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VISITOR'S GUIDE

ActionAid Uganda

We welcome you to Uganda!

ActionAid has been operating in Uganda since 1982 and we are present in all the regions of Uganda. The focus of our interventions has over the years shifted from the manifestations of poverty to the structural causes of poverty and injustice within a rights based framework. We are uniquely rooted, working directly with people living in poverty and with their organizations. We are mobilising, strengthening and connecting rights holders to other solidarity platforms and campaigning with them. We take sides with the poor and excluded in their struggle against poverty and injustice.

We have field offices in Amuru, Busiiki, Kalangala, Katakwi, Kumi, Masindi, Nebbi, Mubende, Kapchorwa, Pader, Pallisa also support urban development initiatives in Kawempe Division of Kampala City and run peace-building initiatives in Karamoja.

We are reaching close to 400,000 families representing a quarter of Uganda's poorest population. We support over 75 community based organisations, non-government organisations, civil society networks and alliances working on a



number of eradication and rights initiatives in over 49 districts in the country.

ActionAid Uganda's Country Strategy theme is Embracing Rights! Improving Lives! The country strategy will be implemented over a period of six years from 2012 and 2017. The programming focus areas are;

- Women's Rights and Gender Equality
- Sustainable Livelihoods
- Participatory Democracy and Governance

You can be availed a copy of the new strategy for further details on our approaches and institutional priorities.

We believe in a world without poverty and injustice in which every person enjoys their right to a life in dignity.

ActionAid Uganda

Plot 2514/2515, Kansanga Gaba Rd

P.O Box 676, Kampala-Uganda

Tel: +256 392 220 002/3

www.actionaid.org/ugandaww

info.uganda@actionaid.org

Important telephone numbers & emergency

Throughout the country, dial **999** or **112** for police and fire.

