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Les Plaideurs des Enfants et des
Personnes Agees a risque

Pleaders of Children and Elderly People
at risk

PEPA/Organization.

ID Number:PEPA/NGO S.5914/9697

- MAKINDYE DIVISION LOWER KONGE, BRUNO ZONE, KAMPALA- UGANDA.
- Q. kyshero, Kinshasa Ave. N0.1 GOMA- DR.CONGO
Tel: +256 785313808, +256772698675.

PO.BOX: 75757 KAMPALA, UGANDA

Email: info.pepaorg@gmail.com, web: www.pepahumandignity.org

PEPA's Volunteer Guidelines 2013

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PART I

AN OVERVIEW

Welcome to the PEPA Organization volunteer program. The volunteer program is for people aged 18 years and over, who are keen to see and experience more of the world in a very personal and direct way. The intention is to give participants an opportunity to live and work in a local community. An opportunity to really get to know the culture and the people, and to gain an understanding of what it is to live in a developing country. An opportunity to make a difference.

You will be living, working and socializing with Ugandan people – this is an amazing opportunity to partake on a cross-cultural exchange of ideas, language, culture and customs between two very different worlds. We can learn so much from each other if we remain non-judgmental and take the time to get to know people and issues before forming an opinion. Travel is the ultimate way to challenge our perceptions, values and beliefs in life. It creates lasting friendships and memories of a fascinating country, which would not be achieved as a tourist.

Typically, we expect our volunteers to come through several volunteer placement agencies worldwide. Volunteers coming to volunteer independently are also welcome but please consider the following:

YOUR SKILLS

PEPA Organization is looking for professional volunteers with skills and talents to offer to PEPA Organization Projects and our staff. This could be skills in the medical field, preferably with experience in tropical medicine, HIV/AIDS, Counseling expertise in human rights, computer networking and database management, skills in community development, experience in fundraising and resource mobilization, proposal writings or someone with other professional skills that can build the capacity of PEPA Organization in serious ways.

Note: Please include a resume or CV when inquiring about volunteering with PEPA Organization.

YOUR ROLE AS A PEPA ORGANIZATION COMMUNITY VOLUNTEER

It is our pleasure you are in Uganda to contribute to the community. Essentially, your program aim should be to make a difference to the welfare and quality of life of the people here, even in a small way, by finding as many ways as you can to contribute your knowledge and skills. PEPA Organization will provide you with an organizational framework within which you will operate. Don't be afraid to ask for more responsibility or extra roles!

The more that you can do (within reason), the greater your sense of fulfillment is likely to be. Make use of your opportunity to build relationships. Through these, you can help the process of creating a more harmonious and just world, where people are respected and their needs are put first. Ugandan people are friendly and welcoming, so there shouldn't be a lack of invites!

However, it is important to keep in mind that Ugandan people live in a world very different to yours. Opportunism is rife amongst Ugandans. People are used to living without much and each day is a struggle, so seeing wealthy westerners will attract attention from people who think they can get something from you. This may be money, possessions or even asking for sponsorship to your home country. Remember that you are in the country as a volunteer and are helping the wider community, not just one individual. Explain this to people if they approach you, or if a friend starts asking for things. It is for the wider good of the community and for future volunteers if you refuse these requests. It teaches self-sufficiency and means people may not be so quick to ask future volunteers for items, money etc. *“It's important to remember that what's to be gained from a volunteer position goes well beyond the central work assignment. The understanding generated by cultural interactions is of immeasurable value.”* (PEPA founder and coordinator”).

In one way, you'll be a solo traveler. You will be on your own, away from family and friends, in a totally different world, where nobody knows you. However, unlike a solo traveler, you won't be totally free to do “anything”. It is not possible for you to do your own thing and then walk away from the consequences without a care in the world. For many months, you will be living, working, and socializing with people in one place. Very importantly, you will be working in a position of responsibility – working with the **local children, Women victims of rape, vulnerable communities, various schools, children home care** – and it is vital to remember that it is a privilege to work here and the local people will not want you to abuse the trust that they are giving you. It is natural that they will expect you to be a role model for their children, both inside and outside of your placement. Important aspects of your role:

1. Be yourself. Continuously acknowledge yourself for your commitment and courage in taking on the challenge of living and working as a volunteer in a developing country;
2. Be willing to do whatever it takes to fulfill your task;

3. Be willing to be non-judgmental;
4. Be prepared and follow the guidelines for your placement;
5. Be flexible – if something isn't working, try something else; and
6. Accept your placement as being „perfect“ for you.
7. Allow at least 2 weeks to adjust and culturally understand the differences between our communities. The more you know about the people, the more likely you are to be accepted by them.

