

MADVENTURER



PROJECTS & ADVENTURES WORLDWIDE

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Madventurer in Uganda

There is a legend documented by John Hanning Speke of how Uganda got its name. Uganda was the name of a prodigious hunter who came from Unyoro. He was a poor man who hunted to feed his family and was so successful that he ended up feeding people all around. He was eventually named Kimera, the first King of Buganda.

Population: 27.6 million, (UN, 2005).

Capital: Kampala.

President: Yoweri Museveni.

Major Languages: English (official), Swahili, various Bantu languages, (Lusoga in the area where we work).

Major Religions: Christianity, Islam.

Monetary Unit: Ugandan Shilling.

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

Cost of One Beer: 40p.



Moved by the country's great beauty, Winston Churchill described Uganda as the 'Pearl of Africa' during his visit in 1907. This beauty strikes travellers to the country to this day. The Ugandan countryside is an incredibly lush and green tropical landscape. Its alluring features include huge lakes, grand mountain ranges such as the snow-capped Rwenzori mountains, or 'Mountains of the Moon' in the southwest, and impenetrable forests and jungle.

Uganda offers its visitors an array of adventurous outdoor activities. There are opportunities for climbing and trekking to all levels in the various mountain ranges on each of Uganda's borders. There are water sports such as sailing, fishing, canoeing and, for the more adventurous, white-water rafting and kayaking on the River Nile with the chance to take part in kayak lessons run by the local kayak school. Wildlife and eco-tourism options range from the traditional 'Big Five' safari in one of Uganda's national parks to tracking gorillas on foot through the jungle. There is a lot for you to explore and do!

Where we work

The source of the River Nile is located in Uganda in Jinja – the town in which Madventurer are currently based. The name of the town, Jinja, is derived from the local language. Traditionally traders dressed in bark cloth used to cross the water over to Busoga from Jinja. When they missed the last canoe of the day, only travelling before nightfall because of the dangers posed by the hippos, they would camp on the stone and say to their wives that they had had to spend the night 'ku jinja', on the rock. Modern-day Jinja town is built on this spot.



Jinja lies on the banks of Lake Victoria, about an hour and a half's drive from Kampala. It is a sleepy little town, increasingly popular with travellers in light of its location at the source of the Nile and the white-water rafting. Facilities in Jinja are excellent. Shops along the Main Street are well supplied and there is a fantastic market well worth a look round that sells just about anything – including the local delicacy of fried white ants! Internet cafés are dotted about up and down Main Street and there are a couple of great restaurants catering for both local and western appetites. The people are incredibly friendly and are genuinely happy to help. You cannot help but be affected by the warmth of this community.

Accommodation

While on your project accommodation will be provided for you in Jinja. A room will be allocated to you at the Madventurer House in Jinja in which you can store your things and call home for the duration of your time on project in Uganda. The house has running water and electricity and there are good

kitchen and washing facilities. The house is centrally located within easy walking distance of most local amenities. Transport from town to sites outside of Jinja town during the week will be provided.

Our cook will provide breakfast and dinner during the week. Lunch may also be taken on your projects in some cases. Our cook will use local produce fresh from the markets in Jinja. The staple food in Jinja is carbohydrate based: rice, beans, maize meal and chapati's can all be expected, along with simply prepared meat and some locally available vegetables. Recent local cooks used by Madventurer on projects have been fantastic, ensuring that venturers have eaten like kings. These meals have combined local and western influences, serving up fantastic spaghetti bolognese, local fish and chips and chapattis with eggs and assorted vegetables. All venturer's will participate in a rota system to assist preparation and clear up. Involvement is welcomed for influence over the meals themselves!

Weekends

Weekends during the project are generally free, and most of the time Venturers use this opportunity to travel and see some of the area.

Possible trips include a trip up to Sipi Falls on the foot of Mt Elgon where you can do various treks, abseil down the side of the falls, or simply sit and enjoy the view! Other options include a trip to one of Uganda's national parks – lesser known than those of the famous counterparts in Kenya and Tanzania, but just as beautiful! Queen Elizabeth National Park is on the shores of Lake Edward, Elephant sightings are common, Hippos bask in the water, and Uganda's beautiful national bird: the Crested Crane is often sighted. If a relaxing break is needed, you could take a trip to one of the Ssesse Islands on Lake Victoria where you can sit back on one of the Jungle clad beaches and enjoy the local fresh water fish, Tilapia. Remember entry to Game parks is expensive, as is rafting the Nile – something you're bound to want to do after living at the source of it! Please cater for this financially - for more information see the Bradt to Uganda.

