



Volunteer Pre-Departure Guide

KAYUNGA, UGANDA

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BUVAD VALUES

At the center of the volunteer experience are the core values, vision, and mission that make BUVAD the organization that it is. We ask that; as a BUVAD participant, you understand and remember these principles throughout your time abroad, in order to make your program a meaningful experience for both you and the communities in which you serve.

MISSION

To Promote human values for the people of Kayunga so that they may realize their full potential towards development for a sustainable living in future.

VISION

Realizing an improved standard of Living for the people of Kayunga District and Uganda as a whole.



LETTER FROM BUVAD

Congratulations again on your acceptance to BUVAD's program! This experience will spark a lifelong interest in development which will also be a chance to gain insights into other cultures and this can only be obtained through direct experience. This is going to be a chance to make a lasting impact on people and communities in our focal communities, and an opportunity that will make a lasting impression on your life.

Many challenges await you. It is likely that the most difficult obstacles you face will not be the ones that test your technical skills or knowledge. More often it will be the difficulty of gaining the cultural competencies necessary to do successful work in a community. It will be learning to see the problems facing a region from the eyes of a community member rather than through the eyes of an outsider. Remember that culture, community, and language should guide your work as much as your own knowledge.

During your program you will represent both yourself and BUVAD whenever. Many people in the region that you will work in have had very little experience with people from outside their country. As such they will develop opinions of you and the work of BUVAD through their interactions with you or what they hear about you. We ask that you take your visibility into consideration when you make decisions about your actions over here.

It is the intention of BUVAD to provide you with a broad support network to best position you for success, but at the end of the day, it is your effort that will most influence the success of your experience with BUVAD. You will need to take initiative and put yourself in situations that stretch your comfort levels. You will have to work within cultural contexts that can cause extreme frustration. Many other challenges await, but at the same time you face these challenges you also have an incredible set of opportunities. Go into the experience with the willingness to listen and learn. You will find that through this willingness you will increase your ability to give to your community.

This guide has been developed to help make clear what BUVAD expects of our volunteers and interns and what you can expect of us. We look at your internship or volunteer program as a partnership. It is our hope and belief that clear expectations are the foundation for a solid working relationship. Please read this guide thoroughly; it contains information that is crucial to the success of your experience and our partnership.

Above all, you should feel comfortable contacting us if you need any additional support or have any questions.

Good luck!



BUVAD STAFF ROLES

Executive Director: BUVAD's Executive Director Mr. Stephen Ssemutumba is a local expert in the field of community development. His experience and strong community ties make him a great resource to support you in your in-country project work.

Program Coordinator: The BUVAD program coordinator, the social workers and the Executive Director provide ongoing support to you. Once you're in the field, they serve as a bridge to the local culture and language and as lifeline when culture shock inevitably sets in. They are also available to advise you as you develop your program work plan.

Social worker: BUVAD's social workers coordinate the work done at BUVAD sites in different villages of Kayunga.

SAFETY & SECURITY

The safety and security of our program participants and staff is our first priority. Our safety and security protocols meet international standards and have been developed over 12 years of operation, and from the practical experience of our staff. We have rigorous and conservative safety and security procedures, including stringent security measures for students (such as restricted travel, curfews, and buddy systems) should any emergent or potentially emergent event occur.

We have identified physicians, health centers, and hospitals for routine and emergency care that meet standards of care for foreigners.

Also, on the very first day, we introduce our volunteers along with their passports to the local police station next the volunteer residence just in case of any assistance and security precautions needed by the volunteer.

The most critical components of your safety and security are our staff, who are also on call 24/7, and our network of Local community volunteers at each of our program sites. Our staff have the best knowledge regarding the potential of local events to become critical, and they have a network of community members to turn to for safety information.

All of our program sites are in safe areas. However, similar to your home country, certain common-sense safety measures must be taken. These will be reviewed extensively during orientation, when you receive a safety briefing. We emphasize that the most important ways

to



for

stay safe are to exercise good judgment, to have a strong network of local contacts, and to have an awareness of the potential harm.

BUVAD will do its utmost to provide a safe environment and a responsive support system to you throughout your experience. To ensure a safe and successful experience for everyone involved, we depend upon our staff to serve as a barometer of the local political, social and economic climates, and to use that knowledge to maintain a safe and secure environment for our volunteers.

BUVAD RESPONSIBILITIES

- Ensure a safe and secure host community.
- Inform you about safety and security in here through materials like this pre-departure guide. We equip you with the information and tools to be aware of the realities of your host community, to avoid situations that would put you at risk, and to manage these situations should they arise.
- Direct you to a preferred medical facility in the case of an emergency.
- Support you logistically and emotionally through any medical or emergency situation.
- Contact your emergency contacts in the case of a major emergency.

YOUR RESPONSIBILITIES

- Learn about the history and current events of your host country and community.
- Secure all recommended vaccinations before departure
- Secure legal and visa requirements for your stay.
- Follow the directions of your site team and the volunteer residence host team.
- Avoid volatile or risky situations. Travel with someone you know, and avoid being out alone after dark.
- Be aware of your surroundings. Walk purposefully and act as though you know where you are going.
- Notify your site team of any incidents of harassment, illness, accident, or any other serious event as soon as possible.



HEALTH PREPARATIONS

As a BUVAD participant, it is your **full responsibility** to identify and take all necessary health precautions prior to travel, during, and following the program. Please start your health preparations early, as some vaccinations must be taken as far as eight weeks or more before departure. Providing detailed medical advice is beyond the expertise of BUVAD so it is very important to consult the resources below as well as medical professionals such as your doctor or local travel health clinic.

