working in Pakistan	29
Dependent Employment	30
Finance	31
Transportation	32

Communicating in Pakistan	34
Emergency Notification	35
Schools	35
Adult Education Opportunities	39
Domestic Employees	39
Pets and Veterinary Services	45
Churches	46
Driving in Pakistan	46
Shopping in Pakistan	46
Medicines	48
Meat and Produce	48
Books, Newspapers, and Magazines	49
Television	49
Movies	49
Radio	50
Music	50
Photography	50
Activities Outside Islamabad	51
Part VI. Security and Personal Safety	53
The Warden System	53
Home Alarm Systems	55
Residential Guards	55
Appearance and Safety	55
Transportation	56
What To Do if You Are Involved in a Traffic Accident	57
Part VII. Health and Sanitation	59
The Health Units	59
Eligibility for Health Care	59
Food and Water	60
The Myth of Resistance	61
Further Information and Guidance	61
Appendices	
A General Security Precautions	63
B Servants and Security	65
C Emergency Telephone Numbers	66
D Helpful Telephone Numbers	67
E Urdu Glossary	70
F List of Photographs	72
G Suggested Reading	73

PREFACE

Pakistan is a country of wide-ranging contrasts. From its ancient past to its present day mix of modernization and traditional Islamic values, it is both gentle and tumultuous. The extraordinary scenic beauty of Pakistan includes towering snow-capped mountains, lush river valleys, deserts, and seacoast.

Perhaps the most compelling contrasts of all however are found among its people. Pakistanis range from wealthy industrialists and landowners to poor villagers who have never seen the city lights of provincial capitols. Their national language is Urdu, but they are also divided into four major language groups and countless dialects. Most Pakistanis are Muslim, but Christians, Hindus, Parsis, Sikhs and others are represented. Just some of the societal groupings are the tribesmen from the Northwest Frontier Province, Sindis, nomadic Balochis, Kafirs, Gilgitis, and Kashmiris.

History, geography, religion, culture - these and many other aspects of Pakistan offer visitors here a fascinating range of opportunities for exploring and coming to understand this complex country. But first the visitor, in this case you, must arrive.

That is what this manual addresses: your transition to Pakistan. While it does not, cannot, include every eventuality or specific situation you will encounter, it does attempt to provide basic information to guide you through the move and adjustment.

Then, once you are here and well settled-in, you will be ready to experience the varied pleasures of an assignment to Pakistan.

PAKISTAN: THE HOST COUNTRY

An Overview

Pakistan is a Muslim nation in South Asia cradled by Iran, Afghanistan, China, India, and the Arabian Sea. Along the Indus River and its tributaries, the area was home to the Indus Civilization over 5,000 years ago. The Gandara Civilization, whose important university town Taxila was located near the site of the present capital, Islamabad, not only enriched this area until the fourth century AD, but also influenced the world spiritually and artistically long after. Over the past few thousand years, the region has been invaded and settled by numerous people, the more familiar being Aryans, Arabs, Greeks, Persians, and Turks. They came through the Khyber and Bolan Passes from the area now known as Afghanistan, or over the Khunjerab Pass from China along the silk route, or from the Arabian seacoast in the south. The landscape remains strewn with ancient forts and monuments, and the cultural diversity of Pakistan can be traced to conquerors and rulers of the past. Among these are Alexander the Great, Ghengis Khan, Babur, Shah Jehan, and most recently the British.

The British came to power in India initially through the British East India Company, a trade company which began utilizing the vast quantities of goods available in India in the 1700s. The influence of the British Raj ("rule") was perhaps the most pervasive of all the subcontinent's invaders. The British mapped the countries now known as India, Pakistan, Bangladesh, Burma and portions of Afghanistan. They demarcated the borders, and set up new networks of roads, railways, irrigation canals, and trade routes. Colonial administrative and legal systems, a parliamentary democratic tradition and the widespread use of English are attributable to British rule.

The New Nation

With the withdrawal of British colonial rule from India in 1947, large areas to the extreme west and east of the country were partitioned off and designated an entirely new nation, Pakistan. Largely Hindu India separated the two halves of largely Muslim Pakistan. The immediate migration of six million Muslims to West and East Pakistan and nearly four and one-half million Hindus and Sikhs to India was an extraordinary upheaval marked by fear, haste, violence and death. Ancestral lands and personal property were confiscated or destroyed, families became separated, and as many as 500,000 lives were lost. An encapsulated history since the time of Partition follows.

Pakistan's founder and first Governor General, Mohammad Ali Jinnah (known as Quaid-e-Azam or "the great leader"), died in 1948 before managing to consolidate the nation's power structure. His closest associate and Pakistan's first Prime Minister, Liaquat Ali Khan, was assassinated in 1951. Succeeding governments over the next seven years were unstable and provided little opportunity for the nation to develop.

In 1958 Army Commander-in-Chief General Mohammad Ayub Khan overturned the civilian government and installed martial law. The following decade saw some economic growth and relative political stability save for a brief war with India in 1965. In 1969 Ayub Khan relinquished the Presidency to Army Commander-in-Chief General Mohammad Yahya Khan who reinstated martial law. The following year, 1970 (23 years after Partition), Pakistan held its first free nationwide elections for the National Assembly and the provincial legislatures.

As a result of these elections, however, political disharmony between West and East Pakistan came to an acute head. Though they shared a religion, Islam, they were geographically distant and culturally diverse and their political bond had never been strong. Following a brief war between them in 1971 (in which Bengali nationalists in East Pakistan were aided by India), the two halves completely split. East Pakistan became the independent nation Bangladesh and West Pakistan became, simply, Pakistan.

Following the secession of Bangladesh, Pakistan began a process of vigorous national recovery under Prime Minister Zulfikar Ali Bhutto and by the mid 1970s considerable progress had been made. In early 1977 Bhutto called for national elections. However, charges of massive election rigging by Bhutto and his Pakistan People's Party (PPP) led to widespread confrontations and violence. In July 1977 General Mohammad Zia-ul-Haq, Army Chief of Staff, removed Bhutto in a bloodless coup and declared himself Chief Martial Law Administrator.

By 1979 Pakistan was again gripped by political instability with international implications. On April 4, under Zia's rule and despite international protest, Bhutto was found guilty of a 1974 political murder and was hanged in Rawalpindi. On April 6 the United States cut off military aid to Pakistan on the grounds that Pakistan was engaged in a nuclear weapons program. On November 21 erroneous reports of U.S. involvement in an attack on the Grand Mosque in Saudi Arabia led to rioting and an attack on the U.S. Embassy in Islamabad. The compound was destroyed and four casualties resulted. Separate attacks upon U.S. facilities in Lahore and Rawalpindi further strained U.S. relations with Pakistan. However, on December 27 Soviet Union forces occupied neighboring Afghanistan and this brought Pakistan and the U.S. to reassess and reaffirm their relationship. In 1981 both nations reached an agreement on a new multi-year program of economic and military assistance to support Pakistan's independence and sovereignty.

In 1985 General Zia, the military ruler of Pakistan, held countrywide general elections. These were, however, non-party and all opposition parties boycotted them. In March he appointed Mohammad Khan Junejo as Prime Minister.

In early 1988 the Soviet Union announced plans for the withdrawal of its troops from Afghanistan. By April an agreement to this end was signed by Afghanistan, the Soviet Union, Pakistan and the United States.

On May 29, 1988 President Zia dismissed Prime Minister Junejo, dissolved the National Assembly and called for general elections. On August 17 President Zia, the American Ambassador Arnold Raphel and 29 others were killed in a plane crash in Bahawalpur. Within hours Ghulam Ishaq Khan, a retired civilian government official and chairman of the Senate, was named Acting President of Pakistan in accordance with the constitution.

The new Pakistan Army Chief of Staff, General Mirza Aslam Beg, and Acting President Khan supported continuing with the elections which Zia had slated for November. A new National Assembly and four Provincial Assemblies were elected, Ghulam Ishaq Khan was elected President, and Benazir Bhutto, daughter of former Prime Minister Bhutto, became the first woman Prime Minister of a Muslim nation. Many observers believe this to be the first unbiased election since 1970.

The Provinces

Politically, geographically and culturally, Pakistan is divided into four provinces: Sind, Balochistan, Punjab, and the Northwest Frontier Province. Each province has an elected Provincial Assembly, a Chief Minister and a Governor. The central Government of Pakistan, consisting of a National Assembly, Senate, Prime Minister and President, resides in Islamabad which is a Federal District City located within the Punjab Province. In addition to the four provinces there are two other significant regions of Pakistan, the Federally Administered Tribal Areas (FATA) and the Northern Areas.

The Sind Province occupies the southeastern portion of Pakistan. Its southern coastline is along the Arabian Sea and in the east it borders India's Rajasthan Desert (called the Thar desert in Sind). Much of the landscape consists of broad alluvial plains created by the vast wanderings of the Indus River. The river provides irrigation and the rich soil from river deposits makes the land arable. KARACHI, the capital of Sind Province, is the largest city in Pakistan. A port city of approximately eight million inhabitants, Karachi has seen rapid growth and become the industrial and commercial hub of the nation. Karachi's climate is hot and humid from mid-March through October with temperatures reaching well over 100 F. Winter evenings are cool with warm, sunny days. The average rainfall is only about six inches per year, falling mainly in July and August.

The southern coast of Balochistan is also on the Arabian Sea with Iran directly west and Afghanistan further northwest. The border between Balochistan and Afghanistan is part of the FATA. Balochistan has a rugged, harsh, mountainous landscape and a broad, mile-high plateau which is mostly desert. There are few trees, very little grass, and sparse natural water resources. Many Balochis say, with great affection, that their province must be like the surface of the moon. Although it has the

largest land area of the four provinces, Balochistan is the least populated. Outside the cities, the population consists of nomadic tribesmen. QUETTA, the capital of Balochistan Province, lies in a valley at the head of the Bolan Pass, a strategic gateway from Afghanistan to the Indus River valley. Quetta has long, cold winters from October through March, with low temperatures of 15 F. Summer temperatures are high, commonly reaching 95 F during the day. Quetta is outside the monsoon belt, and gets barely seven inches of rain per year, mainly during the winter months. Snow covers the surrounding mountainous peaks through most of the year.

Punjab is the most populous province and home to approximately 62 percent of the nation's population. The Punjab shares its eastern border with India. As in Sind, the border cuts through the Rajasthan Desert but is known in the Punjab as the Cholistan Desert. Further north, the Punjab Province borders the states of Jammu and Kashmir, areas disputed with India since the time of Partition. Punjab literally means "land of five rivers," these being the Bias, Jhelum, Chenab, Ravi, and Sutlej. The irrigation network from these rivers is the largest in the world and provides the Punjab with its life and livelihood. LAHORE, the second largest city in Pakistan, is the capital of the Punjab. It is a city rich in history, and remnants of Babar's and Shah Jehan's great Moghul empire can still be found in Lahore. Lahore's weather is hot, dry and dusty from mid-March through November. Winters are short and pleasant with temperatures seldom dropping below 36 F at night. Lahore falls within the monsoon belt and the average yearly rainfall is 15-20 inches, mostly between July and September.

ISLAMABAD, the nation's capital, is also located in the Punjab Province although it forms a separate federally-administered unit. Nestled at the base of the Margalla Hills, it is a green city with thousands of varieties of trees, flowers, and shrubs. It is a new city, designed in the early 1960s, and is home to the foreign embassies. Islamabad is well within the monsoon belt and enjoys five seasons a year: spring, summer, monsoon, fall, and winter. The summer months of May and June are hot and dry with temperatures reaching 110 F. Monsoon rains fall mostly in July and August and total up to 30 inches per year. Winters are mild and pleasant with temperatures ranging from 36 F at night to 75 F during the day.

The Northwest Frontier Province (commonly referred to as the NWFP) shares its western border with Afghanistan and at its northern tip it borders China. Like Balochistan, the terrain is dominated by steep, rugged mountains. The Kabul and Swat Rivers allow for the fertility of the area. PESHAWAR is the provincial capital with a population of about three million people, many of whom are Afghan refugees. Peshawar's weather differs very little from Islamabad's, both cities share the same elevation (on average slightly less than 2,000 feet).

Over one-half of the NWFP is designated as Tribal Areas (FATA). These are autonomous regions governed by tribal law, but under the supervision of the Pakistani government through the Governor of the NWFP.

The largest of the several tribal societies in Pakistan (and one of the largest in the world) is the Pathans. In the Tribal Areas alone they number over 15 million and are divided into numerous tribes, sub-tribes and clans, but together consider themselves a distinct ethnic group and a race apart. Since December 1979, approximately three million Afghan refugees have flowed into Pakistan and almost an equal number into Iran. It is the largest ever refugee population in the world. In Pakistan, most have settled in the Tribal Areas and the NWFP causing fundamental changes and bringing unprecedented attention to these largely untouched regions.

The northern region of Pakistan is referred to as the Northern Areas. This region borders India, China and Afghanistan in addition to Kashmir. Officially it is part of the disputed territory of Kashmir, but falls on the Pakistani side of control. It is a dramatic mountainous region divided into river valleys running north to south. These valleys, Chitral, Dir, Swat, Gilgit, and Kaghan are almost entirely populated by nomadic tribes and herdsmen. The mountain ranges in the area include the Hindu Kush, the Karakorums, and the Himalayas.

Although divisions do exist in Pakistan and there is great variety within the culture, a fundamental bond unites the vast majority of the people of Pakistan. That bond is their unwavering belief in the Islamic faith.

WHAT IS ISLAM?

(The study of Islam fills libraries and consumes lifetimes.
This overview is intended merely as an introduction.)

Almost a fifth of the world's people - nearly 800 million in some 60 countries - are Muslims. The world of Islam (dar al-Islam) stretches from the heartland of Saudi Arabia eastward through West Asia and the Indian subcontinent to Indonesia - the largest Muslim country - and the southern Philippines; northward into central Asia and southeastern Europe; and westward across north and sub-Saharan Africa and the Atlantic into South and North America.

This geographic spread contains people of many races and cultures, thus creating diversity among Muslims. They are unified by their common faith, Islam.

A Faithful Way of Life: "God is One"

Allah is the name of God in Arabic and emphasizes that "He is One and there is no other." Islam means "submission," connoting that submission to God brings health, peace and justice. Islam also refers to the world-wide "nation" or community of all believers. These believers are Muslims (also spelled Moslems) - that is, those who submit to the will of Allah.

Islam is not just a religion, it is also a total way of life. It proclaims faith and sets forth rituals. It also prescribes order for individuals and society: codifying law, family relationships, matters of business, etiquette, dress, food, personal hygiene and much more. Islam is a complete, complex civilization in which ideally individuals, societies, and governments all reflect the Will of God. In essence, it is a system of rules or laws to be followed in which the sacred is not separated from the secular. The Western concept of such separation is alien to Islamic thought. As a faith structured by laws, Islam more closely parallels the legalistic Judaic system than the broadly stated principles of Christianity.

The central message of Islam is:

- * there is only one God
- * all men are equal
- * man achieves dignity through knowledge.

Life on earth is believed to be a passage to a lasting and more exalted life. All people will be resurrected and rewarded or punished according to their deeds.

The Koran, Sunnah and Shari'a

The teachings of Islam are found in the Koran (al-Qur'an, or "recitation"). Muslims hold the Koran to be the immutable Word of God and the unrivaled source of authority in almost all aspects of individual and group living. They believe it was given in God's own words in classical Arabic. Muslims the world over, no matter what their language, memorize and recite the Koran in Arabic.

The Sunnah sets out the details of community life and together with the Koran provides the framework for the Shari'a, Islam's body of law. In many but not all Islamic countries, the Shari'a provides the legal basis for all judgment and punishment. Although problems in dealing with non-Muslims and the colonial imposition of other legal systems have caused the Shari'a to be supplemented with Western legal codes in some countries, many Muslim nations have recently extended and reinforced the application of Koranic law.

Islamic Practices

Daily prayers are performed by practicing Muslims either individually or, preferably, in a group. When the time for prayer comes, in many countries Muslims stop wherever they are, ritually wash themselves and pray. Prayers said in mosques (the Muslim place of worship) have greater merit. While prayers are said daily, Friday is the Islamic day of communal prayer. These prayers may be led by an imam, but this function does not give him special religious status. Similarly, the call to prayer, azan, is voiced by a man of the community, the mu'azzin, who happens to have a particularly good voice rather than someone who claims religious status. The call to prayer begins Allahu Akbar, "God is Great," a call heard throughout the Muslim world.