You will also be seen as an ambassador of whichever country you are from. Your behavior will shape the perceptions and attitudes of the locals towards your home country, (however fair or unfair that may seem). Therefore, it is important that you act respectably for the entire duration of your program and always take this into consideration.

PEPA ORGANIZATION EXPECTATIONS OF VOLUNTEERS

1. Commitment and Flexibility

We ask for a genuine commitment in your contribution to your placement and flexibility with the nature of tasks undertaken by you. Although we aim to accommodate specific skills you may have, we cannot always guarantee this. Everyone is guilty of forming an impression of the experiences ahead, the advice offered is to erase those images and expect the unexpected!

2. Cultural Sensitivity and Tolerance

The culture of Uganda is very different and at times may seem unfamiliar and uncomfortable. It is important to be accepting of the unpredictable and unexpected occurrences of living in a foreign environment. You are in Uganda to experience *Ugandan* culture and you will need to allow people to have their own attitudes or beliefs, or to behave in a particular way, even if you do not agree or approve. You will also experience levels of poverty, dirt, filth and pollution that will stagger you at times. Along with all of this, however, you will have the most amazing experiences and learning!

3. Support

As a PEPA Organization volunteer, support is vital. We ask that if you need support, you ask for it – whether it be from your Coordinator, or your fellow participants, if you are at placement with other volunteers, we ask that you offer your support to them, as they will offer it to you. You will become a powerful team if you work together. Your coordinator in Uganda is there to provide you with assistance and support whilst you are in Uganda in a variety of ways. You are always welcome to approach your coordinator. They are there to assist you with any questions, to support you through any upsets with your placement etc. While their role is not to „babysit“ you through your program, you are not alone and assistance is always available for you when or if you need it. Between yourself, and your coordinator, we can resolve *most* problems which may arise, so don't be afraid to ask. We also recommend that you do not spend too much time with fellow Volunteers. It is often easier to spend time with people who you already know or who speak your language, but in the long run, this will prevent you from really getting to know the local people. Usually, after the first few weeks of your program you will find that your need for support from your group will lessen. As you make friends at your placement or with other locals, you will find that life is very busy, meeting and socializing with locals!

TERMS AND CONDITIONS OF PARTICIPATION

It is part of your role to work within the terms and conditions that you signed with PEPA Organization Remember that there are consequences to breaking these agreements, and they are in place for the good of the program. Following the agreements will enhance your time in Uganda as they are designed with the community and your program in mind. They are based around socially acceptable behavior in Uganda.

YOUR PERSONAL QUALITIES

To make the best of your experience on your program/placement and in Uganda, you will need (or need to develop) these qualities:

1. *Self-motivation* - It will be up to you to keep yourself going. Although you will have the coordinator and other colleagues, you need to keep your own goals in mind and ensure the program meets your needs. Make the most of your time in Uganda by keeping your motivation up and completing all of the projects undertaken and pursuing your own outcomes and reasons for participation.

