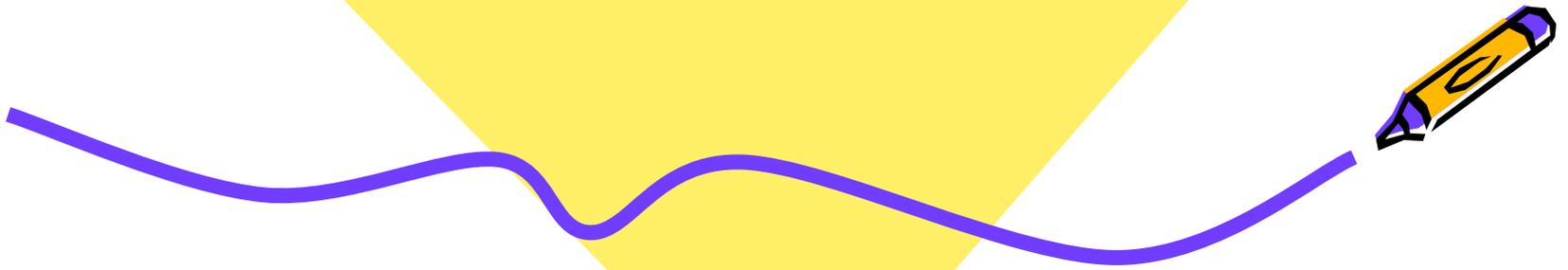
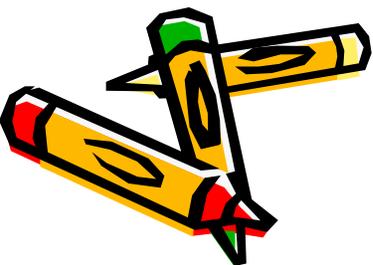
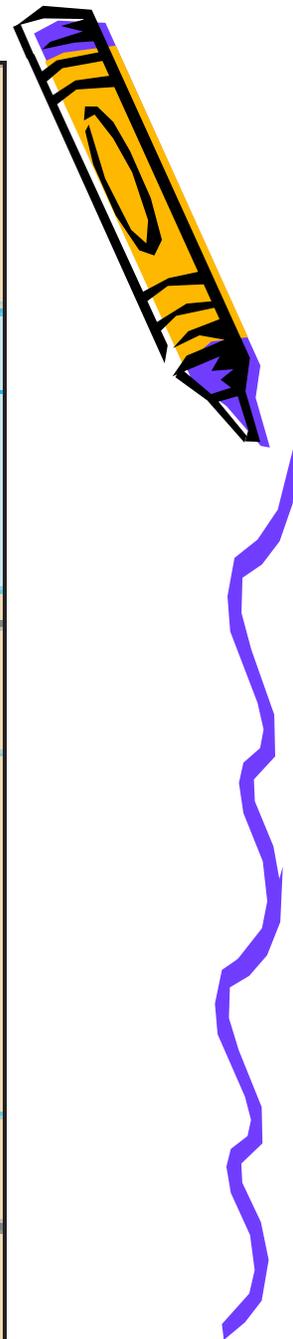