Topics to talk to your doctor or local travel health clinic about:

- Vaccination against COVID-19
- Anti-malarial medications and mosquito repellent
- The symptoms of the most common illnesses contracted by travelers, and the appropriate treatment.
- Medicines and supplies for preventing and treating common illnesses and maladies like (but not limited to) diarrhea, dehydration, sunburn, food poisoning
- Yellow Fever
- Typhoid Fever
- Dengue Fever
- Altitude Sickness
- Nutrition (especially for those with dietary restrictions)

What happens if I get sick?

- For serious illness that may occur during your program, there are public and private clinics and hospitals available in most areas. If you should become sick, please alert the BUVAD site team the volunteer residence team immediately and they will ensure that you receive appropriate medical care. Kayunga is home to several very good hospital facilities and well-trained, sensitive doctors are easily found.



HEALTH RESOURCES

Center for Disease Control and Prevention (CDC)

Recorded information about health risks and precautions for

international travelers: 1-877FYI-TRIP (1-877-394-8747) OR
<https://www.cdc.gov/coronavirus/2019-ncov/vaccines/fully-vaccinated.html>

Traveler's Health for Uganda www.mdtravelhealth.com/destinations/africa/uganda.html

Global Malaria Prevention Contact:

GMPinfo@who.int

VISA INFORMATION

It is recommended that you procure a visa from the Ugandan Embassy or consulate in your home country before coming to Uganda. Normally, a 90-day, single entry visa can be obtained by foreign countries' citizens upon arrival at Entebbe International Airport for \$100 USD. For It is usually only through the embassy of your country that you are able to receive multiple entry visas for 6 or 12 months. Please check with a Ugandan consulate or embassy for the most current information.

The recommendations provided here are subject to change at any time. As a BUVAD participant, it is your full responsibility to secure the appropriate visa and ensure the full legality of your stay in Uganda during the program.

VISA RESOURCES

Most travel information can be found at the website of the Ugandan embassy in your country or at the Ugandan E-Immigration System website at; <https://visas.immigration.go.ug/#/help/visa>



PACKING & LUGGAGE

RECOMMENDED PACKING LIST

Clothes

- A warm jacket and/or sweater
- 2 -3 Pants/ jeans
- 2 - 4 Dress pants/khakis for men who are working in an office environment
- 1 - 3 Knee-length or longer skirts, for women skirts are more acceptable than pants
- 3 Dress shirts for women or men
- 1 - 2 Long-sleeved warmer shirts/tops
- A nice outfit for special occasions
- A pair of comfortable sturdy shoes
- 2 pairs of sandals: outdoor and indoor/slippers A pair of close-toed dress shoes for work and/or special occasions
- Rain boots A bathing suit
- Sturdy cotton socks/nylons if needed for dressier outfits
- Modest sleepwear
- Hat for sun protection
- Windbreaker or light waterproof jacket and umbrella, rain coat in case it rains during a walk.
- Multiple shirts appropriate for work, leisure, travel
- Bathing suit, sarong, and other beach gear

Health and Hygiene

- Anti-malaria pills
- Sunscreen / sunblock (high SPF)
- Pain reliever
- Antibiotics for travelers' diarrhea (due to some unusual food to the stomach)
- Any medications you use (in their original containers) and a copy of your prescriptions
- A supply of hand wipes and anti-bacterial hand lotion
- Personal hygiene products: shampoo, favorite toothpaste, tampons (which are difficult to find and expensive) Sunglasses, glasses (extra pair if you have a prescription or contacts), copy of your prescription and saline solution
- Strong insect repellent and itch-relief cream (you will get bitten by insects at some point during your stay)
- Vitamins

Practical Supplies

- Steel or plastic water bottle
- Flash torch for emergency lighting in case of a power black out
- A mobile phone
- Travel alarm clock
- Reading material
- Medium-sized pack for day and weekend trips
- Towel (Families may not have them, and they are useful for beach days)



- Vaccination booklet
- Insurance card
- ATM Card
- Visa Card (MasterCard is NOT accepted here)
- Photocopies of all documents
- Cash (U.S currency; 50's and 100's from 2006 or later), Travelers' Checks are not recommended

- Small gifts for your host community friends (optional)

Documents and Money

- Passport
- Airline ticket

LUGGAGE FAQ

What kind of luggage should I bring?

Don't overdo it – pack lightly so you can travel more easily and store your bag in small places. Think in terms of a backpack, duffel bag, or moderate-sized suitcase and a daypack. Bags with shoulder straps are preferable to suitcases because they're easier to carry. Check the domestic airline luggage limit to avoid baggage fees!

What should I bring in my carry-on luggage?

We recommend that you carry all valuables (money, credit card, passport, identification, immunization booklet, insurance card, etc) and a complete set of clothes (change of shorts, pants/skirt, underwear) in your carry-on luggage in case your checked bag is temporarily lost or delayed.



What documents should I bring?

You should bring your passport, vaccination booklet, insurance card and list of the BUVAD contacts in Uganda and bring two copies of each. During the program, keep the originals and one copy safe in your suitcase and keep the other copy on you at all times.

What are some items especially difficult to get in Uganda?

Tampons, batteries (can be found here but are very expensive), novels (only found in Kampala and are quite expensive), face wash, hand sanitizer, good shampoo and conditioner, good chocolate (chocolate here has anti-melting agents in it that diminish the taste). You can find almost anything in Kayunga and if it is not available here then you can go to Kampala. However, western products tend to be really expensive so it is better to bring necessities from home.