2. *Friendliness* - There's no better way of getting accepted by locals, people you are working with and the general community than by being genuinely friendly. Humor also helps when you feel unsure or have made some mistake.
3. *Flexibility* - Living standards, societal culture, food, transport and medical facilities are some of the many things in Uganda that are very different to what you are used to. You'll need to be able to change easily and adapt to different conditions and circumstances as they occur.
4. *Resourcefulness* - You'll need to be good at finding ways of dealing with problems and difficulties quickly and efficiently. Resourcefulness will be especially useful in making something from nothing.
5. *Initiative* - You'll be drawing upon this important quality often. The people of Uganda tend to wait for someone in authority to tell them what to do but that approach won't work for you. You'll have to be able to see what needs to be done and then do it, in an intelligent way, without needing other people to give orders or instructions.
6. *Open-mindedness* - Uganda's culture is different to your country's and so there will be many times when people have different attitudes and beliefs. You'll need to be willing to listen to, and consider, other people's ideas and suggestions.
7. *Tolerance* - You will be a *guest* in Uganda and will need to fit in with *our* culture. You'll need to allow other people to have their own attitudes and beliefs, and behave in particular ways, even if you do not agree or approve.
8. *Cultural sensitivity* - People in Uganda are still very conservative. They react with scorn and shock at anything that deviates even slightly from what they regard as morally correct. As a member of the community you will need to be sensitive to that and adjust your behaviour accordingly. You will **NOT** have the luxury of being totally free to do anything, or be anybody, that you want.
9. *Non-judgmental* - Don't be too ready to judge and criticize other people and their different approach to life. Take time to get to know people and issues before forming an opinion.
10. *Being a team member* - You will need to work as part of a team, both with PEPA Organization staff and the people in the community. Making decisions will be a team activity and you need to be prepared to discuss and dismantle ideas!
11. *Finally, it is important to be patient and avoid making hasty conclusions that are critical of the alien culture.* Seek to understand, not to judge, remembering that you are just as mysterious to them as they are to you.

BENEFITS TO YOU

By participating on the Volunteer program, you can expect the following benefits:

The rich experience of immersing yourself in a very different culture. • Increased personal autonomy and independence.

1. Development of your relationship, work & life skills.
2. Learning how to give without expecting anything in return.
3. Improved self-esteem.
4. Life-long friendships.
5. Meeting some fascinating characters!
6. Working with other people who share your beliefs and values.
7. Appreciating your life, other cultures and this world that much more!

BENEFITS TO THE PEPA ORGANIZATION PROJECTS AND THE COMMUNITY

Here's a sample of the impact you may have on the locals:

1. Contributing to the success of PEPA Organization projects
2. Bringing prestige and honor to our target group, simply by talking to them or visiting their homes. You'll find many will experience great joy in sharing your company.
3. Setting up and completing projects in the community that will benefit many Ugandans long after you have gone.

4. Inspiring local children to strive in life.
5. Exposing people in the community to different ways of thinking about life, work, families, and women's role in society, education, personal health, politics, spirituality, religion and the environment.

PART II

Information about PEPA's projects

Experience Africa's one of the most beautiful countries by volunteering in Uganda. The lush green Uganda is famous for its Gorillas, the bulkiest living primate, as the region from where the great river Nile flows fed by snow capped mountains, the place where you can witness amazing Sesse Islands and sadly also for rampant poverty despite impressive economic growth of late. Uganda is also home to many different ethnic groups as over forty different languages are spoken in the country, but English still remains the lingua franca. The capital city, Kampala, is vibrant and modern.

In this fascinating land, PEPA has many meaningful volunteers programs like teaching English to students of poor families, Refugees, spend time with orphans, health project and HIV/AIDS project, empowering women victim of rape, domestic violence, Youth and Women leadership empowerment, spend time with elderly people for cultural sharing, organize youth and elderly people for life experience and cultural exchange, empower elderly people to leading small income business... Join one of our volunteer projects and uplift the lives of deprived people while enriching your own life through the experience. You will not only discover what Winston Churchill described as 'the pearl of Africa' because of Uganda's stunning sceneries, you'll also experience a side of Uganda most visitors never get to see by volunteering in PEPA meaningful projects. This truly will be an unforgettable experience for you.

HIV/AIDS PREVENTION

In Uganda, many areas are severely lacking in sufficient medical services and HIV/Aids awareness. Nearly every family in Ugandan villages and townships has had someone who is sick or has died from HIV. Therefore, education continues as an important weapon in the fight against this prolific disease. PEPA volunteers work alongside local staff to provide awareness programs at both a community level (to schools, community groups and institutions) and at a personal level (with individual counseling and home visits). The program is divided into four areas and volunteers generally participate on these as they are required and where they have experience/where they feel comfortable – HIV/Aids Education and Awareness, HIV/Aids Counseling Training (TOT), Voluntary Counseling and Testing (VCT) and HIV/Aids Community Outreach. Volunteer duties can include the following; Training members of the community to become peer educators in HIV/AIDS, nutrition and to be counselors; Providing outreach to HIV/Aids sufferers, through counseling, cooking, washing clothes, cleaning and delivering food supplies to those infected or affected by HIV/Aids; Compiling information and assisting in printing HIV/Aids awareness materials such as booklets, handouts and brochures which will be given to the Ugandan communities in which you work to prevent the spread and reduce the stigma of HIV/Aids; Educating secondary schools, churches and other community groups about HIV transmission and prevention. This can also include the provision of free HIV blood testing and counseling to schools and other members of the community. NB Due to the specialized knowledge and skills required for the program, volunteers must have a working in history in an HIV/Aids environment or strong background knowledge on the subject.

