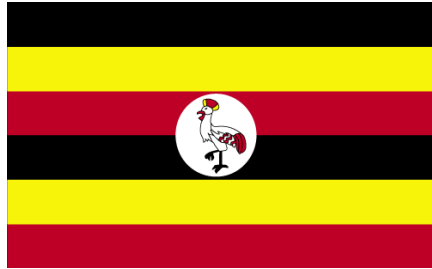


## Uganda Country Information



**Capital city:** Kampala (population 773,463)

**Area:** 236,040 sq km

**Population:** 31.4 million

**Language:** English and Luganda

**Currency:** Uganda Shilling (UGX)

**Time zone:** GMT +3

**Dialing code:** +256

**Electricity:** Irish/British 3-pin

**Money:** Ugandan Shilling UGX

1 USD = 2000 UGX

1 AUD = 1800 UGX

### Public Holidays 2010

**1 Jan** New Year's Day

**26 Jan** Liberation Day

**8 Mar** International Women's Day

**2 Apr** Good Friday

**5 Apr** Easter Monday

**1 May** Labour Day

**3 Jun** Martyrs' Day

**9 Jun** National Heroes' Day

**9 Oct** Independence Day

**11 Sep** Eid al-Fitr (End of Ramadan)

**17 Nov** Eid al-Adha (Feast of the Sacrifice)

**25 Dec** Christmas Day

**26 Dec** Boxing Day

Muslim festivals are timed according to local observations of the phases of the moon. Dates given are approximate.

According to [www.worldtravelguide.net/country/288/public\\_holidays/Africa/Uganda.html](http://www.worldtravelguide.net/country/288/public_holidays/Africa/Uganda.html)

## **CLIMATE**

Uganda enjoys a tropical climate all year round. The temperatures average from 15 to 30 degrees Centigrade. The hottest months are January and February. The rainy season starts from March through to May and October to November. The best time to travel to Uganda is the dryer months of January and February and June to September.

## **FOOD AND WATER**

### **Meals**

Tipping is not expected in Uganda. Budget around USD20 per day for meals not included.

### **Staple Food:**

Matoke (a staple made from bananas), Cassave, Tilapia (freshwater fish), sweet potatoes.

### **Water**

Tap water in Uganda is not safe to drink. It is advisable to brush your teeth with bottled water.

Bottled water is readily available.

There will be times that you will have your meals at Jordan House. Most of the time, you will eat local food and so you will have the opportunity to try many interesting and unique foods prepared by the Jordan House cooks. Whilst this might not always suit your tastes, please receive it as a heart-warming token of gratitude and be considerate of their hard work in preparing these meals.

## COMMUNICATION

### Email

The Internet is available in all major cities/towns although the speed does fluctuate.

### Telephone

Mobile coverage is available in all major towns and cities; it is possible to buy a local SIM card for 3,000UGX (\$2AUD). However please note your phone must be unlocked before you do this. You can unlock your phone for 20,000UGX (12AUD) however this may take several days and not all phones can be unlocked.

### Post

Avoid sending any items of value through the Post. The postal service is fairly unreliable and items can take up to several weeks to arrive at international destinations.

## SHOPPING

Kampala has several markets. The biggest and best market is Owino Market, which sells everything from second hand clothing to televisions. Expect to bargain with the vendors.

The Banana Boat is a great place to find local handicrafts such as necklaces, woodcarvings and batiks.

The main shopping mall in Kampala is Garden City, which has several floors of shops and contains a cinema, bowling alley and casino.

## CULTURE

### People

Ugandans come from a diverse range of tribes. There is also a sizeable Indian community and Expatriate community living in Kampala for business and work.

Ugandans are very courteous and sociable people. It is always expected that you say, "Hello. How are you?" instead of just "Hello". You will usually always get the response of "I'm fine" as Ugandans will expect a more personal greeting.

It is not uncommon for local children to shout "mzungu" (white) at you. Do not take offence at this.

Begging by children is becoming a growing problem. It is not advisable to give money to children, as this does not solve the problem.

Locals love to hear you try to speak local languages, so it is worthwhile learning a few phrases of Luganda.

The main religions in Uganda are Christianity and Islam. Christianity is practiced by 85% of the population. Islam is mainly practiced in the north of Uganda.

#### **Dress:**

Uganda generally has conservative dress standards. For ladies avoid wearing short skirts and skimpy clothing. Wear tops or dresses that cover your shoulders.

Shorts should not be worn outside of very touristy areas. It is safe to stick to light, long trousers or long skirts and shorts. Pack some warm items for the evenings, and long shirts and pants for protection against mosquitoes in malarial areas. Clothes should be easy to wash and dry.

Below is a checklist of clothing to pack:

The temperature ranges between 28-30 degrees centigrade during the day, therefore cotton or cotton blends are the coolest clothes to wear.

Shoes: Jandals/thongs/flip-flops, sandals and slip on shoes are convenient. Comfortable sandshoes may be useful if visiting villages and you need to walk some distance.