Participating in a Madventurer project is all about personal development, rather than being spoon-fed an activity holiday. For this reason, Crew do not organise weekends, and we encourage Venturers to make their own plans. Crew are available to advise on local transport, good places to go etc, and Venturers usually travel in groups, so you won't be completely on your own. Please note that travel costs, accommodation and food at weekends are the responsibility of Venturers (unless you choose to remain at the project site, in which case accommodation and food are provided).

The Project

Sports

We have worked closely with the Jinja District Authority, in particular the Sports, Education and Special Needs departments, to develop a number of links with various institutions based in and around Jinja and to construct a variety of options for venturers to choose from when they arrive.

The work that venturers have the option of doing in Jinja can be divided into four principal areas:

- Regular morning work in local schools
- Regular afternoon work in local football academies
- Less regular / 'one-off' work with orphanages, children's' centres and special needs units in schools
- Organizational work, for example tournaments for particular age-groups

Football

The Jinja Town football team (JMC), narrowly missed out on qualifying for the Ugandan Premier League after reaching the final of the playoffs, next year they hope to qualify. Volunteers have the option of working with this team, travelling to away games and coaching everyday. All level of coaching ability is welcome and input of any kind encouraged. Other options are also available, such as coaching at the schools and setting up workshops for the younger boys and girls. This project gives the volunteer a chance to really get to know the people of Jinja as they are football mad and keen to learn and improve. The Madventurer coaches who have come before have all made an impact and are not forgotten. We would encourage volunteers to apply for as long as possible as to make a real impact

upon the people they work with giving you both a chance get to know each other and develop there skills, as well as improving your skills and confidence working in this field. The daily routine would involve coaching with the team in the morning, then taking lunch back at the house or in town, and then coaching workshops in the afternoon.

Netball

Netball in Uganda is now a popular sport and Jinja team plays in a national league at a good standard, they are improving annually but still finding it hard to compete with the bigger teams in Kampala. However there is great potential, ability and support for the team. Volunteers will have the chance to help coaching the team in the afternoons as well as support and even play with the team against there opponents from around the country, travelling with the team to away matches.

Volunteers can set up there own workshops in the mornings for younger players with the help from players and the coaches from the first team. The netball court is literally a stones throw from the house and as always the Mad Foundation is there to buy equipment for the coaches to use. This project offers the volunteer an opportunity to work with all sorts of great people from Jinja and is truly rewarding and lots of fun! The daily routine would involve coaching workshops in the morning, then taking lunch back at the house or at one of the restaurants or cafes in town, then coaching with the team in the late afternoon, when it's a bit cooler!

Additional sports

Rugby is a new option in Jinja; with a club already established and as always many children who are keen to play. The same applies for Basketball; the local sports minister supports this too. These sports can be coached in combination with football and netball.

The emphasis is very much upon the venturer to design his or her own programme within this structure. Each venturer will work closely with his or her crew leader in this regard.

To encourage sustainability in the region Madventurer also looks to share coaching skills with teachers and sports coaches in the region to ensure that children have access to quality coaching throughout the year.

Teaching

Madventurer's ethos is 'developing together'. It aims to assist in community development whilst simultaneously enabling travellers to gain experience through work and adventurous travel. The work that volunteers carry out with Madventurer is very much part of a partnership with the local community, working together to achieve jointly decided upon short-term and long-term goals that take into account the needs and attitudes of the local people. During your project you will become an integral part of this close partnership.

Education in Uganda

A thorough and well-grounded education offers children increased opportunities to improve their standard of living and wealth in order to survive in a rapidly changing world with their traditional beliefs and ways of life intact. The Ugandan education system is based on the old English structure: that is primary school education from ages 5 – 12, and secondary education from 12 – 18, using the same 'O' and 'A' level qualifications that we used to.

In Uganda primary school education is paid for by the government, meaning that it is to all intents and purposes free. However, in order to attend school at secondary level school fees have to be paid. The financial burden of these fees alongside the incapacity of the secondary sector to cope with the large number of primary school leavers means that fewer children attend secondary school, (only 40% of primary school graduates are absorbed into the secondary cycle), finishing their education after primary school with no qualifications and limited if any skills to assist them in the future. Those children that go onto secondary education are then able to go on to further education in teaching colleges, universities or vocational institutes. Their future possibilities increase fourfold after only four of the six years of secondary school. The Ugandan government is currently trying to overhaul the current system of secondary education through building more schools, rehabilitating and expanding existing schools and utilising the available schools more efficiently. The secondary sector is in need of a great deal of attention.