CLOTHING FAQ

HOW ARE CLOTHES WASHED?

Washing machines will not be available—your clothes will be hand washed and line dried. You will wash your personal items by first soaking them in powdered detergent and then washing them by hand. Please note that hand washing is much rougher on clothing than the “normal” cycle on a washing machine, so your clothes will endure a lot more wear and tear. Also, there is a common stigma surrounding ladies’ underwear being aired outside. After women wash their underwear they hang them to dry inside their room (preferably in a closet or behind a door out of sight).

WHAT TYPE OF CLOTHES SHOULD I PACK?

Keep in mind that darker colors are easier to keep clean, and consider what kind of work you will be doing: for example, many times you’ll be working in a rural area, it is likely you’ll need to wear sneakers, whereas an urban school will require dress shoes or nice sandals. Lightweight clothes that will breathe in the heat are highly recommended.

WHAT SHOULD I WEAR?

The rule of thumb (for men and women) is to dress conservatively.

At work: Women should plan on wearing skirts or nice pants most days at the office and every time they go to a village. Ugandans have little qualms about women showing skin above the waist but showing legs is considered inappropriate. Skirts should reach at least the bottom of the knees or below. However, note that skirts that drag on the ground may be problematic due to dust and mud. Shirts should not be risqué, but sleeveless shirts are fine providing they are not spaghetti strapped and low cut. It is also a good idea to bring blouses, decent looking t-shirts and polo shirts.

Men

It is
men



should plan on wearing pants or slacks and short-sleeve shirts during the day. uncommon for Ugandan to wear jeans as they are quite hot to wear. If you are working in town, you

should bring a decent looking pair of brown/black shoes. Ugandans will polish their shoes every morning before work so make sure that you are wearing something that suits. You should bring polo, collared, or button-up shirts (especially if you are working in town), and some decent looking t-shirts.

After work or on the weekend: In Kayunga and especially in Kampala, Ugandans dress is typically similar to yours at home. Girls and boys alike wear jeans, t-shirts and shorts. You can wear casual clothes, but must make sure that you are clean and your clothes are free of wrinkles or holes. Ugandan's are impeccable dressers and are always seen wearing freshly ironed clean clothing.

At home: Though it is best to remain conservative and neat, pants and even shorts may be okay. The best thing to do is to observe those around you and see what your family wears and try to match them. Both men and women should bring one nicer outfit in case you are invited to events such as weddings or burials, or in the case that you give a presentation as part of your work. A pair of sturdy sandals that you can walk in is also essential, and a pair of close-toed shoes for cooler evenings during rainy seasons. You may wish to bring a bathing suit to use if you travel. You should also bring a raincoat or umbrella, as well as a hat for the sun and sunglasses.



ELECTRONICS

ADAPTERS

If you do decide to bring your laptop or other electronic devices you will need voltage converters which convert to 230V-240V with a “g” plug (or a UK plug). Converters can be bought in Uganda; however, to be safe you may consider purchasing one before departure.

LAPTOPS

We highly recommend that you bring a laptop because you will need one for your project planning and reporting. Access to computers at our organization office will be limited and it is highly unlikely to have one at the volunteer residence.

For internet communications, you can use a smart phone internet by securing a local sim card and using USB tethering on your laptop. If you do decide to bring your laptop, please take the necessary precautions! It should be in your carry-on bag to take on the plane and you should keep it at your host family's home. Taking a laptop is at your own risk, and entails the possibility that it could be lost, stolen or damaged. BUVAD is not responsible for your possessions.

SHOULD I BRING MY IPOD?

IPods are becoming more common; however, you should generally not walk around with one in plain sight because this will draw attention to you and could put you at risk for theft. Keeping it secured and hidden on your person or at home and listening to it with your volunteer residence members is perfectly fine. You may not have a television or a radio, so it is nice to bring something that you can listen to your music on.

FOOD & WATER

Can I drink any water I find?

NO. Do not drink the water. You are only to drink water that is bottled, has been treated or is boiled.

Where can I get safe water?

It is hot in Uganda, so please pay close attention to your hydration at all times and be sure you're getting plenty of (safe) water. The volunteer residence attendant will make purified/boiled water available to you. When visiting other families or communities; bring your own bottled water with you at all times, and when in doubt, drink a bottled beverage.

Passion-fruit juice is quite common in Uganda and it will look tempting on a hot afternoon. Do not drink the juice unless you are positive that the water added to the juice has been



boiled first. Never buy passion-fruit juice from a store or stall (no matter what the shopkeeper tells you).

The most sustainable way to ensure that you always have a supply of purified water available is to bring a travel water bottle and refill it each morning from the volunteer residence supply. You may also consider bringing water treatment tablets for backup, though bottled water is normally more convenient and available in any small shop or supermarket.

What do most people drink?

Most families drink tea, usually in the mornings and in the afternoon “teatime”. Tea is usually served with milk, but you may request it without if you are lactose intolerant. Families also drink either water or passion fruit juice, or occasionally a soda to honor a visitor in the home.

What is typical food?

The main staples in Uganda are rice, matooke (mashed green banana), sweet potatoes, Irish potatoes, cassava, ground nuts, fish and maize. The Ugandan diet is based on fresh local produce. Most foods found in the country, especially in the restaurants, are rich in carbohydrates.