Because of the uncompromising nature of Islamic monotheism, no images or pictures of any kind are permitted in the mosque. Islam preaches that all men are equal therefore there are no pews or reserved places for dignitaries. The mosque is usually furnished with simple mats and occasionally with rugs. Worshippers form lines behind the imam as they arrive, with no distinction of rank. The belief in the equality of all men further means that Islam rejects the concept of ordained clergy. Nonetheless, there are religious leaders (maulanas), many of whom exert power in the political as well as the strictly theological sphere and who may be venerated by their followers.

Muslims are forbidden to use intoxicating beverages or to consume pork, blood, or anything that might be harmful. In order to be eaten, animals must be ritually slaughtered and drained of blood. Similar dietary laws are found in Judaism.

There are no prescribed patterns of dress. Women and men are asked, however, not to dress or act in a provocative or indecent way. Customs in different Muslim societies reflect a range of interpretation. Women in some areas of the Muslim world are covered completely from head to toe, in other places they dress demurely and some of them cover their heads with a scarf. In still others, women dress as they do in the West.

Many customs are currently under active discussion in the Muslim world, including the roles of women. The Koran states that God created all mankind from a male and a female, and as all are equal, none is better in His sight except through deeds. Within Islam, women, like men, have moral and religious duties and are viewed as responsible. In the words of the Prophet, basic education is a right and also a duty for both men and women. Marriage and family are important. The degree to which men's and women's lives are separated, and women's lives are restricted, varies considerably in Muslim societies. It is determined by custom and the way in which Islamic law is locally applied. The custom of keeping women in seclusion that is practiced in parts of the Muslim world seems oppressive to Westerners and to some modernist Muslims, but is viewed by many other Muslims as being protective and respectful to women.

Sunnis, Shias, and Sufis

The shia and the sunni are the major branches of Muslims, with the sunnis comprising a large majority of the total. The differences between these two major sects are not so much in belief or law, which are fundamentally the same for both, as in practice and political theory. The shia, mainly located in Iran, Iraq, Yemen, Afghanistan and Pakistan, have developed a hierarchical religious leadership. Both the shia and the sunni are further divided among themselves in theology, practice and structure.

Cutting across these sects is sufism. Sufism is a mystical strain of Islam which reflects the need felt by many individuals to go a step beyond formal religious observances and experience direct communion with God.

Material Progress and Spiritual Values

The impact of industrial development, technology, urbanization, media explosion and secular values has had far reaching consequences. Around the world, rapid change has disrupted social patterns and cultural traditions which had served as reference points for centuries.

Muslims, no less than others, are reacting. Along with the flood of Western technology have come new, sometimes unwelcome ideas concerning individualism, materialism, sexuality, family, and politics. To some, these ideas seem to threaten basic Islamic values. Also the outlook of most Muslims is strongly colored by a very recent emergence from a long period of foreign domination. Furthermore, there is an awareness of the clearly visible economic disparities between industrialized and developing nations and between classes within societies.



Concerned Muslims across Asia and Africa are actively exploring many routes to find the balance between modernization and tradition. This reflects a sense among Muslims that Islamic principles may offer them more appropriate solutions to their national problems than those offered by either capitalism or communism. They call, therefore, for a re-injection of basic Islamic values into the lives of the individual and society.

Among the varied responses advocated by a vocal minority, one has been a resurgent call for pietistic reform. This response is closely related to similar outpourings of fundamentalism of all sorts around the world.

Just as there is cultural diversity among Muslims so too there is diversity in Islamic politics and economics. What unites concerned Muslims is a determination to strengthen and preserve their heritage: Islam - a religion and a way of life.

(Much of the preceding is based upon Qamar Uddin's Studies in Islam, 1969.)

PREPARATION FOR THE MOVE

Relocation to a foreign post usually requires more planning and care than a move within the United States. Before departure it is necessary to understand thoroughly travel arrangements and the privileges that will be allowed upon arrival, and to assess the availability of goods in accordance with personal and family needs. There are several categories of USAID employees: direct hire, long term and short term contractors, personal service contractors (PSCs), and temporary duty (TDY) personnel, each having different privileges and benefits. This manual was prepared specifically for employees who are contractors assigned to Pakistan. As you prepare for this move, it is imperative that you, the contractor, read your contract for a clear definition of benefits, work conditions and limitations. Do not wait until you arrive at post to determine whether or not you have commissary or mail pouch privileges, access to the health unit, or can join the American Club. Ascertaining your benefits beforehand is necessary to determine what you will need to optimize your stay in Pakistan.

Travel Arrangements

Visa requirements for Pakistan and any country included enroute should be checked carefully. Many countries have recently changed their visa requirements. To avoid problems, get the most current information available. For Pakistan an entry visa is required. This must not be a tourist visa. To facilitate customs clearance of unaccompanied air baggage, the visa must be for one year or more. Requests for application forms for an entry visa should be accompanied with proof of employment in Pakistan. A copy of correspondence indicating assignment to Pakistan should be sufficient. Do inquire whether or not additional information is needed. It is not possible to obtain an airport visa in Pakistan. Visas may be obtained from one of the following offices:

The Pakistan Embassy
2315 Massachusetts Avenue
Washington, D.C. 20008

The Pakistan Consulate General
Pakistan House
12 East 65th Street
New York, New York 10021.

In the case of direct transfers, visas may be obtained at Pakistani Embassies or Consular Offices in other countries. Upon arrival USAID will arrange for visa revalidation and for exit and re-entry permits from the Pakistani Ministry of Foreign Affairs. Pakistani law requires the registration of foreigners holding regular passports. USAID will assist with this registration. Registration with the nearest U.S. Consulate upon arrival is also imperative. The U.S. Government has Consulates in Islamabad, Karachi, Lahore and Peshawar.

Pakistan has two main points of entry - Karachi and Islamabad. If your final destination is Islamabad, Lahore or Peshawar, it is more convenient to book your international flight directly into Islamabad. If you book through Karachi, you will have to claim your luggage and clear customs there. If there is no alternative to this, or if it is your wish to do this, then with advance notice USAID will provide transportation between the airport and the USAID Staff House or a hotel for a few hours rest prior to the early morning flight onward. This is a manageable route, however it is tiring.

Newcomers are met on arrival and assisted through customs and immigration formalities. Please inform USAID as early as possible of travel plans. Include the number of accompanying dependents, pets in transit, date of arrival, flight number and airline. If plans change enroute, inform USAID or your Chief of Party. See your contract for specific guidance on use of American carrier, excess baggage and unaccompanied air baggage.

Luggage

Luggage handling arrangements may vary with routing. If airline delays or re-routing occurs in transit, request that your luggage also be re-routed. An agent can fill out a special form, in your presence, to help assure the timely arrival of your luggage at your destination.

Many airlines now require a full and complete search of luggage prior to boarding. Allow time to repack your luggage if necessary. Travelers have reported incidents where every container was opened, every book was flipped through, and luggage sides and bottoms were checked at more than one airport along the way. Rules regarding what may be carried in hand luggage vary. Most often affected are battery operated equipment such as tape players, cameras and flash equipment, laptop computers, flashlights, shavers and other small appliances. Items with built-in, rechargeable batteries which cannot be removed may be confiscated if security personnel deem them a threat to airline security. If an item must be checked through at the security point, you should make some attempt to ensure its safety in transit. In general, limit questionable items to the extent possible and keep hand baggage light.

In the case of lost luggage, you may be called upon to describe each piece of luggage in detail; size and color is usually not adequate for locating luggage in large international airports. All luggage should have secure, clear identification tags. It is helpful to carry photographs of luggage pieces with dimensions noted on the backs. Additionally, marking luggage to make yours stand out is helpful not only in the case of lost luggage, but also when claiming your baggage. To travel weary eyes, suitcases passing on a baggage carousel all look alike.

There are items which should be hand carried. Among these are important papers and documents (duplicate copies should be stored in a safe place). Additionally, necessary medications should be carried in adequate amounts to preclude problems if checked luggage does not arrive with you. The following checklist should be beneficial :

Education:

- _ Records
- _ Transcripts
- _ Recommendations
- _ Test scores

Medical:

- _ Immunizations
- _ Records
- _ Prescriptions (including eyewear)
- _ Medications
- _ Medical insurance/card/policy number
- _ Proof of physical examination

Travel Documents:

- _ Passports
- _ Passport information recorded separately
- _ Travel orders/authorization
- _ Household inventory documents

Financial:

- _ Cash
- _ Travelers checks
- _ Checkbook and extra checks
- _ Credit cards (including gasoline cards)
- _ Bank account information
- _ Tax papers and records
- _ Stock certificates/bonds
- _ Current bills and account numbers

Legal Documents:

- _ Wills and trust agreements
- _ Deeds/mortgage papers
- _ Power of attorney/guardianship
- _ Adoption papers
- _ Birth certificates
- _ Marriage certificate
- _ Naturalization certificates/citizenship papers

Other Items or Documents:

- _ Resumes
- _ Awards/certificates
- _ Social security numbers

- _ Driver's licenses
- _ Vehicle registration/title
- _ Insurance papers
- _ Keys to cars/house
- _ List of duplicate key locations
- _ Duplicate address book
- _ Current SF-171 form for dependents wishing to work
- _ Proof of membership in clubs/profl organizations
- _ Pet papers/health cert./medications/ticket
- _ 10-20 extra passport size photos.

While this list cannot include all documents individuals will need, it should serve as a guideline. It should also be noted that wise travelers divide cash and travelers checks among various handbags or carry-on luggage so that the loss of one bag will not be devastating. Upon arrival in Pakistan, be sure to keep these documents in your "bug-out kit" which is explained in the section on Security and Personal Safety.

Prohibited Items

The importation of all firearms, ammunition, alcoholic beverages, ham radios, and citizens band radios into Pakistan is strictly prohibited.

Medical Information

Prior to assignment to Pakistan every person must have a medical examination and the results sent to Department of State/Medical for their clearance. (You should also bring a copy of the results with you in your accompanying baggage). Individuals with limited medical clearances for medical conditions requiring sophisticated surveillance or delicate laboratory monitoring should not be assigned to Pakistan. In general, contractors and their dependents who are U.S. passport holders and who are financed by direct USAID contracts are eligible to use Embassy health units in Islamabad, Peshawar and Lahore. In Karachi all contractors are ineligible for services at the American health unit and instead use the local medical services which are both available and good. Approved personnel in Quetta fly to Islamabad for services.

Note that many host country grantees and some contractors are not eligible for services at any of the Embassy health units. It is imperative that you check your contract carefully in advance to determine whether or not health facilities will be available to you and what medical information regarding you and your dependents is required. You should also check your health insurance policy for the items it will cover (including emergency medical evacuation).

The following is an excerpt from the latest medical post report on Pakistan. It contains useful information even if you will be ineligible for services at the health units.

"Sparse but adequate medical facilities are available at the embassy and consular posts. Islamabad, Karachi and Lahore have a health unit for use by the official American Community and Peshawar is currently in the process of setting up a health unit. Minimal modern hospital facilities exist in Pakistan. Laboratory and x-ray facilities are available, but service, equipment and cleanliness are not consistent with U.S. standards. For this reason the health units are set up to provide immunizations and primary health care and to dispense medications for acute illnesses and starter doses of medications for long-term medical problems (e.g., high blood pressure, arthritis, etc.). You should, however, bring your own supply of any medications which are used on a regular basis and make arrangements for resupply by mail. Most expectant mothers choose not to deliver in Pakistan. Americans are most commonly plagued by diarrhea of multiple causes and upper respiratory infections. Because of its higher standards of sanitation and living conditions, frequent immunizations, and preventive medicines, the American community is fairly well isolated from malaria, polio, tuberculosis, typhoid fever, and rabies.

To enter Pakistan you will need a cholera immunization. If you are entering (or re-entering after a trip) from South America or African countries, you will need a yellow fever immunization (more easily obtained in Washington than in Pakistan). For your own protection also have typhoid, gamma globulin and tetanus immunizations. Rabies is endemic in Pakistan and it is currently recommended that everyone assigned to Post have the preventive rabies immunization series. Malaria prophylaxis is recommended and should be initiated two weeks prior to arrival in Pakistan. Do not neglect your immunizations and booster shots."

Although at this time the Embassy health units in Islamabad, Peshawar and Lahore do provide primary health care for many USAID contractors and their dependents, it is recommended that employees check their contracts and their insurance coverage (including emergency medical evacuation) before arriving at post.

See also the section on Health and Sanitation.

Dental Care

Although adequate dental care is available in Pakistan, it is recommended that dental evaluation and treatment be done prior to reporting to post. The Embassy health unit has no dental, orthodontic, or periodontal program, and orthodontia and periodontal services are limited in Pakistan. Fluoride tablets, available at the health unit, are recommended for children to age 13.

Household Goods

General guidelines with regard to the movement of personal goods to Pakistan may or may not be stipulated in your contract. There are three categories for shipments and current regulations allow the following.

Accompanied Baggage: Check with airlines or a travel agent prior to departure as regulations concerning checked and carry on baggage change from time to time due to increasing concerns about airline security. At time of this publication, the authorized limit was two checked bags of large size and two pieces of carry-on baggage rather than a specific weight limit.

Unaccompanied Baggage - Air Freight: This shipment should consist of items you will need soon after arrival. Check your contract for the poundage you will be allowed.

The air freight shipment should be addressed as follows:

If you are posted to Islamabad, Karachi, Lahore or Peshawar:

Employee's name (Project name)
US A.I.D.
c/o American Embassy
(city), Pakistan

If you are posted to Quetta:

Employee's name (Project name)
US A.I.D.
c/o American Embassy
Quetta, Pakistan
via Karachi

If you are posted elsewhere:

Employee's name (Project name)
US A.I.D.
c/o American Embassy
city), Pakistan
via Islamabad, Karachi, Lahore or Peshawar
(choose the nearest city).

Unaccompanied Baggage - Surface Freight (Sea Freight): This shipment should consist of items you will want to have with you during your stay in Pakistan, but for which you can wait a few months. Again, check your contract for the poundage you will be allowed.

The surface freight (sea freight) shipment should be addressed as follows:

Employee's name (Project name)
US A.I.D.
c/o American Embassy
(city), Pakistan
via Karachi.

Employees should provide the following information to USAID well in advance of their arrival to enable the post to obtain the required customs entry book:

- Employee's full name
- Passport number
- Place and date of passport issue
- Estimated time of arrival in Pakistan.

Prior to leaving the United States make sure your personal effects remaining at home and those you take with you have adequate insurance coverage. Air freight shipments generally take three to six weeks to arrive. Pack sufficient clothing in your baggage to last until your air freight shipment arrives. Include items for your personal comfort such as tape recorders, music cassettes, reading materials, and special toys for children. The Welcome Kit provided by USAID will provide for basic household items (e.g., ironing board, dishes, pots and pans, bedding) until surface freight shipments arrive.

Surface freight transportation time is usually four to six months.

Check your contract to determine the total poundage of effects (vehicle and household goods) which may be shipped to Pakistan or stored in the U.S.

A Note of Caution: Schedule your effects (air and surface shipments) and automobile to arrive in Pakistan after your own arrival at post. Shipments which arrive prior to the arrival of accompanying persons and clearing documents are left sitting at docks or at the airport and are subject to weather elements. Clearing documents include your passport, and papers which must be signed by you.

What to Bring

Individuals must consider their own and their family's needs when deciding what to include in their shipment of household goods. While a wide range of goods are available in Pakistan, some items are either expensive and hard to find or are not consistent with U.S. standards. Additionally, many items common to Americans are inappropriate or unusable in Pakistan. In order to utilize your weight allowance to the best advantage, assess your needs and the availability of goods in Pakistan carefully. The following list was taken from a survey in order to provide a general idea of the availability of items in Pakistan:

Expensive, Rare or Substandard Items

Parts for American cars
(e.g., hoses, belts, filters)
Right hand drive cars
Infant car seats

Special scissors
Quality sewing notions (e.g.,
zippers, elastic, interfacing,
buckles, buttons, etc.)

Electrical spike protectors

Multi-system VCRs and TVs
Video head cleaners

Photo processing chemicals
Kodak carousels/slides
Kodak projector bulbs

Hand tools (e.g., hammer,
screwdrivers, pliers, etc.)