Sudanese Culture and Customs

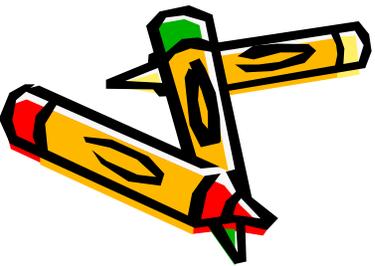


Map of Sudan



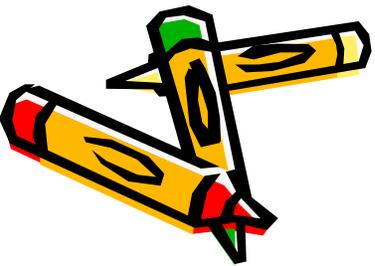
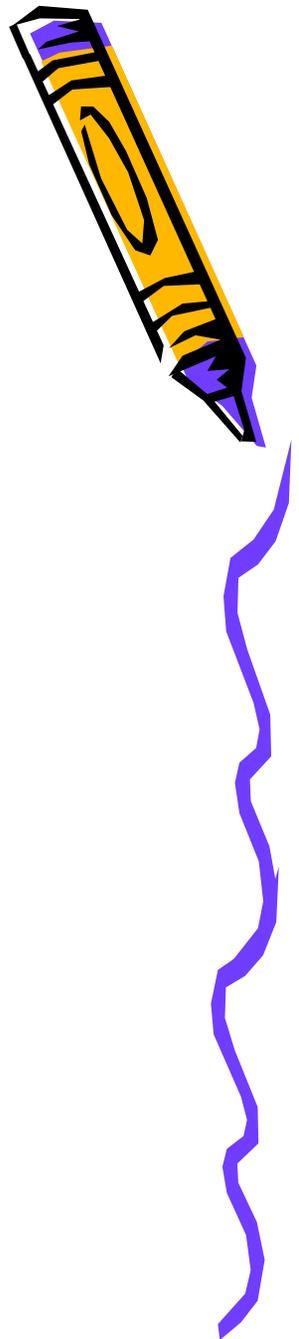
Every year, a number of people from Sudan come to Iowa to start a new life. They come with no money, but with different talents and hopes of contributing to their new society

For those working with the Sudanese newcomers, this information will help understand what changes the Sudanese are experiencing to adapt to Iowa.



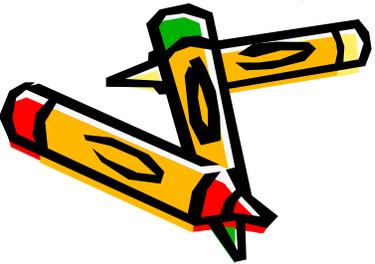
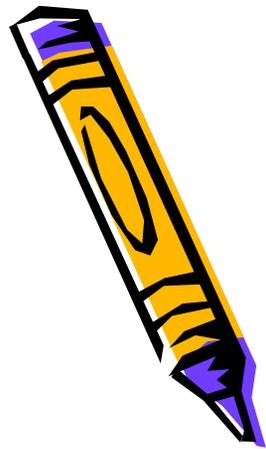
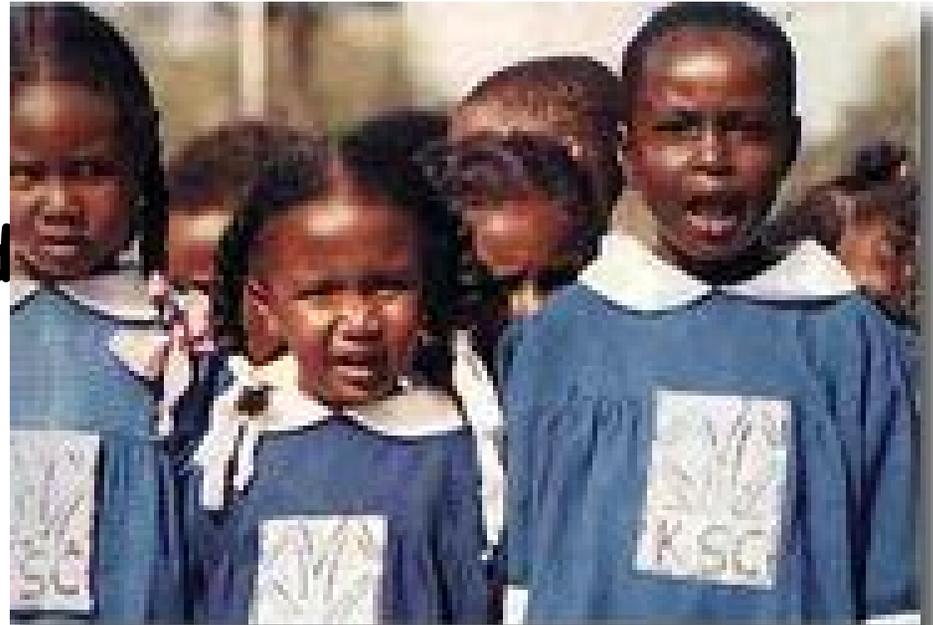
**General Education is
divided into two main
sections:**