CHILDREN

There are many orphans in Uganda. Many children have been orphaned by the HIV/AIDS epidemic or have been abandoned due to extreme poverty or other unfortunate social situations. Oftentimes children are saved from a life of young soldiers or are rescued from human trafficking circumstances. There is an immense need for people to volunteer with orphaned Ugandan children. PEPA presently works with more than 10 orphanages in Uganda. In our projects, you help orphaned children with daily life and extra-curricular activities. You should have a passion to serve orphan children. You must be willing to provide love and care and brighten up the lives of the children. You'll also need to patient and flexible. For vplunteers wishing to work in our children program, you have to demonstrated that you lived before with children , it may be from your families, niece or friends.

Volunteers need to be pedagogical, inventive and able to make education fun and creative to grab the children's interest.

PEPA advocates for improvement in sanitation by policy-makers, while also practically helping the neediest sections of the population by putting up simple latrines to save the children from preventable diseases like cholera, worms, dysentery and diarrhea.

If Volunteers are to assist at school, the required subjects are having the minimum of national certificate (secondary school certificate) and above from the faculty of education, social science,...

Volunteers working in with PEPA generally show support by tutoring (mostly English) the children at the orphanage where they are home-schooled and assisting/educating them in areas of personal hygiene (i.e. brushing, flossing their teeth) and life skills. You may also help with math, science or other subjects. As a volunteer in the orphanage project, you also help with homework and encourage their academic progress. Afternoons and evenings are fun times. You will organize activities, games, sing-a-longs and dances as well as other creativity-based activities to teach the children. In the orphanages where children attend a school, daytime activities for volunteers include: administrative work and helping with cleaning, cooking and gardening or teaching at the local school, you may also help teachers at the local school.

With Elderly people, explore how older people define their well-being, and is developing participatory ways in which older people can help each other to achieve their well-being.

Provide the tools and campaigning materials that could exert massive influence and transform how WRVS works with older people and the way we approach living well in old age ...

With women including victims of rape

In general, think of the leadership capacity building(like Women leadership academy), planning family...

When approaching survivors of rape, please note:

- Listen to the person, but don't ask for details of the assault. Don't ask them why they didn't stop it.
This can make them feel as though you blame them.
- Offer practical support, such as going with them to appointments.
- Respect their decisions, for example whether or not they want to report the assault to the police.
- Bear in mind they might not want to be touched. Even a hug might upset them, so ask first
- Don't tell them to forget about the assault. It will take them time to deal with their feelings and emotions. You can help by listening and being patient,
- Tell them to feel normal, relaxed and to consider themselves as important and powerful in the society.

Activities include:

Its activities include

- **support to survivors:** victims are offered counseling, legal and medical aid, psychosocial support and emergency accommodation;
- **education:** awareness of gender-based violence and HIV/AIDS is raised to induce long-term changes in behavior;

- **research and advocacy:** information is gathered to fine-tune the organization's activities and to bring about changes in policy and legislation;
- **economic empowerment of women:** through the provision of targeted training, the economic dependency of victims and potential victims is reduced;
- **Perpetrator rehabilitation:** counseling and resolution services are offered to curb the incidence of sexual violence.

Project Information

Who manages the volunteer projects in Uganda?

Pleaders of Children and Elderly People at risk (PEPA)-(Plaideurs des Enfants et des Personnes Age à risque)'s Coordinator and his focal team in Uganda is responsible for researching appropriate volunteer projects .

What are the daily schedules of the project?

