



Important Travel Information

AIR TRAVEL AND ITINERARY

We will be purchasing your airline ticket approximately two months prior to departure. All team members must have \$2000 in by this time to cover the cost of the ticket. We typically depart from the Greater Rochester International Airport (ROC) in New York and then from JFK International Airport for our international flight. Joining the team at the ROC airport is recommended where we have a Team Send Off with words of encouragement from past team members and prayer. If you do not live in the Rochester area, you may meet up with the team at JFK at your expense. A *Family Information Packet* including itinerary and contact information will be emailed to you prior to departure and distributed at the Send Off.



PASSPORT AND ENTRY VISA

Ugandan Water Project must receive the following documents from you in order to process your entry visa:

- **Original Passport** - Passport must be valid for 6 months past your date of departure.
- **International Certificate of Vaccination (yellow booklet)** - Including Yellow Fever vaccine official stamp.
- **Uganda Entry Visa Application** - Included in your Team Member Packet.
- **Color Passport Photos** - Two 2x2 color passport photos are needed for the visa application.

Once we have received all team members' passports and documents, we will apply for entry visas as a group. Your passports and International Certificate of Vaccination will be returned to you at the airport on day of departure.

If you do not already have a passport or need to renew your current passport, please go to travel.state.gov/passport/passport_1738.html. Please note that you are responsible for all passport application fees as well as the application process itself.



VACCINATIONS

Travelers are strongly advised to visit a local health travel clinic 8-12 weeks prior to departure. Travel Clinics are up-to-date on all necessary immunizations and health advisories for Uganda. All travelers should review which vaccinations are required and recommended. The Ugandan government **REQUIRES** that all travelers to Uganda be vaccinated against Yellow Fever. All other recommended vaccinations are at your discretion. Please note that the level of risk for vaccine-preventable diseases can change at any time. We recommend Passport Health for a health travel clinic.

- Rochester & Canandaigua Office: (585) 275-8884
- Syracuse Office: (315) 698-8858
- Buffalo Office: (716) 204-0777
- www.passporthealthusa.com/locations

Travel clinics may be a bit higher priced for their services, but they will be the most informed about the current recommendations for travel to Uganda. Vaccinations can also be obtained from your physician as well as the County Department of Health. UWP is connected with a physician in Rochester who specializes in tropical medicine and offers his services at a discount for those doing missions work. If team members are interested in his services, UWP will schedule a group vaccination appointment. The following vaccine information has been taken directly from Passport Health of Upstate New York's travel guide to Uganda.

Routine Vaccinations

Routine Vaccinations should be current; these include;

- Influenza
- Measle/Mumps/Rubella (MMR)
- Pneumococcal
- Tetanus/Diphtheria/Pertussis
- Varicella
- Polio



Vaccinations for Uganda

- Yellow Fever – **REQUIRED** Uganda is within the yellow fever endemic zone (see map).
- Hepatitis A – Recommended for all non-immune travelers
- Hepatitis B – Recommended for long term or frequent travelers, health care workers, travelers visiting more remote locations, travelers who will take “local” transport or eat “local” food, or if work-related injury is possible. Many travel health professionals recommend hepatitis B vaccination for all travelers regardless of destination.
- Meningococcal (Meningitis) – Recommended during outbreaks or for travel during the dry season (Oct-June). As many recent outbreaks have involved the w135 strain, quadrivalent vaccine (serogroups A, C, Y and W135) should be considered.
- Polio – A one-time booster is recommended for adults (in addition to an adequate primary series). This will ensure immunity.
- Typhoid – Recommended for all travelers to Uganda.
- Rabies – Recommended if traveling to an area where quality medical care (including international standard rabies immune-globulin) may not be available after being bitten/scratched by an animal.

ANTI-MALARIA MEDICATIONS

Risk of Malaria is present all year in the entire country of Uganda. Using anti-malaria medication in addition to other methods of preventing mosquito bites is required. Travelers must maintain anti-malaria medication as prescribed. Please clarify with your doctor or health travel professional regarding which medication is best for you, when, and how often to take it. Please also check any side effects or contraindications for the medication.

- Atovaquone plus proguanil (Malarone)
- Doxycycline (many brands and generic)
- Mefloquine (Larium and generics)



Mosquito Prevention

The hotel in Uganda provides mosquito netting which must be used at night. Please make sure you pack bug repellent with at least 29% DEET or Sawyer brand controlled-release solution (available at Passport Health). This needs to be applied ½ hour after applying sunscreen - preferably in the morning and at dusk.

BAGGAGE REQUIREMENTS

Each team member may bring only ONE check-in piece and ONE carry-on piece of baggage. Once airline tickets are purchased, your Trip Coordinator will email you with the baggage requirements for the airline. It is extremely important to stay within the weight and dimensions set by the airline to avoid any problems at airport check-in.