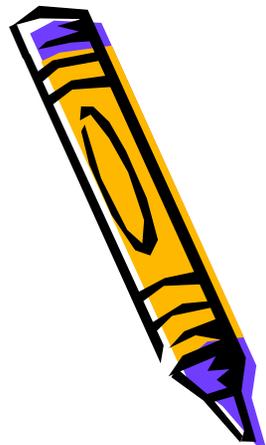
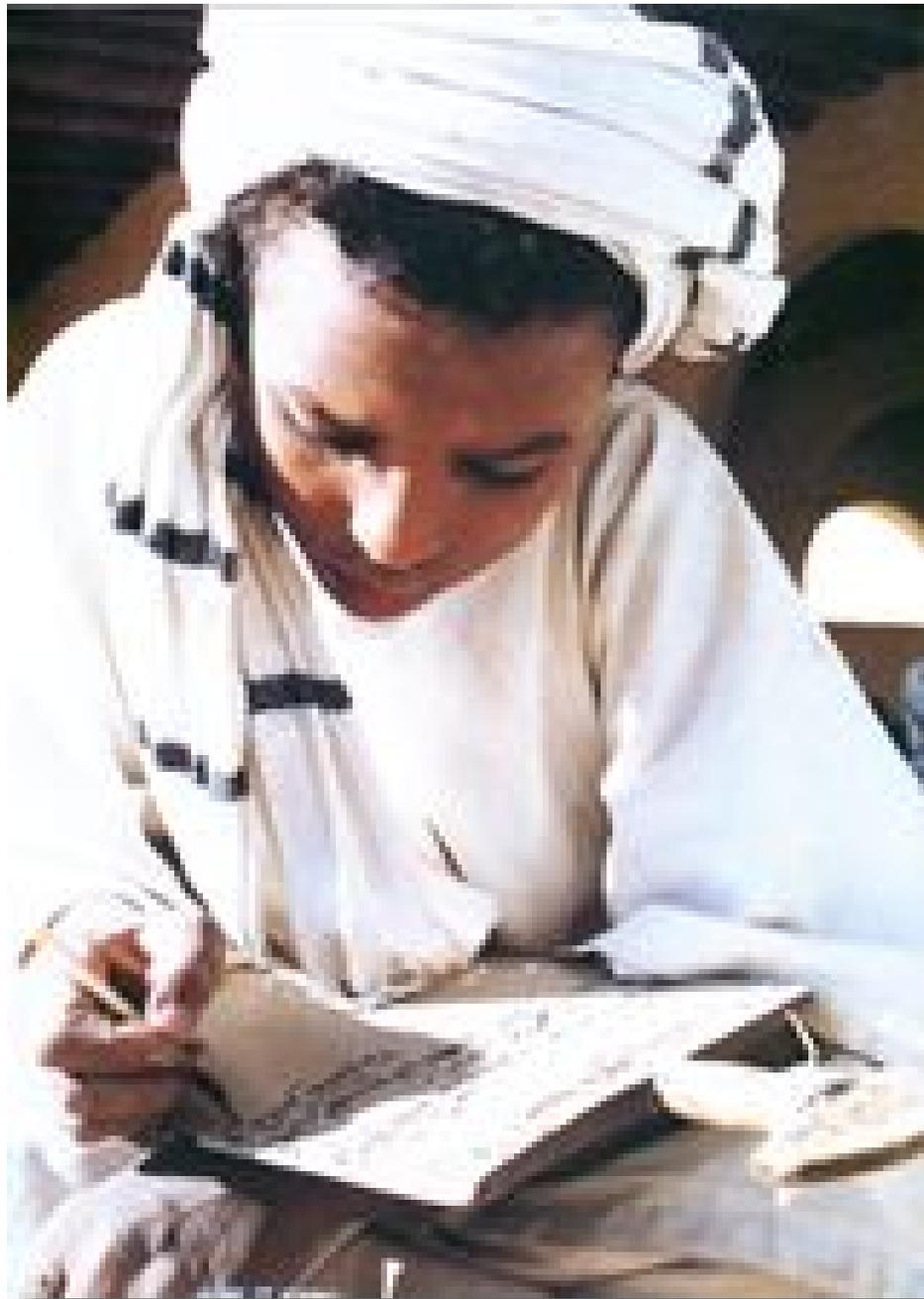
- Popular education
- State education



Popular Education

- Koranic Tuition
- Recital Schools
This type of education is regarded as the genuine beginning of the Educational system in Sudan.





