

Uganda Mission Trip Information

These are a few things I found out last year, and some things that I wish I'd known about before I left home. I hope they are of some use.

Costs

- £500 Mission Expenses (Hotel Bed & Breakfast, transport in Uganda)
- £400 Approximate cost of airfare
- £20 Uganda Visa if bought at Entebbe Immigration
- ??? Spending money, meals etc

Vaccinations

Uganda is a tropical country and therefore the following vaccinations and antimalarials are necessary: You should go and see your doctor as soon as possible, preferably at least 4 months before you travel as some vaccinations eg Yellow Fever have to be given a month or more after others, some require a booster and some are a series of injections over a time period such as Rabies & Hepatitis B (if you decide to have them)

MUST HAVE

- *Yellow Fever* – Cost about £40.00
- You may not be allowed entry at immigration if you do not have an up to date Yellow Fever certificate.
- *Hepatitis A, Typhoid, Diphtheria, Polio, Tetanus* – *FREE!*
- Malaria – Tablets on private prescription from your doctor:
 - i) MALARONE – probably the best, cost about £60 for a 2 week trip
 - ii) DOXYCYCLINE – cheaper, but you must take for 4 weeks after returning, cost about £15
 - iii) LARIAM – said to have serious side effects including mood changes and hallucinations, price unknown.
 - iv) Prices vary from chemist to chemist so shop around.

OPTIONAL

Meningitis, Rabies, Hepatitis B, Tuberculosis, Cholera

Medicines and hygiene

Take with you any medicines that you normally need and in addition take:

- Paracetamol
- Diarrhoea relief e.g. Imodium or similar generic equivalent
- A couple of small bottles of hand sanitizer – it's not always possible to wash your hands when you're out
- Wet wipes
- Antiseptic wipes and plasters
- Sun cream and after sun lotion

Insect Repellent

- A MUST – better not to get bitten than rely on the antimalarial tablets.
- 100% DEET can be bought from Millets – useful if going into an area where the mosquito population is high.
- 50% DEET is OK for normal use and can be obtained from many places.
- Aerosols are great for spraying your hair, but tend to put so much into the air for normal use that people 10 yards downwind get a large dose as well. Useful for spraying around door gaps and windows.
- Pump Action tend to be more expensive but are more user friendly.
- Single use wipes – I found these to be excellent and would recommend taking them – easy to apply while travelling in a car where the above would be impractical. Buy at Tesco's/Sainsbury ~ £1.20 for three.
- Roll on – similar to the wipes but tend to apply too much.

Insect repellents work by blocking their ability to “smell” you. Insect repellents must be the top layer on your skin – put your sun cream on first and then the repellent on top – if you don't they will find you!

Fly Spray – when you get to Uganda buy some fly spray. In the evening, close all windows and doors, spray your room and bathroom and then go out for a while. When you come in at bedtime anything that might have been in the room will now be dead! Still use your mosquito net, but this now becomes your second line of defence.

Mosquito Nets – All hotels usually have them, but it is still wise to carry your own just in case the hotel ones are badly torn. Get a double one that is impregnated with Permethrin – single ones would seem to be useless as most hotels have double beds only!
Being an electrical type person I tend to carry a small roll of PVC electrical insulation tape everywhere with me – what a blessing this was as it came in useful repairing the odd small hole/tear in a hotel mosquito net! Applied to both sides of the net seals the hole - Peace of mind is just a piece of tape away!

Sun Cream - The sun in Uganda is very hot all day long and you should apply plenty of sun cream to all exposed areas of skin during the day time. If you need to re-apply your sun cream during the day remember to put more insect repellent over the top.

Food

Avoid anything made with water, unless it has been boiled – avoid ice cubes, fruit juice (usually made from concentrate) salad is probably washed in tap water.
Peel all fruit.
Remember - Peel, wash, boil, cook

Water – drink plenty of it, but only drink bottled water, or if you must boiled water. Never drink tap water. Bottles are cheap in supermarkets in Uganda. When to go to the airport for your flight home take plenty with you as you may have to queue for 2-3 hours and there is nowhere where you can buy it.

Currency - Ugandan Shilling (USH) £1.00 ~ (USH) 3,300 at current exchange rates

Prices

Meal in a restaurant (USH) 15,000 ~ £4.50
Bottle of water or soda (USH) 500 ~ 15p

Clothing

- Some people say use long sleeves & trousers if you go out at dusk/night. As it is usually warm at night I found that t-shirt, shorts and plenty of insect repellent on exposed skin was preferable.
- You won't need coats, except for when you get back to the UK. If it rains it doesn't last long and you quickly dry out.
- Take plenty of clothes – I went through 2 sets a day.
- Take a tube of travel wash, available at most supermarkets - a teaspoonful will wash a sink full. I washed virtually every day – my room looked like a Chinese laundry! Due to higher humidity, washing can take up to 2 days to dry out.

Language – English is the national language and many people will speak it. It is the language that all school work is done in, but if a person hasn't been to school then they might not speak it. Learn a bit of Luganda, if nothing else it will make them smile!

The following words/phrases are written phonetically – i.e. say what you see:

We ba ley	Thank you
We ba ley en yo	Thank you very much
O li o tia	Hello, how are you?
Jen di	Fine thank you (in reply to Hello, how are you?)
Wan gi	Pardon? What did you say? Yes?
Owan gi	Excuse me!
Mwa too	Please
Nedda	No
Ameena	Amen
Yey su	Jesus
Moo kam a	Lord
Moo kam a yea basi bwe	Praise the Lord!