Emergency Contact List

ActionAid Uganda office - Reception

+414 510 363/258, +256 392 22 00 02

Steven Musoke - Administrator

+256 772 459 206

Paul Ojuman, Security Focal Person

+256 772 517 086

Hellen Nampijja - Human Resource Officer

+256 712 164 572

Arthur Larok - Country Director

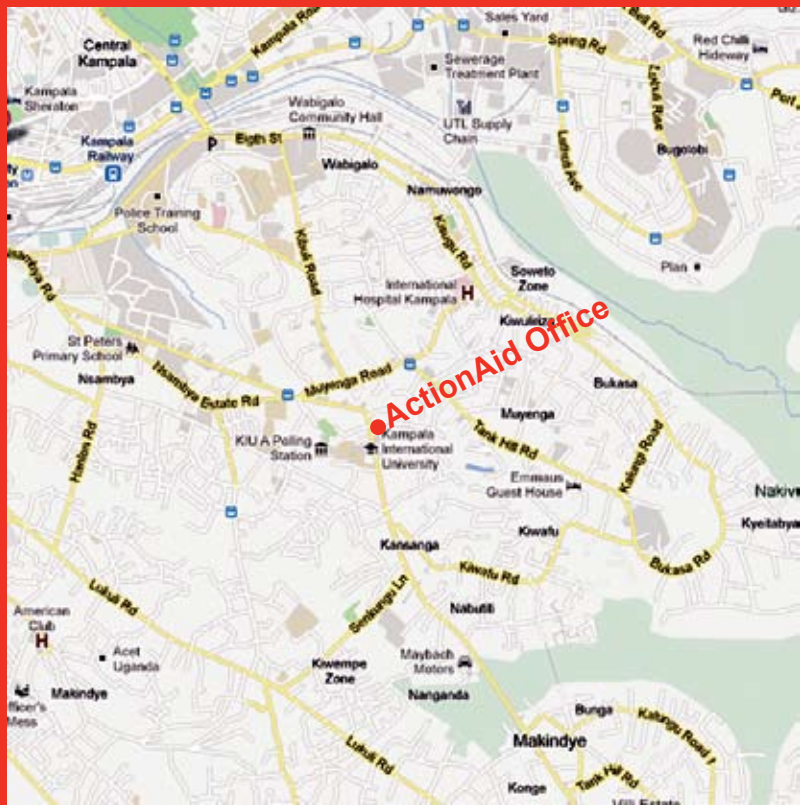
+256 782 387 818

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ActionAid Office



Uganda is a landlocked member of the East African community, sitting on 241,551 sq.km of largely fertile arable land. It is bordered to the North by the newest country in the world –Republic of Southern Sudan; to the West by the Democratic Republic of Congo; to the South West by Rwanda; to the South by Tanzania and to the East by Republic of Kenya. The climate is equatorial with much sunshine and temperatures from 16 to 25 C. There are two rainy seasons, usually in the beginning of April and again in beginning of October.

Entry into the country

You are arriving as a visitor of ActionAid Uganda. This means that ActionAid will be responsible for all administrative matters and support during your stay.

We provide an airport pick-up on the day of your arrival. A driver waving a placard with the ActionAid logo will pick you up from Entebbe airport.

Tickets and visas

Some visitors (non-East African citizens) will require visas to enter Uganda. These visas can be arranged from the country of origin provided there is a Uganda diplomatic mission or simply obtained as a tourist visa upon arrival at Entebbe International Airport

For longer stays, an option is advance clearance by the Uganda Immigration Authorities with a promise to have a visa issued at the airport on arrival. The latter would require that the intending visitor finishes passport details and precise arrival/departure fixtures to ActionAid well in advance of the visit.

On arrival visitors are advised to give their return tickets to the Administrative Officer for reconfirmation if needed. Any changes in return flight can be communicated to the same officer for action.

A yellow fever vaccination is mandatory before entry in the country and you should carry evidence of having been vaccinated since it may be checked at the immigration desk.

Types of visa and cost

Single-entry - US\$50 (three months).

Multiple-entry-: US\$200 (six months).

Visa application requirements for longer stays and work permits

- (a) Passport valid past the date of your expected departure from Uganda.
- (b) Completed application form.
- (c) Two recent passport-size photos (with full name printed on the back of one.
- (d) Fee (cash only).
- (e) Registered self-addressed envelope, if applying by post.

Note: Working journalists require a letter of accreditation issued by the Secretary of the

Media Council, Dept of Information,

PO Box 7142, Kampala

(tel: (41) 232 734;

fax: (41) 256 888 or 342 259).

Accommodation

Accommodation on arrival into the country will be organised by ActionAid Uganda.

ActionAid Uganda office location

ActionAid International Uganda is located in a city suburb called Kansanga on plot 2514/2515 along Kampala – Ggaba road, opposite Kampala International University, main campus. It's about 6 km from the city centre and about 46 km from the Entebbe International airport. The drive from Entebbe to Kampala will take 1-2 hours, depending on traffic.

Office telephone contacts are; +256 (0) 392 220 002/3 or +256 (0) 414 510362/258

AIDS

This is still a problem in Uganda. Currently 7% of the population is infected. Use a condom!

Allergies

Bring your own drugs and seek doctor's advice if you suffer from allergies. It is possible that Uganda's tropical climate and pollution can affect asthma and other respiratory conditions.

Alcohol

Alcohol can be bought in most shops. Please drink only in the presence of people you trust so that no one will take advantage of you.

Arrival

We provide an airport pick-up on the day of your arrival. For this purpose, you should give us your complete travel details (arrival day and time, flight number) in advance.

Business Hours

Food stores are open from 6-7am to 6-7pm, Monday to Friday. Other shops are open from 10am to 6pm. Most shops close at 1pm on Saturdays. The large supermarkets and the malls in Kampala City have longer opening hours and are open on Sundays (such as Garden City, Uchumi, Nakumatt and Shoprite). In Kampala, you'll find several 24-hour shops. They sell cigarettes, alcohol, soft drinks, snacks and other foodstuffs.