Project schedules vary for each project in Uganda(Kampala , Kasese and Ibanda districts . Most volunteers participate in their respective/assigned projects from Monday to Friday for 4-6 hours a day. Most volunteers have the weekends to themselves where they can see the local sights and explore Uganda on their own.

Where are the projects located?

PEPA's projects in Uganda are located in the following towns/cities:

Kampala is the capital and largest city (population of approximately 1.2 million) of Uganda and is just 10 km from Lake Victoria . The city of Kampala offers a plethora of attractions such as Ssezibwa Falls , the Ugandan National Theater, the very active Balikuddembe Market and Nakasero Market as well as numerous historical sites providing glimpses into Uganda 's past. Said to have been built on seven different hills, each hill plays some significance in Uganda 's history.

KASESE and IBANDA DISTRICT with a conjoint partner Love Africa ministry, are part of largest commercial centers in Uganda and is located in Western /South Uganda – approximately 300km from the capital city of Kampala .

PART III

Plan your journey and be prepared

Arrival and Departure

What is the language spoken in Uganda ?

Luganda is the spoken language in Kampala,

Lukonzo in Kasese District and Lunyakole in some part of Ibanda district,

NOTE: educated Ugandans are generally fluent English-speakers.

Who will arrange my flight to Uganda?

Airfare is the responsibility of the volunteer.

Which airport should I book my flight into?

Airfare should be booked to arrive at the Entebbe International Airport , located in the city of Entebbe . Upon arrival, a PEPA Volunteers representative will pick you up and transfer you to your arranged living accommodations.

What should I do if my flight is delayed?

Contact PEPA Volunteers's Ugandan In-Country Coordinator from the airport, informing him/her of the possibly-delayed arrival time; the In-Country Coordinator will check the status of your flight before your arrival time to ensure your pick up.

Check your placement instructions pertaining to details of hotels that have been recommended for late arrival if your flight is to arrive after midnight;

Call/email the In-Country Coordinator upon arrival in Uganda so that he/she can make take the necessary steps to ensure a prompt pick-up.

How can I get to the hotel from the airport if I did not see PEPA Volunteers representative in the airport?

In the event that your arrival time is changed/delayed, requiring you to stay overnight in a hotel (or if you failed to meet PEPA Volunteers's representative at the airport), you should hire a taxi at the airport who will take you to a hotel designated in your placement details/pre-departure information (and do remember to request a receipt from the driver). ALSO: make sure that you PEPA Volunteers's In-Country Coordinator BEFORE boarding the taxi. Participants are advised to contact PEPA Volunteers's Ugandan In-Country Coordinator the next day and let him/her know their whereabouts.

What do I need prior to departure from my home country?

Make sure that you pack all your necessary documents (passport, visa, clothes, insurance, documents)

Prepare financially, in advance, to cover various expenses

Prepare your mind and spirit for the duration of time you have committed as the cultural shock may be so intense that you may even want to quit the week following your arrival.

When should I depart from Uganda?

We suggest that participants depart from Uganda any day after their project is completed.

Which airport will I fly out of?

All volunteers will depart from Entebbe International Airport , located in the city of Entebbe .

Can I store my luggage if I arrive earlier than my program starts?

Yes, you may, but please note that this service is usually charged and/or calculated on an hourly basis. So, do not leave your luggage at the airport for an extended amount of time.

Who will arrange my accommodations and what are they?

As PEPA/Organization is more a community based organization, it has no financial support, still in struggle to get support ,The volunteers will have to arrange the payment before she/he arrive in collaboration with PEPA Volunteers's In-Country Coordinator in Uganda . Volunteers stay with a host family (hostel, house rental or stay with a friend) in Uganda .

If I arrive with my friend, or girlfriend/boyfriend, can we stay together?

Yes, but participants are required to inform PEPA Volunteers's Ugandan Coordinator of this prior to arrival so that he/she can make the appropriate accommodations beforehand.

Will there be other foreign volunteers/interns at my placement?

POSSIBLY ,This usually depends on the exact placement (i.e. project) and your preference in this issue.

Can I use appliances if I bring them from my home country?

Yes, you may use appliances from your home-country. Please note that Uganda uses 240v/50Hz. Standard outlets receive Type G Plug – rectangular blade plug (pictured below).
Electrical Plug Details

What are the local cuisines? Who manages food?