#### Females

Short sleeve shirts and/or T-shirts. Shoulders must be covered.

Knee length shorts or 3/4 pants

Trousers/dress pants

Skirt/Dress - knee length or longer. At least one dress/skirt is needed for church and formal occasions and a dressy top.

Lightweight jacket/sweater

## Males

Short sleeve shirts and/or T-shirts

Knee length shorts or 3/4 pants

Trousers/slacks – at least one pair of trousers/slacks is needed for church and formal occasions and a good shirt (not cargo pants or jeans).

Short-sleeved shirt with a collar

Lightweight jacket/sweater

General note about clothing:

Mosquitoes are prevalent in the evening and having a long sleeved shirt or jacket can be useful at times and also used for when the weather is a little cooler

## **MONEY AND COSTS**

ATM's that accept international debit cards are available in Kampala and this is the best way to access your funds while in Uganda. Credit cards are not widely accepted and not advisable to use due to cases of fraud. US dollars are the easiest currency to change at the banks and Forex bureaus.

## **CHECKLIST**

The following checklist is to be used as a guide only and is not intended to be a complete packing list.

1. Passport, Flight tickets, Visas, Travel Insurance details
2. Any Visas required for this trip
3. Vaccination Certificates
4. Money (debit cards/cash/credit cards)  Travelers' cheques- keep a note of the serial numbers of your cheques.
5. First Aid kit, Personal medication/ Prescription glasses, Contact lens solution.
6. High protection sunscreen, Lip balm, Wide brim hat. Sunglasses.

7. Tropical Strength Insect repellent, Insect bite cream, Antibacterial gel.
8. Wet wipes, Ear plugs, Alarm clock
9. Torch/flashlight and spare batteries
10. Night clothes/sleepwear,Travel pillow,Travel sickness tablets
11. Swimming costume,Swimming towel,Sarong for bathing
12. Comfortable walking shoes with good grip, refillable water bottle
13. Camera,Film, Memory cards,Binoculars,Spare batteries
14. Comfortable daypack to carry your personal needs during the day
15. Local language phrase book,Personal audio player,Portable games and playing cards,Reading material
16. Luggage lock (and keys)
17. Smarter clothes for nights out, Warm clothes for the cooler nights
18. Waterproof jacket or small umbrella,
19. Toiletries,Bath towel,Travel plug / international adapter,Mobile phone - check you have international roaming accessor you can buy a local SIM card. (Shampoos, deodorants, shaving cream, lotion etc are available in Kampala. So if you forgot anything at home, don't worry you can find most things here)
20. Rubber thongs/jandals/flip flops for showers, Inner sleep sheet.

## HEALTH

Travelers need to be in good physical health in order to participate. Although there are no specific health requirements for this trip, you should consult your doctor for up-to-date medical travel information or for any necessary vaccinations and anti-malarial requirements before departure.

**Malaria:** This is a key medical issue and you must take it seriously. It is important that you take suitable malaria medication whilst staying in Uganda. The best malaria prevention during your stay is also not to get bitten. The accommodation you will stay at will provide mosquito nets for the beds. Use mosquito repellent and wear long sleeved shirts and pants in the evening.

**Yellow Fever:** A valid international certificate of vaccination against Yellow Fever is required for Uganda. You may be needed to present this on arrival at the airport or border crossing. Some countries will refuse entry if you are unable to present your certificate. It is also quite common that immigration control request a Yellow Fever certificate on your arrival back home.

**Drinking water:** As a rule we recommend you do not drink tap water, even in hotels, as it contains much higher levels of different minerals than the water you may have at home. For local people this is not a problem as their bodies are used to this and can cope, but for travelers from other continents, drinking the tap water can result in illness. Generally this is not serious, an upset stomach being the only symptom, but it is enough to spoil a day or two of your holiday.

Bottled water is widely available throughout Uganda. Your leader will carry a basic First Aid kit, but cannot administer any drugs. Re-hydration salts, motion sickness tablets, and diarrhea blockers are available from many pharmacies.

## SAFETY

Kampala, like most African cities, does have security concerns. It is always important to be aware of your surroundings and safety. During the day Kampala is quite safe but it is advisable to always watch your personal belongings. At night do not walk around alone, always take someone with you. Keep your team informed as to your whereabouts and always carry a mobile with you.

**Valuables:**

All money, passports and travel documents will be kept in a safe place for you and recorded in a book with your signature. We recommend that you keep cameras on you at all times.

## IMPORTANT NOTES

In most cases you will be able to communicate with people in English. The Jordan House children and staff members are educated in English.

Please note if anybody comes to you for money, please do not give any and report it to one of the staff members. We also ask that you refrain from giving out any personal information to people (phone numbers and addresses).

*Operation Uganda choose to use Uplift Tours and Travel to arrange flights, insurance, visas and reference checks for all group and individual visitors. This is in order to streamline the booking procedure for all parties, and most importantly, to provide a hassle-free and enjoyable visit for you.*



*"We look forward to you visiting us at Jordan House!"*