Banks

Banks are usually open 8:30am and close 4pm during week days and 8:30am to 12-13pm on Saturdays. They remain closed on Sundays and public holidays.



Bring

You will only need a light jumper for cool nights and as protection against mosquitos. However, depending on the nature of your visit you should bring a nice set of shirt and trousers if you are male; for the women, a dress may be appropriate for a formal setting. In some villages women are not wearing trousers.

Bring an adapter for your electrical equipment (Uganda has “British” sockets) and bring a torch so you are not lost during the evitable power cuts.

Toiletries and other essential commodities can be purchased at any of the numerous supermarkets and shopping centres in town.

Climate

The Uganda climate is tropical, generally rainy with two dry seasons (December to February and June to August). However the north-eastern part of the country is semi-arid. The highest monthly average temperature is 27°C (81°F) in January, February and March. The lowest average low temperature is 16°C (61° F) in July, August and September. Rainfall ranges between 500mm to 2500 mm and the relative humidity is 70% - 100%. The rainfall regime allows two planting and harvesting seasons a year in most parts of the country, without the use of irrigation. About 34% of the country is covered in wetlands with a dense network of rivers, lakes and swamps.

Generally, the country is endowed with fertile soils. Uganda has Lake

Albert, Lake Edward, Lake Kyoga and Lake Victoria among others. Lake Victoria is the 2nd largest fresh water lake in the world and also the source of the Nile.

Cost of Living

Your money goes a long way in Uganda. Thanks to an extremely advantageous exchange rate costs are considerably lower than in Europe and America. However prices can differ and vary according to the location.

Credit cards

Paying with international credit cards in shops and hotels is not common in Uganda but more and more places accept them, mostly big, international stores. Expect to show ID when you pay by credit card. Visa is the most common credit card and can be used throughout the country. Your creditcard will be accepted for withdrawing cash in most ATM's which are multiple and widespread. You should check with the hotel in advance if you want to pay with credit card, even international places.

Crime

In major cities, one should take care of their jewelry, watches etc. Always keep your money and valuables close to you, never allow pre-opened drinks and do not go to entertainment places alone. Remember to carry your ID or photo copy of your passport.



Kampala is however quite safe, and much safer than other big African cities. It is unlikely that you will be exposed to street crime but trust your instinct and don't be stupid; if you are feeling uncomfortable walking through an unfamiliar neighborhood, it is probably because there is a reason for it. Opportunistic crime such as burglaries, muggings and drive-by bag snatches do occur. The Kololo Airstrip area of Kampala has a history of thefts from vehicles and muggings, some involving violence. Take extra security precautions when going out on foot after dark. Always be conscious of the risks of making yourself a target for muggers and pickpockets; for example by carrying large sums of cash in the streets or wearing expensive looking jewellery or watches.

In urban areas you should keep car doors locked and windows shut when driving. There have been a number of thefts of personal property from cars and taxis while stationary in traffic. Ensure that no valuables are left visible in vehicles, whether parked or while the vehicle is in use. If stopped by armed men, do not attempt to resist. We advise against all travel outside Uganda's main towns after dark.

Individuals have been drugged and robbed in Uganda, particularly when using public transport or in bars. Few such cases have been reported in recent years but you should be aware of this risk if you choose to travel by bus and when eating and drinking in bars and nightclubs.

Credit card fraud is common in some places in Uganda. There have been reported incidents of credit card fraud, even in international hotels and at large banks. It may be a good idea to have an extra credit card or rely on cash. US Dollars, Euros and Sterling can be readily exchanged.



Take care of your passport because there is also a possibility of losing it to muggers.

CCultural Issues

Uganda is a generally a multicultural country with high tolerance and respect for diversity. Uganda is however a fairly conservative society, partially based on religion. Most Ugandans are Muslim or Christian and attend a mosque or church on a regular basis.