Ugandan cuisine usually consists of the following:

Matoke: a staple dish made from bananas

Bread made with millet (a type of grain native to the area)

Cassava root which is often made into flour

Sweet potatoes

Chicken/beef stews

Fresh water fish (often originating from Lake Victoria)

Local specialty: Warangi , a banana-based gin, is Uganda 's national drink.

Is the running tap water safe for drink?

Tap water in Uganda is not safe to drink. Host families, friends, can provide participants with boiled water. Please note that the water needs to boil for a minimum of 20 minutes to be safe to drink. Volunteers may purchase bottles water throughout the day.

Are there hot and cold water facilities available?

Specifics pertaining to availability of hot water will be included in participants' placement details. Note: this should not be expected in ALL accommodations as Uganda is a developing country.

Health and Safety

How safe is Uganda?

Uganda has been home to some of the more gruesome atrocities in modern African history since its independence in 1962, particularly under the heinous dictator Idi Amin, but in the years since 1987 things have consistently improved. Today, in 2005, the single party state is relatively stable after 19 years of stereotypically 'strong man' rule by Yoweri Museveni who seems torn between embracing more enlightened government and clinging to power (by amending the constitution to allow himself to serve a third ten-year term). A major concern for travelers in the northern part of the country, however, is the Lord's Resistance Army , who have been making the Acholi, Lango and Teso districts lawless and dangerous since 2002, although they have been active insurgents since 1989.

Travel north to Murchison Falls National Park is safe, but the north and east of the country are particularly volatile, so one is well advised to get the latest news updates before traveling there. Note that overlanders from Tanzania and Kenya regularly make the trip routing through Jinja

As in any urban area, Kampala can be dodgy. One is well advised to remain in tourist areas, but sensibly garbed visitors not dangling the latest cameras, flashy jewelery or bulging bags are not likely to draw unwanted attention to themselves. However, any caucasians walking in the street stand out and are likely to be stared at openly, which may cause discomfort to those unaccustomed to travelling in Africa . What little begging exists is some of the most polite and inoffensive to be found in African cities. Small children are sadly becoming a nuisance in some rural spots frequented by tourists doling out sweets and coins, but nowhere near the swarming throng one can attract in many cities around the world.

In the gorilla tracking region of the Bwindi Impenetrable Forest National Park near the border with the DRC there was one incident in the late 1990's in which bandits attacked a group of tourists and killed several people. Since then there have been no incidents and all groups now go out with armed guards (which was not the case before). There is a visible security presence in the region, but this is a preventative measure rather than a response to anything specific. Source: Wikitravel.org

More about Travel Safety to Uganda

International travel does present risks, especially with the threat of international terrorism. The U.S. State Department has issued travel warnings and advisories in many countries for U.S. travelers. These travel advisories and warnings change frequently as situations in each country change. We suggest that all volunteers consult their own governments before participating in a PEPA Volunteers program. These links provide travel information:

British Foreign Office Advice

American State Department Advice

Australian Government Advice

Canadian Government Advice

What are other safety issues in Uganda ?

Petty crime does exist in Uganda , especially in and around the major cities. However, serious crime against foreigners is relatively rare. Petty crimes, such as pick-pocketing and purse-snatching, do occur (especially in crowded areas such as stations, markets, shopping areas, sight-seeing destinations, etc.). Additionally, there are frequent instances of false taxicabs in which passengers have been robbed. So, it is wise to be cautious with your personal possessions in public places.

Following are some precautions to avoid potential problems:

Do not show off your wallet or valuable goods in public

Keep enough money for your immediate needs in your pocket, and hide the rest on your body or leave your backup supply in a safety deposit box/safe at your hotel

Always keep valuables in a safety deposit box/safe at your hotel instead of leaving them in your room

Remove any jewelry that may draw a thief's attention before you go out for strolling

Never wear a bag or purse on your street-side shoulder in order to avoid becoming a target of the "snatch-and-ride"

Never carry your passport/visa, credit cards, traveler's schedules or other travel documents in your shoulder bag.

Ensure that you are aware of the values of different local banknotes to avoid being deceived

Be particularly cautious about your possessions in crowded areas such as local festivals, markets, tourist sites, railways, bus stations, or on trains and buses.