Ugandan meals (lunch and dinner) generally consist of one or more foods and sauces. “Foods” are matooke (steamed, mashed bananas), rice, posho (maize meal cooked with water until it is thick enough to eat with your hands), Irish potatoes, sweet potatoes, or cassava. These foods are eaten with a “sauce” such as peanut (groundnut, or g-nut) sauce, beans, or occasionally fish or a small amount of meat (goat, chicken, or beef) in a large amount of stock. Fresh fruits and vegetables, such as pineapple, mango, papaya (paw paw), bananas, passion fruit, jackfruit, tomatoes, beans, carrots, cabbage, etc. are readily available. Note that most food comes from the family’s garden and local markets, so the nutrient balance is not closely monitored. If you are concerned about your nutrient intake, you may consider bringing vitamin supplements.

How vegetarian friendly is the local cuisine?

Meat is not served often in most households and is reserved for big celebrations or parties so, it is easy to accommodate a vegetarian. Please be specific as to your preferences (i.e. whether you eat chicken but no red meat, or no animals, etc.) and let the BUVAD staff know beforehand.

**What foods should I avoid?**

Avoid uncooked food, street vendors and restaurants that have not been recommended by the BUVAD site team. Do not eat fruits or vegetables that have been washed with water unless they are peeled or the water was treated beforehand. Other foods likely to be offered that you should avoid unless they are prepared properly by your host family are Muchomo (barbecued goat, generally served on a stick), passion fruit juice (and other freshly squeezed drinks), milk or other dairy products (there is no refrigeration). To prevent parasites and diarrhea, you will want to eat lightly upon arrival.

Can I eat fresh fruit from street stands, and trees?

In Uganda, you are likely to encounter an abundance of fresh fruit. As a rule, if you can peel it, you can eat it! Avoid peeled fruit served on the street.

How should I express my preferences, or turn down unsafe food offered to me? In many places food is an important form of hospitality and it is cultural practice to offer food and drink as a welcoming, friendly gesture. Never put yourself at risk, but please be diplomatic in expressing your needs. Take care not to offend your hosts or counterparts with negative comments or facial expressions.

Your host family will be notified of what you can and cannot eat or drink, but you should also be sure to tell your family what you do and do not like to eat. You should feel comfortable politely asking your family for food to be less oily or salty, to mention that you like fruits and vegetables, or to be given more or less food.

Are there any Foreign Country - style restaurants?

Yes. There are many Foreign Country style restaurants in Kampala and Jinja where you can get things like sandwiches, pizza, pasta, salads, or steaks. There are also some very good Indian food restaurants. Kampala has a wide variety of cuisine as well. Most small restaurants in Kampala and Jinja serve local food such as matooke (boiled and mashed bananas), posho (maize flour), potatoes, cassava, along with beef, chicken, goat meat or a peanut sauce. Restaurants also typically prepare French fries ("chips") with chicken, liver, or sausages



COMMUNICATION

Staying in touch with your family and friends back home is important. You'll be eager to share your experiences and accomplishments while gaining reassurance and comfort by

communicating with them. Here are some ways in which this will be possible during your stay in Uganda.

What is the best way for friends and family at home to reach me?

The best ways to communicate with your family and friends back home are through email, Skype or receiving calls on your Ugandan phone.

You can come along with a cell phone to use in-country and by a local Ugandan sim card.

You will have to purchase credit to cover personal calls you want to make and data for internet communications. The network is fairly consistent in and around Kayunga. It is recommended that you purchase a calling card or phone plan that will allow you to make international calls. It is very expensive to call from your cellphone and landlines are rare in Uganda.

Please notify your friends and family that reception is often quite poor on international calls and there will be a few moments delay when talking. Also, service may cut off at any time or you may lose your network so that your friends/ family cannot contact you. Inquire with your home phone service provider about the best way to avoid the expensive charges of calls, internet data, or even when others leave you messages. You may want to keep your home cell phone off the entire time you are in Uganda. Please ensure that your friends and families are aware of this and understand that it is best not to schedule international calls at exact times. You can also call phones using Skype.

Can friends and family call me?

Unfortunately, it specifically has to be on your cell phone only. Phone credit is purchased in a 'pay as-you-go' system, so it is not appropriate to ask to use someone's phone unless you will pay them for the time used.

Is there access to internet and email?

Yes. You can purchase an internet modem (\$30-\$40) which uses USB connection to connect local internet service to a computer. This can be used anywhere from urban areas and even rural villages

How do I call home?

Calling home on a mobile phone is expensive. If you need to call someone it is recommended that you call them and tell them to ring you back. When people are calling you they will dial +256 (the country code for Uganda) and then your cell number, but omitting the first 0.



MONEY

How much cash should I bring with me?

Plan on having US \$100 in cash when you arrive, as well as an ATM card and an emergency credit card. You can exchange money when you arrive at the airport at Entebbe. U.S dollars are best, do not bring travelers check's as they are difficult to exchange and bring a lower rate. Please note: you should bring \$50 and \$100 bills minted after the year 2006 to be able to exchange your money at Forex Bureaus.

How much money should I plan on spending in country?

