

Visit Kampala, Uganda - with Jajja's Kids

Travel Guidelines

Travel Documents

Passport: When you enter Uganda, you need a current passport with at least six months of eligibility remaining. If you do not have a passport, if it will expire within less than six months of our arrival, or if it is almost full, please begin to get a new passport.

Visa: Visas are obtained when we arrive at the airport in Entebbe, Uganda. In the past, it has cost \$50, paid with a new, unmarked \$50 bill. Since photos may be needed for the visa, it is good to bring two passport-sized photos with you.

Medical Precautions

Immunizations: Uganda requires that each person entering the country have proof of immunization for yellow fever. (When you get the inoculation, you will be given a card to carry with your passport.) Yellow fever immunization can be given at the County Health Department or by a travel care specialist like Safari Health in Slingerlands at 439-0762 or Prime Care Travel Care in Delmar at 478-0948. The following are not required, but highly recommended: Hepatitis A, Hepatitis B, typhoid, and tetanus. Your primary care doctor or a travel care specialist can give these immunizations.

Anti-Malarial Medication: It is also highly recommend that you have malaria prevention medications. This may require some research, as different medications have different side effects. Malarone is often the drug of choice because it is inexpensive and has minimal side effects. Doxycycline is another frequently prescribed drug with different side effects and dosage lengths of time. It is best to research the options and talk with your primary care doctor or a travel care specialist.

Attached is a confidential medical form that you will be asked to complete prior to the trip, and give to Diane in a sealed envelop with your name on the outside. This will only be used if needed in case of an emergency.

Travel Insurance: It is very important to have travel insurance for a trip of this nature, that includes evacuation insurance should an emergency arise. Arrangements will most likely be made with the travel agency we use to book our flights and the fee is in the \$120 range.

General Safety and Well-being

Safety: As with any country that experiences substantial poverty as the norm, it is important to take precautions to protect money and other valuables. It is best to leave expensive items at home or guard them carefully if they must be with you. Diane has spent over two months in Uganda on three separate trips, and has never experienced a serious problem. Ronnie will be with us whenever we are out and about, and will make our safety his number one priority.

Well-being: In addition to the medical precautions discussed above, it is wise to sleep under mosquito nets at night and drink only bottled water—including when brushing your teeth! It is also wise to eat only produce that has been cooked or peeled, so salads and fruit that have not had the skin removed are to be avoided. It is also a good idea to bring anti-diarrhea pills, just in case they might be needed. Bug spray with DEET in it is also recommended.

Money

The Ugandan currency is shillings, and currently \$1 equals approximately 2700 Ugandan shillings. Credit cards are limited, accepted only at larger hotels and restaurants, and generally not outside of Kampala and Entebbe. (We will let you know ahead of time if your credit card can be used to pay for hotel costs.) Drawing money against your credit card is possible through Barclays Bank in Kampala. Travelers checks do not work in Uganda.

ATM machines work well and generally give the best exchange rate. For those wishing to use ATM machines, Standard Chartered Bank has an ATM at the Airport that accepts VISA cards with a maximum withdrawal of USH 800,000 (@ US \$300.) per day. There are ATMs at most major banks in Kampala and at some large petrol stations in the city.

It is important to bring cash to exchange upon arrival in Uganda, and as a backup in case ATM cards are not working. Anything less than \$100 currency will be exchanged at a much lower exchange rate, so bring new (2007 or later) bills that are clean and without any tears or marks. At the time of this writing, it is unknown whether the brand new \$100 bill will be accepted, so please avoid bringing that currency. We will arrange for money exchange at a local bank or currency exchange office as needed.

Important: In addition to almost-new, clean \$100 bills, please be sure to bring a clean \$50 bill for purchase of your entry visa upon arrival at the airport.

You won't be expected to tip at restaurants in Uganda. Bargaining is the norm when buying things from a market, street stall or craft shop.

Food Considerations

You will find that Ugandan cuisine is varied: African, Middle Eastern, European and Indian restaurant choices are available in Kampala. Breakfast will be included in our hotel stay, and all meals will be included in our safari. Food cautions are typical of travel in any third world country: tap water is to be avoided, and even bottled water should be used for brushing teeth. As stated previously, also to be avoided are salads and any uncooked foods that might be washed with local water and not cooked afterward. Ice should not be used in drinks. (I was once sick for three days following a drink at an upscale hotel where I thought the ice would be okay!)

It is good to bring a supply of Imodium and Ciproflaxin for travelers' diarrhea if needed. It is also a good idea to bring snack bars with you, or other easy snacks.