Always let your hotel or guides know where you are on your free days during your tour.

Respect the customs of the local ethnic groups.

Do not quarrel with anyone during your trip.

Any disputes should be reported to your local guides for resolution.

Avoid traveling in any areas or sites that are not open to foreigners.

Do not voice publicly any opinions contrary to Uganda 's laws and code of ethics and/or morals.

What are the principle health risks?

Basically, every country in the world has potential health concerns and Uganda is no exception. Common sense and awareness of health concerns when traveling to Uganda will always prove to be a beneficial approach. New Hope Volunteers urges all participants to visit the Center for Disease Control's website (www.cdc.gov) for the most up-to-date information pertaining to health risks around the world. Listed below are some of the major health risks associated with travel to Uganda

AIDS: exists in Uganda and every country in the world but is more so a widely-spread, present-day epidemic affecting a vast majority. The things to avoid are well known (protected intercourse, etc.). The blood supply in Uganda is not as safe as at home.

Malaria: primarily in some of the more rural areas.

Dengue (Chagas Disease): carried by insects and also occur in some of the more rural areas.

NOTE: Protecting yourself against insect bites (via bug spray) will help to prevent both Malaria and Dengue. Visitors are encouraged to take malaria prophylactic drugs as well. Numerous other health risks exist, but not in abnormally high or epidemic proportions.

What health precautions should I be aware of and tend to?

Medical facilities in Uganda are generally substandard. PEPA STRONGLY recommends ALL participants consult their doctor for any additional health precautions/advisories. NOTE: proof of the following vaccinations is required to enter the country of Uganda: International Yellow Fever and Cholera

Who do I contact in case of a health-related emergency?

East or west, home is the best. There is no place better than home when you are ill. But if you do get ill, don't panic. Participants can obtain information pertaining to medical assistance through a number of channels:

Assigned host-family;

Your country's embassy in Uganda – participants are greatly encouraged to obtain and maintain contact information for their respective embassy; keeping it on their person for easy access.

Is the food safe if I buy it from a street vendor?

No.

What are the sanitary conditions in Uganda?

Be prepared and never expect a clean public toilet 100% of the time. Carry some tissue in-case you need to use the public toilet.

Ugandan toilets generally do not do well when flushing large amounts of items or feminine hygiene products (i.e. tampons) so do not flush them. Rather, throw them away in the trash can (which is usually located close to the toilet).

In some areas/restaurants, toilet systems are old and have very narrow plumbing and get blocked easily. In these cases, a small basket is usually placed beside the toilet (for used toilet paper).

Use hotel lobby toilets; these are everywhere and are always clean. Still, they may not always have toilet paper and depends on the class of hotel.

What vaccinations are required?

Proof of the following vaccinations is required to enter the country of Uganda: International Yellow Fever and Cholera

PEPA/Organization **highly recommends** volunteers follow the Center for Disease Control's travel advice (www.cdc.gov) or consult a travel doctor.

Money & Correspondence

Are ATMs easily available? If yes, which debit and credit card are accepted?

Credit cards such as Master Card, Visa, American Express and Diners Club are accepted almost everywhere in major cities. Participants are also able to withdraw cash from most international banks with credit cards from ATM machines, but a \$2.00-\$4.00 USD surcharge may apply for each transaction.

What is the local currency and how do I know the exchange rate?

Name: **Ugandan Shilling (UGX)**

Money exchanges by cash or traveler's checks can be made at various bank branches found throughout Uganda – primarily in the major cities.

Where do I exchange my money and how much?

Participants can cash their paper notes at various bank branches of banks and exchange agencies throughout Uganda as well as in hotels and tourist stores, airport bank offices, etc. Traveler's checks can be cashed in exchange agencies. PEPA recommends exchanging small bills at all times.

How much money should I bring with me?

Uganda in general is very convenient for foreigners due to the favorable currency exchange rate. Uganda has a significantly low cost of living as compared to the Western World. It is suggested that participants bring or more than \$100 US Dollars to be converted into Ugandan Shillings upon arrival at the Entebbe International Airport ..

Is it safe to carry cash with me?

Carrying cash is not safe – therefore, don't carry a large surplus of cash with you.