Teaching in Uganda

The teaching project in Jinja district has been set up with the assistance of the District Education Officer, (DEO), and local independent education centres, helping us to focus and direct our efforts towards the more needy schools. The result has been the construction of a varied and exciting programme for both our team of volunteers and the communities in which we are working. It is hoped that we will work with the schools that we have made links with over the next few years, establishing a long-term relationship based upon structured and continued participation.

There are thirteen government-funded schools in the district, each of which offers secondary education to children aged from around fourteen to twenty years old. The curriculum is varied, covering mainstream subjects similar to those taught in the UK: mathematics; English; physics; biology; chemistry; geography and history. Further lessons including agriculture, computer science, accounting and Swahili are offered at some schools. If you have not already specified which subject, or subjects, you are wishing to specialise in please get in touch with the office and let them know.

Work is not limited to the confines of the timetabled curriculum. Volunteers have the chance to throw themselves into extra-curricula activities. Music, dance and the dramatic arts are favourites and in return for work in these areas you may even learn a few Ugandan moves to impress your friends with back home – it's all in the hips! Annual music and dance competitions provide a focus for work in this area.

Alongside the teaching work teachers can get involved in improving the school infrastructure, working on the development of much needed resource centres such as libraries and science laboratories, and in organising health awareness days to help in the ongoing fight against Aids through education. School trips of an educational nature can be organised and carried out and school clubs and groups can be set up and run – a particularly successful programme in remote areas or in boarding schools where the school has a strong sense of its own community spirit. Ideas and suggested techniques are outlined in the Madventurer teaching aid.

Care Work

A number of links have been made with local orphanages and care homes, allowing venturers to devote their time teaching these younger children, assisting with their lessons and helping with their general daily care.

Across Africa there is a large problem with orphaned children, or children who have, for one reason or another, taken to the streets. The main reason for this is the cycle of poverty and disease: families have little in the way of income, most relying on subsistence farming, which in turn leads to less food for the home, and no money to treat health problems, which again turns to increased risk in terms of health and the spread of disease, and a higher rate of orphaned children. While traditionally such children would then go to the care of extended family, as families have so little in terms of resources anyway, this often leads to neglect, malnourishment, and even abuse.

In Uganda, there is no strict Government policy which deals with children in such a manner. Therefore it is up to private institutes and donors to support these children.

There are several Children's Centres around Jinja town where we work, and a pre-school for orphans. Work in the orphanages essentially aims to sustain routine in the lives of the children as well as developing them academically and socially. The children have all come from different backgrounds under different circumstances. Some of them suffer from HIV/Aids or have ongoing medical complications which affects their lives in different ways. The orphanages also facilitate the adoption process, with ongoing applications being processed at the homes. Volunteers can take lunch at the orphanage and are encouraged to take children out into Jinja for afternoons. Madventurer's are also encouraged to develop new teaching and playtime activities in the orphanages

Your work will mainly be to provide support, games and play with the children on return from their schooling: in an environment where the children have very little in terms of loving support, this is crucial to their development. There is also the opportunity to assist classes in one of the pre-schools for orphans we have links with.

The emphasis in this project is very much upon the venturer to devote their time according to their personal preferences within the structure available. This can be organised in liaison with your crew during your initial orientation when you arrive in Uganda.

Medicine

Healthcare in Uganda, as with much of East Africa, is poorly funded and poorly resourced, largely due to insufficient funds within the Government. There is no formal access to free healthcare within Uganda, and although different projects funded by the UN; World Health Organisation; NGO's and private donors do attempt to provide some free health care, or at least subsidise it, it is still not sufficient. Due to such problems with funding, most hospitals and clinics are understaffed, under-resourced, and generally under funded.

The Ministry of Health in Uganda is structured in three main areas:

- Government hospitals.
- Non-government hospitals.
- Health centre grades.

Madventurer has worked closely in the construction of your medic project with local medical officers, including the Superintendent of Jinja hospital, the District Director of Health Services, the Medical Officer of Health and various Public Health inspectors operating throughout the district. Our projects focus their efforts on the first and the last of the facilities listed above, offering a wide-ranging, varied and rewarding experience for all.

Government hospitals are divided into three categories: national referral, regional referral and district/rural hospitals. We work with the regional referral hospital in Jinja, which also acts as a teaching hospital and a resource centre for the surrounding region, and its sister hospital, the Mukesh Madhvani Children's Hospital. The services available at a referral hospital include the following:

- Medicine.
- Surgery.
- Paediatrics.
- Obstetrics and Gynaecology.
- Dentistry.
- Anaesthesia.
- Radiology.
- Clinical laboratory.
- Orthopaedic surgery.
- Ent.
- Ophthalmology.
- Psychiatry.
- Pathology.
- Rehabilitation.
- Health Community.