Weather

As Paul Phillips says to his AOET Uganda travel team: "Temperatures generally are highs in the 80s and lows in the 70s. Although we'll be there during the dry season, we will

likely experience some rain, heavy at times. In Uganda when it rains, it is muddy. When it doesn't, it is dusty."

Hotel Information

Last year's travelers stayed at the Kenlon Hotel, Wakaliga Road on the west side of Kampala. We will likely make plans to stay at the same place in 2015. Phone number 256-41-427-2638. Wi-fi is available in parts of the hotel. Credit cards are not accepted so we will need to pay with cash.

Communication

In case someone from home needs to contact you or you need to call them, Ronnie may have a spare phone for us to use. I will try to get the number to you before we leave. Since my phone can take a Sim card, I will also try to get a local phone line for it once we arrive in Uganda. Also, Ronnie's phone number from the States is 011-256-782-295-147. We can receive a message through his phone if needed.

If you have a laptop or tablet you'd like to bring, chances are good that you will find a spot to use it in the hotel. I'll have one or both with me, and will be glad to share.

More Travel Tips from Diane

Whenever I travel overseas, I always make two copies of my passport and all ATM and credit cards I am carrying—front and back. I keep one copy with my things but separate from the location of the passport and cards. The other copy I give to a fellow traveler. Easy insurance in case something gets lost or stolen.

Also, it is very important to contact the bank or institution where you have the ATM and credit cards, to tell them you will be traveling to Africa and when you'll be there. Heightened security measures these days could make it impossible for you to use your cards unless you have given previous notification.

More Health Tips from Sarah

Several of us have visited Sarah Schoof by now, to get medical advice and inoculations. On my recent visit, these are some things I learned:

- Drinks: Water should be purchased at grocery stores or in hotels, with plastic wrap outside a sealed bottle; all drinks ordered in a restaurant should be opened at the table and not before.
- Unless you peel it yourself, don't eat fruit. Fruit can be cleaned first with a product called "Milton".
- Wash hands and/or use hand sanitizer frequently.
- Cooked food should be fresh and hot, not sitting out for a long time.
- Tsetse flies like the color blue. Best to wear neutral, khaki colors rather than light or dark colors, or blue.

What to Bring

- Health Insurance documents *
- Letter of Intent for humanitarian mission with Jajja's Kids *
- Passport and Yellow Fever vaccination card *
- Two passport photos for visa if needed *
- Flashlight or headlamp; reading light (in case of power outages)
- Mosquito repellent, preferably with DEET
- All essential medications *
- Sunscreen and sunglasses
- Hat for sun protection
- Small umbrella and/or light rain jacket
- Toiletries including shampoo
- Quick-drying towel
- Snacks like trail mix and snack bars
- Clothing: Generally clothes should be light-weight and quick drying if possible, and modest in style (i.e. no low-cut tops or short shorts)
 - o Footwear: sneakers or walking shoes and sandals
 - o Modest shorts and short sleeve shirts for daytime activities with kids and safari travel
 - o Long pants for men and skirts, sarongs or dresses for women when doing special events (i.e., meeting with school staff, taking kids to Wildlife Center)
 - o Long sleeve shirt for sun protection and early morning warmth
 - o Bathing suit, just in case
 - o Lightweight jacket for weather protection
 - o Underwear and socks as needed
- Also recommended:
 - o Camera with a good zoom lens
 - o Binoculars for the safari trip
 - o Batteries or battery chargers as needed
 - o Electric adapter and converter if you need one (style is same as England and Japan; we can share if you can't find one easily)
 - o Small amount of clothes detergent if you want to do hand washing
 - o Small rolls of toilet paper, just in case!
- Keep in your carry-on luggage!!!

If you have any questions, please contact Diane Reiner at (518) 588-0651 or email her at DHReiner11@gmail.com.

General Visitor Info About Uganda

Uganda is a land-locked country located in East Africa and occupying 236,040 sq km of land. It is bordered by DR Congo in the West, Kenya in the East, Sudan in the North, Tanzania in the South and Rwanda in the Southwest. Uganda is best known for the River Nile, its greenery and its friendly people. There is a well-developed tourist infrastructure with excellent national parks and reserves that showcase Uganda's wide variety of wildlife including mountain gorillas, chimpanzees and over 1050 species of birds.