Contact lens supplies
Favorite cold remedies
Elastic bandages
Thermometers
Allergy masks

Life jackets
Equipment for American sports
(e.g., softball gloves)
Sports shoes
Golf clubs
Tennis rackets
Fishing gear
Canteens
Tents
Sleeping bags
Pocket knives

Drip coffee makers

Elegant table cloths/napkins
Bed pillows/linens

Undergarments (all kinds)
Bathing suits
Raincoats
Hosiery/socks

Guitar strings
Sheet music
Compact disc recordings
LP records

Mat board for framing pictures

Shortwave radios
Alarm clocks

Computer equipment (e.g.,
dust covers, ribbons, etc.)

Replacements for special
bulbs and batteries

Board games/puzzles
Toys
Bicycles under 24" and women's
bikes

Postage (or food) scales
Address labels
Stationery
Insulated mailers
Rubber bands
Quality paper products
(including toilet paper)

Large charcoal grills
Ice chests/coolers/thermoses

Hair pins
Tweezers
Cosmetics

Spray paints/lacquers

Pet supplies (e.g., brushes,
leashes, collars, clippers,
vitamins, flea/tick/worm
remedies, etc.)

Generally, items which are forgotten in the moving process can be found locally or within the American community. In addition to the above list, clothing requirements should also be considered particularly in light of the climate and culture. While any and all clothes are worn on the Embassy compound, outside, among the local people, it is necessary to adopt a modest style of dressing. This is particularly true for women and teenage girls. Shorts, tank tops, halters, bare backed dresses and lowcut tops are all inappropriate for public wear in Pakistan. All skirts should be below the knee (in fact the longer, the better). Additionally, depending on which city you will be living in, heavy winter clothing in quantity may not be needed.

Women often wear long untucked blouses over slacks or skirts and some opt to wear the local shalwar chemise which is an attractive long blouse and baggy pants outfit readily and inexpensively available. Women's office wear is essentially the same as in the United States. Men are generally less restricted in what is appropriate attire and in some areas are able to wear shorts publicly. Office wear is usually safari suits or short sleeve shirts and casual slacks in the warm/hot months. Cold weather varies from place to place and long sleeve shirts and sweaters are useful. Receptions and official entertaining require suits for men and semi-formal dress for women. Formal dress is worn to the annual Marine Corps Ball in November.

Western clothing is available in Pakistan, however it is very limited and often expensive. Additionally, clothing may not meet U.S. standards; many garments shrink or the dye runs or fades. Tailor-made clothing is another option. Tailors are generally inexpensive and some can copy designs from catalogs or magazines. It is also possible to have shoes made locally. The best results are derived from direct copies of shoes already made. You can select leather from their stocks in a variety of colors and grades. Shoe makers are willing to work from pictures in catalogs or magazines. For the best results, ask for "step-by-step" or "rough try" while shoes are being made. Prices are far less than in the U.S.

At the international schools in Pakistan students tend to wear much the same as at public schools in the United States, but suggestive clothing is inappropriate. Young boys and girls may wear shorts. Children's shoes are available and inexpensive, but styles are limited and none lasts long.

Consider your clothing needs and the options available when deciding what to include in your shipment. In all cases - male, female, children, and adults, the more modest the clothing the greater its utility.





THE AMERICAN COMMUNITY

In addition to adapting to the local customs, culture and lifestyle you should be aware of life in the American community. There are many social and educational activities available to Americans living in Pakistan. Additionally, commissary privileges, the American Club and diplomatic mail service can make life more pleasant but are not available to all Americans. Check your contract to ascertain which you can avail of.

USAID In Pakistan

Over the past four decades a strong network of economic and cultural cooperation has developed between the United States and Pakistan. With the dramatic growth in the size of the permanent Pakistani community in the United States, ties at the people-to-people level continue to grow, promoting cultural exchange. Trade ties are also strong with the United States accounting for about 10 percent of Pakistan's exports and imports. Finally, economic assistance has played an important role in strengthening this cooperative relationship. The United States Agency for International Development (USAID) has provided nearly \$7 billion in support of Pakistan's development since 1951.

Beginning in 1951, assistance to Pakistan grew to commitments of nearly \$400 million in the 1960s, and total commitments of approximately \$5.1 billion through 1982. The 1982-1987 program of economic assistance to Pakistan totaled nearly \$1.62 billion, of which about \$920 million was actually spent. The balance is being expended for ongoing projects in energy, agriculture, area development, and the social sector. The U.S. has also made significant contributions to aid Pakistan's development through support of the World Bank, Asian Development Bank and United Nations programs.

Initial assistance to Pakistan was to help the new nation overcome the economic consequences of Partition. During the 1960s the U.S. provided more than half of all foreign aid to Pakistan funding projects in water, power, transportation, and communications. During the 1970s assistance was focused on agriculture. USAID was involved in the introduction of high yield wheat and rice varieties which helped make Pakistan self-sufficient in wheat and a leading exporter of rice. With this "green revolution," USAID also played an important role in developing the widespread use of fertilizers on a commercial basis. USAID also worked with Pakistani scientists and engineers to develop the On-Farm Water Management programs. These programs were later adopted throughout Pakistan and in several other countries. As the single largest contributor to the Indus Basin Development Project, the United States played a leading role in the construction of the Mangla and Tarbela Dams which are of continuing importance to agriculture and energy in Pakistan.

In addition to agricultural programs, USAID has also provided support for extensive construction or rehabilitation of power lines, highways, railways, airports, telecommunications, energy systems, rural health care, family planning, educational institutions, and training programs.

The cooperative relationship between Pakistan and the United States has further been strengthened by a renewed economic commitment to Pakistan signed in Islamabad in March 1986. From 1988 to 1993, subject to annual Congressional approval, an additional \$2.28 billion for funding development projects, including \$1.8 billion in grant assistance, will be channeled to Pakistan. Energy, agriculture, area development, and the social sector will continue to be the emphasis in a new five-year development plan in Pakistan. Finally, the expansion of training facilities and the continued support for the establishment of research and education institutions will strengthen Pakistan's human resources - a central aim of USAID programs.

Post Orientation

The Personnel Office of the Embassy coordinates the post orientation for newcomers. The Ambassador has determined that attendance at these orientations is mandatory for all newly-arrived American employees and strongly recommends attendance for spouses and dependents 18 years and older who are residing at post. If it is not possible for an employee to attend all or part of the orientation, it is necessary to reschedule for the following orientation. Babysitting services can be arranged through the Personnel Office and transportation can be arranged through the USAID dispatcher.

The orientation is held two afternoons and one morning on consecutive days at several locations including the Embassy auditorium, the health unit, the Community Liaison Office, the USAID building, the Consular Section, the American Center, and the Ambassador's Office. This orientation provides a complete overview of Mission agencies and services, as well as general policies and objectives. The briefing schedule includes:

- Introduction to Personnel Services and Pakistani Customs
- Mission Organization and Administrative Services
- Narcotic Affairs
- Drug Enforcement Agency
- Economy of Pakistan
- Role of Defense Attache Office
- Refugee Affairs
- Radio Net, Communications and Mail Service
- Security Briefing
- Political Briefing
- Activities of the Defense Representative to Pakistan

- Health Care
- Community Liaison Office Briefing
- Agency for International Development, Program in Pakistan
- Consular Services and the Warden System
- United States Information Service, Activities in Pakistan
- Office of the AID Representative/Afghanistan
- Overview by the Ambassador.

New arrivals are assigned sponsors from their office. These people will assist you in the completion of check-in duties, and aid in familiarizing you with the Mission (including the Community Liaison Office) and in settling you into your home and the general community. This may include trips to the commissary, shopping trips around town, or aid in locating servants.

U.S. Commissaries

Commissaries are located on the American compound in Islamabad, and the American Consulates in Lahore, Karachi and Peshawar. Commissary service is available to Quetta on an order basis. (Individuals there submit orders once a month; these are filled collectively. When the orders arrive, customers go to a freight delivery point and sort out their items.)

Membership in the commissary is limited to U.S. passport holders. A refundable deposit of \$400 per family (at publication date) is required, but is both dependent upon the size of your family and subject to change. Accounts must be paid in U.S. dollars. The commissary stocks liquor, cigarettes, paper products, disposable diapers, baby foods, some cleaning supplies, some toiletries, herbs and food seasonings, canned goods, flour, sugar, salt, prepared mixes, canned ham, bacon and sausage, cookies, crackers, candy, cereals, margarine, butter, cheeses, cat and dog food, canned soft drinks, beer, jellies and jams, frozen meats, a variety of frozen vegetables, and some bread items. In addition to American cheeses, some cheese and pork items are brought in from Denmark. The commissary also stocks car batteries, oil, 35 mm slide and print film, 100 and 400 ASA and 110 cartridge film. U.S. postage stamps, and Bank of America and City Bank travelers checks are also available in the commissaries.

Diplomatic Mail Service

Mail service for the USAID Mission to Pakistan is served by both diplomatic pouch and APO service. USAID contractors are not allowed to use the APO, but some do have restricted diplomatic pouch privileges (check your contract for your status on this). If allowed by your contract, pouch privileges include sending and receiving first class letter mail not in excess of two pounds for project-related mail, a maximum of one pound for personal mail, and video tapes. Also, project-related mail can include professional journals left for use by the contractor's cooperating country counterparts. Contractors are not allowed to send or receive parcels, personal magazines and newspapers. If you have pouch privileges, the address is:

Name (C) (that is, your name followed by C in parentheses)
USAID/Islamabad
Department of State
Washington, D.C. 20523-8100

From a recent survey the most common complaint from USAID families and other official families in Pakistan was that the mail service is often slow and inefficient. These complaints covered both incoming and outgoing mail. Mail order buying services (book and record clubs) requiring a deadline response seldom arrive in time to allow a choice or rejection of goods. Often mail is sorted incorrectly along the way with resulting delays of weeks or months. Many contractors utilize relatives, friends, attorneys, or CPAs in the States to screen their mail, pay bills, and forward important materials. Magazines and parcels can be sent by air courier service directly to the contractor's residence.

Pouch service is provided on the following basis:

Islamabad	-	daily
Lahore	-	Sunday, Monday, Tuesday and Thursday
Karachi	-	Sunday, Monday, Tuesday and Thursday
Peshawar	-	Sunday, Monday, Tuesday and Thursday
Quetta	-	Sunday, Monday, Tuesday and Thursday

U.S. stamps of various denominations are sold at the commissaries. Pakistan is served by DHL and other courier services.

The American Compound in Islamabad

The American Embassy compound in Islamabad includes the chancery building, a theatre, two blocks of apartment buildings, the American Club main restaurant and bar, a television room, an olympic sized pool with restaurant facilities, a dart/activities room, the health unit, the commissary, a volley ball court, tennis courts, a hard surface basketball court, a softball field with covered bleacher area, and a jogging track. The Ambassador's residence is also located on the compound.

Weekly Newsletters

A weekly newsletter is published by the Personnel Office of the American Embassy in Islamabad, and the Consulate offices in Lahore and Karachi. The newsletters are called the Weekly Islamabad News (WIN) in Islamabad (also distributed in Peshawar), the Karachi Weekly Bulletin, and This Week in Lahore. Each newsletter contains information including a duty roster, administrative memoranda, Community Liaison Office activities, travel advisories, security concerns, dependent employment opportunities, health unit news, church schedules, commissary schedules, BBC and Voice of America frequencies for news broadcasts, classified advertisements, menus for cafeterias, and sports activity schedules. Newsletters for USAID personnel are distributed through the USAID office, usually on Thursdays.

International Photographic Society of Pakistan

The International Photographic Society of Pakistan (IPSP) was founded in 1987 by an international group interested in various aspects of photography in Pakistan. The group holds monthly meetings, publishes a newsletter, offers photography workshops and trips, and holds at least one exhibition per year. IPSP does not have darkroom facilities and its board of directors is made up of volunteers.

Asian Study Group

The Asian Study Group (ASG) is an international group in Islamabad with a membership of about 1,000 people. Because the group has far outgrown monthly meetings, a newsletter sent to members offers a range of activities throughout the month. The group studies many aspects of life in Pakistan and Asia (e.g. Urdu language, oriental carpets, women in Asia, religion, and customs). Additionally they offer films, talks, lectures, bird watching, hiking and a wide variety of other activities. The group donates considerable monies to needy causes out of revenues from membership fees, book sales and an annual calendar sale. All members of the board of directors are volunteers. ASG is a premier institution in the community in Islamabad and an excellent outlet for involvement. ASG operates from September through May and begins each year with an annual membership drive. Contact the Community Liaison Office for information about membership.

Other Clubs and Activities

There are many other groups and clubs active in Pakistan. The American Women's Club (AWC), open to any American woman or wife of an American man, sponsors various activities throughout the year. There are also teams for softball, volleyball, tennis and other organized sports activities which are advertised in the Weekly Islamabad News. The Islamabad Hash Harriers, an international running group, has official weekly runs for men only and mixed running on Tuesday evenings. Information about the group may be obtained by contacting the British Embassy. In Islamabad, the Islamabad Club offers squash courts, tennis courts, a swimming pool, a golf course (clubs not provided), and horse riding stables. In addition, there are active bridge groups, music groups which give concerts and performances from time to time, and the Rawalpindi Amateur Theatrical Society (RATS), an international group which stages several performances a year. Hunting parties can be arranged with interested persons, usually by word of mouth; game includes birds and wild boar. Hiking groups are active and the Capital Development Authority (CDA), with the Asian Study Group, publishes various hiking guides for the Islamabad area. Finally, numerous people have purchased American Army Jeeps (c. 1946-1952) and have refurbished them. Several groups organize frequent off-road rallies and this activity is increasing in popularity among the international community.

LIVING IN PAKISTAN

Living in Pakistan requires some adjustment. The culture differs markedly from American culture, as does day-to-day life. Much of what is taken for granted by Americans is luxury in Pakistan, but there are also benefits such as affordable domestic help, larger houses and services which are hard to find in the United States.

Pakistani Culture

Pakistani culture is extremely rich and many foreigners enjoy exploring its intricacies and opportunities during their stay. There are a few subjects, however, that are most useful for foreigners to be aware of before their arrival.

The culture in Pakistan centers around Islamic life and the basic teachings of the Koran. Additionally, some British influence and age-old tribal customs are interwoven into the fabric of daily life.

The Koran itself is treated with reverence. Often a Pakistani friend or acquaintance will present a foreigner who has expressed an interest in Islam with a Koran translated in English. Remember to keep Korans and all books pertaining to Islam on a shelf above waist level in your house. Religious materials left lying on the floor will greatly offend Muslim guests and most probably your servants. Do not handle religious books or materials with visibly dirty hands as this is also offensive. When entering a mosque or religious shrine shoes must be removed and women should cover their heads. You should request permission before photographing places of religious significance.

Purdah (the term used for the segregation of women) is still practiced among many Pakistanis. In its strictest form, purdah demands that women from the age of puberty to menopause stay in the home and be seen only by members of the immediate family. When these women do venture out they are required to wear a burka, which is clothing which extends from the top of the head to the ground with mesh or a veil over the eyes to allow for vision. A less strict adherence to this custom still finds many women covering themselves with a chadar (literally, sheet), which is a large shawl worn draped over the head, covering the mouth and nose and extending nearly to the ground. Most women and girls in Pakistan wear a dupatta, or scarf, usually draped around their breasts and shoulders. During the call to prayer, five times daily, women pull their dupattas or chadars over their heads in reverence to the time of prayer. The dupatta is the national symbol of modesty and women are seldom seen without one.

Women are not as free to socialize as men and often a man will attend functions without his wife. When invited to a home where the women observe purdah, women guests should visit with the women in their portion of the house. Women do not generally socialize with men

outside of their family. You should be cautious when photographing women in Pakistan. Use discretion, and if your actions seem to arouse concern lower your camera and leave the area. Western women can indicate their sensitivity to the place of women in Muslim culture and avoid unwanted attention by being modest in dress. (See also Appearance and Safety in the section on Security and Personal Safety). Wear loose fitting clothing in public places, and in the more provincial areas it is wise to adopt Pakistani dress. Finally, the western custom of shaking hands is not always appropriate for women in Pakistan. Generally, a man should not initiate a handshake with Pakistani women and a woman should not initiate a handshake with Pakistani men. A proffered hand should always be shaken. Any physical contact between men and women who are not close relatives is prohibited in Pakistan. Public displays of affection between men and women of any nationality are inappropriate and may cause unwelcome attention or even anger.

