



discovering UGANDA

Ugandans are extremely involved in the social life of their communities. Social activities may center around villages, schools, neighborhoods, clubs, churches, mosques, age-sets, clans, homesteads, or extended families.

With the proportion of people living in poverty at 25 percent in 2009/10, Uganda has surpassed the 2015 Millennium Development Goal of halving the 56 percent poverty rate recorded in 1992/93. Uganda has also won praise for its vigorous campaign against HIV/AIDS. This has helped reduce the prevalence of the virus – which reached 30 percent in the 1990s – to single-digit figures currently.

Notwithstanding these gains, however, progress has been slow in the areas of primary education, child and maternal health, access to reproductive health, and prevention of diseases. Poverty remains firmly entrenched in the country's rural areas. The vast majority of Ugandans are farmers on small plots of land, which are used for subsistence agriculture or for the cultivation of cash crops such as coffee and tea.

The cult-like Lord's Resistance Army (LRA) has rampaged across northern Uganda for the past two decades and has in recent years spread to neighboring countries. It is known for vicious attacks against civilians, for abducting children and forcing them to become recruits, and for brutally torturing others. Recently peace and stability has come to Northern Uganda, however the LRA leader Joseph Kony, is still

Note: Recognizing that information about Uganda is readily available on the Internet, we encourage you to learn as much as you can about the political background, history, geography, economics and culture of this amazing country. This document provides a general overview, with some specific information that will help short-term teams appreciate Uganda even more and understand our work. Going to Uganda as part of a short-term team is different from a leisure trip or traveling for business. The information provided here can help you prepare for a potentially life-changing experience. Sources used for some country facts include: CIA: The World Factbook, World Bank and BBC News.

wanted by the International Criminal Court.

The poorest regions are the north and northeast of the country. These are fragile, dry and sub-humid regions where the extreme variability of rainfall and soil fertility means that farming presents a challenge. Production falls short of minimum household needs, rendering the people particularly vulnerable to food insecurity.

Health and social issues make a significant contribution to rural poverty in Uganda. Although the country has been able to dramatically reduce the incidence of HIV/AIDS among the population, the pandemic has caused the death of large numbers of young adults and orphaned approximately 1 million children. The lack of health care and other social services puts rural women at a particular disadvantage. They work far longer hours than men, have limited access to resources and control over what they produce. Among their many other tasks, they bear the double burden of ensuring their households are fed adequately and caring for the sick, elderly and orphaned children.

QUICK FACTS

Full Name: Republic of Uganda

Population: 33.8 million (UN, 2010)

Capital: Kampala

Area: 241,038 sq km (93,072 sq miles)

Major Languages: English (official), Swahili (official), Luganda, various Bantu and Nilotic languages

Major Religion: Christianity

Life Expectancy: 55 years (men), 56 years (women) (UN)

Monetary Currency: Ugandan shilling

Main Exports: Coffee, fish, tea, tobacco, cotton, corn, beans and sesame

GNI Per Capita: US \$460 (World Bank, 2009)



WEATHER

In Uganda, temperatures during the day are generally warm to hot, usually between 80-90 degrees Fahrenheit. It is important to protect yourself from the sun by wearing a sunscreen, hat and long-sleeved shirt. Bring a rain jacket when visiting the regions of Piswa or Kitany.

PASSPORT/VISA

A passport is required for all travelers to Uganda. All information regarding obtaining a passport can be found at the U.S. Department of State's National Passport Information Center: www.travel.state.gov/passport. This site will detail current fees, acceptable forms of identification, downloadable applications, and passport acceptance facility locations. It takes approximately 6 -10 weeks for processing. Please allow additional time for gathering necessary documentation (photos, birth certificate, etc.).

For an additional fee, the process can be expedited. Information can be found on the above website on "How to Get Your Passport in a Hurry." For those who already have a passport, be sure that the passport is valid six months beyond the intended stay in Uganda.

In addition to a passport, some countries require a visa for entry. A visa is a special permit issued by a country's government to allow a foreign citizen into the country. At this time, a visa is required and can be obtained upon arrival. If you have a passport from a country other than the U.S., you may need to take extra measures to ensure smooth entrance into and exit from Uganda. Consult the host country consulate to find out what measures need to be taken. For the most up-to-date information about travel from the United



States to any foreign country, please visit the Department of State's website at www.travel.state.gov.

LUGGAGE

Luggage should be limited to one checked bag and the allowed carry-on for each team member. While most airlines will allow two checked bags, large amounts of luggage are difficult to transport while in-country. Any extra bags should be used to transport ministry supplies. Please refer to your teams training materials for a packing list.

In the event of lost luggage, go immediately to the Baggage Handling Services area. Inform your Team Coordinator right away and he or she will direct you to the airline office in the airport. Some airlines offer immediate compensation for lost luggage.

VACCINATION INFORMATION

In addition to applying for a passport, you will also need to research vaccination requirements for your trip well in advance as some vaccinations take time or need to be given in a series to be effective. The best advice regarding vaccinations and any other medications can only come from a qualified physician. Please make an appointment with your family doctor and share with him/her where you are going, how long you will be there and what activities you will be participating in. In consultation with your doctor, you can decide which vaccinations and/or medications will be best for you.

To better familiarize yourself with travel health, please visit the Center for Disease Control's website at www.cdc.gov/travel prior to your visit with your doctor.