Venturers are able to get involved in any of these fields, splitting their time according to their personal interests and specialities. The wide scope of the project means that a varied experience can be had, widening the knowledge and experience of the volunteers that partake in this medical work.

A lot of the illnesses and problems that will be treated are recurring and potentially easy to resolve. However, without the knowledge or the appropriate funding the correct treatment, education and follow-up cannot be given. This is where you come in, offering a fresh mind and a new pair

of hands to help with the work in what are under-funded and overstretched facilities. Jinja hospital has eleven wards with an average of 63 – 100 beds in each. These figures do not even take into account the hundreds of outpatients who visit the hospital every day.

Your medical project in Uganda will largely depend on your level of experience. If you have not already done so, it is important that you notify the office as soon as possible via e-mail or telephone to make them aware of your level of medical experience and training. You can also use this opportunity to state whether there are any fields or specialities that you have a particular interest or experience in. This will help us greatly when finalising the details of your project prior to your arrival in Uganda.

Madventurer medics also have the option of devoting their time and energy to working in urban and rural Health Centres in Jinja town itself and further afield in Jinja district. Institutions we work with currently. **TASO Clinic at Jinja Hospital, African Islamic Relief Clinic, International Medical Centre & Jinja Hospital (surgery, 3rd Year Medics with prior approval)**

- Inpatient care.
- Outpatient care.
- Outreach.
- Immunisation.
- Ante-natal care.
- Environmental health.
- Surgery.
- Collects and analyses data on health.
- Plans for the health sub-district.



These Health Centres are situated in both rural and urban areas, offering medics the opportunity to witness for themselves and help to counter the effects of poverty, poor diet and poor health in different

kinds of communities. Working in the health sector in the developing world is a real challenge. For social, cultural, but mainly economic reasons, people don't seek medical attention until their condition is incredibly advanced or they are in serious pain. Coupled with poor health and sanitary provisions, medics in these countries are faced with conditions that we don't see in the west. Perhaps one of the most disturbing aspects of the health sector in these countries is that if the patient cannot afford treatments or procedures then they don't receive them. If you cannot afford an x-ray then the doctor has to guess, if you cannot afford a tetanus injection then you are likely to get tetanus. Uganda is no different.

As well as working in these different levels of the Ugandan Health infrastructure, you will have the opportunity to work out in the field in rural communities on outreach programmes arranged with the Health Centre IVs and with a local, independently run HIV/AIDS awareness organisation. Work with the latter offers venturers the chance to work with the organisation in various communities in Jinja district, spending a day at local primary schools educating Uganda's youth about HIV/AIDS through drama and music. Volunteer work is also possible for you, should you wish, in their clinic, testing and treating patients with HIV/AIDS and assisting with the counselling services offered.

The emphasis of Madventurer's medic projects is very much upon the individual. The project has been set up in the hope that you will put together a programme that is most beneficial and suitable for you, allowing you to pursue interests close to your heart and vary the work you do in order to get the most out of the experience as a whole. Finalised details about the particular course your time in Uganda will take will be discussed with your crew upon your arrival in Uganda during Orientation. For the medic projects you must bring a white medical coat and smart clothes; long skirt or trousers, white shirt and comfortable shoes.

Arrival Procedure

Your project start date is the Saturday, if you arrive on this Saturday our crew will provide you with a free airport pick up. A pick up on any other day will be charged at £20.00.

All accommodation from the Saturday onwards is covered if you wish to book pre-tour accommodation for any other night you will need to contact Madventurer HQ as soon as possible so that a bed can be allocated.

Before you land in Entebbe, the airline cabin crew will give you a Uganda immigration form to fill in. When you complete this, please ensure that you tick **Tourism** as the purpose of your visit and enter **Nile River Explorers, PO Box 2155, Jinja, Uganda** as your residential / postal address in Uganda.

When you get off the plane, you will first pass through Immigration. Please have your US\$50 ready to pay for your visa, and request a visa for 3 months. If you are not given 3 months, please make your Crew aware. This is not a problem but will require a trip to immigration in Jinja part way through the project

After Immigration, you collect your bags and pass through Customs. Be aware that Customs Officers have the right to search your bags and question you if they choose to. If you smile and address them politely, the process is usually quick.

Emergency Contact Details

In the event of an emergency, or you miss your flight, relatives should contact Madventurer HQ on 0845 121 1996. Outside of normal office hours, all emergency calls will be directed to the duty officer.