In accordance with Islam, Muslims do not eat pork or shellfish. Many Muslims find the sight or smell of pork offensive and if Pakistani guests are being entertained, it is best not to serve it. The pig itself is offensive to many Muslims, and a recent decorating trend in the U.S. finds pigs on many kitchen items. It is best not to use such items when entertaining Pakistani guests.

The public consumption of alcohol is banned in Pakistan. While Americans are free to consume alcoholic beverages in their homes, these should not be offered when entertaining Muslim guests. It is courteous to have an adequate supply of juices and soft drinks when entertaining Pakistanis.

During Ramazan, one of the Muslim calendar months and a period of great religious significance, Muslims fast by abstaining from food, liquids, tobacco, medications and the like from sunrise to sunset. During this month, refrain from consuming food or drinks in public and limit entertaining of Pakistani friends to the evening hours. It is also necessary to consider the physical limitations of servants who are fasting.

Dogs are considered unclean by some devout Muslims and family pets should be confined when Pakistani guests are being entertained.

There is a strong sense of hospitality in Pakistan. Visits to Pakistanis, regardless of the purpose or duration, will usually result in refreshments being served. It is impolite to totally refuse refreshments, however it is not rude to leave some tea in your cup or food on your plate. Even shopkeepers will often offer refreshments if you linger in their store. This does not obligate you to make a purchase; you can accept the drink offered with a simple thank you.

Life in Pakistan is not as scheduled as in the U.S. It is not uncommon for guests to arrive as much as an hour late. When planning parties to which Pakistanis are invited, consider serving the meal at least one and a half hours after the time given on the invitation. Late arrival is not considered rude behavior in Pakistan and you should not feel offended by tardy guests. Additionally, invitations to dinners given by Pakistanis are often given for eight o'clock, however the meal will usually be served at ten, or later if it is a large party.

The best way to adapt to cultural differences is to observe people and note their behavior. You will find that generally Pakistani people are friendly, courteous and willing to help you in any way they can.

Housing

Dwellings in Pakistan are surrounded by a fence or a wall regardless of size or location. American residences range in size from 2,000 to 5,000 square feet. Most are two story with at least one veranda for enjoying the outdoors. A typical floor plan includes foyer, living room, dining room, study/den, three to five bedrooms each with its own full or three-quarter bathroom, and a kitchen. Most houses have a garage or car port and quarters for one to four servants detached from the house. Servant quarters usually have their own bathrooms and a cooking area. All houses have a laundry area with washer and dryer either located inside the house, on a back porch, or in the servants' area.

Wood for lumber is scarce in Pakistan so all houses and buildings are made from brick, masonry, marble slabs and tiles. Houses generally have high ceilings, thick walls and marble or terrazzo floors. Weather stripping around windows, doorways, air conditioners and heaters is rare in Pakistan, making many homes drafty and difficult to heat in the winter. Dust accumulation is also a problem, making it necessary to cover computer equipment and other items susceptible to poor operation due to dust accumulation. USAID leased houses are completely maintained by work crews who visit every residence quarterly. Work crews include carpenters, plumbers, painters, electricians, and appliance repairmen who correct problems as well as perform preventive maintenance.

Residential Water Supply

The residential water systems consist of a holding tank underground for each house and a pump that fills a large water tank on the roof. During hot summer days the temperature of the water in the tank on the roof, which is the cold water supply, may surpass the temperature of the heated water. Because tanks are not adequately sealed, nor are pipes of high quality, the water supply is often rusty in appearance. Rust stains and buildup on toilet bowls and tanks is not uncommon.

Electricity

Electrical voltage in Pakistan is 220 volts/50 cycles whereas the American standard is 110 volts/60 cycles. 110v American appliances WILL NOT work in Pakistan unless plugged into a stepdown transformer. Voltage spike protectors (not available in Pakistan) are very useful in protecting delicate electrical equipment. It is possible to purchase dual voltage appliances which work very well in Pakistan. Plug adapters are necessary for all appliances not obtained in Pakistan and are available locally. Currently, USAID pays all residential gas and electricity costs for its residences. Americans use far more convenience appliances, air conditioners and heaters than average Pakistanis, causing their electric bills to be as much as four times higher. Because Americans tend to have more appliances than average, and use them more, there are increased hazards. Electrical wiring in Pakistan is often a combination of copper and aluminum wire twisted together and bound. This is unstable and unsafe wiring. Ground wires are not normally integrated in the overall wiring systems causing danger of electrical shock. Do not handle any appliance with wet hands. Additionally, light switches have also been known to cause electrical shocks. Do not touch appliances or switches while barefoot; bathrooms are particularly hazardous. There are also fire hazards due to improper use of wires in homes. Do not place wires under carpets or rugs, do not overload sockets with too many appliances, and keep wiring clear of drapes and other fabrics. Fabric in Pakistan is not treated to be flame retardant.

There is load shedding (scheduled shutdown of power) throughout Pakistan due to inadequate electric supplies. Electricity may be out for lengths of time ranging from 30 minutes to over 18 hours. This is particularly frequent during the summer months.

Household Furnishings*

USAID provides each residence with furniture necessary for comfortable living. Additionally, an allowance is provided for fabric to reupholster furniture, and for coordinating bedspreads, draperies and shower curtains. The allowance also covers a tailor who comes to the residence to sew upholstery and draperies. The following is a list of items USAID provides for each residence:

***Refer to your contract to ascertain logistic support to be provided by USAID.**

Household Furnishings

Living Room:

Sofa, 4-seat	1
Sofa, 3-seat	1
Chairs	2
Coffee table	2
End tables	4
Rug	1
Floor lamp	1
Table lamps	4

Study/Den:

Bookcase	1
Sofa, 2-seat	1
Chair	1
Coffee table	1
Study desk/chair	1
End table	1
Table lamp	1
Rug	1

Dining Room:

Dining table	1
Serving table	1
Buffet	1
China cabinet	1
Rug	1

Miscellaneous:

Telephone table	1
Cane porch set	1
Outdoor table set	1
Card table/chairs	1
Ironing board	1

Master Bedroom:

Queen bed	1
Chair, occasional	2
Chest of drawers	2
Bedside tables	2
Dresser/stool	1
Table lamps	2
Rug	1

Kitchen tables	2
Vacuum cleaner	1
Table fan	1
Fire extinguisher	2
Garbage can	2
Gas hot water heater	2
Refrigerator	1
Freezer	1
Lawn mower (manual)	1
Clothes dryer	1
Clothes washer	1

Child's Bedroom:

Single bed	1
Chair, occasional	1
Chest of drawers	1
Bedside table	1
Table lamp	1
Rug	1

Fire/smoke detectors	3
Home security alarm	1
Gas cooking stove	1
Step ladder (8')	1
Water filter	2
Laundry tub	1

Guest Bedroom:

Single bed	2
Chairs, occasional	2
Chest of drawers	2
Bedside table	2
Table lamps	2
Rug	1

Bathrooms:

Medicine cabinet	1
Bathroom table	1
Clothes hamper	1

USAID also provides reverse cycle air conditioner/heaters for some of the rooms, and space heaters for the bathrooms. Baby cribs are available upon request. Wedding companies have available, at reasonable cost, flatware, glasses, chairs, tables, ice (for cooling, not for consumption) and rugs to supplement your entertaining needs.

Working in Pakistan

There are some differences between working in Pakistan and working in the U.S. The two major differences are the work week and holidays.

The work week is Sunday through Thursday, with Friday as the Holy Day and Saturday as a regular day off for most foreign agencies. At publication date, Government of Pakistan offices are open Saturday through Thursday from 8:00am to 2:30pm. Shops and most markets are closed on Fridays and no official business is conducted on Fridays.

All routine U.S. Government holidays are observed, as well as Pakistani holidays. Contractors should verify if this Mission policy applies to their work situation. Many local holidays are subject to the appearance of the moon and exact dates may vary from year to year. The following is a list of holidays observed by USAID in 1990:

- New Year's Day	January 1
- Martin Luther King's Birthday	January 14
- Washington's Birthday	February 18
- Pakistan Day	March 23
- *Eid-ul-Fitr	April 27, 28 & 29
- May Day	May 1
- Memorial Day	May 27
- U.S. Independence Day	July 4
- *Eid-ul-Azha	July 3, 4, & 5
- *9th and 10th days of Muharram	August 1 & 2
- Pakistan Independence Day	August 14
- Labor Day	September 2
- Defense of Pakistan Day	September 6
- Death Anniversary of Quaid-e-Azam	September 11
- *Eid-i-Milad-un-Nabi	October 2
- Columbus Day	October 7
- Iqbal Day	November 9
- Veterans Day	November 11
- Thanksgiving Day	November 22
- Christmas and Birthday of Quaid-e-Azam	December 25

*depending on sighting of the moon

Pakistan does not observe daylight savings time and all of Pakistan is in the same time zone. From the United States to Europe to Pakistan, the international date line is not crossed, making the day and date the same as the United States. In the winter months, Pakistan is 10 hours ahead of Washington, D.C., and nine hours ahead during daylight savings time.

The combination of the Islamic work week and the time difference requires flexibility when trying to coordinate work schedules with colleagues in the States.

Dependent Employment

Dependents of American personnel are not allowed to work in the local economy as this takes jobs away from Pakistanis. If a dependent of yours wishes to work in the U.S. or other foreign community, you should alert the post through the USAID office in charge of your project. This should be done as early as possible with the dependent's particular skills identified.

For further information on jobs write to:

Community Liaison Office
American Embassy - Islamabad
Department of State
Washington, D.C. 20520.

Those interested in school positions as teachers, nurses, or office workers may write to individual schools for information:

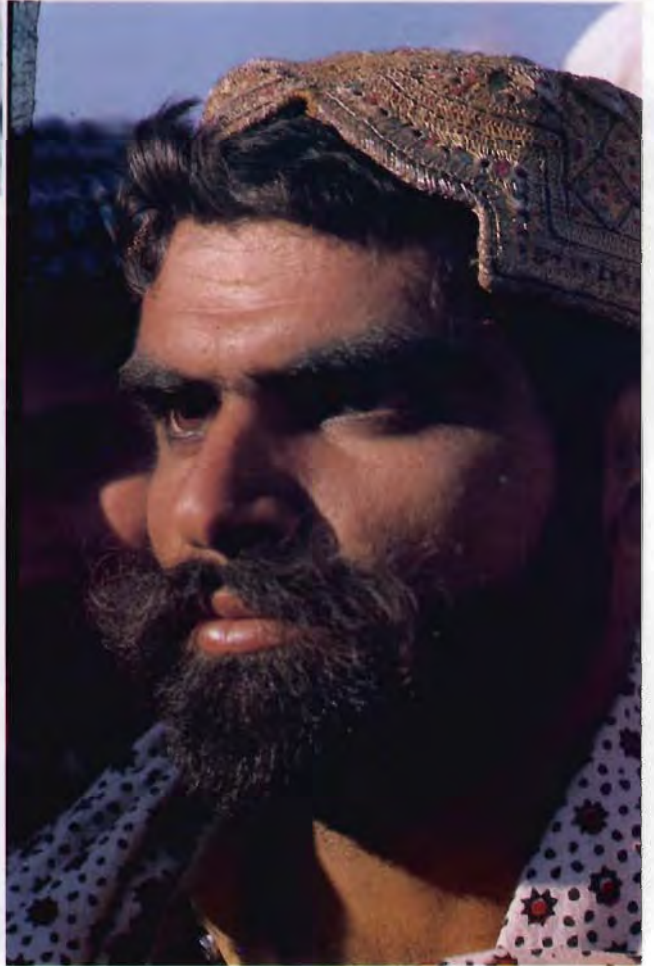
Islamabad: International School of Islamabad
Superintendent
PSC Box 37
APO New York 09614-0006

Peshawar: International School of Peshawar
American Consulate General, Peshawar
Department of State
Washington, D.C. 20520

Lahore: Lahore American Society School
c/o American Consulate General, Lahore
Department of State
Washington, D.C. 20520-6160

Karachi: Karachi American Society School
c/o Department of State, Karachi
Washington, D.C. 20520-6150





Prospects for dependent paid employment vary from city to city. In Islamabad the prospects for employment are very good. The most common jobs are related to typing and word processing. Teachers and nurses also find many opportunities for employment. USAID maintains a part-time/short assignment duty roster and advertises in the Weekly Islamabad News. The roster includes assignments for all types of office work and specialized or technical work. Assignment: Pakistan is a product of that roster.

Peshawar also offers good opportunities for dependent employment. Due to the Afghan refugee situation, there is considerable expatriate activity in Peshawar and a shortage of people with office skills.

Lahore has limited job opportunities for dependents. With a much smaller expatriate community, positions for administrative support are limited. The American Club and commissary offer management positions, and the health unit employs at least one nurse. The Community Liaison Office employs one person, and the Lahore American School has some teaching and office positions.

Job opportunities in Quetta are extremely limited. USAID projects may offer a few positions.

Similarly, Karachi has very limited dependent employment. USAID, the U.S. Consulate, the commissary, Community Liaison Office, and United States Information Service offer a few positions.

In all cities, opportunities abound for volunteer work.

Finance

There are several ways of dealing with finances in Pakistan. Ideally, any combination of credit cards, checks, travelers checks, and local currency which suits your needs should be planned prior to arrival in Pakistan.

The official currency of Pakistan is the rupee. It is divided into 100 paisa, although loose change is seldom used due to its scarcity. Paper money is issued in denominations of 1, 2, 5, 10, 50, 100, 500, and 1,000 rupee notes. Each denomination of bill is a different size and color. Exchange rates can be found in the Herald Tribune or other similar publications.

USAID has cashiers located in Islamabad, Peshawar, Lahore, Quetta, and Karachi. They will cash dollar checks drawn on U.S. banks or their branches, provided the banks or their branches are physically located in the U.S. There are no exceptions.

The check limit is \$500 a day (more with the Controller's approval). Normally, checks are cashed for rupees only. Checks cashed for dollars must have prior approval of the Controller. The USAID cashier will not accept third party checks. There are no exceptions. The USAID cashier will cash travelers checks for rupees but the Controller's approval is required for disbursing dollars. Cashier hours are 9:30-11:30am and 12:30-2:30pm Sunday through Thursday. U.S. Consulates have cashiers in Lahore, Karachi and Peshawar with similar check-cashing procedures and similar hours. The American Consulate Offices do not cash checks nor make loans for residents or travelers.

It is necessary to maintain a U.S. checking account to pay the local U.S. commissary and American Club bills. It is wise to keep U.S. dollars on hand for taxis and airport needs upon travel to the U.S.

Banking in Pakistan is done through several channels. It is possible to operate a rupee account by depositing and withdrawing rupees, this includes checking accounts. It is also possible to deposit dollars, however all withdrawals would be in rupees. It is not possible to deposit rupees and withdraw dollars in any bank in Pakistan. It is possible to operate dollar accounts with American Express Bank and Bank of America (locations in Pakistan). You can deposit dollars, withdraw dollars and maintain dollar checking accounts with limited use of the dollar checks in Pakistan. American Express has offices in Islamabad, Lahore and Karachi.

Travelers checks may be purchased with dollar checks or U.S. currency at the American commissaries. It is not possible to purchase American travelers checks for dollars with rupees. If you maintain a current American Express card, travelers checks can be purchased at the American Express Bank.

Credit cards are seldom used for everyday purchases, however, all the larger hotels and carpet dealers accept payment by major credit card.

Transportation

The lack of personal transportation upon arrival at post is one of the most common concerns for newcomers. Options for obtaining a vehicle are as follows.

If you are a long term contractor with duty free privileges, you can import a vehicle into Pakistan and be exempt from paying customs duty on it. (Refer to your contract to ascertain if you will have duty free privileges. Note that people without duty free privileges seldom choose to import a car into Pakistan because of the very high customs duty - up to 350 percent for even the most modest models).

If you import a vehicle into Pakistan, it may be either one already in your possession or one ordered new for Pakistan. If ordered new for Pakistan, it may be ordered either prior to or after arrival.