The airlines do allow a second piece of check-in baggage. However, UWP will be using it to bring humanitarian and team supplies to Uganda. Remember that you will be responsible for carrying your own baggage.

It is also recommended that you bring a backpack as your carry-on baggage. You will use this bag while traveling to our various locations in Uganda. Your Trip Coordinator will email you the details about what is currently allowed in carry-on baggage.

BAGGAGE TIPS

- Please be sure your check-in bag and your carry-on bag have a luggage tag with your full name and address.
- Please purchase a TSA-approved lock for your check-in bag to be used during airport baggage transport.
- All carry-on liquids must be in containers less than 100ml/3.3oz and placed within ONE quart-sized clear Ziploc bag.
- Do not bring your best luggage. UWP will mark your bag with colored tape for easy identification in the baggage claim area. UWP will also write the weight of your bag directly on your luggage with a paint marker. This is done to deter theft during airport baggage transport.
- It is advised that you inventory (by list or photograph) the contents of your check-in bag and keep it in your carry-on bag.
- Pack ALL prescription medication (in the original containers) in your carry-on bag.





Helpful Travel Information

SPENDING MONEY



Your trip fee includes round-trip airfare from Rochester, all meals/water, guesthouse accommodations, in-country transportation, entry visa, travel insurance and outreach supplies/programs. Please be aware that it does not cover additional costs such as purchasing minutes to make outgoing calls from Uganda, souvenir shopping, discretionary giving, etc.

The local currency is the Ugandan Shilling (UGX). At the time of writing this document \$1 USD was equal to 2,580.00 UGX. For the latest exchange rate in your currency, visit <http://www.xe.com/ucc/full.shtml>. We will arrange a one-time currency exchange upon arrival in Uganda. You will need to have your spending money in 50 or 100-dollar bills, 2003 or newer with no tears or markings on the bill.

The amount of spending money you bring is up to you, but for 14 days, you'll probably find \$100-\$200 US sufficient. Our team members buy most of their souvenirs from the street boys in Kivulu slum or during our shopping day in Jinja.

MEDICAL INSURANCE

Your trip fee includes travel insurance through Talent Trust Consultants, which is a subdivision of Aetna. They have excellent coverage designed specifically for outreach trips. The policy includes medical coverage, trip interruption, loss or damage to baggage and other personal items, etc. Details regarding the policy will be emailed to each team member.

WATER FILTRATION

We will be drinking mostly bottled water during our trip. Ugandan Water Project distributes [Sawyer PointONE Water Filtration Systems](#) that can also be used by team members to filter water into their own personal bottles. It is NOT necessary to purchase a personal water filter, but if you would like to, look for one that filters particles up to .2 microns or smaller. We recommend Sawyer products.



WHAT TO WEAR

Women: Women traveling to Uganda will want to wear long opaque skirts, capris, pants, or shorts that are knee length or longer. Ugandans typically dress conservatively and the local women tend to wear skirts. Please, no form-fitting or low-cut t-shirts. Avoid shirts with slogans or offensive images since words can take on different meaning in other cultures. Please make sure tank top straps are at least 1 inch or wider with no visible bra straps. During personal time we ask that all dress remain modest.



Men: Men traveling to Uganda will want to wear pants/jeans or shorts that are knee length or longer. Avoid shirts with slogans or offensive images since words can take on different meaning in other cultures. Please, no camouflage clothing. During personal time we ask that all dress remain modest.

Shoes: Comfortable and sturdy shoes are a must as you will be doing a lot of walking! Closed-toed shoes with quality soles will ensure that your feet are protected. Flip flops are OK only at the guesthouse.

Jewelry: Please keep jewelry conservative. It is fine to wear a simple wedding band; however it is recommended for security purposes to leave the bling behind.

PACKING LIST

Pack lightly - you will use less than you think!!! You will be able to hand wash clothes at the guesthouse for multiple wears. Be prepared for variances in temperature and humidity.



Clothes:

- Pants/Jeans/capris – preferred for bug protection
- Shorts – knee length or longer
- Skirts – knee length or longer, opaque (not see through)
- Shirts – no slogans or offensive images, no low cut, not form fitting
- Tank tops – 1 inch strap or wider, no spaghetti straps, no visible bra straps
- One dress casual outfit – collared shirt and khakis for men, skirt/dress and blouse for women
- Warm pajamas or appropriate sleepwear (evenings can be cool)
- Undergarments
- Shoes – sturdy, comfortable, closed-toe
- Flip flops for guesthouse
- Socks
- Hat – for sun protection or a bad hair day
- Lightweight sweater, jacket or sweatshirt

Personal Care:

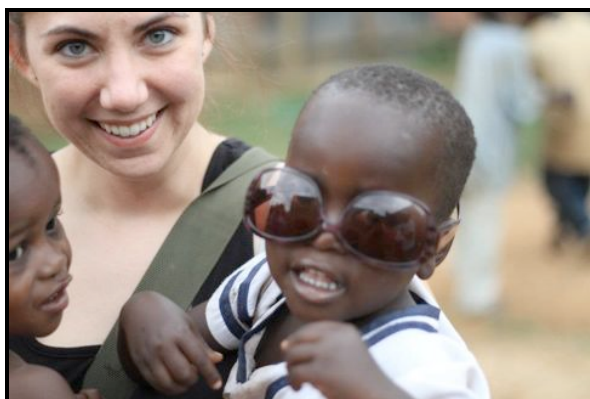
- Bug repellent – at least 29% Deet or Sawyer Brand time-released formula (available at Passport Health)
- Permethrin based clothing spray (Wal-Mart camping department) – spray your clothes and let them dry BEFORE you pack them.
- Hand sanitizer – 2 or 3 travel size bottles

- Sunscreen – SPF 30 or higher and water-resistant
- Lip Balm
- Deodorant – please!!!
- Shampoo/Conditioner
- Soap
- Toothbrush and toothpaste
- Razor and Shaving Cream
- Small pack of tissues
- Wet wipes or baby wipes – several packs
- Feminine care products
- Roll of toilet paper in plastic bag (there is NO toilet paper in village latrines)
- Washcloth
- Handkerchief or bandana
- Eyeglasses or contacts/solution
- Sleeping Aids – ear plugs, blindfold, drugs (especially for air travel)



Medications:

- Prescriptions – pack in carry-on bag in original containers
- Malaria Medication – pack in carry-on bag
- Cipro or Xifaxin – pack in carry-on bag
- OTC Medications/vitamins – pack in carry-on bag



Travel Gear:

- Electricity power converter (110 to 220) only if needed
- Plug adaptor for electronics
- Money Belt – to be worn under clothes
- TSA-approved luggage lock
- Camera - with extra batteries. memory cards, charger (don't skimp on the batteries and memory cards – you will take more photos than you think!)
- Cell Phone and charger – for clock and alarm
- Headlamp – for power outages
- Small travel alarm clock (unless you use your cell phone)
- Short clothesline with 10-12 clothes pins
- Trial size detergent
- Sunglasses
- Small umbrella – for sun/rain protection and privacy shield
- Travel pillow

Extras:

- Journal and pens
- Photos from home to share with local people
- Snacks - Energy bars, trail mix, etc. (sometimes meals are late or not appealing)
- Powdered Gatorade – 2 boxes of packets
- Gum or candy
- Laundry bag or garbage bag for dirty clothes
- Re-sealable plastic bags – various sizes for items that are soiled, smelly, etc.
- Cash, bank card (optional)



DONATIONS AND SUPPLIES:

Opportunity Fund: While in Uganda, specific needs are identified within communities that we visit. Having cash donations specifically designated for this type of spending are the most helpful as they provide immediate answers to needs in a relational way. Also, being able to purchase resources directly in country helps to strengthen the Ugandan economy. Here are some examples of how monetary donations have been used: Teacher curriculum, providing mattresses/food in a home for street boys, transportation to clinics to receive health/dental care, MakaPads (sanitary pads), agricultural projects for communities, start up funds for small businesses and school tuition/fees.

Monetary donations can be made by check (made out to UWP) and sent to the address below. Please indicate in the memo: Opportunity Fund.

Ugandan Water Project
2648 Rabbit Run
Bloomfield, NY 14469



Volunteer Night: We will have a volunteer supply packing night approximately 10-14 days prior to the trip and donations will need to be in by this time. This is a practical way for your friends/family to get involved.



Donations for local children: Large quantities of one item are preferable than buying a little bit of everything on the list. New donations are preferred.

- Pencils, crayons, washable finger paint
- Temporary tattoos and stickers – kid friendly images
- Balloons, bubbles, glow sticks
- Soccer balls (size 5), ball pumps (please avoid squeeze pumps), extra needles
- Whistles and field cones for soccer games
- Frisbees

General Donations

- Toothbrushes, floss, trial size toothpaste
- Nail clippers
- Guitar strings and picks
- Hand tools – saws, hammers, 2 ft levels, tape measure, work gloves, etc

First-Aid Donations

- Band aids, gauze pads (all sizes), rolled gauze, medical tape, non-latex gloves, Q-tips
- Large tubes of Triple antibiotic ointment, hydrocortisone cream, anti-fungal cream

- Large bottles of peroxide, ibuprofen, acetaminophen, antihistamine, and children's versions of all meds listed
- Thermometers (with covers), irrigation bottles, ace bandages, hand sanitizer, non-digital scales
- Storage bags (gallon, quart)



Additional Travel Information

CLIMATE

Even though Uganda is situated on the equator, it has numerous climate zones depending on elevation. The mountains are generally cool, while the lowland regions remain warm throughout the year. Temperatures average about 26°C/79°F during the day and 16°C/61°F at night. The hottest months are from December to February. There are two rainy seasons, one from March to May and the other from October to November.