Flights

Please remember that you are responsible for booking your own flights, and that you need to notify us as soon as you have your flight details, using the Pre-Departure Questionnaire enclosed with this pack. A few points to bear in mind:

 You will need to book your flight to arrive into Entebbe

- ✘ It is not usually possible to join a project if you are arriving after the start date, unless you have written confirmation from us that you can do so.
- ✘ We have to make you aware that you will need to pay a departure fee or airport tax of \$40 is issued when departing from Uganda by air.
- ✘ The most convenient flights from the UK are *British Airways* London to Entebbe (daily) or *KLM* from London or UK regional airports via Amsterdam (daily).
- ✘ For a flight quote, just call our team at STA on 0871 468 0686
- **Please note that under our terms and conditions we will not cancel a Trip less than 60 days before departure except for unforeseen circumstances outside of the Company's control. This means that you should not be booking any non-refundable flights more than 60 days ahead of departure incase we do not have sufficient numbers (usually a minimum of 4) to run the trip.**



Climate care is an organisation that funds projects with the specific aim of making reductions in CO2 and other greenhouse gas concentrations, in order to reduce climate change. You can offset your flights by making a proportionate donation to Climate Care. Madventurer offsets the value of all mad crew flights.

✘ Visas

Please be aware that visa requirements may change, so you should check before applying to ensure that this information is still correct. You can get visas at your point of entry into the respective countries; just make sure you have the cash to hand in post year 2000 notes.

You must be in possession of a full passport (not temporary) with at least six clear sides in it, valid for at least six months after the project. The visa is obtained once you arrive in Entebbe airport off the flight.

On a British Passport you will need some/all of the following visas for East Africa:

Kenya US\$ 50.00 (multiple- entry)
 Uganda \$50.00 (multiple –entry)
 Tanzania \$50.00 (multiple – entry)

- ✘ Those travelling on the adventure section will need to purchase visas for each country visited
- ✘ If you have a current student card, you are able to purchase a Ugandan visa for \$20!

✘ Payment

Project

The total balance for your project is due 74 days (approx 2.5 months) before you project start date. To do this you can make part payments or you can pay in one total sum either by sending a cheque in the post or by card payments over the phone. You may use a debit, maestro, visa delta, electron and solo cards to make your payment and also credit cards but please note that credit-visa or MasterCard companies will add a fee onto your payment: credit cards charge 3% and American express charge 3%.

Insurance

Madventurer has joined forces with STA TRAVEL and Tower gate in a partnership to bring you low cost insurance. With access to a variety of tailored products they strive to offer insurance policies to suit all needs and pockets. Give STA TRAVEL a try now and see how much you could save - 08714680686.

Please make sure every activity you are going to be taking part in is covered on the policy. There are 3 different policies to choose from, here is a brief over view of the policies.

Budget Insurance

Every trip and traveler is different, so we offer different types of cover to help you find the most appropriate...

The Budget cover is ideal for anyone travelling light and on a tight budget. Your basic essentials are covered, giving you enough protection to feel safe and secure on your travels.

Standard Insurance

Our standard cover gives you an extensive range of cover at a competitive price.

It's our middle-of-the-road cover for those that want the comfort of extra protection but without all the bells and whistles.

Premier Insurance

The premier policy offers our most extensive protection featuring higher levels of cover, some additional benefits and an even wider range of hazardous sports/adrenalin activities. All elements of our Standard and Budget policies are included as well as some additional benefits.

Health

Please see the InterHealth Information enclosed with this pack.

We provide expedition First Aid kits on all projects and adventures, for use by Crew in emergencies. We recommend that you also take your own medical kit for personal use, including any medication that you know you are likely to use. Here is a guideline:

- Paracetamol.
- Adhesive plasters.
- Antiseptic wipes.
- Sun block cream (bring a range of high protection).
- Aftersun/moisturiser.
- Insect repellent (more than you think you'll want, with 50% deet).
- Bite and sting relief ointment.
- Spare anti-malarial tablets.

In case of emergency there are good medical facilities nearby in Jinja and in Kampala. These hospitals and surgeries are used to treating westerners. Medical advice and support are available 24 hours a day should the need arise.

For up to date medical advice in preparation for your project abroad, visit your doctor at home for a consultation. Some surgeries offer the services of a travel nurse who specialises in the medical needs of travellers to locations such as Africa.

The Role of Crew

Every Madventurer project has a Crew Leader – the person directly responsible for running the project. Some projects also have an Assistant Crew, usually if there is a particularly large group or the project is in a very remote location.

All Crew Leaders are trained by Madventurer in the UK before going overseas to work. The five-day, residential training course is a combination of professional expedition First Aid instruction (provided by Vital Signs in the Lake District), tailored to the environments in which we work, and operations training provided by our experienced Overseas Operations Team in Newcastle. Crew typically spend six to twelve months in country, and many have previously crewed in other destinations.