FOOD

Your Team Coordinator will have arranged breakfast, lunch and dinner for your team. You will have the opportunity to sample a variety of food while in Uganda, both traditional dishes and some American favorites. While some dishes may be unfamiliar, please come with an open mind and be willing to try new foods prepared for you. You are welcome to bring additional food for between-meals snacks.

Avoid eating foods that have not been provided or approved by Food for the Hungry staff. Eating something from a local vendor or street market could lead to sickness. If you have any food allergies or special dietary needs, please communicate those to FH/US ahead of time. Our field staff will need time to arrange other options for you.

Your Team Coordinator will also have a supply of bottled water for your team. Only drink the bottled water. The bottled water will also need to be used for brushing your teeth and taking any medicines. Please do not drink anything but bottled water. If you are served ice in a drink, please verify that the water is okay but consulting with your Team Coordinator.

CLOTHING

Our dress code is a sign of respect for the people you will be



working with, as well as to convey a conservative Christian lifestyle. In Uganda, the general rule of thumb for dress is conservative. Wearing appropriate clothing will open the door for establishing good relations with the community.

While in the community and during tourism days, team members should wear long pants and loose-fitting T-shirts. (Capri pants are okay.) If the team is attending a church service, women should wear long skirts and loose-fitting blouses, and men should wear long pants and collared shirts. On home visits and during VBS, women are advised to wear long skirts as well. Except when in the hotel, team members should always wear close-toed shoes.

If your schedule permits time at the Nile River, ladies should wear one-piece bathing suits or a two-piece with tank top and shorts. Out of respect for cultural sensitivity, we request your cooperation in submitting to FH's policy in regard to piercings, tattoos and radical haircuts. For more details about this topic, please talk to your team leader.

ELECTRONICS

You may bring cameras (disposable, standard or digital), iPods, cell phones and other small electronic devices; however, you assume all risks of damage, loss or theft of your belongings. Keep in mind that you will be kept quite busy, and there will not be a lot of time to use many electronic devices. Also, electricity may not always be available to recharge electronic equipment, including cameras and camcorders. Please bring extra batteries. When in public, don't display expensive electronic items or any items that may just appear expensive.



PHOTO POLICY

All photos or videos should be taken with utmost discretion. Upon arrival in the country, your Team Coordinator will explain the country's photo policy. Some considerations:

- Make sure the focus is on relationships and the ministry, not pictures.
- When possible, ask before taking pictures.
- Designate a photographer. Rather than taking the same picture on 12 different cameras, take the picture with one or two cameras and share when you get back.
- Be sure that any picture you take conveys dignity for the person in the picture. If you will not remember the names of the

people in the story or the significance of the photo, re-consider the need for taking a photo.

TRANSPORTATION

Your Team Coordinator will arrange all transportation for your team while in FH/Uganda. Driving in a developing country may be a new experience for you. Traffic does not flow to the same patterns, rhythms or rules as in the United States. What might seem like chaos and reckless driving to you is normal and appropriate driving in Uganda. It is important to respect your host culture's transportation systems and drivers. That being said, we will follow certain protocol to keep you safe while in Uganda.

You will notice that many roads are in very poor condition due to poor construction, potholes and erosion.

Please do not bring the following:

- Shorts
- Tight or revealing clothing (pants, jeans and shirts)
- Low-cut shirts (scoop or V-neck)
- Tank tops
- Excessively low-rise jeans or excessively baggy pants
- Shirts that reveal the midriff
- Clothing that has inappropriate or questionable words or pictures
- Clothing with rips, holes or stains



This will be just one of many experiences where you will understand the effects and challenges of poverty first-hand. So embrace the experience and remember that this is how some people live their entire lives.

COMMUNICATION

You will likely be without telephone and/or e-mail access during your time in Uganda. While these services may be readily available in large cities, your schedule will be packed with activities. This will help you to focus your energy

and attention on the transformative work of the Lord and to help maintain a cohesive group dynamic. We encourage you to leave your cell phone at home and inform your family and friends that you will be unavailable until you return to the States.

If there is an emergency in the country or community where you are serving, your Team Coordinator will contact your family and appropriate people at your home church. Before you leave the U.S. you will be given a U.S. phone number and other details, which you will pass on to your family and close friends. If there is an emergency in the U.S. while you're on the field, your family member or friend may call that number. Your Field Liaison will assess the call and facilitate communication with you or the field staff as necessary.

MONEY

While with Food for the Hungry, all transportation, food, lodging and water are covered by FH. You will only need money for tourist activities, souvenirs and shopping that you will do in-country and while traveling. A suggested amount for this purpose is \$100 to \$200. It is advisable to bring cash as U.S. dollars are widely accepted at currency exchange locations. FH/Uganda staff will assist you with exchanging money. Bring bills that are crisp and new (no more than 5 years old) to ensure acceptance. If you will be exchanging a lot of money, bills larger than \$20 are recommended to get a better exchange rate.

ADDITIONAL RESOURCES

Books

- *About Life and Uganda* by Fred Lybrand. Insights from a short-term pilgrim. A story of transformation and 10 principles that helped it happen.
- *Against All Hope: Hope for Africa* by Darrow L. Miller. This book examines the situation in Africa today from a biblical worldview and argues that true hope for transformation lies with the rapidly expanding African church practicing a holistic ministry and taking biblical truth boldly into every sphere of society. This book can be ordered at www.disciplenations.org/store.

MISCELLANEOUS

Time: EST + 7 hours. PST + 10 hours.

Electricity: 220 volts, 50Hz..

Weights and Measures: Metric



Please pray for:

- leadership
- stability of Ugandan government