DDiseases

The Country is generally safe most of time but prone to water borne diseases such as diarrhoea, hepatitis, typhoid fever; and vector borne diseases such as malaria. Of recent, there have been outbreaks of ebola and marburg fever. Uganda is one the countries affected by HIV/AIDS pandemic with the national prevalence rate currently being at 7.3%. Malaria is the leading cause of death in the country currently accounting for 9-14% of all hospital deaths.

DDriving

Driving is on the left similar to other Commonwealth countries. ActionAid Uganda holds several cars and employs drivers for official ActionAid purposes and field work In case you are driving yourself, please drive carefully and defensive. Don't trust anyone in traffic. Also, see Transport.

Do's & Don'ts

Use of drugs and all forms of narcotics are illegal in Uganda. Respect the people you work for and with. Do not expose others in blogs, photos, Facebook etc. without their consent, and do not publish anything harming or incriminating the people you meet or other stakeholders of ActionAid.

Dos

Do dress conservatively

Do wash hands before eating

Do expect a prayer before eating, meetings and functions

Don'ts

Don't wear shorts while in the community. Light pants are more suitable

Don't walk around town in swim attire

Don't show public displays of affection

Don't criticize religion when conversing with Ugandans





Emergency Contact Telephone Numbers

The Uganda Police Force released telephone hotlines, which people can call to offer information to security personnel. They are:

- 0800199088 (**Central Police Station incident room**),
- 0800199188 (**Mulago Hospital Casualty Unit**)
- 0800199288 (**Media Centre**)

Joint security command centre (**Police Headquarters**) 0800199399

Operations radio room (**Police Headquarters**) 0800199699

CPS Kampala (**ERU**) 0800122291

Traffic Operational Room 0800199099

Fire Brigade 0421222

Mulago causality (**Post Blast**) 0800199188

Special Investigations Unit (**Post Blast**) 0800299911

Rapid Response Unit 0800199799

Joint Command Centre- Naguru 0800199966

Environment

Please respect the environment - even if Ugandans themselves are not too caring.



Exchange rates

Money exchange can be done in banks and forex bureaus mainly found in Kampala. There are normally today's rates in newspapers and on signs in front of the shops. You will get bad rates for other currencies than USD, Euro and GBP.

Food

Each region of Uganda has its very own specialties. The common food eaten in the south is matoke (bananas) while in the north and east of the country, wheat and sorghum are the main foods consumed. Other foods include potatoes, cassava and maize. Everywhere you can buy food on the street, both produce, raw meat and cooked and fried meals as Gonjas (fried bananas), Chapatis (Maize pancakes), samosas, chicken, beef kebabs etc. Don't be afraid of having your lunch from a street kitchen; just make sure it is well roasted. Take NO chances with the water. Always drink bottled water.

Greetings

Ugandans always greet you with Good Morning, Good Afternoon and Good Evening followed by the inevitable **"How are you?"** You are not expected to tell the person how you actually feel but to respond with **"Fine, how are you?"** It may be considered rude not to follow this ritual. Ugandans do not present themselves when they are calling on the phone; neither do they say Goodbye when they hang up.

Health

Uganda is generally a safe country if you take basic precautions. Visitors are required to have a certificate of yellow fever vaccination. All visitors to Uganda are advised to take anti-malaria drugs as a precaution against this prevalent disease, or bring mosquito repellents.

There may be areas of outbreaks of meningitis, ebola, cholera, etc. Avoid travelling in those parts of the country.

It is also advisable to drink bottled water or other drinks which are readily available in any of the supermarkets, restaurants and shops. Never drink the water from the tap. In case of sickness ActionAid Uganda has prequalified health service providers and there are AAR and IAA (commonly known as IHK-International Hospital Kampala) which you can visit in case of any illness.

AAR is located at Acasia Avenue in Kololo suburb, Makindye close within Kampala Hospital and in case of an emergency, please call these telephone numbers: +256 (0) 414 255 991 or +256 (0) 312 255 991

IAA/IHK is located in Namuwongo suburb and in case of any emergency you can contact +256 (0) 772 200 400 or +256 (0) 712 200 400.