Important Reminder: Retain your receipts whenever you exchange any currency or traveler's checks to Ugandan Shillings. You may be asked to show proof of the exchange.

How do I make contact with PEPA local coordinator?

All contact information (i.e. phone numbers, email addresses, location addresses) will be provided to participants in their pre-departure/placement details.

Are internet services easily available?

Yes, in most urban areas. Internet cafes are available in some of Uganda 's major cities, although the cafes can be very noisy as they are a popular venue for the youth to play online games and for students to do work, also you can use a local modem.

How can my family members contact me?

Upon settling into your assigned host-family, you will want to use your calling card to contact your family if you have not already done so when you arrived at the Ugandan airport in Entebbe .

Can I bring my telephone from my home country?

Yes, but if it does work in Uganda, your local communications will be very expensive. For this reason, we recommend that, upon your arrival, you change your cell phone SIM-card and number to a local one (usually costing approximately US \$5).

Culture and religion

Is there a special dress code that I should follow while staying in Uganda ?

Volunteers should dress conservatively when at their projects. Jeans and a t-shirt are acceptable. No high shorts and tank tops please.

Should I care about any religious conduct?

Uganda respects different cultural backgrounds, religious beliefs, and moral concepts. You may practice on your own accord. NOTE: approximately 85% of Ugandans are of the Christian faith (with varying denominations). The second most popular religion is Islam, with Muslims representing 12% of the population. Other religions include: Hinduism and Judaism (one of the seven Bahá'í Houses of Worship is located just outside of the Ugandan city of Kampala).

How do I respect Ugandan people?

Be more inclusive, have an open mind and show respect of other cultures. Ugandan culture is rich in customs and traditions. The Ugandan people enjoy sharing their customs and traditions with foreigners so feel free to share in their culture.

Additional Information

Climate & weather

Uganda can be visited at any time of year. Most of Uganda enjoys the perfect tropical climate. Temperatures average about 26°C during the day and 16°C at night. The hottest months are from December to February.

Read more: <http://www.lonelyplanet.com/uganda/weather#ixzz2KGrg2NP9> Located close to the Equator, Uganda experiences a significant amount of sunshine with temperatures moderated by the majority of the country's high

1. Month	2. Jan	3. Feb	4. Mar	5. Apr	6. May	7. Jun	8.
15. mm	16. 58	17. 68	18. 128	19. 185	20. 134	21. 71	22.

altitude. In the Lake Victoria regions, daytime temperatures are usually 8-10 degrees (Celsius) warmer than in the evenings. The southern region has two rainy seasons – usually beginning in April and again in October – with the dryer seasons occurring from November to March.

Required Clothing

Lightweight clothing and rainwear is recommended as well as warmer clothing for the evenings (light jacket and/or light sweaters). A solid pair of walking shoes is highly recommended for trekking.

Plaideurs des Enfants et des Personnes Agées(PEPA) Pleadors of Children and Elderly People at risk
Email : info.pepaorg@gmail.com, me@zagabe.com , www.pepahumandignity.org

Average Rainfall

Average Daily Temperature



29. Month	30. Jan	31. Feb	32. Mar	33. Apr	34. May
43. °C	44. 23	45. 23	46. 22	47. 22	48. 21

Official Ugandan Holidays

Jan 1st: New Year's Day

January 26th: Eid Al Adha; Liberation Day

March 8th: International Women's Day

April 6th -April 9th : Good Friday to Easter Monday

May 1st: Labor Day

May 17th: Constitution Day

June 3rd: Martyrs' Day

June 9th: National Heroes' Day

October 9th: Independence Day

December 24th: Christmas Eve (1/2 day)

December 25th: Christmas Day

December 26th: Boxing Day

December 31st: New Year's Eve (1/2 day)

What about tipping in Uganda?

While tipping is not standard practice in Uganda , it is ALWAYS GREATLY appreciated. It is quite normal to tip 5-10% at tourist-oriented restaurants. *NOTE:* guides and drivers should ALWAYS be tipped.

Materials to Bring

Camera

Diary

Sleeping bag

Some books about Uganda

Map of Uganda

Toiletries

Electricity adapter/converter

Sunglasses

Walking shoes (for work and travel)

Towel