BUVAD covers all of your necessary expenses, including room and board, in-country transportation, orientation and debriefing sessions. You may want additional money, however, for entertainment, snacks, books, gifts, newspapers, weekend excursions, additional transportation and health emergencies. You should budget for about \$10 a day and about \$150 for a weekend trip. If you plan on visiting one or more of the beautiful tourist attraction sites around Kayunga and the rest of Uganda the cost will be a little more depending on how many people you are going with. Safari weekend trips will be closer to \$200 to \$400. There is quite a bit of activity in and around Kayunga and Jinja our neighboring District. It is best to research the costs of activities that you would like to do in Uganda and budget accordingly. Never carry a large sum of cash or your passport on public transportation; if you must, please do so with caution. Bring only what you need for the day and use a nondescript bag to carry books or papers.

How can I get cash?

Monetary Unity & Exchange Rate



There are two ATMs in Kayunga and several in Kampala that will accept international ATM or Visa cards. There are several Foreign Exchange Bureaus

in Kampala if you want to exchange dollars. The ATMs in Kayunga are located at Stanbic Bank, Centenary Bank and all of them are in walking distance of the BUVAD office. Withdraw enough that you do not have to make frequent withdrawals because chances are the bank machine will not be working when you need it to be.

There are no Forex Bureaus in Kayunga.

Money is only exchanged in Banks. Traveler's checks are not recommended as they do not get a good exchange rate and are not widely accepted.

Monetary Unit

Ugandan Shilling

Exchange Rate

The current exchange rate is approximately 3,630 UGX to the US Dollar, but check it again before you leave.

What is the local attitude towards bargaining?

Bargaining is definitely part of the culture here and is expected at the local market. There is also a "Mzungu" price (foreigner price) that most taxi drivers and dealers will try and give you. In the beginning it will be difficult to know if you are getting cheated, but the Site Team will give you a breakdown of costs during orientation.

TRANSPORTATION

When should I arrive in-country?

Arrive one or two days earlier to the program start date in time to meet the airport pickup. The representative from BUVAD will be waiting for you at the greeting area of the airport upon your arrival. They will have a sign with the letters "BUVAD WELCOMES (your names)" on it. OR You can hire/book a tourist car to transport to our centre in Kayunga. You can also click on our google location [link](#) for google directions to the centre in Kayunga.

If I arrive late night (past 9:00 pm) difficult for the scheduled pickup how do I get picked up?

You will need to book a cheap hotel in Entebbe then you can be picked up early next morning. However, we strongly advise that you book a convenient flight whenever possible that arrives in the course of the day. OR You can hire/book a tourist car to transport to our centre in Kayunga. You can also click on our google location [link](#) for google directions to the centre in Kayunga.

IN-COUNTRY TRANSPORTATION

Can I travel after dark?

It is not recommended to travel after dark. If you happen to be in town at night make sure you are with people (preferably someone from BUVAD or another local) and call a Special Hire

to take you home. You SHOULD NOT use a taxi, bus or boda-boda (hired motorcycle) at night.

Is it safe to go out at night?

As in most big towns around the world, it is not advisable to walk around at night. If you must, do not go alone and try to take a Special Hire. It is best to travel with a local who knows which places to avoid.

What kind of transportation is available?

Kayunga and Bukolooto are relatively small towns and most things are accessible by foot. However, should you need it there are other forms of transportation available as described below:

Taxis: Taxis are small mini buses that carry 14 passengers (though frequently the driver will try to squeeze in 20), and travel in and out of Bukolooto or Kayunga along the same routes. They are usually white with a blue stripe around them and are very distinctive. There is always a driver and a conductor who will hang out of the window calling for passengers or calling out where the taxi is traveling to if it is going out of Kayunga.

Boda bodas: Boda bodas, known as ‘piki pikis’ in some parts of the country, are motorbikes with seats on the back to take 1 passenger (or 2 or 3 or 4), and Kayunga is packed with them.



They are probably the least safe form of transport, but are very quick for going short distances. The fares are definitely negotiable and the drivers will sometimes start quite high if they think you are new in town. Please know that riding on the moped or motorbike boda's is strictly prohibited while participating with BUVAD. Bicycle boda's are allowed but can also offer considerable risk.

Special Hires: Special hires are the same as taxis, and are usually white sedan cars. They drive around town and will call out to potential customers although they are also found in groups at taxi ranks,



called a stage. You can also one by phone if you happen to know a driver's phone number. Fares are negotiable are generally expensive.

VOLUNTEER RESIDENCE

BUVAD accepts both long and short-term volunteers and has housing located in the projects field office centre. Our Centre a residence of one of the volunteer staff has a guest room inside the main house and 2 guest rooms outside the main house but closed up in a wall fence with a lockable gate. The washroom and the toilets are located in the backyard. There is a porch overlooking the front of the guest rooms where you can sit to read a novel in your free time, make gymnastics early in the morning and or watching the moon and the stars at night. A bigger group of the volunteers can be hosted in village families that provide a typical African setting.

It takes about 15 - 20 minutes to walk from the bus stop to the Centre, or you can catch one of the boda-boda's(a hired motor cycle). The residence is next to Bukoloto trading center that is characterized by small stores for basics and more specific staples like beer or produce. Even volunteers traveling to stay in families away from the centre/residence will be making their reorganization from the centre.

If you are looking for a place to get away from it all, you will love it here. The residence is very quiet and you will rarely see cars zooming past. Take stroll down to the main road and make your way to the villages for a nice hike, or grab a chair and some fruit or a beer and sit out on the porch with a book. People are very curious and friendly and if you are in front of the house, you will have many visitors and plenty of opportunities for conversation. Please understand that power is regularly off rather not stable and during such circumstances the Centre uses hurricane lanterns for lighting, creating a very romantic setting for your African adventure.