If a vehicle is ordered prior to your arrival, you should ensure that it does not arrive in-country before you do. Duty free vehicles can also be ordered after your arrival, but within six months of it. Delivery takes approximately three months. It is highly recommended that a vehicle be air conditioned and have a locking gas cap. Hood and trunk releases are very desirable due to the security procedures when entering the U.S. Embassy and USAID compounds. Fuel injection is not a recommended feature. Lead free gasoline is not available in Pakistan and it is necessary to have the catalytic converter removed on cars which require lead free gasoline. It is usually necessary to acquire a U.S. government waiver to remove a catalytic converter. The converter should be disassembled before shipping a car from the States and then shipped with the car to avoid problems and expense when returning to the U.S. Vehicles requiring high performance gasoline will not perform well in Pakistan. Regular gasoline averages 78-83 octane, and super averages 90, as compared to the United States with 93-95.

New cars can also be purchased from local dealerships, either through special order or from extremely limited supplies on the lot.

Used vehicles can be purchased from departing personnel (including those from other embassies), but the availability of these vehicles is of course variable. Japanese cars are the most common, but prices may be higher than expected due to the closed market. If you purchase a vehicle that was imported duty free into Pakistan less than five years ago you must pay the duty on it unless you have duty free privileges. After a vehicle has been in-country five years, it may be sold to anyone duty free. Contractors without duty free privileges commonly purchase these older cars.

Rental car companies are present in some cities, but their charges are not low.

The following documents are necessary for registration of a vehicle in Pakistan:

If purchased from another USAID or Embassy employee:

- Original sale permission from Chief Controller of Imports and Exports (CCI&E).
- Original no objection certificate (NOC) from State Bank of Pakistan
- Original customs bill of entry form
- Original registration certificate
- Original bill of sale (signed by both buyer and seller)
- Transfer of ownership form
- Original insurance certificate in buyer's name
- GOP Department of Traffic form "F" in duplicate (completed and signed by the buyer).
- Registration fees paid in rupees (approximately \$20)

If purchased from a diplomat/privileged person of another embassy:

- Original sale permission from CCI&E or M/O Foreign Affairs.
- Original customs bill of entry form
- Photocopy of registration certificate
- Original bill of sale (signed by both buyer and seller)
- Original insurance certificate in buyer's name
- Form "F" in duplicate (completed and signed by the buyer)
- Registration fees paid in rupees (approximately \$20)

If purchased from a Pakistani company/individual with all duties paid:

- Transfer of ownership form signed by the seller
- Photocopy of registration certificate
- Original cash payment receipt
- Original insurance certificate in buyer's name
- Form "F" in duplicate (completed and signed by the buyer)
- Registration fees paid in rupees (approximately \$20)

If imported direct in your name:

- Original customs bill of entry
- Original insurance certificate
- Form "F" in duplicate completed and signed
- Registration fee paid in rupees (approximately \$20)

USAID/GSO will assist in handling all paperwork involved in registering a vehicle in Pakistan.

Local third-party liability insurance is mandatory. Costs vary depending on the size of the engine; the range at this printing is \$7-15 per year. Comprehensive and collision insurance is recommended. These policies are available locally and are less expensive than in the United States. If possible, bring a certificate from your U.S. insurance company showing a five year claim-free record to obtain a 60% premium reduction. It is possible to keep your U.S. insurance if it covers your vehicle while it is overseas, or you may obtain insurance through an overseas specialist (e.g. Lloyds or Clements). Transit insurance, marine and rail policies should be arranged to include the final destination when shipping a car.

Communicating in Pakistan

Telephone service in Pakistan is usually adequate. The majority of USAID residences in Pakistan have telephone service. The Pakistan

telephone system has greater demand than supply and many newly constructed homes must wait years for telephone lines to be installed. A shortage of housing occasionally results in a USAID family being without telephone service for a period of time. While this is inconvenient, there is a fall-back system through the security radio that puts each residence in contact with the Security Officer and with the USAID dispatcher. Most telephone service in Peshawar, Islamabad, Lahore, Quetta and Karachi includes direct dialing for international calls. Pakistan has no international information service and calls are billed in Pakistan regardless of the number reached. Pakistan has a cut off time of twelve minutes for booked international calls unless the operator is instructed that an open (unlimited time) call is desired.

Emergency Notification

All employees and their families should be aware of the State Department's Emergency Notification Procedures in the event of a medical or other emergency in the U.S. USAID/Washington, D.C. can be contacted by a physician, hospital or family member any time concerning a serious illness or injury of a relative living in the U.S. Direct contact with Washington allows notification in Pakistan without delay. Requests for authorization for Emergency Visitation Travel are handled by the Executive Officer at each post. The following numbers are for emergency notification and should be provided to family members staying behind:

USAID/Washington during duty hours Mon. - Fri. (202) 663-1374 or 1482
USAID/Washington during off-duty hours/weekends (202) 647-1512

Schools

There are four international schools in Pakistan, one each in Islamabad, Peshawar, Lahore and Karachi. Each of these schools offers an American curriculum and each is a private, self-governed school independent of the others. Murree Christian School is a boarding school located near Islamabad. Quetta has limited education opportunities. Details follow:

Education costs (e.g. \$5,000+ per year per child for the International School of Islamabad) are normally reimbursable contract items for USAID contractors, but an agreement should be reached with your firm as to who will initially pay school fees.

The school year for international schools in Pakistan begins in early August and continues through May to accommodate U.S. and Pakistani holidays and still have enough attendance days to be accredited.

The International School of Islamabad (ISI) is located midway between Islamabad and Rawalpindi and offers bus service for its students both to and from school and for sanctioned after school activities. The enrollment averages 600 students.

Forty percent of the students are U.S. citizens, 40 percent represent more than 40 different countries, and 20 percent are Pakistani. The school is divided into nursery school/kindergarten, elementary, middle and high school. ISI is accredited by the Middle States Association of Colleges and Schools. The \$3 million ISI campus includes three classroom quads, a gymnasium, auditorium, open-air theater, physical education center, tennis courts, track, and playing fields. The swim teams use the olympic-sized pool at the American Embassy compound. The high school library houses 10,375 volumes.

ISI offers a college preparatory, American curriculum to students of all nationalities in grades N-12. The secondary program offers instruction in all academic areas, including, science, math, social studies, foreign language (French, Spanish, English), and electives such as art, business, computer science, drama, industrial technology, music, and photography. Advanced placement courses are offered in English, biology, calculus, American history, and French. ISI follows a curriculum that closely parallels that of schools of high academic achievement in the U.S. Students who graduate from ISI are prepared for admission to colleges and universities in the U.S. Their program does not prepare students for any other system of higher education. Most of the graduates attend four year colleges and universities including those of premier status.

If your child has learning or emotional disabilities or other special circumstances, ISI may not be able to meet those needs. Special services for mildly learning disabled students are limited in scope. There is currently an extra fee of \$500 per semester for one period of instruction per day. Some students may require more than one period per day.

The application packet for enrollment in ISI includes application forms, tuition policy, health forms, and a fee schedule. Contact:

International School of Islamabad
PSC Box 37
APO New York 09614

Telephone: 0-11-92-51-855721
Telex Number: 54238 ISISB-PK.

In order to be scheduled for an appointment with the Admissions Counselor, you must complete and return the following forms:

- Application Form
- Photocopy of birth certificate and/or passport
- Tuition policy and fee schedule signed by parent(s)

The school will not initiate admission until all papers are complete. The health form is due not later than four weeks after enrollment.

The school week at ISI is from Sunday to Thursday, early morning to mid-afternoon. ISI's winter break is 14 to 18 days and its spring recess is nine to 12 days.

The elementary enrollment (N-5) is approximately 300 students from 40 countries. The program is very similar to that available in a good elementary school in the United States. In addition to a regular program, the elementary school offers band, chorus, field trips, after school intramural activities, regular assembly programs, annual winter concerts, and celebrations of special days.

The middle school (grades 6, 7 and 8) offers core courses in language arts, reading, science, social studies and mathematics. In addition, students take physical education, music, art, library skills, and computer classes. Seventh and eighth grade students who are at grade level in reading and language arts may study a foreign language. Sports include field hockey, soccer, volleyball, basketball, track and field, and swimming. The middle school has access to all high school facilities.

At publication there were approximately 200 students enrolled in the high school with 23 instructors of whom 15 held Master's degrees, two held PhDs, and 19 were Americans. During and after school activities include drama, outdoor club, photography club, rock band, high school student council, student newspaper, yearbook, and National Honor Society. Boy Scouts are also active and several scouts have achieved Eagle Scout rank in Islamabad. Athletic activities include basketball, soccer, field hockey, swimming, track, and cheerleading. ISI students participate in four sports conventions or tournaments and one cultural convention with other international schools from Pakistan, India, Sri Lanka, and Bangladesh. Sports and cultural conventions rotate among the participating countries.

The ISI American High School Diploma is awarded at the end of grade 12 to students who have satisfactorily met the course requirements and have a total of 23 credits. Included in the requirements are:

- 4 credits in English
- 3 credits in social studies (including one in U.S. history and one in world history)
- 2 credits in math
- 2 credits in science
- 2 credits in foreign language
- 2 credits in physical education
- 8 credits in elective courses which may include additional courses in core subjects

Students are required to have a minimum of six classes per day. Classes rarely exceed 20 students.

Lahore American Society School (LAS) has a curriculum very similar to that of the International School of Islamabad. LAS employs 35 full time and five part time teachers for an approximate enrollment of 330 students. Five percent of the students are American citizens. LAS is located on a four acre campus that houses six buildings, infirmary, tennis court, gymnasium, playing fields, science labs, computer lab, library with 24,000 books, and a swimming pool. Extracurricular activities include art, chorus, drama, physical education, computer instruction, yearbook, literary magazine, photography, excursions/expeditions, and field trips. Athletics include field hockey, volleyball, basketball, soccer, and tennis. Most of the graduates of LAS are attending universities or colleges including those of premier status. Contact:

Lahore American Society School
c/o U.S. Consulate General, Lahore
Department of State
Washington, D.C. 20520-6160

Telephone: 0-11-92-42-873603 or 870895
Telex: AMCONSUL LAHORE.

The Karachi American Society School is also similar to ISI. The ten acre campus has 37 classrooms, two libraries, an auditorium, gymnasium, infirmary, two tennis courts, two science labs, two computer labs, audio-visual equipment, and a swimming pool. The total enrollment is 395 students with 34 full time teachers and one part time teacher. Twenty percent of the students are U.S. citizens. Special curricular activities include art, chorus, band, physical education, and computer instruction. Extracurricular activities include drama, gymnastics, choral and instrumental music, computers, yearbook, newspaper, literary magazine, and photography. Athletics include football, soccer, swimming, hockey, and tennis. Contact:

Karachi American Society School
c/o U.S. Department of State, Karachi
Washington, D.C. 20520-6150

Telephone: 0-11-92-21-433557 or 433559
Telex: 24655 KAS PK.

In Quetta an independent international elementary school, grades K-5, with about 20 students was in operation for the 1988-1989 school year. The school is an outgrowth of several families with children who provided the support for its operation. Also, St. Joseph's Convent in Quetta runs a school where at least one American student within the past four years has graduated and gone on to attend college in the United States. There is no official American or international school in Quetta.

The International School of Peshawar (ISP) was established in 1987 for grades K-8 and shares a similar structure as the other international schools. The average yearly enrollment is 30 students from the American and European communities. ISP offers an American curriculum very similar to the International School of Islamabad. The school has no boarding facilities. Many members of the expatriate community send their children to the Murree Christian School which has boarding facilities. Older children also attend the International School of Islamabad, but this requires the hospitality of a family in Islamabad as ISI has no boarding facilities. Contact:

International School of Peshawar
American Consulate General, Peshawar
Department of State
Washington, DC 20520

Consulate phone numbers: 0-11-92-79801 through 03)

Murree Christian School (MCS) is an international, coeducational, church-related boarding school located in the Murree Hills, approximately an hour's drive from Islamabad. Located at an elevation of 6,000 feet, the climate is cool in the summer and cold in the winter with a great deal of snow. The curriculum at MCS is very similar to that of the International School of Islamabad. MCS employs 16 full time teachers and four part time teachers. Enrollment at the time of this publication was nearly 150 students of whom approximately 30 were Americans. MCS offers grades K-12. The school year is from August to July. Contact:

Murree Christian School
Jhika Gali
Murree Hills
Pakistan

Telephone: 0-11-92-593-2321

Adult Education Opportunities

The Community Liaison Offices in Islamabad, Lahore and Karachi offer a variety of short term classes in crafts, photography and other areas of interest. Additionally, the International School of Islamabad operates a Satellite Center which offers a variety of classes (e.g. dance, aerobics, photography, crafts) for the community at large. Urdu language classes are offered by USAID and also by the Asian Study Group. The French Cultural Center offers classes in French. Other language classes are offered within the diplomatic community.

Domestic Employees

The great majority of American families in Pakistan employ at least one servant and sometimes as many as six or seven depending upon the size of their families, and the amount of entertaining they do. Typical servant positions are:

- Cook** Usually a full time employee who lives on the premises, handles rupees, keys, does local shopping, and pays local bills (newspaper, etc.). Manages other servants and usually stays in the house all day. He cooks all meals and is solely responsible for kitchen and equipment. Some cooks welcome their employers in the kitchen while others consider it interference.
- Bearer** May be full or part time and works under the direction of the cook. Manages housekeeping, serves meals. May or may not live on the premises. Some may handle rupees or carry keys.
- Cook/Bearer**
Combines the duties of cook and bearer when working in a small household. At times will also have the duties of a hamal or sweeper.
- Hamal/Bearer**
Does bearer duties plus cleaning.
- Sweeper** Cleans bathrooms, floors, carries out rubbish, sweeps outside veranda, cleans inside floors if no hamal is employed.
- Dhobi** Does the household and staff laundry. Does not usually wash diapers, may come once or twice per week.
- Ayah** Takes care of children and their rooms, washes diapers, may be live-in servant or come daily.
- Mali** Responsible for garden work. May work four hours per day, mornings or afternoons, may also wash car as part of duties. Most work two to four hours daily; some are full time.
- Ayah/Bearer**
Combines duties of ayah and bearer.
- Tailor** Can come to your home daily to make personal clothing, may make clothing from direct copies or pictures; some will take articles home and return them finished. Tailors are usually paid by the article.
- Chowkidar**
The day/night watchmen currently provided by USAID. Duties are covered in the section on Security and Personal Safety.

The availability of well-qualified servants in Islamabad is good so it is not necessary to choose servants in haste. The situation in Peshawar, Lahore, and Karachi is similar. It is, however, difficult to find servants in Quetta. The tendency there is for a servant to remain with succeeding households. At least one American family imported a cook/bearer from Islamabad to Quetta.

Some families arrive in country with arrangements to assume the servants employed by their predecessor, however it is far more common for the newcomer to be faced with the task of finding their own domestic help. Although there is no servant registry in Pakistan, there is an effective grapevine system. Within days of arriving at their new homes, many people find servants coming to the gate looking for employment. Americans pay the highest wages in the community.

Generally, dismissed servants will receive chits, or letters of recommendation, from their previous employers. Although much will be said about the services they performed, much may be left out. It is important to keep in mind your own needs and those of your family when reading chits. There are counterfeit chits, even those on official letterhead. If possible, contact the former employer for a recommendation. Do impose a trial period before committing yourself to a servant. All servants should have a National Identity Card, and a copy of this card should be obtained immediately upon hiring any servant. This offers some insurance of the servant's traceability should any problems occur.

When interviewing a servant it is necessary to consider all aspects of his service to you and your family. The following list includes concerns common to foreigners and their families:

- Is the servant willing to undergo a physical examination (at your expense)?
- How is his/her appearance?
- Has he/she worked for Americans before?
- Has he/she worked in the Middle East? (These servants tend to be very experienced and have excellent skills)
- Is the servant familiar with food/water preparation according to American standards?
- Does he make eye contact easily with the women of your household? (If not, he may have problems accepting instructions from a woman)
- Are the chits in order? Can the former employer be contacted?
- Does the servant read and write Urdu? English?
- Can he/she take phone messages? Ask for a demonstration of handwriting skills.
- Are quarters needed? What about family members?
- Does he/she live close enough to travel home and back within the usual four days a month off?
- Does he/she have frequent visitors?

