



COMMUNITY VOLUNTARY ORGANISATION FOR NATIONAL DEVELOPMENT AND
INTERNATIONAL CO-OPERATION

VOLUNTEERS' GUIDE

About Us

Saint Ann Foundation (SAF) is a community Voluntary Organization working with children, community women, youth, community projects and voluntary exchange.

OUR VISION: We envision a community where poverty and hunger no longer exist, where every child, woman and youth, has equal rights and access to resources and opportunities

OUR MISSION: To achieve this, we work towards ensuring that the poorest and most vulnerable children, youth and women have access to the fundamental rights of life, resources and opportunities, Education, Health, Nutrition, Recreation and sports, socio-economic participation, Music, art and culture, community outreach and volunteer development.

SAF's Motto goes.... TOGETHER WE CAN.

SAF was founded to provide care and support to those in society who are in need of compassion, disenfranchised or have been rendered voiceless – the Vulnerable and Orphaned Children, youth and women, SAF serves all people regardless of religion, race, ethnicity, gender or economic background etc. You can find more about SAF on their website: www.saintannfoundation.wordpress.com or write an inquiry letter on saintannfoundation@gmail.com

ARRIVAL

The start of our programs is very flexible; we provide an airport pick-up on the day of your arrival. For this purpose, the volunteer and/or the sending organization should give us travel details (arrival day and time, flight number and Name) in advance.

ORIENTATION DAYS

A day and a week orientation conducted for short term, Medium term and long term respectively according to the length of intended stay of each volunteer.

The orientation week is held for all volunteers. The orientation involves getting information about Uganda (daily living, cultural conceptions, socio-economic and other basic information), SAF, the project and the voluntary work (tasks) one will be doing. A SAF member will then help you visit Kampala, internet cafes (in-case the internet isn't available at SAF Centre), banks, markets, super markets and selected tourist places. The SAF member will also introduce and show you to the public transport and how we move around streets in Kampala.

IN-BETWEEN-MEETINGS

During your stay, meetings with SAF staff and volunteers are held at the end of the weekly and monthly. The meetings are a form of monitoring and evaluation about the work you are doing, the accommodation and information sharing.

Note:

Please note, the organisation remains open for any other meetings in case of need, so please feel free to suggest and do not wait for the structured days.

FINAL EVALUATION

The final evaluation will be done during and at the end of the program term between the host project, volunteer and SAF. All volunteers shall be obliged to write a narrative report at the end of the project indicating their experiences, achievements, challenges, problems and suggestions for improvement if any.

PROJECTS

The placement and the projects will be organized individually, according to your preferences in your application form. Each application shall be followed with a copy of your CV and motivation letter. Please be sure of the choices you write in your application sent in advance and try to adapt to the projects once you are directed to. Changes of placement and hosting can be made only for very special reasons, but not before trying to adjust in the first placement.

Please note that even when we work very hard in trying to confirm you in the project you are interested in, we cannot fulfill everyone's wishes. We always try to provide the best possibilities for our volunteers, but there is no 100% guarantee that you get the project you have applied for.

A-Z about SAF and Uganda

A

Arrival

Entebbe International Airport is the only International arrival airport for visitors. It is located 35 km from Kampala, the Capital city. On arrival please ask for a traveler or tourist visa. There is no volunteers' visa and **do not mention** anything like volunteer or work otherwise the immigration office will subject you to a work permit which is more expensive and complicated. The tourist visa is offered for a period of 1-3 months largely depending on the mood of the immigration officer or your ability to convince, express, or smile to him/her and it will cost 50 US \$ while at the airport.

SAF always organizes for the pick-up (included in the fee) and you will always find a volunteer at the arrival point with an A4 paper with the name of **SAINT ANN FOUNDATION** and the expected **volunteer's name**.