Hotels

You will be able to get a single basic room in Kampala and most other country towns in hotels and hostels at affordable rates. Try to bargain, and make sure breakfast is included. Many hotels and hostels make dinner at your order.

History

Despite Winston Churchill referring to Uganda as “the Pearl of Africa”, the country has undergone periods of turbulence. Like most African countries, Uganda was colonized by a Western nation from the 18th century. The first British colonials came as traders and established the British East African company. Over the years they established themselves as the undisputed rulers of Uganda. In 1896, Uganda came under the British Crown. The Republic of Uganda attained its independence in 1962. Uganda therefore belongs to the Commonwealth countries under the British monarch. Uganda has gone through a chaotic period between 1972 and 1986 when a nationwide civil war raged. Since 1986, though relative peace has returned to most of the country, a rebel led war ravaged the Northern region of the country from the mid-eighties till 2006.

Ill health (emergency)

In case of illness that requires urgent attention, contact the ActionAid office, with full details of your situation and advice will be given on steps to take.

Internet

Internet cafes can be found across the country in all major towns and cities. The rates for browsing vary according to your location. Modems (“dongles”) are available at most cell phone providers. Providers with best internet coverage are MTN and Orange.

Insurance

A health insurance should be considered before arrival to Uganda.

Kampala - capital city of Uganda

Kampala is home to most big shops, supermarkets, large entertainment centres, diplomatic missions and other political and economic organs. Public transport includes boda-bodas (motor cycles), matatus or taxis (mini buses), specials or cars for hire (taxis) and large passenger buses that connect Kampala to other towns and cities in the country. It would be advisable to get a map of Kampala to help you when travelling around the city.

Languages

Uganda has more than 60 different languages spoken. The national language in Uganda is English. Although not everyone can speak it, most people will say a few simple words but if you are to have a conversation you need to say the words slow with clear pronunciation to be understood. Luganda is the language of the Baganda (the most



populous tribe in Uganda) and is spoken and understood by many people, mainly around the central region. It may therefore be of some use for a visitor to know a few Luganda expressions such as:

How are you	..	Oli Otya (pronounced Olyoota)
Thank you	..	Weebalennyo
I want a beer/soda	..	Njagala beer/ Njagala soda
I am lost	..	Mbuze
Help me	..	Nyaamba
Bye/cheerio	..	Weeraba

Markets

There are markets in all major towns where everything from food to clothes to technology and crafts can be bought. The prices are usually not fixed and only limited by your and the salesman's skill for bargaining. Money can be saved by consulting Ugandans before buying.

Malaria

This is caused by a blood parasite which is spread by certain type of mosquito.

Currently malaria is the biggest cause of death in Uganda. Be advised to undergo anti-Malaria treatment and please remember to carry a mosquito net when travelling to Uganda. It is tempting not to bother putting it up at night when you are tired but you are strongly advised to do so.





Money

The currency in Uganda is the Shilling (Shs.) Notes are available in denominations of 1000, 5000, 10,000, 20,000 and 50,000.

Media

State publications include; The New Vision and its sister vernacular papers, Bukedde, Etop, Rupiny and Orumuri. The independent publications include: The Monitor and the weeklies Observer and The Independent. BBC World Service is widely available on FM (101.3 in Kampala and on other frequencies in upcountry main towns), and Radio France Internationale broadcasts on FM in the capital.

Medicines

Medicines are easily got at all medical shops and pharmacies. However, ask the locals about a trustworthy pharmacy since there are counterfeit drugs on the market. Government controlled medicine has a UG printed on the tablets.

Mobile phones

Mobile phone use is widespread throughout the country. Foreign mobile phones usually work in Uganda. You can purchase a Ugandan sim card for local calls.