- Is he/she Muslim or Christian? (This makes a difference with regard to holidays and certain chores)
- Is the servant willing to clean bathrooms?
- Is the servant willing to prepare pork products?
- Can and will the servant mix alcoholic beverages?
- Does the servant mind pets? Will he/she take care of pets when you are away from home?
- Does he/she get along with children?
- Does the servant have problems in working with other servants?
- What types of foods does he/she cook?
- Does the servant mind the employer's presence in the kitchen?
- Can the servant manage large parties, dinners, and can he/she supervise other servants during these events?
- Is the main servant willing to supervise other servants? Are the other servants willing to accept supervision from the main servant?
- Are security instructions understood?
- Has he/she had the American health unit training course? Is he/she willing to go?
- Does he/she appear to have a pleasant demeanor?
- Establish what you will furnish for his/her quarters.
- Discuss salary advances and your willingness to grant them.
- Establish the number of days off.
- Establish the hours off for lunch and afternoon rest.
- Discuss the need for a bicycle and your willingness to buy or help finance one.
- Establish his/her use of the telephone and place reasonable limits on its use.

Keep in mind during any interview that the servant will be sizing up his work environment as well. Cooks and bearers will assess the size of the household, how much cleaning is involved, how many people's demands will have to be met, and how much entertaining will be done. Gardeners will look at the size of the yard, whether pets will have to be accommodated (especially the mess they make and the destruction of flower beds, etc.). Laundry men will look at work space, equipment and the number of family members (servants' laundry is frequently included). It is important to keep in mind that a particular servant may work very well in one household and have problems in another. Often this is the result of a personality clash. When evaluating a servant's qualifications it may be helpful to ascertain the size of the family he/she worked for before, and how your expectations may differ from those of the previous employer.

The level of interaction between American families and their servants varies from one household to the next. Some Americans develop relationships with servants that include going to their villages and meeting their families, while others keep the employer/servant





arrangement strictly business. There have been instances where American families have adopted newborn babies from servants, while other families can barely remember the name of any servant other than the cook. In any case, it is necessary to remember that you are paying for services and you are the employer. Immediate over-familiarity with servants and the occasional tendency toward excessive generosity may lead to a breakdown in employer-employee relations and spoil an otherwise good servant. There are many opinions and approaches with regard to dealing effectively with servants. The following information with regard to servants' benefits should be helpful.

Most residences have servant housing which is usually attached to the main house. The employer should assess his residence and decide how disruptive it will be to have servants residing at his residence, especially if the servant wants housing for his family as well. The employer must also decide how disruptive it will be to have the servant's family members (near and distant relatives) and friends coming and going freely. There is no set rule, but once a servant has moved in with all or part of his family it is difficult, if not impossible, to dislodge family members. If you do not exercise a degree of control, the servant will assume that he can make his own rules and will proceed to do so. Most servants are from a village or town close by where their families reside. If the servant is a woman, she is probably from a Christian colony nearby. Most cooks live in servant quarters in order to be available from before breakfast until after dinner. After that decisions are made according to the space available and the tolerance of the employer. Also, make clear that servant quarters will be inspected for cleanliness periodically. Give yourself plenty of time and leeway; postpone decisions about matters when the full picture is not in focus. Once housing has been assigned, usually to the cook first, the next order of business is outfitting servants with the usual supplies. These generally include, a charpai (bed), a sheet, pillowcase, towel, and washcloth. Usually, a heater, fan and gas stove are already provided in servant quarters. If they are not it will be necessary for you to provide these items. Sometimes servants have their own bicycles for errands and shopping. If your cook does not have a bicycle, you may wish to consider providing him with one. Cooks with bicycles can go to markets further away and run more errands. Take the time to assess the need for a bicycle before acquiring one. Additionally, some homes are conveniently located near or on bus lines, negating the need for bicycles.

Most employers provide tea, sugar, milk, soap and deodorant for servants. Usually servants purchase and cook their own food, although some employers pay a lower salary and allow the servant to eat from the kitchen. It is also necessary to set clear guidelines with regard to refreshments for the servant's guests, and food for his family. You will find your food expenses skyrocketing if you are feeding the relatives and guests of all your servants.

Less than half of all employers provide medical expenses for their servants. After a servant has been employed for a period of time you may find that you are willing to contribute to his welfare in different ways. Worker's compensation insurance is available, but few employers provide it for servants. It is not unusual for employers to provide hearing aids or glasses for servants who have been in their employ for some time, nor is it unusual for gifts such as clothing to be sent to servants' families. With many servants coming from the cooler regions, used sweaters which children have outgrown or other appropriate clothing items the employer no longer needs are often given to servants to take to their families.

The standard monthly time off for servants is four days a month. These days are taken once a week or all at once or in some combination that is agreeable to both employer and employee. For the most part the time off schedule depends on how close the servant's family is to where he is working. If he must travel by bus to and from his village, he may ask for more days off. The standard four days does, however, include travel time. Most servants are allowed vacation time while the employer is on R&R or home leave. Servants expect time off in addition to their regular days off for Muslim holidays, weddings and funerals. Weddings often last four days, and the period of mourning for funerals is 40 days. Get clear information from servants regarding how long they will be absent. For funerals of distant relatives, it is not inappropriate for the burial to be attended and then the fortieth day memorial. It is not necessary for a servant to remain for the entire 40 days unless it is a close relative. As in other areas, be clear as to what you expect from your servants and limit time off where appropriate.

Servants rely on clear, specific instructions from the employer, and need to be reminded of these instructions periodically. Make policies in your household clear, particularly with regard to keys, liquor cabinet, pantry, and money handling. Servants can and do render excellent service when they know what is expected of them.

Every year the Embassy health unit arranges a series of classes for the Pakistani employees of the American Club restaurant and bar, the Embassy cafeteria and the USAID cafeteria to ensure safety in food handling. The classes are open to servants throughout the American community. Arrangements can be made for your servants to attend by contacting the health unit.

The Community Liaison Office (CLO) conducts an annual salary survey for domestic employees that also includes information regarding bonuses, advances and perqs. This information is very useful to have and CLO will provide a copy of the most recent data upon request.

Most servants are paid on the first of the month in a lump sum. Often servants ask for an advance on their pay for various and imaginative reasons. Many employers do not give advances at all. Pay advances seem to be addictive after the first one and sometimes the servant is long gone before the sum is fully reconciled. For your own convenience and protection, develop a tracking system that allows you to establish a record

of accountability. This can be as simple as a page for each servant (name, national identity number) with a space for the date, amount of salary and their signature or mark. It is also a good idea to write frequent comments with regard to your servant's performance on the page where you record his pay. This makes decisions regarding raises much easier and prevents a few days of intensified work from clouding a long period of less than satisfactory work. After a servant has been employed for six months he is usually considered eligible for a raise. Some employers give raises after six months and yearly thereafter, or smaller raises twice a year. If servants are Christian they receive a month's salary as a bonus at Christmas. Muslims receive a month's bonus at the Muslim holiday of Eid-ul-Fitr. Some servants prefer to have a half month's salary at Christmas and the other half at Eid.

Severance pay is generally based on length of service. For each full year of service, one full month's salary is appropriate. Thereafter, the amount of pay can be divided into portions according to the fraction of a year worked. For example, for three quarters of a year's service, three quarters of a month's severance pay would be granted. It is also customary to provide departing servants with chits, or letters of recommendation, upon separation. These letters should clearly reflect your satisfaction as well as your dissatisfaction with your employee. Chits are often the only source of information for newcomers seeking domestic help. They should be carefully worded to reflect your honest assessment of the servant.

Pets and Veterinary Services

Generally, veterinary services in Pakistan are limited and not consistent with U.S. standards. Rabies is endemic in Pakistan so it is necessary to keep all pets controlled or confined. Isolate your pet if it is bitten by a suspect animal. Do not under any circumstances adopt stray animals in Pakistan, and be sure your pets have rabies shots every six months. All houses in Pakistan have walls and gates which allow for some isolation of pets from outside animals, however there are numerous cats which roam free and present some risk. Ticks are also a common problem because they drop off and are found in the home. Pets should be examined regularly and flea and tick dips are generally the best treatment for ticks. If properly applied, these dips will remain effective for up to two weeks. While flea and tick collars are somewhat effective, it is recommended that other remedies be used in conjunction with them. It is strongly recommended that pet owners ship everything to maintain their pet's health. This includes grooming supplies and chew toys. All medications, particularly long term maintenance medications, should be shipped in ample quantity. If possible locate a mail order pet supply company which can supplement your inventory.

There is a great variety of pets to be found in Pakistan, including pedigreed cats and dogs. Rabbits, mongooses, monkeys, donkeys, goats, and hedgehogs are all kept as pets, as well as a fascinating variety of caged birds. When purchasing an unfamiliar animal, find out exactly what and how much it eats and where food for the animal is available locally. Dogs thrive on a mixture of coarse rice, vegetables, leftovers, and readily available "meat for dogs." Prepared dog food is usually available in the American commissary.

Horseback riding is popular here. Lessons can be arranged and horses rented by the hour or month or boarded reasonably at the Islamabad Club Riding Section. Avoid "horse wallahs" who travel the streets looking for customers as their animals and equipment are often unsafe.

Churches

Although Pakistan is 97% Muslim, religious minorities are free to practice their faiths. Proselytizing is, however, subject to restrictions. There are no Jewish services available in Pakistan. The expatriate communities of Islamabad, Peshawar, Lahore, Quetta, and Karachi have various Protestant and Catholic congregations and a small number of Mormons. Services are in English. Bibles can be found in bookstores throughout Pakistan.

For a list of churches, addresses and telephone numbers along with the timings of services, contact the Personnel Office of the American Embassy in Islamabad, or the Personnel Office of the Consulate in Peshawar, Lahore or Karachi. In Quetta check with the USAID office for more information.

Driving in Pakistan

In order to receive a Pakistani driver's license, the applicant must have a valid driver's license from his or her country. Temporary licenses are not sufficient, and there are no exceptions. No written test or road test is required to obtain a Pakistani driver's license and current U.S. or other licenses are not surrendered. International driver's licenses are not recognized by the Government of Pakistan. Minimum legal driving age is 18 years for any type of vehicle. Strict Embassy policy states that in accordance with local law, U.S. Government employees must not permit their dependents under the age of 18 to drive vehicles, including motorcycles.

Shopping in Pakistan

Handicraft items, made locally and available throughout Pakistan, include brass and copper items, various textiles, furniture, carpets, and jewelry.

When the Chinese began making stainless steel and aluminum products and exporting them to Pakistan, much of the old brass and copperware was discarded in favor of the newer, lighter utensils and pots. Thus it is possible to find beautiful old brass and copper pieces throughout Pakistan. In addition, the popularity of such items among Westerners has resulted in an increase in new brass and copper items. It is possible to find just about anything in brass and copper shops. If you don't find what you are looking for, it usually can be made by a local artisan for a reasonable price.

Textiles in Pakistan are varied and beautiful. Murals embroidered with people and animals are easily found and much of the embroidery on fabric is done by hand in villages. Quilts, tablecloths, pillow covers, and clothing covered with intricate designs are also abundant in shops throughout the country.

Pakistani furniture makers can reproduce furniture from catalogs, magazines, sketches, photographs, or specific instructions. Often products will not be finished by the expected date, however the wait is well worth it. Furniture shops also have a unique variety of furniture already made. If purchasing or ordering furniture pieces, allow ample time before the end of your tour for possible joint separations to occur and be repaired. Brass, copper and ivory (or bone) inlay are a specialty in Pakistan. When purchasing inlay items, check carefully for signs of wood shrinkage or expansion which affects the inlay. This is usually due to improper weathering of the wood. Jewelry boxes, incidental boxes, name plates with brass inlay, and trunks are also found in furniture shops and make wonderful gifts.

Buying carpets can be anything from a casual afternoon spent in a shop drinking 7-Up or tea, to intense study and serious collecting. If you plan on investing in carpets, do learn about the specifics of design and type. Spend time when looking and let the carpet dealers show you everything in the shop before you make your decision. Feel free to ask questions and take notes. If in doubt, ask to take a carpet home to study it for a week or two. Carpets often look different from night to day and the color may vary according to the room in which you place them. Damage or repairs show up more easily on the back side. Finally, carpet shops are dusty; if you have allergies or respiratory problems consider how these conditions will affect you.

Jewelry and semi-precious stones are also good buys in Pakistan. Study items carefully to ensure authenticity and careful craftsmanship.

In addition to decorative items, useful items (e.g. clothing, shoes, books) are also found in Pakistan. Towels come in all sizes from hand towels to bath sheets. The quality is generally quite good, and they are very inexpensive. The colors may fade, so they should be washed separately initially. Leather goods are also a good buy. Jackets and other

items can be custom made for a reasonable price. Tailors are available throughout Pakistan and with careful instruction they can make clothing to suit your needs at a reasonable price. Silk and some high quality woolen fabrics are sold at reasonable prices.

The key to shopping in Pakistan is taking the time to see as much as possible before making a purchase. Often there are no fixed prices and the shopkeeper will simply give a price which he feels you may be willing to pay. The cost of an item may vary considerably from one shop to the next. If you are looking for bargains, you must be willing to bargain with shopkeepers. This is not easy for most Americans. It is often necessary to walk away from an item to induce the shopkeeper to lower his price. In general, however, if you are satisfied with the price given and will not regret finding the item elsewhere at a lower price, then paying it is probably to your benefit. Having local friends to shop with is also beneficial as they can tell you if you are being overcharged or given less than satisfactory service.

Medicines

Pakistan has a large pharmaceutical industry and most U.S. prescription drugs are available without a prescription. Drugs include antibiotics, diuretics, stimulants, heart medications, valium, amphetamines, poisons and countless others. Anyone, any age, can purchase any type of medication over the counter. Chemists in Pakistan are not pharmacists, although they are often knowledgeable about the drugs they dispense. There are instances of counterfeit drugs, and drugs are often dispensed long after the expiration dates. It is necessary to exercise caution when purchasing drugs or medications in Pakistan. A comprehensive list of reputable chemists and doctors is included in the Health and Medical Information booklet available at the American Embassy Health Unit in Islamabad.

Meat and Produce

Local markets provide fresh produce and meats for the majority of Americans residing in Pakistan. While the commissary does carry some frozen meat items, most Americans prefer the lower prices and fresher cuts of local butchers. Beef is generally good and in ample supply, however it is difficult to find very tender cuts. Chickens are generally smaller and not as tender as American poultry. The best and most tender cuts of meat are lamb and mutton; both are plentiful and inexpensive. Fish, shrimp and lobster are also shipped out of Karachi.

Local markets carry eggs, milk, and fresh fruit and vegetables in season. Varieties of fruits and vegetables in Pakistan include (many of these are seasonal) oranges, tangerines, grapefruit, lemons, melons, apples, guavas, pears, peaches, mangos, papayas, pomegranates, and other exotic fruits; tomatoes, peppers, okra, green beans, squash, cabbage, cauliflower, chinese cabbage, radishes, carrots, potatoes, onions, cucumbers, eggplants, peas, yams, and quite a few others.

Most spices, if you can recognize them by smell or taste, are available and very inexpensive in Pakistan. Oregano is difficult to find. Fresh garlic and ginger are common, as are a variety of other whole spices including cardamon, coriander, black pepper, red pepper, cinnamon, and cloves.

Books, Newspapers, and Magazines

Good bookstores can be found throughout Pakistan. English language paperbacks usually include current authors and a good selection of classics. Newspapers include the New York Times and International Herald Tribune, however these are often not current. Magazines include Time, Newsweek, Far Eastern Economic Review, The Economist, News and World Report, USA Today, Fortune, Outdoor Photographer, Modern Photographer, National Geographic, New York Post, Cosmopolitan, Vogue, Bride, Elle, Life, McCall's, Ladies Home Journal, and Beauty Digest among others. Fashion magazines are usually expensive and censored. Local book dealers will deliver magazines and papers to your home and bill you monthly.

Television

Pakistan Television broadcasts for six hours every evening with one channel. English language news is broadcast at 7:00 pm followed by one English language serial. American televisions will not pick up these broadcasts unless they are multi-system. At publication an English or American film (censored) is being shown on Friday evenings after 10:00 pm. Generally, local television is not considered a mainstream entertainment option. The television/VCR combination is therefore important as an entertainment outlet. Local video rental shops carry a wide variety of American films along with many new releases, however, they are recorded on the PAL system and require a multi-system set-up for viewing. It is possible to purchase a multi-system TV or VCR in Pakistan at duty-free shops if you a) are eligible for this privilege (refer to your contract) and b) have not brought in any other TV or VCR. However they are expensive to buy here. Another alternative is to order a multi-system TV and VCR through AAFES or similar catalogs, if you are eligible to use them, and have the items sent to you in time to include with your shipment of household goods.