Accommodation

Accommodation can be in SAF volunteer-house, host families or in rented house depending on the location of the project you apply for or wish of the volunteer. At the volunteer house, accommodation will be simple but comfortable. The SAF Volunteer house can accommodate few persons at the moment and its located in the Saint Ann Foundation Eleanor Junior school. Volunteers will be sharing meals with the school and SAF staff and cooking is done using either paraffin stove or firewood. But remember that electricity in Uganda is unreliable. The boys' room is separate from that of the girls and there is a staff to help do the cleaning of the house at specific times. Other minor volunteer house, utensils' cleaning, the volunteers are

expected to clean for themselves. You have to do your own laundry by hand or in case of need may be done by the staff at a mutually agreed on fee. There is a shared kitchen outside the volunteer house where you can make your meals and there is an outside shower room and pit latrine (a hole in the ground for use during the day and Night)

The Volunteer house has no running water but volunteers have to draw water from the outside tank. One must be prepared to fetch water from the well which is 3km from volunteer house, in case the outside tank dries up and be patient in case there is no water.

In the volunteer house, only a few basic essentials like toilet paper, soap, kitchen utensils, paraffin stove e.g. washing sponge are provided by SAF from your fee. Please note other essentials in the category of food, salt, sugar, cooking oil, drinking water may be a responsibility of each volunteer or sometimes volunteers may decide a group contribution.

The Volunteer house is located out of Kampala, 13km Kasangati Matuga Road. In case the volunteer is placed outside Kampala, the host is requested to accommodate the volunteer in a host family or alternatively to identify appropriate accommodation for rent by SAF. Volunteering in SAF generally requires a very flexible and adaptable character but do not necessarily require a minimum standard of accommodation.

- Three volunteers can share a room but each volunteer must have his/her own bed. They can get mattresses, pillows, sheets or blankets and each bed had has mosquito net.
- Running water should be accessible or in case of shortage, water shall be fetched from the nearby well.
- Volunteers living in SAF volunteer house will have access to cooked food, while those outside the volunteer house shall be provided with a paraffin stove by SAF and is responsible for his/her own cooking. In case a volunteer is placed/ lives in a host family, their hosts will direct them on shopping, health and local transport facilities and possibilities.

Middle and Long Term Volunteers are allowed to have guests from abroad staying in the guest house but they have to let know SAF beforehand and pay in **advance a fee equivalent to the expected days of stay at 15,000 shillings per night**. Please remember the Volunteer house is always booked, so please respect the fact that you book and pay in time to avoid inconvenience.

Allergies

Please inform us of any allergies you may have, so that your contact person is prepared.

Alcohol

Alcohol can be bought in most shops around the Volunteer house and in Kampala. Prices also vary a lot from 3,000/= - 4,000/= (1 – 1.5 euros) according to the place you are drinking in e.g. kiosk, club, hotel, etc. Please drink in the presence of people you trust such as other volunteers or SAF Volunteers so that no one will take advantage of you in case you have had too much.

Alcohol can be bought in most shops around the guest house and in Kampala. Please drink in the presence of people you trust such as other volunteers or SAF Volunteers so that no one will take advantage of you in-case you have too much of it.

AIDS

This is still a problem in Uganda. Currently 7.5% of the population is infected. If you are to have sexual intercourse please strictly use a condom.

Asking

Asking for things like a cell phone, dollars, camera, watch and ticket to your home country and many other things may be a habit for some people in the streets, villages or even some projects. People still have the orientation of the past that was used to attach all white people to giving (donating) aid. Many still believe that you live in a precious world. But remember you know your own realities home and know what you can or cannot offer. It is one of the volunteers' responsibilities to teach/inform them about the reality, do not hide/do not shy away from telling the truth and avoid promising what you cannot offer; it is never an offence not to give.

B

Banks

Banks are usually open 8:30 AM and close 4 PM during week days and 8:30 AM to 12PM on Saturdays. They remain closed on Sundays and Public holidays. Most bank withdrawals will require your physical presence in the premises and with valid identification documents, eg. Passport. However, services of automated cards (ATMs), VISA cards are available in selected Banks in Kampala e.g. STANBIC, CRANE, ORIENT and BARCLAYS Banks. It is also possible to withdraw money using MASTER card in STANBIC bank main branch in Kampala. MAESTRO ATM cards may be accepted but in very few banks and it shall require to be done inside the banking hall.

