



FAQs

1. What is the weather like in Uganda in July and August?

Uganda only has two seasons: wet and dry. July and August are part of the dry season. This does not mean, however, that there won't be torrential rain that will suddenly fall from the sky! The Ugandans feel that anything below 15 degrees is much too cold and above 28 degrees is much too hot. It is a humid climate so 28 degrees does feel warmer than in Kelowna. You will feel hot and sweaty. A hat against the sun and sunscreen are a must along with an umbrella and lots of drinking water which will always be provided for you.

2. Is it safe?

Uganda is known as one of the safest sub-Saharan countries for backpackers. We always travel in a group and you will never be sent anywhere alone. As are all houses in Kampala, our guest house is surrounded by a wall and is guarded at all times. The biggest risk in Uganda is the traffic.

The war that you will read about is in the North. We will not be traveling into that area. As a side note, that war in the North has died down in the past two years. If you want to know more about it, you can visit the Invisible Children website www.invisiblechildren.com.

3. What is the food like? I cannot eat (blank) or I am a vegetarian. Will this be a problem?

Throughout the world, people are not used to as much variety in food as we are. We will be served a lot of: beans, rice, fresh indigenous fruit, cooked vegetables, stews, and meat at least once a day. Niteo's priority in menu planning is safety of your food. All food is either cooked or peeled. Nothing that cannot be peeled is served raw. No special meal will be cooked for any one team member. You will need to eat from what is served. A positive posture of gratitude and open-mindedness is appreciated. We will be eating a lot more and a lot better than the majority of Ugandans while we are there. Every team will enjoy a Chinese meal and an Indian meal out at restaurants. On safari, the experience is different as we are travelling to a resort. A wider variety of foods will be available there.

What about vaccinations/medications before we go?

Everyone must have a yellow fever vaccination. You cannot travel into and out of Uganda without it. You must carry a dose of Cypro in case you get any type of gastro-intestinal infection. You are also required to travel with Malarone against malaria. These two medications are required and no substitutions will be accepted. These requirements come from our experience! We are not doctors but we have travelled to Uganda several times

and we take our health very seriously. We have been vaccinated against Meningitis because we work with children, we are vaccinated against Hepatitis, we have had our M/M/R boosters, we take oral medication for typhoid, and we take Dukoral against Cholera and intestinal upsets.

What should I wear?

Ugandans dress very well. In any professional setting, the men are always in dress shirts and long pants and the women are in long dresses or skirts and blouses. We ask that you be dressed comfortably but professionally when we visit schools. When we are visiting the orphanages, you can wear capris and t-shirts or blouses. You can wear what you want on safari. No spaghetti straps, backless tops, bra straps showing, or short shorts and skirts. It is very dusty and the ground is uneven. You may want to avoid flip-flops and wear comfortable shoes.

Most of your clothes will be too dirty to wear twice unless you have them washed which will be a limited service at the guest house.

Youth must be respectably dressed when we are visiting the schools. Pants for boys and longer skirts for girls with short-sleeve shirts will be required. Closed-toe shoes are also necessary.

A Niteo t-shirt will be provided to everyone before we leave.

What is the language in Uganda?

The language of education is English so almost the whole population speaks English. Ugandans also speak Luganda and most speak a tribal language.

What are our accommodations like?

We will be staying at the Eva Ruff Resource Centre which has a guest house. There are three bathrooms with showers and a sink/toilet room as well. Rooms have either king sized beds or bunk beds. The beds are clean and mosquito nets cover each bed. There is water for showering almost all the time, hot water most of the time, and electricity most of the time! It is safe, clean and comfortable. There is also internet and computers there for you to use to communicate with loved ones at home.

Will we have a chance to experience more of Uganda or is it all a work trip?

We will travel around Kampala to visit different schools. You will see private schools as well as slum schools for orphans. We will visit orphanages and hopefully travel to Jinja to see the source of the Nile. A three day safari is included in the cost of your trip.

What do I really need to know for this trip to be successful for me?

Be flexible! This is the key when you are traveling in a developing nation. We will have an itinerary for each day but things can change very quickly. Ugandans have a different concept of time than we do. Because we can be stuck in traffic for hours, we make limited plans for each day. You need to trust that the leaders of the trip have everyone's best interests at heart and are doing everything possible to make this trip a success for everyone.

What will we do?

Depending on your team, the activities could include visiting schools, working in orphanages, helping build an orphanage, swimming with a kindergarten class, attending a traditional church service, visiting a craft fair, seeing the source of the Nile, eating traditional food, various restaurant experiences, shopping in a local supermarket, professional development with teachers, orphanage care-givers training... Part of what you are doing is familiarising yourself with the educational projects of Niteo so that you can continue to promote what Niteo is doing when you return to Canada.

Will I get a tax receipt?

Yes.

Are there medical facilities if I get sick?

There is an international hospital that we can go to in an emergency. If the case is severe, we would air-vac you to London. This is covered by your insurance.

What is included in the cost of the trip?

Everything from the time we leave Vancouver until the time we return to Vancouver. You will only need spending money and money for a couple of lunches. Previous team members have travelled with anywhere from \$300USD to \$500USD as spending money, depending on how many souvenirs you want to buy!

For more information:

Niteo values learning. We expect that you will educate yourself about this trip. Please read the Niteo Blog to learn from the 2009 trip: niteoafrica.blogspot.com

As well, please visit the following websites:

www.irinnews.org (Humanitarian News and Analysis from the UN)

www.newvision.co.ug (New Vision Newspaper in Uganda)

CIA website - The World Fact Book - Uganda