HOUSING ACCOMODATIONS



For most of our trip, we will be staying at Wingate Guesthouse in Kawanda. Wingate is owned and operated by our Field Director, George Nsamba. The guesthouse is quite comfortable with western style toilets, showers, mosquito nets, wireless internet, a dining area and a courtyard. The rooms do not have AC, but every room has a fan. Rooms are set up for double or triple occupancy. Wingate is a walled compound with a security guard. This will be your “home” away from home!

ELECTRIC CURRENT

Uganda’s electrical power is distributed at 220 volts cycling at 50 Hz with flat plugs. Check over the electrical devices you’re planning to bring. Many of them can handle both 120/60 and 220/50 and do not need voltage converters. Hair dryers are usually not adaptable and require a converter that can provide sufficient wattage. Even better, go au naturale and leave your hair dryer at home!!!

Note that there are “adaptors” and “converters.” Adaptors are passive devices that allow your plug to fit into the local outlets. Converters are active devices that transform voltage levels. This plug and receptacle is technically known as the BS 1363 (British 13 A/230-240 V 50 Hz earthed and fused).



LANGUAGE

English is the official language in Uganda. Lugandan (in the south) and Acholi (in the north) are widely spoken, and we will mostly likely be using translators when we travel into smaller and more remote places.

UGANDAN FOOD



The local diet consists mainly of starch, grains and vegetables--rice, beans, posho (millet mash), potatoes, matoke, etc. – starch, starch and more starch! The guesthouse will serve mainly local cuisine. When eating in the villages, it is recommended to be polite and eat what you can; however, some of the food is of noticeably poor quality. We depend on our bodies to carry us through our tasks, but we also need to respect those whom we have come to serve.

ETIQUETTE

Shaking hands is the normal form of greeting in Uganda. When visitors arrive, it is often expected that a beverage of some sort (often bottled soda) will be offered and received. Etiquette is extremely important at mealtime. When a meal is ready, all those partaking wash their hands with a jug/bowl, and usually a prayer will be said prior to the meal. It is considered impolite to leave the room while others are eating. Often a bowl of water is available after the meal to wash hands again. When the meal is finished, it is polite to compliment the cook.



IN-COUNTRY TRAVEL

We typically travel by taxi van or small bus (locally referred to as a coaster). These vehicles tend to be more cramped than what we are used to and are not air-conditioned. Be prepared for extended time riding bumpy roads, waiting in traffic, driving in very crowded conditions (inside the van and outside), as well as unexpected problems with the vehicles (maintenance is poor). Our drivers have served us well over the years and have become our friends--we are traveling in good hands!

SECURITY

Here are some tips for carrying cash and valuables: only carry what is necessary for the day and carry your money on the front side of your body. It is required that you have a money belt, which is worn around your neck or under your clothing to store your money and copy of passport and itinerary/contact info. Bring a lock to secure your suitcase in transit.

COMMUNICATION

Phone Calls: You will receive a *Family Information Packet* prior to departure with contact numbers, trip itinerary and flight details. Team leaders will be carrying cell phones that will be available in the event of an emergency or if you just need to connect with home. It is easy to purchase minutes to make calls to the USA. Texting is a good way to set up a time to connect by phone.

Internet: Internet is free at the guesthouse, but it can be sporadic. Team members often have time to email and update Facebook in the evenings.

REQUESTS FOR MONEY, GIFTS OR PERSONAL INFORMATION

It is culturally normal in most developing nations for the locals to request donations of money and seek sponsorship from foreigners. Often, they will request your personal contact information (telephone and email) so they can continue to request donations. As a team member, how you handle these requests affects the whole team and other teams that may be coming in the future, so we ask you to adhere to the following policies:

- Please refrain from giving out money/gifts. The team will have opportunities to give to specific communities, projects or people through the Opportunity Fund included in your trip fee, which will be administered by the local leadership. Occasionally, the team leader will take an offering to bless those who have served the team faithfully, such as drivers, translators and guesthouse staff.
- If a team member is moved with compassion to make a donation to an individual or a specific cause, we ask that he/she discuss this with the UWP team leader, who will in turn consult with the local leadership.
- When asked for personal contact information, you can provide our Ugandan Water Project email (info@ugandanwaterproject.com) or if they have a Facebook account, you may choose to accept their friend request.
- It is important to understand that the tendency to ask for support is culturally normal and should not be viewed as wrong or bad behavior. However, the reality is that in the long term, these individual gifts can hinder our greater goal of empowering the Ugandan people and equipping their communities to be self-sustaining.