Crew are there to set things up, ensure the smooth running of the project and deal with any unexpected or emergency situations. It's important to remember, however, that a Madventurer project is a team activity, and Crew are team leaders not tour reps. Here are a few points highlighting what to expect:

- ✘ Crew are responsible for the final stages of the project setup, prior to Venturers' arrival (initial research and setup is usually done by our Regional Manager), and know the background of the project well;
- ✘ Crew are there to liaise with the local community and any local partners who may be involved, to ensure the smooth running of the project. They will sometimes give specific responsibilities to Venturers, which helps to keep all members of the team involved and everyone to get the most out of the experience;
- ✘ Crew are the in-country representatives of Madventurer. You can, of course, always contact Mad HQ in Newcastle by phone or email from overseas at any time if you wish to;
- ✘ Crew are not responsible for organising weekend activities for Venturers. On occasions they may decide to arrange a trip but they are under no obligation to do so. Venturers are expected to organise weekend trips themselves and they can seek advice from the Crew for this.
- ✘ Crew are trained and equipped to deal with any emergency situation which may arise;
- ✘ Finally, Crew are there to make sure you have a good time and get the most out of the project. If you have any ideas, please talk to the Crew (e.g. if you want to start extra activities, such as cricket, football or art classes, in the village).

✘ **Equipment**

Travel light. Remember that it's easy to lose things when travelling, and valuable items can get broken.

Documents

As well as the originals, we recommend you bring photocopies of the following:

- ✘ Passport
- ✘ Air tickets or E ticket print out
- ✘ Insurance certificate & details
- ✘ Student card (if you have one – can be useful for discounts)
- ✘ Vaccination record form and Yellow Fever Certificate

Medical Kit

We provide expedition First Aid kits on all projects and adventures, for use by Crew in emergencies. We recommend that you also take your own medical kit for personal use, including any medication that you know you are likely to use.

Please see the InterHealth Information enclosed with this pack.

Clothing

In general, clothing should be lightweight, tough and casual.

The days in Uganda are hot and humid year-round, with the highest temperatures from December to March and the two rainy seasons from March to May/June, and September to October/November. Note that anything white will not stay that way! Women should dress modestly out of respect for the attitudes of local people. T-shirts and shorts are fine, but nothing too revealing. You may want to make

occasional weekend trips to the capital, where there are plenty of western bars and restaurants. Lightweight thermals are advisable on safaris or when climbing Mt Elgon or the Rwenzori's, cater for this with at least two warm items such as a thick fleece or jumper.

Our suggested clothing list is:

- ✘ 1 Pair boots/trainers
- ✘ 1 Pair sandals
- ✘ T-Shirts
- ✘ Long-sleeved tops
- ✘ Light trousers
- ✘ Sweatshirts
- ✘ Rainproof jacket/lightweight anorak
- ✘ Shorts (knee length)
- ✘ Hat and sunglasses
- ✘ Swimming gear
- ✘ Old T-shirts/shorts that can be discarded after painting work
- ✘ 1 Pair old trainers for building work
- ✘ Work gloves
- ✘ White coat (medic option)
- ✘ Smart light-weight white shirt and long skirt or trousers (medic option)
- ✘ Smart shoes (medic option)
- ✘ Collared shirt and tie (males) for teaching and church
- ✘ Sports clothing – shorts, t-shirts, boots (sports projects)

Other Equipment

- ✘ Backpack (60 to 80 litre capacity should be enough to carry everything you need)
- ✘ Summer sleeping bag (it never really gets cold in Uganda but some evenings you may decide you need to pull a sleeping bag over you)
- ✘ Sleeping bag liner (cotton or silk, which packs smaller)
- ✘ Mattresses are provided however you may wish to bring a Thermarest for extra comfort.
- ✘ Towel
- ✘ Mosquito net (impregnated with insecticide is best)
- ✘ Insect repellent (essential malaria protection, you'll use a lot)
- ✘ Bite & sting relief ointment
- ✘ Torch with spare batteries
- ✘ Sun cream (high protection factor, the sun is strong on the equator)
- ✘ Aftersun / moisturiser
- ✘ Toiletries
- ✘ Day bag
- ✘ Camera (compact digital or 4-5 rolls of film per month)
- ✘ Pack of cards/books/guide book/music

As tempting as it is to pack your hair strengtheners and hairdryer it will prove too difficult to use them regularly to warrant trying to fit them into your bag!

✘ Money

In Uganda the currency is Ugandan Shillings (Ush). Currently £1 will buy you 3415 Ush.

