

1. Medical information

- a. <http://www.cdc.gov/travel/eafrica.htm>
- b. Personal experience with injections, vaccinations, pills, etc.
- c. Vaccination: International Certificate of Vaccination for Yellow Fever required if arriving from infected area within 5 days
- d. Malaria is present and it is recommended that you get a suppressant.

2. Passport and Visa information

- a. U.S. Passport must be valid 3 months beyond intended stay
- b. Visa required, effective 01 March 1999
- c. Tickets and Documents for return or onward travel

3. Additional things to know

- a. UTC +3
- b. The electricity format is 240 VOLTS (a step-down converter is recommended for important gadgets)
- c. You can bring your laptops along.
 - i. Internet/Email is available at the CRC offices and at internet cafes around the country.
- d. Country Code 256, City Code, Kampala Central 41+6D, Jinja Central 43+6D, Mubende 464+4D

4. Be sure not to forget to take your:

- a. Sunscreen
- b. Bible
- c. Camera
- d. Journal
- e. Personal Medical Materials (Prescription meds, etc.)
- f. Bug spray (with DEET)
- g. A pair of sheets
- h. Small gifts for friends you will make
- i. Malaria Meds

5. Weather

- a. Although Uganda straddles the Equator, its altitude makes the climate temperate year round.
- b. The bulk of the country enjoys the tropical climate with temperatures averaging about 26 C during the day, and 16 C at night. The hottest months are from December to February when the daytime range is 27 C to 29 C. The rainy seasons in the south are from April to May and October to November, the wettest month being April. In the north the wet season is from April to October and the dry season is from November to March.

During the wet seasons the average rainfall is 175 mm per month. Humidity is generally low outside the wet seasons.

6. Dress

- a. Light-weight clothing supplemented by sweaters for the evening is most practical. Rainwear is needed during the rainy season.
- b. When attending business meetings and trips to the field, it is advisable to dress as you would in a North American business setting.

7. Culture Notes

- a. Ugandans are very hospitable and enjoy conversation. Chit-chat is extremely important. Make an effort towards conversation if you can.
- b. When new people are introduced to each other, they shake hands. This is also done very often when ever people meet and are parting company.
- c. Kissing cheeks is not very common. Most people are okay with a hand shake. Hugging is common among acquaintances.
- d. Ugandans like hosting their guests. It could be offensive to the host if you refuse to accept food offered to you, but with a tactful and honest approach you can turn them down where necessary.
- e. Long dresses are better especially in the rural areas. Women should avoid shorts and transparent dresses. People in towns are more free with make up and short dresses than in rural areas. Shorts for both men and women are not common for normal wear except as beach wear. When visiting business offices one should avoid shorts, sandals, and other casual attire.
- f. There is no one Ugandan Culture. In fact, there are as many cultures as there are peoples.
- g. There are diverse cultural groups speaking more than thirty-three languages. Uganda has the Bantu communities, the Luo, Sudanic, Atekerin, Nilotic and Hamities. Culture, like a person is born, grows and dies. The cultures of different peoples in Uganda were molded by both the natural and social environments obtaining in the specific areas where a particular people lived or migrated from. Primarily the culture of the South/West and Central is Bantu, the North and East are the Luo and Sudanic (Nilotic) People. Cultures in Uganda pass over the borders of neighboring countries in most cases. Although most cultures of Uganda are tradition community and chief based cultures; several of the major tribes are ruled by monarchies. Among these are: Buganda, Bunyoro and Tooro kingdoms.