State Education

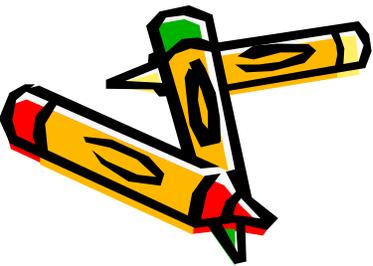
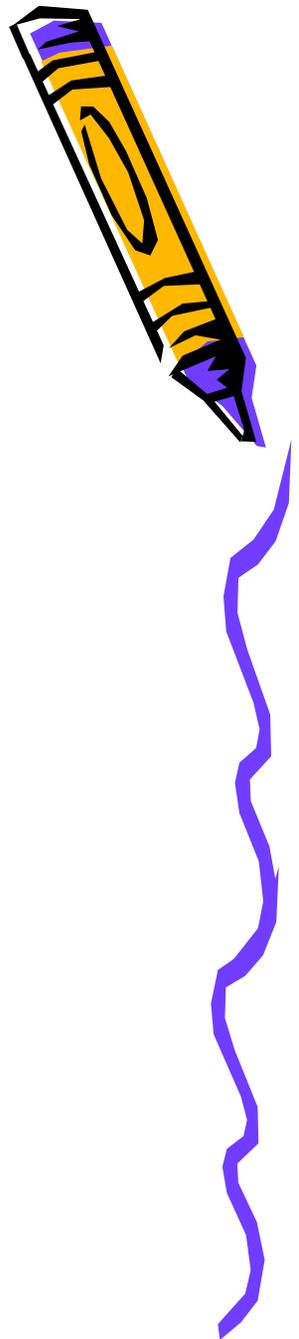
- Was introduced at the onset of 20th century by the British colonial rule.
- It was comprised a formal state education and consisted of three levels:
 - Primary
 - Elementary
 - Secondary

The duration of each level was 4 years.



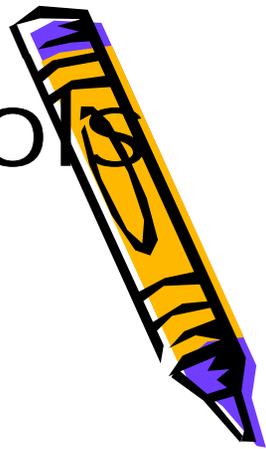
After independence, this system was altered whereby the primary and elementary were merged into two levels:

- Foundation level 8 years
- Secondary level 3 years

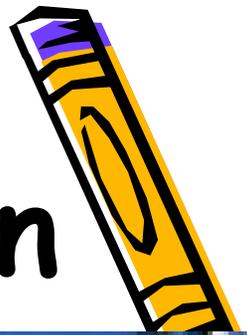


Technical Secondary Schools

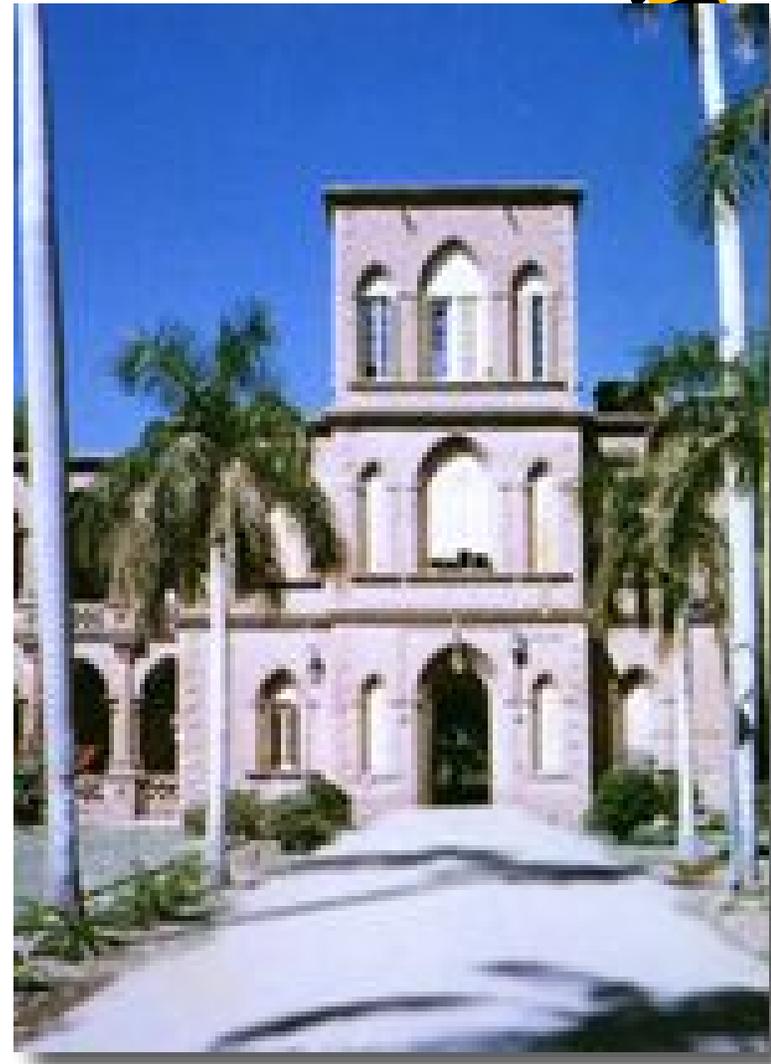
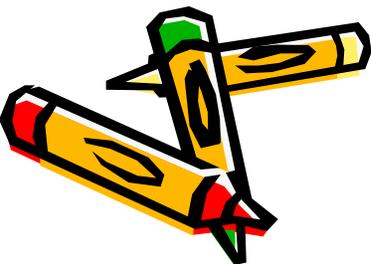
- Are established everywhere throughout the country.
- Enroll students who fail to continue their academic education.
- Meet the country's needs for technicians and experts in the different fields.
- Are for both male and female students.