Boda Boda

It is the means of travel using motor bikes and it is the most common and most tempting means of transport within the city centre and outside because of convenience and the possibility to easily access all corners of the city and other places that may not be easily accessible by other public means. However, it is important to remember that they are the most dangerous for causing road accidents.

Business Hours

SAF office is always open from 8.30 am to 4pm Monday to Friday except public holidays and weekends. However, if the staff has to travel to projects, attend workshops or attending to SAF projects or branches then it will remain closed

C

Climate

Uganda is so vast that the climate of the country is so varied. However, it has tropical climate and one could classify the seasons as Hot, Wet & Cold. Temperatures usually range from 20 degrees centigrade

to 30 degrees centigrade depending on the part of the country you are. The hottest months are from December to February and July. The rainy seasons in the south are from March to May and October to November. In the north, the wet season is normally from April to October. However, it is also possible that the climate is not as expected due to the changing weather patterns due to the present global climate change.

Cost of Living

Your money goes a long way in Uganda.

Thanks to an extremely advantageous exchange rate costs are considerably lower than in Europe, Asia and America. However prices can differ and vary according to the location. Please note, the prices of commodities in Uganda are frequently determined by the prices of fuel and the foreign currency exchange rate that are occasionally fluctuating.

Cultural Shock

Volunteers may experience a cultural shock on arrival in Uganda. Most things and way of life in the country is different from that in the West. However this is only for a few weeks and you will get used to the new way of life. After the projects and going back to their home countries volunteers may experience a reverse cultural shock.

Managing cultural shock requires a lot of patience for one to give him/her self-ample time to understand analyse and appreciate the differences. Never rush to make decisions or judgments. The process normally goes through stages that may include, honeymoon, crisis, recovery and adaptation.

D

Departure

SAF does not provide airport drop off to the volunteer, but can help to organize it at the volunteers cost.

Dress code

Very short (hot) pants, dresses, shorts are not compatible to our culture mainly for female volunteers. Please try to carry along long dresses; pants and skirts preferably passed the knee level.

Driving

Driving is usually on the left similar to other commonwealth countries. Drivers tend not to care much for other road users. It is therefore advisable that you always take in mind your own security on the road and to look in all directions when crossing a street.

Drugs

Don't even think about it. All forms of narcotics are illegal in Uganda, and they attract life imprison

E

Emergency

In case of emergency you can always contact the SAF office 0773025854 or 0704818746 or 0702303164 or throughout the country, dial 999 or 112 for police and fire.

Expectations

Please don't come with too many expectations. That is the only way you will learn to accept your surroundings. Don't force your culture on others, instead accept other Peoples culture and be ready to learn.

Entertainment

The entertainment industry is growing very fast in Uganda. Fridays, Saturdays and Sundays are best days for going clubbing. Kampala City and the different suburbs are characterized by several clubs, bars and Cinema halls

Note:

Most entertainment places of course bring together different types of characters. It is therefore important not to go in with any of your valuables, take only money you want to use, avoid offers from people you do not know and never leave your opened drinks unattended to or leave them with someone you know and trust.

Do not be surprised that by virtue of your color, you will attract many "friends" but you need to be very selective and careful to find out who is really interested in true friendship. This is the main reason that it will be always advisable to move in with a guide or a friend either from your project or SAF.

Environment

Respect for the environment is expected at all times. This might be at sometimes hard because of the lack of disposable trash cans in many places of Kampala and in Uganda in general. Garbage separation and recycling is still a nightmare and not a common practice in Uganda.

Expectations

Please don't come with too high/many expectations. The stay requires someone highly flexible, accommodative and social. That is the only way you will learn to accept your surroundings. Don't force your culture on others, instead accept and respect our culture and be ready to learn. We know your biggest ambition and wish is to create change, which is nice but please note that **CHANGE** is gradual and may not be achieved in the shortest time of your stay.