National Parks

There are a number of national parks in the country to visit and see the wild beauty of Uganda. About 2 km from the city centre there is an office to book gorilla viewing permits (Uganda Wildlife Authority). There you can also get information on national parks and other tourist places in the country.

Uganda Wildlife Authority

Address: Plot 7 Kira Road, Kamwokya.

Phone: 0414 355000, 0312 355000

www.ugandawildlife.org

Orientation about the country

Bradt has an excellent guidebook about Uganda. Macmillan produces maps of Kampala and Uganda. A city map can also be found in the free tourist magazine "The Eye" - which can be picked up in most cafés, clubs and tourist attractions around city.

Phone

Payphones are available on streets and in towns. Mobile phones can be bought in many shops. Foreign mobile phones usually work with a new sim card, which you can buy on every street, and then "tank airtime" with a scratch card, also purchased anywhere. Please share your phone number with your ActionAid Uganda contact.

Politics

Uganda is a presidential republic, in which the President of Uganda is both head of state and head of government. The current President is H.E Yoweri Kaguta Museveni.

The country has a multi-party system of governance. Executive power is exercised by the government. Legislative power is vested in both the government and the Parliament. The system is based on a democratic parliamentary system with universal suffrage for all citizens over 18 years of age.

In a measure ostensibly designed to reduce sectarian violence, political parties were restricted in their activities since 1986. In the non-party “Movement” system instituted by President Museveni, political parties continued to exist but could not campaign in elections or field candidates directly. A constitutional referendum cancelled this 19 year ban on multi-party politics in July 2005.

The presidential elections were held in February 2011 under the multi-party system.

President Museveni ran against several candidates, the most prominent of whom was Dr. Kizza Besigye. President Museveni was declared the winner.

The Judiciary is formed by the various courts of judicature, which are independent of the other arms of government. Uganda’s legal system is

based on English Common Law and African customary law. However, customary law is in effect only when it does not conflict with statutory law. The laws applicable in Uganda are statutory law, common law; doctrines of equity and customary law applicable in Uganda. These laws are stipulated by the Judicature Act.

Civil society in Uganda is very diverse and comprises national-level organisations as well as a myriad of community associations and groups. Interestingly, high levels of participation in civil society activities (both in urban and rural areas) go hand in hand with limited political involvement. Uganda's civil society promotes many important values (particularly poverty eradication).

It has to be mentioned that Uganda like most of the African countries has suffered from many unstable governments which was negative for the country in many ways.

Power

Power may go off any time and many areas do not have power at all. Be sure to charge your electronic devices frequently. For computers and other sensitive electronic devices it is advisable to use a power regulator or surge protector.

Public Holidays

School holidays follow the British system; three terms per year and three fairly long holidays in the term breaks. Offices and schools are closed on public holidays. In Uganda public holidays are;

New Year's Day	January 1st
Liberation Day	January 26th
International Women's Day	March 8th
International Labour Day	May 1st
Martyr's Day	June 3rd
Hero's Day	June 8th
Independence Day	October 9th
Christmas Day	December 25th
Boxing Day	December 26th

Public Transportation

Uganda mainly uses road as its means of transport. Matatus or taxis (rebuilt vans) with license to carry 14 passengers are the major public form of transport in most parts of the country. There are two taxi parks in Kampala, located down town (simply called Kampala Old taxi Park and Kampala New taxi Park), but the matatus can be taken from most places following the roads to or from major traffic points. Boda-bodas, transportation by scooters and motorbikes can be very useful if you're lost in town. Rides with more than three people on the motorbikes are no longer legal, but can be done to save money. Please note that riding on boda-boda is quite risky and accidents are happening frequently. It's also not advisable to ride on boda-bodas alone late in the night as some people have been robbed and raped as a result of this.