Higher Education

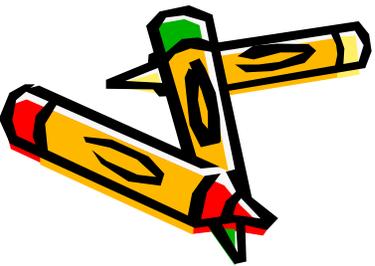


- **State Universities:**
 - There are now 26 universities run by the state.
- **Private Universities:**
 - The private sectors are notably known for contributing in the advancement of higher education in Sudan.

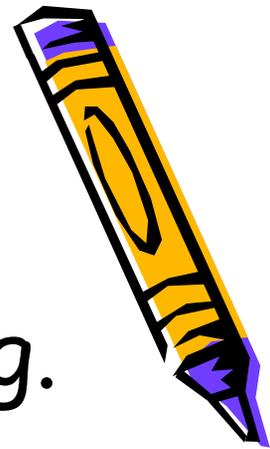


Ways that Sudanese Culture impact on Health Care

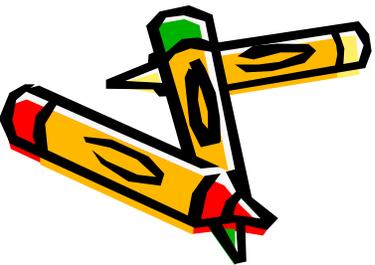
The following information is intended to let you know how Sudanese culture impacts on health care services, but may not apply to all Sudanese.



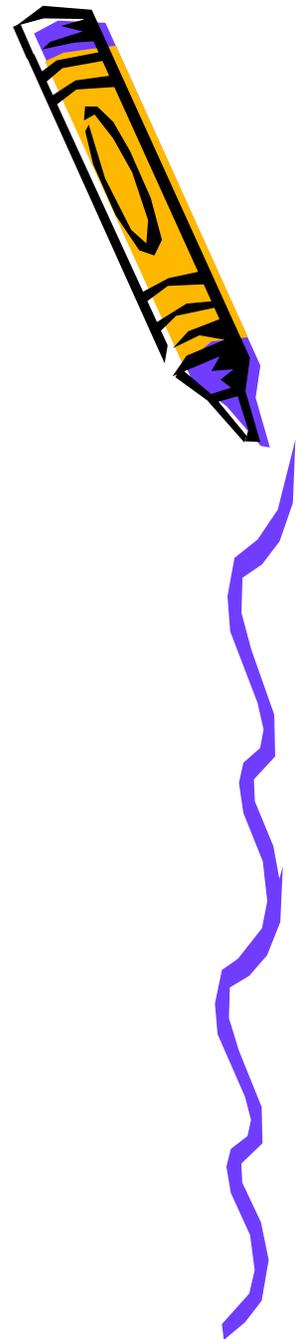
Language



- Is particular to ethnic grouping.
- Arabic is widespread.
- Some English is spoken particularly among the educated.
- Many Sudanese dialects.
- Literacy levels are extremely low