Exchange rates

Almost all major currencies can be exchanged in Kampala. For SAF we strictly receive all subscriptions in \$ USD on arrival. 1\$ USD = 3300 shs (Uganda shillings).

The best places to exchange money could be in the dollar house and Metropole house (on Entebbe road) and Amber house. Please, avoid untidy, old, notes with scratches or marks as they will not be easily accepted in many places, they attract a lower exchange rate compared to good notes. You can withdraw

money from an ATM with your credit card (visa) or at counters in a bank with a passport and without using your code.

Money exchange can be done in banks and Forex Bureaus mainly found in Kampala. Current exchange rates can be found in newspapers and on signs in front of the shops.

Please Note: The exchange rate keeps changing.

For more updated exchange rates see <http://www.xe.com/ucc/full/>.

F **Fees**

Participants are required to pay a fee of **\$USD 150-500 (five Hundred Dollars) on arrival for 1- 3months and 100 (Hundred USD) in advance** for each additional month the volunteer will extend. The fee covers pick up from the airport or bus station upon arrival in Uganda, On arrival training (Orientation), volunteer house equipment and maintenance, Accommodation, internet water, Electricity for those in SAF Volunteer house and Accommodation, kitchen utensils, charcoal or paraffin stove and a monthly contribution for those living in host families, communication prior to the volunteer's placement, preparation trainings and Evaluations with host projects and general SAF administration costs.

Please note:

The fee you pay does not cover any project cost or airport transfer at the end of the project. For those interested in supporting your projects financially, it is advisable that you do some fundraising beforehand.

Food

Each region of Uganda has its very own food specialties. The common dishes eaten in the south are bananas (Matooke), while in the north and east of the country maize, millet and sorghum are the main dishes consumed. Other foods include Irish and sweet potatoes, cassava, rice and maize (posho) which are usually served with meat, fish, or bean sauce. Vegetables and fruits are available all year round at affordable prices. For other non-traditional international products, there are various supermarkets in Kasangati and Kampala where a volunteer can choose from.

G **Geography**

Uganda is a land locked country boarded by Sudan in the north, Kenya to the East, Democratic Republic of Congo to the west, Tanzania to the south and Rwanda to the southwest. The area covered by the country is 235,796 km squared (32nd in Africa; similar to Great Britain or the state of Oregon in USA). The largest towns in Uganda are Kampala, Jinja, Mbale, Entebbe, Masaka, Gulu, Arua, Soroti, Fort Portal, Kabale. The total population of the country is 33 million people (2011 estimate). The official language is English; other languages are Luganda, Swahili and many other local languages.

H

Homosexuality

It is illegal in Uganda. Uganda has a very strict bill/law (in draft) under discussion intending to hand down a death sentence to homosexuals. So kindly do not attempt to practice or advocate for it in Uganda.

Hospitals

There are a number of public, missionary and private hospitals in and around Kampala. They include Mulago National referral hospital, Mengo/Namirembe, Rubaga, Kibuli, Nakasero, The Surgery, International Hospitals; all offering different services; private ones of course offering the best. You will be provided with contact details for hospitals during your orientation on arrival in Uganda.

Hotels

You will be able to get a single basic room in most towns in Uganda. In Kampala you can get basic single rooms, Hostels and other accommodation at affordable rates.

History

Uganda "the Pearl of Africa", as one British Officer called it has a long history.

The British came to Uganda in the early 18th Century. They came as traders and established the British East African company. Over the years they established themselves as the undisputed rulers of Uganda. In 1896, Uganda came under the British Crown. The Republic of Uganda attained its independence in 1962. Uganda therefore belongs to the commonwealth countries under the British monarch. Uganda has had a chaotic past with governments coming to power through the coups and civil wars.

I

Internet

Internet cafes can be found all across the country in all major towns and cities. The rates for browsing vary according to which part of the country you are. The prices range around 1,000/= Ug. shs (close to 0.5 of a US \$ or Euro) for 40 minutes. If a volunteer has a laptop, can buy a modem (Internet stick/flash) from the service providers and can have access to internet all the time. There is also an internet café near the guesthouse.