We recommend taking a proportion of cash, both for emergency use, and in payment of certain things: US Dollars cash are the most common currency for entry to national parks, as for visas if you are entering other countries in the region. Consider this when planning for activities in Uganda, although please note that if necessary, dollars can be purchased from banks in Kampala. Sterling, however, is the stronger currency. We recommend that any more you take for exchange of local currency should be in sterling.

A bank card is also useful. Visa, Switch, Maestro and MasterCard are all available in Kampala, however as you travel to more rural areas, you may find only visa is accepted. Jinja accepts only Visa. Use of

ATMs does incur a charge in Uganda. As you move to more rural areas the proliferation of ATMs decreases.

It is also a good idea to use traveller's cheques as back-up if cards are lost or stolen. Your traveller's cheques should be in pounds sterling. Traveller's cheques should be purchased from well known companies such as American Express or VISA/Barclays for ease of replacement if they are lost. Traveller's cheques receipt(s) and a copy of the numbers should be kept separately from your traveller's cheques for security reasons.

Changing on Arrival

When you arrive there will be the opportunity to change money in the arrival hall. Alternatively there are places outside arrivals where you can change money with the aid of your crew. Remember to have US\$50 ready for your visa on getting off the plane.

The following should help you to work out what you will need to pay for once you are in Uganda:

What We Cover

- ✘ An airport pick up if arriving on the Saturday
- ✘ Transfer to the project site
- ✘ All accommodation & food whilst on project site
- ✘ Transfer back to the city of departure at the end date of the project

What We Don't Cover

- ✘ Accommodation & food prior to the project start date, if you arrive early
- ✘ Travel, accommodation & food at weekends (if you choose to leave the project site, as most Venturers do)
- ✘ Accommodation, food & travel beyond the end date of the project
- ✘ Accommodation & food between projects, or between a project / adventure combination
- ✘ Personal spending money (for souvenirs, alcoholic drinks etc)

The amount of spending money that you need in Uganda can vary greatly depending on how you live. Travelling on local transport, eating Ugandan food and being prepared to rough it a bit you can get by on very little. If you start eating in western restaurants, buying imported goods and staying in nice hotels, costs can soon rocket to almost European levels. For a typical Madventurer – a hardy breed, who like an after work beer and an occasional bit of comfort - we recommend £50 - £70 per week.

Communication

E-mail and Telephone

Generally e-mail is fairly quick and inexpensive throughout Uganda - between 20 and 50 shillings per minute, (about one pound sterling per hour). The connection can be slow and unreliable but on the whole it is very good and you will have access to the internet at least once a week at weekends if not during the week as well. As a rule the more rural you get the slower the access will be but in Jinja the connection is good with a number of different internet cafes for you to choose from. Yahoo accounts are generally faster to download compared to hotmail so you may want to set up an account prior to your arrival. It is advised that you set up address books to your friends, and delete any unwanted e-mails before you arrive in order to save you download times. If you are bringing a digital camera with you some of the internet cafes now have cd burning facilities for photographs should you need to create more space on your memory card.

Post

When in country your Madventurer crew will give you an address you can have letters posted to. You will then be able to pass on this information to family and friends via e-mail. As a few tips however:

- Ask the sender to put their name on the reverse of the envelope.
- Letters from the UK take approximately ten days.

- Please do not have anything of value posted to you including credit cards and prescription drugs.
- In an emergency if something needs to be delivered to you, the office should be contacted for further advice. There will be a number of occasions when Madventurer crew will be able to check for any post.

Public Phones

There are public phones situated along the Main Street in Jinja as well as telephones at each of the major campsites and hostels. These can be used to call both nationally and internationally. If you are wanting to receive a phone call the phone booths at the campsites have their number written on the handset. The prefix for calling Uganda is +256 followed by the telephone number minus the first zero. If you arrange with the caller to ring at a predetermined time you can be at the telephone ready to take the call. (Please take into account the two hour time difference – Uganda is two hours ahead of the UK).

Mobile Phones

We strongly discourage venturers from using mobile phones during their project for two main reasons:

- Firstly, a mobile is a very obvious display of wealth in a poor community, and can lead to feelings of jealousy among local people.
- Secondly, the Madventurer experience is all about getting away from the comforts of home and immersing yourself in a new culture and surroundings.

If you want to take your mobile (and it can be useful for keeping in contact with other Venturers and Crew), please keep it switched off at all other times and use at your own discretion. It is possible to buy a local sim card in Jinja that will reduce call costs significantly.

Crew Mobile Phones.

All of our Crew carry mobile phones, which can be used in an emergency. These are not available to make or receive routine calls.

Emergency Communication

If somebody needs to contact you in an emergency while you are in Uganda, they should call Mad HQ on **0845 121 1996**. Out of office hours this number connects to an on-duty member of our Overseas Operations Team. This person is the best and most able person to make contact with you at the project site.