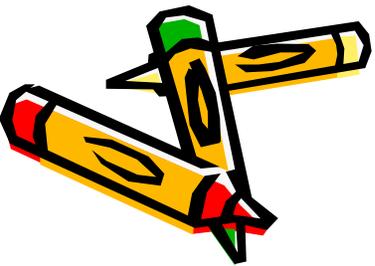


Religion

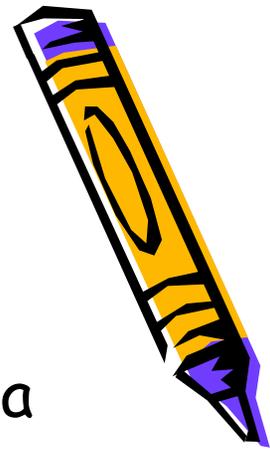


Sudanese are:

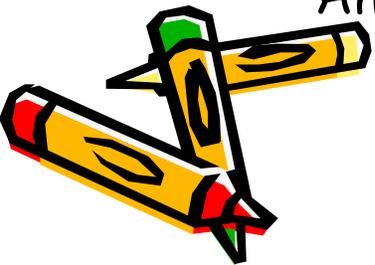
- Muslims in the North
- Christian in the South
- Animist beliefs, most common in the South, and in the West



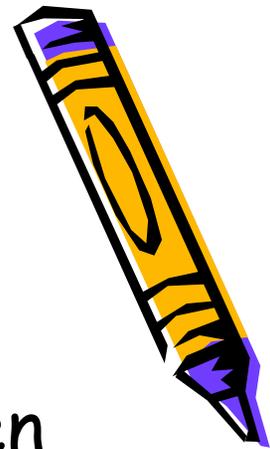
Customs



- The Sudanese community is plural.
- The extended family is the norm and there is a strong preference for large families.
- Patriarchal- men are the head of the household.
- Death customs depend on religion and animist beliefs
 - Muslims funeral: Muslims do not place their death in a coffin; the body is wrapped in a white sheet. Women and children do not attend the funerals. People do not dress in good clothes or wear jewelry. Crying is appropriate
 - Christians funeral: There is no major differences between US and Sudan.
 - Animist funeral: It depends on tribe customs



Condolences



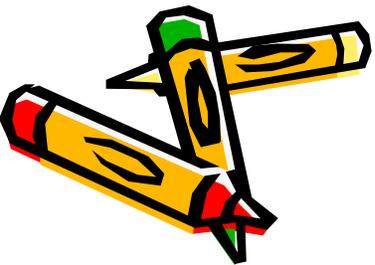
Condolences should be extended to the family in the house of the deceased, when you get in to the house say " Baraka fikum " which means "Blessing to deceased" in an Arabic. Muslim people remove their shoes, sit and sleep on the floor. Sudanese families offer tea as a drink for three days and food on the fourth day if the deceased female and tea for two days and food on the third day if the deceased is male. Contributions to the family are appropriate at any time. Muslim families do not accept alcohol or pork.



Approach to health system



- Familiar with biomedical processes.
- There is a tendency not to seek medical assistance quickly.
- Express pain openly, this is more true of men than women.
- Strongly dependent on religious experience.



Medicine

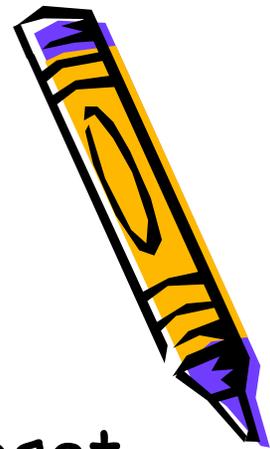
There is a strong expectation that medication will be prescribed with every visit to a doctor. Medication is routinely shared.

Tendency to stop taking medication as soon as the symptoms have resolved.

There is a strong cultural fear of hospitalization. When you visiting Sudanese in the hospital please say " Salamtek " for male and "Salamtik" for female. This mean "you be healed"



Health Practices



There is a traditional belief that:

- Serious diseases are an "act of God"
- Diabetes is caused by shock or being upset
- Herbal remedies may be used in conjunction with biomedical processes.
- Theories of disease causation will often depend on the patients level of education. Those who are educated will be aware of biomedical models.
- Those without education may continue to believe in curses and other traditional ideas.



Mental health

Mental health concerns are a source of shame within the Sudanese community.