Movies

Pakistani cinemas do offer censored English movies although these also are not considered a mainstream entertainment option by most American families. The American Embassy theatre in Islamabad shows two movies (twice each) from Thursday through Sunday evenings free of charge. American Club movies are shown on Monday and Tuesday evenings for a nominal charge. No food or beverages are allowed in the theatre.

Radio

Pakistan radio does have limited English broadcasts, however these do not include popular music or entertainment programs. Shortwave radio is very convenient to have at times particularly in light of the lack of current, hourly radio and television news broadcasts. BBC and Voice of America, among others, broadcast news in English every hour on the hour. The frequent changes of broadcast frequencies make digital tuning convenient. Ham radios and citizens band radios are prohibited in Pakistan.

Music

As with video tapes, audio tape shops have access to the very latest recordings and sell duplicate or pirated audio tapes for about \$2.50 to \$3.50 each. These tapes are made from stocks that cover a broad range of music from rock to classical. If specific artists or recordings are desired, it is beneficial to make arrangements with a family member or friend in the United States to send tapes or recordings of radio programs by mail. There are no clubs or discos in Pakistan so live performances of Western music are limited to programs arranged by the embassies.

Photography

Pakistan has a wealth of photographic opportunities. From the farthest reaches of the country to right outside your door, you will undoubtedly find much to photograph. Although some photographic equipment is available on the local market it is expensive, and camera service, parts and repairs are not easily available. It is best to bring everything you will need to maintain your equipment. Film in Pakistan is imported and often expensive as are costs for developing. Photographic processing is good in some areas, particularly in Islamabad and Karachi, however at times it is not up to U.S. standards. Photo chemicals and paper are not available on the local market for private use. The American commissaries carry a variety of films and film mailers for those who prefer to mail film to the U.S. for developing. Depending on your pouch privileges, it may be possible to order film, with or without processing, at reasonable rates by using services listed in the back of Modern Photography or Popular Photography Magazine. This could lead to substantial savings over the price of commissary or locally purchased film.

It is best to seek permission before photographing women. Where language barriers exist, rely on body language. Women photographers often have better luck in photographing women.

Activities Outside Islamabad

Karachi has a variety of activities not available in Islamabad due to its coastal location. Saltwater bathing is excellent throughout the year, however during the monsoon season surf can be dangerous due to undertow and poisonous jellyfish. There are no lifeguards at public beaches. Beach huts may be rented on Hawkes Bay and Sandspit beaches. Freshwater swimming pools are available on a membership basis at the Sind Club, Gymkhana Club, the Pearl Continental Hotel, the Avari Hotel, the Sheraton Hotel, the Karachi American School, KLM pool at Midway House Hotel, and the Holiday Inn next door to the Consulate. Small boat sailing is good most of the year in the protected waters of the harbor. Berthing and maintenance facilities are available through membership in the Karachi Yacht Club, a private organization. Americans often share ownership in boats, and used boats can be found. Saltwater fishing is good during the winter months when sea waters are calm. Open power launches, with crew, can be rented for ocean fishing, however you must provide your own tackle. Life jackets are not available. Harpoon fishing can be combined with scuba diving in Karachi waters if you have your own equipment.

Other activities include hunting, tennis, golf, squash, horseback riding and polo. It is necessary to bring all equipment necessary for these sports, particularly shoes. Local sports equipment which is available includes hockey, cricket, table tennis, badminton rackets, and shuttlecocks with real feathers.

Peshawar has three clubs, the Peshawar Golf Club with an excellent 18 hole course; the Peshawar Club with swimming, squash, and year round grass tennis courts; and the Peshawar American Club with one clay tennis court. The one international class hotel in Peshawar has a swimming pool and a health club. Hunting, fishing and hiking are popular in the nearby areas of Swat and Chitral. Horseback riding is also available.

Tours of the Northern Areas are very popular and are usually easily arranged. Permission is required to visit the Khyber Pass and the Kohat Pass which link Pakistan to Afghanistan. Current information and travel advisories are available through the American Consulate. Travel to or transit through some Tribal Areas also requires permission from the Government of Pakistan. The Swat and Kabul Rivers are white water rivers and have been rafted, however all equipment must be brought from the United States. There are no life jackets or helmets available locally. The Adventure Foundation of Pakistan may be contacted through the Pakistan Tourism Development Corporation for more information regarding river expeditions. Trout fishing is excellent in these areas, however all equipment must be brought from the U.S.

In Lahore, sports include golf, swimming, riding, tennis, squash, fishing and hunting. Two local clubs offer combinations of golf, swimming and tennis. Membership fees vary, but membership is not required to play golf. English riding instruction is offered at the Lahore Polo Club. Americans may use the Lahore American School's tennis and basketball courts for a nominal charge whenever school sports are not scheduled. American sports equipment is not usually available. There are ample opportunities to study area history, culture, folk and art objects. The American Women's Club is active in Lahore.

Quetta is a small community and offers less than other cities, but swimming, squash and tennis facilities were available at publication.





SECURITY AND PERSONAL SAFETY

Taking the necessary precautions to assure the security and personal safety of you and your family is of great importance during your stay in Pakistan. These precautions include familiarity with the Warden System and security radios. Guide to Personal Safety, a booklet covering much of the information here in detail, may be obtained at the Regional Security Office, Islamabad, or by writing to:

Regional Security Office
PSC Box 27
APO New York 09614-0006.

Additional information is available in the booklet In Any Event prepared by the Community Liaison Office (CLO). This booklet is part of the CLO Welcome Kit, and provides a thorough guide to emergency procedures for evacuation. For questions concerning security conditions in Pakistan, members of the private sector may write or call:

Bureau of Diplomatic Security
Department of State
Private Sector Liaison Staff
Washington, D.C. 20520-0000
Telephone: 202-663-0026-(0030).

The following material is intended to provide you with basic guidelines for personal safety and should be supplemented by the above mentioned materials. Read the following material carefully and take the time to go over it with your family members.

Warden System

The purpose of the Warden System is to notify, by telephone, the American community members about developments which may affect their security. All Americans should register with the closest American Consulate as soon as possible after their arrival. American Consulates are located in Islamabad (in the USAID building), and in Peshawar, Lahore, and Karachi. The Consulate will request your name, the number of dependents you have at post, your address, and your telephone number. The Warden System includes private as well as official American citizens and their dependents. In most instances the Warden System is used to pass along information, to address concerns and to squelch rumors. The system is organized around neighborhoods called Warden Zones, each having a volunteer called Warden. Most zones have two alternate Wardens. Together, these volunteers are the central points of contact the Embassy or Consulate will use when activating the Warden System.

The Ambassador, or in his absence the Charge d'Affaires, decides when to activate the system. All the information you will receive via the Warden System has been carefully screened for meaning and accuracy. It is reliable information. You should not hesitate to seek more information, or report information you feel is important, however questions or further information should be relayed to the Warden after all persons in the Warden Zone have been contacted. You may call the CLO at any time. Wardens and the Community Liaison Officer are primarily concerned with answering your questions during sensitive situations. After receiving a Warden message, try to stay off the telephone until you are reasonably sure that you have all the information necessary to respond to the situation.

Knowing the Warden, Alternate Wardens and other members of your Warden Zone is an important aspect of the Warden System. Each American is given a list of names, addresses and telephone numbers of other Americans in his or her Warden Zone. Become familiar with the area and identify the homes of other members of your zone. Anyone may be called upon to physically locate husbands, wives or children of their neighbors as telephones and even hand-held radios may not be reliable in a large-scale emergency. It is your responsibility to help ensure that the Warden System operates smoothly should a genuine large-scale emergency occur. As Warden lists are updated, old lists must be destroyed: Warden lists contain information sensitive to security and must be closely controlled.

The best precaution against household confusion in case of an emergency is good planning. The following are suggestions for emergency planning:

1. Be familiar with the Warden System.
2. Keep all important documents and essential valuables in one location where any member of the family can easily locate them. This is called a "bug-out kit."
3. Do not hoard, but do keep emergency supplies of food, water, medicines, clothing, and sleeping materials. Keep automobiles fueled and in good working condition.
4. Expect to be able to leave with one suitcase (approximately 60-70 pounds) per person. Pets will travel on a space available basis.
5. Keep legal and financial affairs in order in case you are separated from other members of your family. Spouses should have power of attorney. Children should know the names and addresses of their closest relatives in the United States. A current household goods inventory should be kept on hand.

6. Notify your Warden or your office when you travel. Be aware that the Warden System is also a good vehicle for reaching you quickly in case of family emergencies.

Home Alarm Systems

Employee homes usually have alarm systems installed in order to alert the occupants to someone entering the house or to a problem outside. There should be a panic switch in the master bedroom, near the headboard of the bed. A similar switch should also be located outside for the chowkidar (guard). Additionally, heat sensors which will trigger an alarm if the air temperature reaches 135 degrees are usually installed immediately outside the master bedroom area. Door contact switches and motion detectors have also been installed in many homes. The operation of home alarm systems is covered in the newcomers' orientation and in Guide to Personal Safety.

Residential Guards

Residential guards are provided at American residences at night. These guards, called chowkidars or security guards, provide protection for the residence, identify all persons prior to their entry on the grounds, remain observant, make rounds of the house and grounds, and open and close the main gate as required. Chowkidar supervisors make rounds to sign time sheets and check on the general conditions of the residences. These supervisors speak English and you can communicate any concerns you have regarding your chowkidars with the supervisor. There are Regional Security Officers (RSOs) in Islamabad and Karachi and Post Security Officers in Lahore and Peshawar. For serious, immediate concerns, contact these Officers, the Embassy or the Consulate via phone or radio (Quetta should contact Karachi).

Appearance and Safety

It is important to observe local customs concerning women's dress in Pakistan. While it is not necessary to adopt the local dress, it is necessary to wear clothing which elicits minimal attention. Arms should be covered at least to the middle of the upper arm, necklines should be modest, not plunging, and legs should be covered well below the knee. Tight jeans, sleeveless tops, shorts, tennis attire, and other revealing clothes will certainly draw stares and may result in verbal or physical harassment. A broad range of Western clothes can be worn in Pakistan as long as common sense accompanies wardrobe decisions. Blond hair and teenage girls attract considerable attention. Be advised that public physical displays of affection between men and women of any nationality are unacceptable in Pakistan and may elicit most unwelcome attention.

Transportation

The use of public transportation in Pakistan is not recommended for members of the American community. Buses are overcrowded and generally unsafe. The use of taxi cabs is absolutely not recommended, particularly for girls or women.

The following is an excerpt from the Guide to Personal Security:

Americans should avoid using local taxi cabs to the maximum extent possible. This advice is being re-emphasized for two reasons:

1. Taxi cab drivers have been known on rare occasions to commit criminal acts against passengers, and
2. Taxi cabs are generally in poor mechanical condition and the drivers often fail to follow safe driving habits.

Though criminal acts committed against passengers are probably no more common here than in many U.S. cities, they do occur on occasion. If you do not own a car, it is recommended that you make use of GSO or friends' cars as much as possible. If you simply cannot avoid using a taxi cab, the following advice should be followed:

1. Do not travel alone (this is especially pertinent for women and children).
2. Never get into a taxi cab which contains other passengers with whom you are not acquainted.
3. Get out of the taxi cab at the first opportune time if you suspect anything might not be right.
4. Avoid conversations with the driver (this will usually be no problem since most do not speak English). You should also definitely avoid providing any information about yourself.
5. Try to discreetly write down the license number of any taxi cab you use prior to getting into it (if you are getting the taxi cab from your residence, you could have a servant or other person write it down).
6. Females from about 12 years to adults should NEVER get into a taxi cab unless they are wearing loose fitting clothing which covers as much of the body as possible, including arms and legs.

7. Insist that the driver slow down and not take unnecessary risks.
8. Agree on a price prior to getting in the taxi since meters are seldom used. If the quoted price seems much too low, be suspicious and find another cab.

Because the use of public transportation is discouraged, most Americans drive their own automobiles in Pakistan. The number one cause of death of Americans abroad is traffic accidents.

The following excerpt is from the Guide to Personal Security:

The best advice that can be given about driving here is **DRIVE DEFENSIVELY!** Drive slowly and expect the unexpected. Also, don't be reluctant to use your horn; it's a common practice here, probably unlike where you come from.

You should also be aware that stop signs and lights are often ignored or out of order. Be particularly alert to the possibility that a driver may pull his or her car out of a side street or driveway without bothering to see if another car is coming.

Unfortunately, there is a relatively large number of traffic accidents here. Fortunately, they usually involve minor damage and repair costs are very inexpensive compared to those in the United States. Third party liability insurance coverage is mandatory and inexpensive. However, you should give **strong** consideration to obtaining additional insurance since drivers here rarely have adequate insurance and some would rather go to jail than pay for repairs to your vehicle.

What To Do If You Are Involved In A Traffic Accident

- If possible, report immediately to the police station. It is advised not to stay at the scene of the accident as potentially angry crowds can form.
- Try to stay calm.
- Write down as much identity information about the other driver and/or passengers and witnesses as possible (be aware that many local drivers will either not have a driver's license or will at least claim such). A detailed physical description of the driver might also be useful to you at a later time if the driver is not carrying any identity documents.
- Write down the other driver's license plate number and a detailed description of the vehicle.

- Since most traffic accident claims here are settled out of court, you should try to get a written statement from the other driver, particularly if he or she was at fault. The statement should specifically mention who was at fault.
- Be very cautious about signing anything prior to consulting with Embassy officials.
- If you have your radio with you or if you have access to a telephone, contact the Marine Guard who can help you to communicate with RSO, GSO, motor pool dispatcher, etc., for advice.
- Provide the other driver and/or police with your driver's license and vehicle registration data.
- If someone is seriously injured, either take them, or arrange for their transport to a hospital or doctor.
- If a threatening crowd should start to form (rare in Islamabad) depart the area immediately, go to a safehaven (such as the Embassy or a police station) and contact the RSO for further guidance.
- The same basic advice applies for accidents which occur in the countryside. However, to avoid having to return to the area at a later time to get a copy of the police report, you may wish to consider going to the nearest police station immediately after having exchanged the necessary paperwork with the other driver. You should be prepared to spend at least an hour in doing this. If the other driver is at fault and agrees to pay for damages, make sure the report states this clearly.

The RSO and his staff are always available to assist you in filing the required reports and obtaining the necessary assistance of local authorities. The RSO's staff will also be available to act as interpreters in making statements or complaints to the police. If the accident is your fault and you wish to settle with the other party, the RSO's staff will also be able to assist you.

HEALTH AND SANITATION

Sanitation throughout Pakistan is a constant problem as there are no enforced sanitation controls. The public water supply is unsafe everywhere, including all hotels, and drinking water must be boiled and filtered. Sewage systems are antiquated or inadequate and refuse collection is erratic. The burning of cow dung, leaves and garbage often produces irritating dust and smoke. Refrigeration and sanitary packaging of foodstuffs in public markets is rare. However, despite conditions, overall health conditions where Americans live are generally good. This is due to precautionary medicines, immunization, and preventive health practices.

The Health Units

The American Embassy health unit located in Islamabad is the headquarters for the Regional Medical Officer (RMO). The health unit in Islamabad also has on staff a pediatrician, two nurses, two medical technologists and an X-ray technician. The Lahore, Karachi and Peshawar health units are staffed by a nurse. In addition to the health units, a Regional Psychiatric Officer (RPO) is posted in Delhi and his or her regularly scheduled regional visits are posted and announced at each location. Appointments for the RPO are made through the health unit receptionist or secretary.

Eligibility for Health Care

The medical program of the Department of State has been established for the health maintenance of the Department of State employees as well as those of 34 other agencies. Contractors and their dependents who are U.S. passport holders are usually eligible for health care in the Islamabad, Lahore and Peshawar health units, however their dependent parents and children age 21 or older are not covered. (See also Medical Information in the section on Preparation for the Move.) Contractors should review their contracts regarding medical benefits. Those living overseas who are not covered by the Department of State Office of Medical Services health care program are urged to purchase one of the commercial health insurance/medical evacuation policies that are available.

Some ineligible personnel can be extended health unit privileges by the Embassy Administrative Officer, as an exception to normal policy and on a case-by-case basis, under the following conditions:

1. The host country medical facilities are deemed inadequate in the opinion of the RMO.
2. Provision of such service will not detract from service to those covered by the medical program.