Religion

Islam, Christianity, and African tradition are the major religious communities in the country. According to the 2002 census, Christians constitute about 83% of the population followed by Muslims with 15% and other religions with 2%. The population of Uganda is estimated at 33 million. Most people in Uganda believe in something and therefore have difficulties understanding atheism. Many humanitarian organisations in Uganda are supported by missionary organisations from USA and other Western countries. Therefore churches from America and the West have a deep impact in the governmental policies concerning Christian deeds. Most clearly seen in the campaign against AIDS:ABC (Abstinence, Be faithful, use Condoms) use where Abstinence is highly preferred before Condoms.

Security

Uganda is considered a medium risk country in Africa region. However, currently there is relative peace across the country. We advise against travel by road outside of major towns at night except between Kampala and the airport in Entebbe.

There have been instances of demonstrations on political issues becoming violent without warning, causing loss of life and injury. The most recent were post-election opposition protests in 2011 when there were riots in Kampala and its suburbs. Other violent protests were experienced in 2011 against the high cost of fuel and other consumer

goods. We continue to advise caution around large gatherings and political rallies.

There is a high threat from terrorism. Attacks could be indiscriminate, including in places frequented by expatriates and foreign travelers. Large crowds of people and public places may also be targets.

The Islamic terrorist group Al-Shabaab, while based in Somalia, poses a threat across the East Africa region. On 11 July 2010 there were bomb attacks in Kampala (one explosion at a restaurant in Kabalagala (Tank Hill Road) and two at a rugby club in Lugogo (Jinja Road)), killing over 70 people, and injuring many more. Al-Shabaab claimed responsibility for the bombs, the first major terrorist attacks they have carried out outside Somalia. Al-Shabaab linked the attacks to Uganda's military presence in Somalia as part of an African Union peacekeeping mission, and threatened further attacks in the region.

The Ugandan authorities remain concerned about the possibility of a further attack and have issued a number of alerts warning of a heightened risk of terrorism, often around times of public holidays. Most major hotels and large shopping malls operate security checks. There may also be additional security checks, including baggage searches, in operation on the approach to Entebbe Airport.

Do not take photos of diplomatic missions, security installments or police and army personnel.



Shopping

Large shops accept credit cards, especially in the tourist part of the town, big supermarkets and some safari lodges. In small shops and markets you have to pay in cash, so make sure you have enough Ugandan shillings in your purse.

Time - Uganda Standard Time

Do not expect anything or anybody to be on time. Ugandan people are very informal, others will call that undisciplined and unreliable. The point is that it works two ways. Sometimes planning is changed arbitrarily and without clear reasons. But then again, nice opportunities open up which are not parts of the schedule either.

Time Zone

Uganda Standard time is 3.00 hours ahead of Greenwich Mean Time (GMT) or London. While Europe, Northern America and other places in the world change between wintertime and summertime, Africa is holding the same time all the year.

Tipping

Generally, tipping is not compulsory except maybe in big hotels and restaurants. However, service providers at hotels and restaurants, taxi drivers, and others who have been exposed to tourism are often expecting tips. The tips are not added in your bills, so the decision to tip or not is yours.

Transport

ActionAid Uganda will provide you with transport for all the days while on visit. On arrival at the airport, our airport driver will receive you and take you to the hotel of residence. You should avoid hiring any airport taxi as some of the airport taxis may be managed by thugs. Just in case of any delay to be picked, call any of the telephone numbers provided under Important telephone numbers & emergency section..

The airport taxi driver is called Alex Semambo and he can be reached on cell number +256 (0) 772 699 324 or + 254 716 832 674.

In case you intend to drive yourself for any reason, we wish to advise that driving in Uganda is done on the left side. There are numerous car hire services within the city in case you needed one. However, we advise that it is safer for ActionAid to provide for all your transport needs.

Traveller's Cheques

Traveller's cheques may be cashed at most commercial banks and authorized money changers (in the bigger cities only!). Remember your passport.

Tourist places

Beside the amazing nature, tourists can go to white water rafting on the Nile, several companies arrange trips to the Source of the Nile in Jinja east of Kampala, the national museum is worth a look, and for



art there are some art galleries, which mostly are located in Kampala. Several craft markets are located around Kampala with African art for sale. Entebbe is worth a visit as well.