For those that will be staying with families in the villages, most villages have no power and the commonly used source of lighting is the hurricane lanterns.

As BUVAD is in a period of tremendous growth, there are many expenses that come with this. As you make your decision to volunteer here, we appreciate any efforts you might make towards fundraising within your own community on our behalf. Anything you can donate towards making your Volunteer work as comfortable as possible is particularly appreciated. This could be books, solar lanterns, screens for the windows, extra furniture or anything you can think that will make you and future volunteers feel more comfortable.

Our volunteer residence and focal area are located near several tourist attraction sites you will want to make part of your schedule. Many can be done in a day and some you can make overnight trips out of.

- Kayunga Town where you can find music and dancing at the recreation center, cinema halls, trading and restaurants (7km)
- Kangulumira, includes fishing and the Kalagala Waterfalls, among other sites (20km)
- Busaana, along the Nile and includes fishing and a ferry crossing into Jinja (20km)
- Bujagali Waterfalls, for rafting. Good tourism facilities (40km)
- Lake Kyoga, located in Bbaale (60km)

Have fun along The Nile River banks at Kalagala water Falls site in Kayunga District.

What types of gifts are appropriate to bring for my volunteer residence host team? We suggest that you bring small and modest gifts for your volunteer residence host team as a token of goodwill and gratitude for their hospitality after you stay with them. Ideas include: souvenirs of your hometown, state or university, chocolates/candies, inexpensive watches or jewelry, school supplies for the children, etc. It is possible to purchase small gifts in country too, but regional gifts are special. Your host team will also greatly enjoy seeing pictures of your hometown and family. Use your imagination!



CULTURAL PRACTICES

The following are designed to be a few notes on some of the issues that foreigners are most struck by when living in Uganda. Being aware of some of these issues before your arrival in Uganda should help you during your transition into Ugandan culture.

How important is punctuality in Ugandan culture?

The concept of time is very flexible in Uganda. Some Ugandans will be significantly late by western standards, and often there is no way to communicate when someone is running late or is unable to come. Participants must be prepared to be flexible with time and not expect things to happen as punctually as they may be accustomed to. However, it is important to strive to be on time yourself as much as possible, even while understanding that others may arrive later.

How do people in Uganda feel about privacy?

Privacy is not a value in Ugandan culture. You will often be surrounded by people or children, particularly if you live in a village. Many Ugandans are not shy about asking questions once they know you. There may also be many more people in a small house than you are accustomed to, but you should always be allowed privacy within your room.

How do people in Uganda greet and say goodbye to each other?

Extended greetings are very important to Ugandans, and you should at least learn the greetings and some other basic vocabulary in Luganda in order to appropriately converse with non-English speaking Ugandans. Hospitality is also very important to Ugandans, which they will often demonstrate through offering food or drink. It is polite to accept whatever they offer and thank the person who has cooked the meal. If you are not hungry or concerned about the safety of the food, you can politely decline the food or drink and explain that you are not hungry. You will be provided with an English to Luganda Book for you to learn more vocabulary.

How do Ugandans feel about romantic relationships?

Polygamy is common in Uganda. In polygamous families, each wife lives separately with her own children and each family cooks their own food. The co-wives may live in different parts of the same “compound.” Families, both polygamous and monogamous, also usually have many more children than in western countries. Many households include many more members than the nuclear family—they may also include grandparents, aunts, uncles, cousins, half-siblings, a “girl” that the family “keeps” (who cooks and cleans in exchange for room, board, and sometimes a very low monthly wage), and orphaned or vulnerable children (either related or unrelated) that the family has taken in.

What is religion like in Uganda?

Religion plays a major role in the lives of many Ugandans. 85 percent of Ugandans are Christian (roughly evenly divided between; Pentecostals, Protestants and Catholics), 11 percent are Muslim, and the remaining 4 percent are Hindu, Jewish, or animist. Many Ugandan Christians are very vocal about their faith, and may press you about your beliefs or ask you if you are “saved” or “born again.” Religion, generally Christianity, also plays a major role in many community organizations and families, and prayers to begin gatherings are common.

MANAGING EXPECTATIONS

An important part of ensuring you have a positive experience in Uganda is to manage your expectations from the very beginning. Remember that you are arriving to learn and be a small step in the overall sustainable development process. It is normal to feel lost and perhaps even without purpose at the beginning. Our suggestion is to follow the 3 Ps:

BE PROACTIVE

- Good relationships lead to good projects, not the other way around. Take the initiative to begin to form relationships in your organization and with other people that you meet in Uganda.
- Your supervisor will often not give you specific tasks. You may feel you are without direction. Take a moment and think of something you can be doing or working on. Think of possible obstacles and solutions in advance. Accept that you may have more free time than you are used to; relax and do something for you.

BE PERSISTENT

- You may need to ask for things you need more than once. You are your own best advocate. Even if it takes a few tries, don't give up on asking for what it is you need.



- Things may not work out on the first try (or second, or third, etc). Analyze what did and did not work and try again.

BE

- No matter how frustrated or confused you are, always be polite. Remember that you are not at home and that rash reactions can often offend. Learn a few stress management techniques and see which works best for you. Learn the difference between being firm and being rude.

Development is often a painfully slow process. Take the time before you arrive to mentally prepare yourself for a different pace of life and work. Keep in mind you may need to change your definitions

POLITE



of productivity and success. Even small accomplishments and projects require significant amounts of time. Be prepared to be frustrated at times; adjustment and adaptation can be difficult, especially at first. If you ready yourself for these realities before you arrive, the process will be easier once here.