Security

Southern Uganda is certainly one of East Africa's safer destinations, and with common sense precautions you are unlikely to experience any serious problems.

In most areas there is little to fear from violence, although foreigners can be a tempting target for pickpockets and con men. Never leave things lying around since they will certainly be stolen and be alert at all times, particularly in crowded areas or after changing money. Please be careful with your valuables. We advise that you do not bring expensive jewellery, cameras or watches etc with you at all.

Generally be very careful when you walk after dark and never walk alone at night. Take taxis in cities after dusk and around unfamiliar areas. When taking taxis always agree on a price before setting off. Try to stick with other people.

Be wary of anyone with a hard luck story, asking for assistance, soliciting sponsorship (particularly education) or anyone offering a deal to change money at favourable rates – these are often con artists.

It is worth splitting your money between various places and keeping a small amount of cash as a reserve in case of emergencies. Many Venturers use a body belt to contain the bulk of their money and keep daily amounts in a wallet. You can use your wallet to pay for daily items so that you don't need to

expose the money belt. Money belts/purses worn around the neck or as bum bags are not advisable, as they could make you a target for mugging.

The risk of becoming a victim of crime is greater when you travel away at weekends, but if you follow Crew's advice you are still unlikely to have any problems. Walking, especially alone, in Kampala at night is not recommended (like any big city, Kampala has more crime than less populated areas).

Be wary of anyone with a hard luck story, asking for assistance, soliciting sponsorship (particularly education) or anyone offering a deal to change money at favourable rates – these are usually con artists who make more money from gullible foreigners than they would by getting a job.

Cultural Sensitivity

Please remember that you are a guest in the local community and are representing your country as well as Madventurer. Always take time to treat people with respect and, although things may not happen as quickly and easily as they would back home, be patient and understanding. An ability to keep calm when frustrated will win you many friends in Uganda and will also improve your time on and off the project site.

Ugandans consider politeness and respect very important. If you want something from someone, you are far more likely to get it by addressing them as Sir or Madam and taking time to say a polite "Good morning" and "How are you?" before asking for it than if you are blunt or unfriendly.

Madventurer has a strict zero-tolerance policy on the use of illegal drugs. Penalties are severe if you are caught with drugs in Uganda, and there is very little either Madventurer or the British High Commission can do for anyone convicted of a crime under Ugandan law.

Language

Uganda differs to the rest of East Africa in its language. There are 32 languages spoken in Uganda, however the national language has been declared as English. This is useful for you! However, in rural communities, the amount of people speaking English decreases. The local language spoken around the Jinja area is Lusoga, and learning a few words will make your stay in Uganda more enjoyable.

English

Greeting (hello)
Response (I am fine)
Man
Woman
Thank you / Well done

Lusoga

Olyotia
Boulungie
Sebo
Nyabo
Jebalay

Country Guidebooks

This Pre-Departure Pack is designed to give you information about Madventurer in Uganda, not as a substitute for a country guidebook. We recommend that you buy or borrow a guidebook to read before you leave, and to take with you.

The *Bradt Travel Guide* to Uganda is probably the best guide to the country as it is one of the few books aimed at budget travellers that covers Uganda in detail rather than the wider region.

Footprints and *Lonely Planet* both produce reasonable guides to East Africa. These have the advantage of covering the whole route for our East Africa Beach and Bush; and our Wildlife and Spice adventures, but the down side of having one book for so many countries is that detail is more limited.

After Your Project

Feedback

We will ask you to complete a questionnaire at the end of the project and/or expedition to give us some feedback as to how you found your experience. Positive and honest feedback is appreciated by all members of staff and crew.

The Mad Tribe

After completion of your project you will be an official member of the Mad Tribe! This is so that you can stay in touch with the rest of the crew and your team, the wider family of venturers who have been involved in projects around the world and the mad team from Newcastle.

There is a Mad Ball in Newcastle each October which celebrates the return of all the crew and venturers from every project. It's also the chief's birthday so that's another good reason for a party.

You will also receive a monthly Newsletter with updates on worthwhile projects that are continuing around the world.

If you enjoy your project and you develop a passion for the mad tribe and the project work, then you might want to support future projects by making donations to The Mad Foundation.

We want your Blogs, Photo's and Video's

Before you depart you will need to set up your own MAD Blog (www.madtribe.com) by going to <http://www.madtribe.com/register> and following the online instructions.

At any point during your trip or when you return you can access the Mad Blog allowing you to keep everyone back home and us here in HQ up to date with what your doing or have been doing whilst on a Madventurer project.

The Mad Blog will also be a way for you to access the most up to date information regarding your project.