Ugandan People

Ugandans in general are very informal, helpful and hospitable people and are brought up to respect and treat guests well. Don't feel uncomfortable but accept it. Ugandans are talkative people who like to gather a lot. Families and friendships are very important to Ugandans. If your hosts go out of their way to make you feel comfortable, don't feel awkward; accept it and appreciate it.

Visa Cards

A visa card is the best way to access your bank accounts while in Uganda. Most local banks in the country have an ATM machine that can help you withdraw money 24hours.

Water

Drinking water should always be boiled. Drinking straight off the tap is definitely not safe. Shops have a wide range of mineral water at shs. 500-1000 per bottle.

Further reading and useful links

The Eye is a useful source of information where you can find just about everything from tour operators in Kampala, National Parks to useful phone numbers to keep handy. Visit www.theeye.co.ug and click on “Directory” in the main menu.

Red Chilli is a nice backpacker’s place in a green haven outside of downtown Kampala. They also offer tours and are generally very helpful. Visit www.redchillihideaway.com. Also check out their “Useful links” in the main menu.

Upper range hotel in the centre of town: www.hotelafricana.com Plot 2-4 Wampewo Ave, Kampala

Tel:+256 414 777500, Email: africana@hotelafricana.com

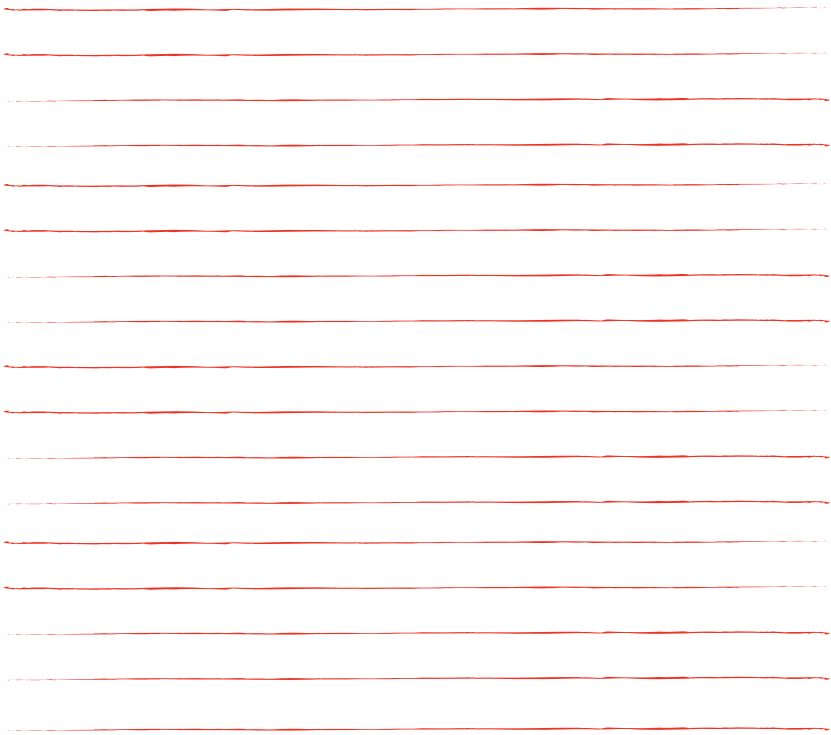
www.fairwayhotel.co.ug Plot 1-2 Kafu Road, Kampala Tel: +256 414 259571, Email: info@fairwayhotel.co.ug

Posta Uganda: www.ugapost.co.ug (Main office on Kampala road)

The Surgery: www.thesurgeryuganda.org (Plot 2 Acacia Avenue, Kololo, Kampala, Tel: +256 414 256003)

The best bookstore in town is Aristoc (One in Garden City and one on Kampala Road)

My Notes



**ActionAid is a global movement
of people working together to
further human rights for all
and defeat poverty.**



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