WORKPLACE FAQ

What is the general perception of work in Uganda?

Work is valued in Uganda and you will always hear stories from people about their successful sons or siblings. In the villages, work is generally divided according to your gender. Women's work is cleaning, washing of clothes, cooking, raising the children and maintaining the gardens. Men's work is handling of the finances, controlling his household and doing the larger more strenuous jobs in the fields.

In the cities there are gender roles in some job sectors; for example, taxi drivers are almost all men. However, in most job positions you can find both men and women.

What is a typical workday like?

BUVAD has its offices away from the volunteer residence in Kayunga town. Most of our project sites are in rural areas in the villages. You may be expected to travel distances to implement your project, while rarely working in the main office. This is a great opportunity to meet the community members BUVAD serves. The day-to-day work culture of Uganda is very different from most western countries. Work schedules are generally very flexible – it is more acceptable for work to be interrupted by issues such as lack of transportation, weather, family commitments, burials, planting or harvesting, etc, than in most western workplaces.

Most organizations work 5 days a week, about 8 hours, and sometimes on Saturdays. Adherence to work schedules and work conditions varies considerably and is different in rural areas and in Kayunga .

How do people in Uganda view time and/or punctuality in the workplace? Time and punctuality are generally not valued in Ugandan culture. Don't be surprised if you try to hold a meeting for 2pm and you are the only one sitting there at 3pm. Some people refer to this as "African Time," and it is a cultural facet you will have to adjust to. However, with that said, there are some people that do respect punctuality a lot. It is best that you always keep time (to avoid the situation that you are late for something) and just bring a good book along with you to read while you are waiting.

RACE, SEXUALITY, & GENDER

How you interact with others (and they with you) will initially have a lot to do with preconceptions. You'll feel more comfortable once the inevitable "getting to know you" period is over, but keep some cultural norms in mind:

RACE AND ETHNICITY

In Uganda, you may not encounter the same level and/or kind of awareness and sensitivity surrounding race relations and conceptualizations of heritage as you may be accustomed to finding in your home country. If you have features associated with an Asian heritage, you may be referred to as "Chinese." If you have fair skin, kids and adults will shout out, call or greet you as "Muzungu" (meaning either European or someone who speaks English). Even persons with dark skin and an African heritage will sometimes be referred to as "Muzungu", in this case meaning any westerner or, often any person showing the appearance of wealth associated with western nations. On the other hand, they may just assume you are Ugandan, and you will be treated as a local. If you have features associated with an Indian or South Asian heritage, you may be referred to simply as "Mu-Indie." In most cases, these names are not necessarily derogatory terms; many people use them simply because your skin color or features are unusual or intriguing within that context. Please be patient and try to remember that, especially in more rural areas, your appearance is most likely very unusual and provokes curiosity in locals especially kids. In some cases, it may be valuable to engage the people you meet in a conversation about the specificity of your heritage.

SEXUALITY

Sexual orientation or preference is not a topic that is openly discussed in Uganda. Please realize that homosexuality is not regarded with the same understanding or sensitivity in Uganda as in other places, especially in more Christian settings. Please do your best to take this into consideration when discussing such issues with other members of the community. Also take note that homosexual relations are illegal in Uganda. The local community members may not be comfortable discussing the topic of gay rights for fear of persecution, even if they do not agree with President Museveni's anti-homosexuality bill. It is safe for participants of all sexual orientations and identities to travel to Uganda, but understand that you will likely be assumed to be heterosexual unless you specify otherwise.

are
men
and



GENDER

Expect to get a lot of unwanted attention. If you are a woman, it is likely that men will talk to you in the street, attempt to engage you in conversation or even offer

marriage proposals. Use your common sense. The best thing to do is to ignore them and to not take things too seriously or take offense. Do not give out your phone number to people you don't know. You can explain that you are living at BUVAD center and are not allowed to receive calls or visitors.



DISCRIMINATION

The previous three sections are not written to validate or excuse discriminatory behavior. In Uganda, when someone refers to you as Mzungu, the majority of the time they are not doing so in a discriminatory fashion, but more out of lack of understanding regarding diversity. Not only is there a lack of awareness regarding diversity of race, gender, and sexuality, you may also find a lack of awareness in regard to religions, ethnicities, and nationalities. This lack of understanding/ awareness does not always translate into discrimination.

However, if at any time you feel discriminated against at the centre, or during your volunteer work or interactions within the community, please inform the BUVAD site team immediately so we can help. We will work with you to ensure that you are able to enjoy your time with BUVAD to the fullest without worrying about discrimination.

LANGUAGE GUIDE

PRACTICE

As a former British Colony, many Ugandans speak English. English is the primary language used in schools and therefore most people within and around the cities speak fluent English. There are numerous local languages spoken throughout Uganda. In Kayungadistrict, the local language is Luganda, and some people also speak Lusoga. It is very useful to know some vernacular when dealing with local taxi drivers and in the market to avoid being cheated and to show that you are not a tourist.

AT WORK

All communication, both written and oral, will be in English. Staff may occasionally talk with each other in their local language. Do not take offense at this and know that it is just sometimes easier to use vernacular. If you feel that it is becoming a problem though (i.e. you don't know what's happening at meetings, etc) then talk with your supervisor or to your BUVAD staff mates.

IN THE COMMUNITY

In Kayunga district, the main languages used are Lusoga (which is the local language) and Luganda which is mostly a business language and is widely spoken around the country. Someone at your volunteer residence will know how to speak English but it will be very much appreciated by the community and your family if you learn some of the local language. A small hand book of English to Luganda will be provided.