3. There is reimbursement to the Embassy for the cost of supplies and/or services.
4. Extension of such privileges are determined to be in the best interest of the U.S. Government.

Health services which can be conferred by the Embassy Administrative Officer may include immunizations and other preventive health measures, episodic examination for specific problems, and emergency treatment. Health unit privileges exclude evacuation, hospitalization, and physical examinations for entrance, in-service, fitness for duty or separation. Individuals who are on long-term medications for chronic illnesses are responsible for ordering and paying for those medications.

Food and Water

Water from the American Embassy compound in Islamabad is treated and safe for consumption. Water coolers at the USAID buildings and drinking water provided at the USAID Staff Houses are also safe. Hotels throughout Pakistan often tell guests that water is safe when actually it has only been filtered and not boiled or otherwise treated. Often mineral water containers are refilled with local tap water. Bottled club soda or soft drinks can usually be relied on, however dark colas have been known to be contaminated. When water is not available, hot tea is usually safe if served in a clean, dry cup.

The recommended routine for the preparation of water for consumption, ice or dental hygiene is as follows:

1. Boil water at a full rolling boil for at least 5 minutes (many people do this for 20 minutes).
2. Filter water through ceramic filters (provided by USAID).
3. Store water in properly cleaned containers.

Fresh fruit and vegetables also require special preparation. Apart from unsanitary conditions, chemicals which are unsafe for consumption are often used in growing fruits and vegetables in Pakistan. One notable example is the widespread use of DDT. If you plan on growing your own fruits or vegetables, make certain that you are aware of any chemicals your gardener or other servants may be using.

The recommended routine for the preparation of fruits and vegetables is as follows:

1. Buy only fresh, undamaged fruit and vegetables without holes or broken skin.

2. Soak fruit and vegetables for ten (10) minutes in warm tap water in which one (1) tablespoon of soap/detergent per sink of water has been added.
3. Wash each piece of fruit and vegetable in soapy water with a brush.
4. Rinse off all soap with cold tap water.
5. After washing, soak in a 200ppm chlorine solution for fifteen (15) minutes. One (1) tablespoon of liquid chlorine bleach in one (1) gallon of water or five (5) tablespoons of Milton Solution (available locally) will provide a 200ppm concentration.
6. Rinse with cool potable (boiled) water after soaking. Drip dry and store in the refrigerator.

Iodine tablets (Lugol's) and Pinky's compounds are no longer recommended due to ineffectiveness.

The Myth of Resistance

The wide belief that locals build up a resistance to water conditions and various diseases is absolutely false. There is no resistance to parasites, nor to many water born diseases. Pakistani adults and children die every day from complications of water born parasites and diseases. Parasites in untreated water can infiltrate every system of the body and can be fatal if not diagnosed and treated. Careful attention to the preparation and consumption of water and food is essential to consistent good health.

Further Information and Guidance

If you wish or need additional information on health and medical conditions in Pakistan, request your company to contact USAID/OCC with specifics.





Appendix A

General Security Precautions

The following list of general security precautions for personal safety should be reviewed from time to time.

1. Maintain a low profile to the extent possible.
2. Avoid high risk areas, crowds, and civil disturbances.
3. Vary travel routes and patterns to the maximum extent possible.
4. Keep other family members aware of your plans and how you can be reached.
5. Be alert to the possibility of being under surveillance.
6. Be cautious in giving out personal information such as addresses, telephone numbers, travel plans, etc.
7. Know the area and note possible safehavens such as police stations or outposts to which you could proceed for assistance if needed.
8. Post emergency telephone numbers for family members and children.
9. Travel in groups if circumstances seem to warrant it.
10. Report suspicious persons or vehicles immediately to the Security Officer.
11. Keep residence doors locked even when you are at home; be alert to peddlers, strangers, or workers; check identities (all official Foreign Service Nationals, such as GSO maintenance crews, are required to carry and show ID cards upon request).
12. Whenever possible, keep vehicles off the street.
13. Drive defensively and keep seat belts buckled, windows up, and doors locked.
14. Where appropriate, check all vehicles for suspicious objects before entering.
15. Report to the Security Officer all suspicious articles or packages immediately: **DO NOT TOUCH!**
16. Carry important telephone numbers with you at all times.

17. While in your car, take your security radio with you as much as possible.
18. Know your Warden and Alternate Wardens, the location of their houses and their telephone numbers (Warden's Lists are available at the Consular Office).
19. Stress your concern for security with your servant staff. Have them check periodically for suspicious people in the neighborhood. Make sure they understand that they should never provide information about you or your family members to strangers.
20. If you have special concerns or questions contact the Regional or Post Security Officer or his assistant for help.

Appendix B Servants and Security

The Regional Security Office publishes a booklet, Guide to Personal Security, which includes a section on servants with instructions in both English and Urdu. The following excerpts should prove useful.

Fire without delay any servant you suspect has stolen something from you. Make sure you make at least some reference to the fact that the servant's honesty is suspect. Get full identity information from any new servant. Making a photocopy of his or her national identity card is an easy way of doing this. Servants should be instructed when first hired and reminded occasionally of what you expect from them from a security standpoint.

Domestic Servant Instructions

- A. Keep all windows and doors locked unless instructed otherwise by me or my spouse.
- B. Do not accept any unsolicited or closed parcels from strangers.
- C. Do not allow any strangers, landlord, or Government Officials to enter the house except for properly identified Embassy (USAID) GSO work crews having a GSO work order in their possession.
- D. Please accompany the Embassy (USAID) crew at all times in the house.
- E. Please inform me of any strangers and vehicles loitering in the neighborhood, noting their full description.
- F. Do not discuss any information about me or my family with strangers. Let me know if anyone seems overly curious in this regard.

Appendix C
EMERGENCY TELEPHONE NUMBERS

Note: This list is for Islamabad. Contractors in other cities should locate or make a similar list for their specific area.

Employer's Telephone number	
Marine Security Guard	826161	
Embassy Security Officer	826161 822364	ext. 2203 Home
Embassy Security Advisor	826161	ext. 2272
Embassy Medical Unit	826161 824373	ext. 2556-8 Direct line
Islamabad Emergency Police	823333	
Islamabad Fire Department	827222	
Government Polyclinic Islamabad	829071	
Guard Contractor (Chowkidar)	826674 814842	

**KEEP THIS LIST NEAR YOUR TELEPHONE AND ADVISE
SERVANTS AND ALL MEMBERS OF YOUR HOUSEHOLD OF ITS
EXACT WHEREABOUTS.**

Appendix D
Helpful Telephone Numbers

ISLAMABAD

American Embassy	Office	Home
United States Embassy	826161	
Embassy Doctor	826161	820614
American Club	825617/823958	
American Club Pool	825916	
Tennis Court	825936	
Regional Security Officer (RSO)	826161	822364
Assistant RSO	826161	824461
Security Specialist	826161	840757

American Consulate 824071

United States Agency for International Development

USAID 824071
USAID Dispatcher (after hours) 824077

United States Information Service 824051-6/824003-4

Airlines

Pakistan International Airways 815041
Reservations 825031
Cargo Office 825031
Flight Inquiries 840261

British Airways 825510

Pan Am 811510

American Express 821480

Churches

Protestant International Church 823197
Catholic Church 851535
Anglican Episcopal 826770
Church of Jesus Christ of Latter
Day Saints 823658

Emergency

Embassy Health Unit 826161
Fire 827222
Marine Security Guard 826161
Police 823333
Polyclinic 829071

Hotels

Holiday Inn Hotel	826121
Islamabad Hotel	827311
Pearl Continental	62700-9

Overseas Calls

Telephone Booking	0102/101
Booking Supervisor	65833/63531

Pakistan Railway Enquiries	62174
----------------------------	-------

Schools

Int. School of Islamabad	855721
British Embassy School	822362
Murree Christian School	M2321

Telephone Company

Local Enquiries	17
Complaints	18
Time	14
International Calls	103

Tourism

Pakistan Tourism and Development Corporation	826327
Tourism Division, Ministry of Culture and Tourism	820856

Utilities

Electricity/WAPDA Complaints	829626
CDA/Refuse Removal	827158
Water/Complaints	827522

KARACHI

American Consulate General	515081/511606
Community Liaison Office	515081 ext. 233
Karachi American Society School	433557-9
USAID Office	440091-5
USAID Staff House	431226
USIS	515081 ext. 12

LAHORE

American Consulate General	870221
Community Liaison Office	870221
Lahore American Society School	870895
USAID Office	305083
USAID Staff House	304202
USIS	306991

PESHAWAR

American Consulate General	79801-3/76321
USAID/Regional Affairs Office	43211-5
American Club	41321
USIS	40963/41463/42321

QUETTA

USAID Office	40453
USAID Staff House	40135
Serena Hotel	40453

Appendix E Urdu Glossary

Urdu is the official language of Pakistan. Although there are many dialects and several other languages spoken here, the majority of Pakistanis speak and understand Urdu. Urdu is a mixture of Persian, Arabic and other regional languages. It is quite similar to Hindi, however it is written in Arabic script. The following brief glossary of words should prove helpful. Pakistanis are very appreciative when foreigners learn their language, or even just a few phrases of it.

Common Phrases

Islamic Greeting

(Peace be upon you)

Response (With you also)

How are you?

Fine

Good-bye

What is your name?

I am American

Which way to Lahore?

Do you speak English?

Thank you

When?

Three o'clock

How much is this/that?

What is this/that?

Is the water boiled?

Assalam-O-Alaikum

Waalay kum Assalam

Aapka kia hal hey?

Teekay or Teek Tak

Khuda Hafez

Aapka naam kia heh?

Meh Amrikan hoo

Lahore kiss taraf heh?

Kia ap ungrezi boltay heh?

Shukria or Mehrbani

Kub?

Teen bujay

Yeh/Voh kitnay ka hey?

Yeh/Voh kia heh?

Kia pani ubla hoo wa hey?

General Vocabulary

absolutely

address

all right/well

bathroom

bed

beef

big

blanket

book

boy/girl

bread

candle

chicken

clean

cold

drink

eat

evening

expensive

fan

far

fish

bilkul

pata

teek

ghusal khana

bister/charpai

barra ghosht

barra/barri

kambal

kitab

bacha/bachi

roti

moom butti

murghe

saaf

tunda

peena

khana

sham

mengha

punkha

dur

machli

food

gentleman

go

home/house

hot

hurry

lady

morning

near

no

pillow

salt

sheet

shop

tea

vegetable

water

yes

yogurt

khana

sahib

jaana

ghar/makaan

gurram

jeldi

memsahib

subah

nazdeek

nahi

takya

namak

chadar

dokaan

chai

subzi

pani

haanji

dahi

Numbers

1	ek	13	tera
1.5	dehr	14	chawda
2	doh	15	pundra
2.5	dhai	20	beese
3	teen	25	pacheese
4	char	30	teese
5	paanch	40	chaleese
6	cheh	50	pachaas
7	saat	100	ek saw
8	aath	2,000	doh hazaar
9	naw		
10	dus		
11	gyara		
12	bara		

**Appendix F
List of Photographs**

Cover:

Zero Point, a major traffic intersection in Islamabad

Page 9a:

Jamiah Masjid (mosque), Sukkur

Pages 18a:

**Karachi
Karachi
Rawalpindi**

18b:

**A commercial area, Islamabad
Typical residence for
Americans, Islamabad**

Pages 30a:

**Kalash woman
Woman carrying water
Musician**

30b:

**Chitrali father and children
Sindi man**

Page 42a:

**Food preparation
Apple sorters**

42b:

**Caravan
Farmers**

Page 52a and 52b - Vendors:

**Carpets
Bread**

**Canework
Festive clothing**

Page 62a:

**K2 (world's second tallest peak)
Khyber Pass
Swat river valley**

62b:

**Sind desert
Moghul ruins
Karachi beach**

Page 75a:

Urban women

Appendix G Suggested Reading

Note: Used bookstores in Pakistan are a good source for these and other books.

Adamson, Hilary, and Isobel Shaw. A Traveller's Guide to Pakistan, Islamabad: PanGraphics, 1981. A traveler's guide done in conjunction with the Asian Study Group in Islamabad. Although out of print at this time, copies may still be obtained from used bookstores.

Allen, Charles, Ed. Plain Tales of the Raj, London: Futura Publications, 1976. Oral reminiscences of the British in India in the 20th century.

Amin, Mohamed, Duncan Willetts, Graham Hancock. Journey through Pakistan, London: The Bodley Head, 1982. A picture book of Pakistan.

Basham, A.L. The Wonder that was India, New York: Grove Press, 1954; London: Sidgwick and Jackson, 1967; New York: Taplinger, 1968. The prehistory, history, religion, language and art of the Indian subcontinent.

Baxter, Craig, Ed. Zia's Pakistan - Politics and Stability in a Frontline State, Boulder, Colorado: Westview Press, Inc., Frederick A. Praeger, 1985.

Bosly, Caroline. Rugs to Riches: An Insider's Guide to Buying Oriental Rugs, New York: Pantheon Books.

Caroe, Sir Olaf. The Pathans, London: Macmillan, 1958.

Collins, Larry and Dominique Lapierre. Freedom at Midnight, New York: Avon.

Compton, Herbert. European Military Adventurer of Hindustan, New York: Oxford University Press, 1976.

Donohue, John H. and John L. Esposito. Islam in Transition, New York: Oxford University Press, 1982.

Fairley, Jean. The Lion River: The Indus, London: Allen Lane, 1975. A geographical and historical description of the Indus River.

Forster, E.M. A Passage to India, New York: Harcourt Brace Jovanovich Publishers, 1924.

Kaye, M. M. Far Pavillions, New York: St. Martin's Press, 1982.

- Keay, John. Where Men and Mountains Meet, London: John Murray, 1977.
- _____. The Gilgit Game, London: John Murray, 1969.
- Kipling, Rudyard. Kim, London: MacMillan, 1899.
- _____. The Man Who Would Be King, New York: MacMillan.
- _____. Plain Tales from the Hills, New York: MacMillan, 1888.
- Lambrick, H.T. The Terrorist, London: Benn, 1972.
- LaPorte, Robert, Jr. Power and Privilege; Influence and Decision Making in Pakistan, Berkeley: University of California Press, 1976.
- Moorhouse, Geoffrey. To the Frontier, London: Hodder and Stoughton, 1987.
- Mumtaz, Khawar and Farida Shaheed. Women in Pakistan, Lahore: Vanguard Press, 1987.
- Murphy, Dervla. Full Tilt, London: John Murray, 1965.
- _____. Where the Indus is Young, London: John Murray, 1977.
- Naipaul, V.S. Among the Believers, New York: Penguin Books, 1981.
- Nyrop, Richard F. Area Handbook for Pakistan, American University, 1975.
- Reeves, Richard. Passage to Peshawar, New York: Simon and Schuster, 1984.
- Rushdie, Salman. Midnight's Children, New York: Knoph, 1981.
- Santiago, J. Roleo. Pakistan - A Travel Survival Kit, New York: Lonely Planet Publications, 1981.
- Scott, Paul. The Raj Quartet, London: Granada Publishing, 1978.
- Shaw, Isobel. An Illustrated Guide to Pakistan, Hong Kong: The Guidebook Company.
- Sidhwa, Bapsi. The Bride, London: MacDonald & Co., 1983.
- _____. The Crow Eaters, Glasgow: William Collins and Sons, 1980.
- _____. The Ice Candy Man, London: William Heinemann, Ltd., 1988.

Sinclair, G.. Khyber Caravans.

Singh, Kushwant. Last Train to Pakistan, New York: Grove Press, 1961.

Theroux, Paul. The Great Railway Bazaar, New York: Penguin Books, 1975.

Weissman, Stephen and Herbert Krosney. The Islamic Bomb, Time Life Books.

Woodcock, Martin. Collins Handguide to the Birds of the Indian Sub-Continent, London: William Collins Sons & Co. Ltd., 1984.

Sinclair, G. *Khyber Corvans*
Sindh, Kutchwani. *Last Train to Pakistan*. New York: Grove Press,
1961.
Tabor, Paul. *The Great Railway Bazaar*. New York: Penguin
Books, 1978.
Weissman, Stephen and Herbert Krooney. *The Islamic Boom*. Time
Life Books.
Woodcock, Martin. *Collins Handguide to the Birds of the Indian
Sub-Continent*. London: William Collins Sons & Co. Ltd., 1984.