- Population: 36 million
- Life Expectancy at Birth: Male 54/ Female 57
- Gross National Income per capita \$1310
- Capital City: Kampala; International Airport: Entebbe
- Commercial Centers: Kampala, Jinja and Entebbe
- Language: English is the official national language but other local languages like Luganda, Lwo and Kiswahili are spoken throughout the country.
- Standard Time Zone: GMT + 3 [8 hours ahead of US Eastern Time during winter]
- Currency: Ugandan Shilling [\$1 = approx. 2700 Ugandan shillings]
- - Business Hours: Monday – Friday 08h00 – 13h00, 14h00 – 17h00 Banks: Monday – Friday 08h30-18h00. Some banks open on Saturdays and Sundays from 08h30-21h00, with 24hr ATM operations.
- Climate: Tropical climate with varied sunny and rainy seasons
- Electricity: 220V, 50Hz Note the electric socket format is 3 pin as used in the United Kingdom.
- Inoculations: Yellow fever is mandatory. Malaria prophylaxis, Typhoid, Cholera and Hepatitis A and B, Tetanus inoculations are recommended. Check current medical advice.
- Transport: The roads are generally in bad condition. Four-wheel drive vehicles are necessary for travel in the game parks or up country. Public transportation is inexpensive and available but generally unpleasant. Boda boda (small two stroke motorcycles) are especially risky transportation and to be avoided.

Potential Activities for Uganda 2015:

In Kampala:

- Spend time with the boys in their home reading, playing and getting to know them
- Distribute clothes, books and games that we bring with us
- Interview each boy and photograph them for potential sponsorships
- Do activities with children in the surrounding community
- Plant a garden with the boys within their compound
- Paint rooms inside the house
- Visit the boys at their school
- Tour a local secondary school
- Visit a local slum community
- Shop at local craft centers
- Attend a traditional music and dance performance at the Ndere Center

Excursions:

- Take an optional three day, two night safari to one of the national parks
- Visit the city of Jinja, enjoy local crafts, and take a boat ride at the "Source of the Nile River"
- Take the boys on a day's outing to the Wildlife Education Center and Lake Victoria

SAMPLE

Jajja's Kids

**PO Box 1425 ~ Latham, NY 12110 ~ (518) 588-0651
JajjasKidsUganda@gmail.com**

December 29, 2014

Travel Letter Issued to: March 2015 Jajja's Kids Humanitarian Team

The following individuals are volunteers who will be assisting on a humanitarian mission to Kampala, Uganda in March 2015, led by Diane Reiner. Their names and travel dates are included below:

March 11-23, 2015

Traveler 1

Traveler 2

Etc.

While on this mission trip, these volunteers will assist *Jajja's Kids - Uganda* with various projects supporting an orphanage for fifteen young boys living in a home in Kampala. The team will also work in Kiseni, Kampala with an education program that serves 170 orphaned and vulnerable children living in the slum there.

Sincerely,

Diane Reiner

Diane Reiner,
Project Director

Jajja's Kids

**PO Box 1425 ~ Latham, NY 12110 ~ (518) 588-0651
JajjasKidsUganda@gmail.com**

Confidential Medical Form

Full Name _____

Date of Birth _____

Date of Trip _____

Physician US _____ **Phone #** _____

Health Insurance Provider _____

Phone # _____

Health Insurance ID/Member Number _____

Travel Insurance Provider _____

Phone # _____

Travel Insurance ID Number (and Product Code if applicable) _____

Emergency Contact Person _____

Relationship _____ **Contact Phone Number** _____

Health Issues/Concerns

Current Medications:

Medication	Dose	Frequency	Purpose

Uganda – 2014 Checklist

- o Contact ATM and Credit Card companies prior to departure

Essentials to Bring:

- o Photocopies of ATM Cards, Credit Cards and Passport*
- o Passport*
- o Yellow fever card*
- o Travel insurance card*
- o Humanitarian team letter (for airport visa)*
- o Medical form for Diane*
- o Medications including anti-malaria meds*
- o Recent (2007 or newer), clean \$100 bills, and one \$50 for visa on arrival*
- o Sunscreen
- o Hat
- o Sunglasses
- o Snacks (trail mix, snack bars... this is essential for me!)
- o Bug spray with DEET
- o Hand sanitizer
- o Camera and batteries or chargers*
- o Electrical adapters if you have them
- o Binoculars for Safari*
- o Rain jacket or umbrella
- o Small roll of toilet paper
- o Patience
- o Sense of adventure
- o Duct tape (you never know)
- o The rest is up to you!!
- o
- o Only joking on the duct tape, though I was asked to bring it on my first trip!

* Keep on you or in carry-on luggage, not checked bags.