KISWAHILI

Kiswahili is spoken throughout East Africa, and most Ugandans understand some basic swahili as a result of traveling or working with other East Africans.

DICTIONARIES AND PHRASEBOOKS

These can be expensive and difficult to find once you are in-country, so we recommend getting one before you leave. Oxford and Collins produce good pocket ones, and you can often get older copies free from a school or public library.

TUTORING

If you are interested in tutoring upon arrival, please let us know. We will help you set up sessions.

FILM GUIDE

ABC Africa (2001)—At the request of the United Nations International Fund for Agricultural Development, Iranian filmmaker, Abbas Kiarostami traveled to Africa to make a film about the work of the Uganda Women's Effort to Save Orphans, a volunteer group established to provide food, shelter, and care for the more than one-and-a-half-million children left to fend for themselves in a nation torn apart by war, poverty, and the AIDS epidemic.



Idi

General Idi Amin Dada (1974)—Ugandan dictator Amin Dada was but a distant irritation to everyone but his own countrymen and the British Empire until his perfidy

became headline material in the early '70s. The first director to provide an in-depth study of this gregarious madman was director Barbet Schroeder, with his General Idi Amin Dada. In this documentary, Schroeder and his crew travel to Uganda to spend several days with the despot, one-on-one.

War Dance (2006)—Set in civil war-ravaged Northern Uganda, this Best Documentary nominee for the 2008 Oscars follows the lives of three youngsters who attend school in a refugee camp and find hope through a rich tradition of song and dance. Coming from a world in which children are abducted from their families and forced to fight in the rebel army, these kids give it their all when they travel to the capital city to take part in the prestigious Kampala Music Festival.

Kassim the Dream (2008)—This is the story of World Champion Boxer, Kassim “The Dream” Ouma - born in Uganda, kidnapped by the rebel army and trained to be a child soldier at the age of 6. When the rebels took over the government, Kassim became an army soldier who



was forced to commit many horrific atrocities, making him both a victim and perpetrator. He soon discovered the army's boxing team and realized the sport was his ticket to freedom. After 12 years of warfare, Kassim defected from Africa and arrived in the United States. Homeless and culture shocked, he quickly rose through the boxing ranks and became Junior Middleweight Champion of the World.

Dr. Lucille (2000)—This made-for-TV drama is based on the true-life story of Dr. Lucille Teasdale (Marina Orsini), who was one of the first female surgeons to practice in Canada. After establishing a practice in Quebec, Teasdale was reintroduced to Dr. Piero Corti (Massimo Ghini), a fellow surgeon she first met while studying in Montreal. Corti persuaded Teasdale to join him as he traveled to Uganda, and they soon fell in love and got married. Corti and Teasdale dedicated themselves to helping heal the people of Uganda through poverty, plague, and bloody civil war; together they founded St. Mary's Hospital, which was regarded as one of the finest medical facilities in Africa.

RECOMMENDED READING

- Uganda Since Independence: A story of unfulfilled hopes, by Mutibwa
- Developing Uganda, by Holger Bernt Hasen
- Uganda at 50
- Museveni's Uganda, by Tripp

White Pumpkin by Denis Hills

This book describes the life of Denis Hills, a lecturer in Makerere University, and Idi Amin the Ugandan dictator in the 1970s. Because of the criticisms about Amin found in this book, Hills was sentenced to death by a firing squad for treason but was saved by a personal appeal from the Queen.

Abyssian Chronicles by Moses Isegawa

At the center of this unforgettable tale is Mugezi, a young man who manages to make it through the hellish reign of Idi Amin and experiences firsthand the most crushing aspects of Ugandan society: he withstands his distant father's oppression and his mother's cruelty in the name of Catholic zeal, endures the ravages of war, rape, poverty, and AIDS, and yet he is able to keep a hopeful and even occasionally amusing outlook on life.

The Mountain People by Collin Turnbull

In 'The Mountain People', Colin M. Turnbull, the celebrated author of the classic 'The Forest People', describes the dehumanization of the Ik, African tribesmen who in less than three generations have deteriorated from being once-prosperous hunters to scattered bands of hostile, starving people whose only goal is individual survival.

The Lunatic Express: An Entertainment in Imperialism by Charles Miller

Entertainingly written nonfiction of what led to building a railway to an uncharted land, and the early consequences of it, until the beginning of WW1. The book shows how small events created the present day borders, locations of cities of East Africa. And how bureaucrats were busy slowing down everything with red tape 150 years ago.

Fong and the Indians by Paul Theroux

This is a comic-moral tale about an innocent Chinese store-keeper in East Africa. Although cheated and manipulated by those around him, Fong maintains his sorely-tried faith that "man is good".



RECOMMENDED WEBSITES

The BBC's time line of key events in Uganda

http://news.bbc.co.uk/1/hi/world/africa/country_profiles/1069181.stm

Local articles featuring Uganda <http://allafrica.com>

<http://www.nation.co.ke/>

Archived articles from The New York Times

<http://query.nytimes.com/search/query?query=Uganda&srchst=nyt>

General overview of Uganda <https://www.cia.gov/library/publications/the-worldfactbook/geos/ug.html>

Other Ugandan news sites

<http://www.newvision.co.ug/> <http://monitor.co.ug>

BUVAD Facebook group page (Please Join us)

<http://www.facebook.com/groups/buvad2000/>