Intercultural aspect

In all your interventions during your projects in Uganda please remember that the intercultural aspect carries the biggest composition. Always reflect on your stay as an opportunity to enrich your experience and exchange of good practices. It is a "WIN- WIN" situation in which the "Give and Take" practice should be your guiding principle in all of your activities. Endeavour to live in the reality and diversity. It will always be a social responsibility that you carry an open mind. Avoid stereotypes in all of your interactions. Remember you are joining in an effort that has been started and will continue. Do not think you are going to change Uganda in a blink of an eye, but that you are contributing to this ongoing process, appreciate the little change you can bring. Emphasise continuous dialogue and do not forget to ask in case you do not understand something, remember you are in a different culture where things run differently. In case you have any new ideas or innovations please discuss it and try to reach a mutual agreement with your hosts, do not impose it.

Tolerance, patience, dialogue, listening and seeking explanation will be important tools to lead you to successfully gain a better understanding of the Ugandan culture. As you watch and judge the actions, expressions, reactions and behaviour of others, yours is also critically watched. They are important and major tools in the intercultural dialogue.

The way you manage your interpersonal communication counts very much in the intercultural dialogue. The two are linked or interlinked.

Insurance

You are required to arrange for your own health insurances before arrival to Uganda. For more details, contact your sending organization.

J

No items with J

K

Kampala

This is the capital city of the Uganda. It is the home to most big shops, supermarkets, large entertainment centers, Diplomatic missions and other political and economic organs. Like most African Cities, Kampala is crowded with an estimated population of 2 million people during day and less than a million during the night. Regular matatus and buses connect Kampala to other towns and cities in the country. Kampala has both the new and old taxi parks that are terminals to the matatus. The bus terminal is also close to both taxi parks. It would be advisable to get a map of Kampala to help you when traveling around the city. Kampala is a pretty safe city as far as capitals in Africa go. Beggars are a common sight in central Kampala, but they are not very persistent.

You should be prepared for crowds, noise (calling you MZUNGU) and in some places dust on mainly the busy streets down town. For girls the possibility of boys asking for marriage or if you are married is common but you have the right to say out your opinion, it is not offending.

L

Languages

Uganda has more than 60 different languages spoken by the local people. The national language in Uganda is English. Although not everyone can speak it, most people will say a few simple words but if you are to have a conversation you need to say the words slow with clear pronunciation to be understood.

Literature

Aristoc bookshop with stores on Kampala road, Garden City and in both, old and new Tax parks in down town Kampala offers you a variety of useful books and maps of Uganda and beyond.

M

Markets

There are markets in all major towns where everything from food to clothes to technology and crafts can be bought. The prices are usually not fixed and only limited by your (and the salesmen's) skill for bargaining. Money can be saved by consulting Ugandans or other volunteers before buying.

Money

The currency in Uganda is the Shilling (Shs.) Notes are available in denominations of 1000, 2000, 5000, 10,000, 20,000 and 50,000 Coins in denominations of 50, 100, 200, 500 and 1000.

Medicines

Medicines can be easily bought at any of the medical shops and pharmacies that exist throughout the country. But bring any special medicines from home if you need. You will be directed to recommended hospitals and doctors in case of need.

N

National Parks

There are a number of national parks in the country to visit and see the wild beauty of Uganda. About 2km from city center there is an office to book gorilla viewing permits. You can also get information on national parks and other tourist places in the country.

O

Orientation about the country.

In the first few days you will have an orientation that is included in the fee. The orientation is going to be given by SAF staff and will be on basic things about the country, SAF, its engagement in voluntary service and cultural shock. Still you will learn a lot through experience or talking with the local people, SAF volunteers and project hosts.

A visit to Kampala with one of the local volunteers will be arranged for you. During this visit you will be able to visit exchange bureaus, a big supermarket, and anything you need in order to start with your adventure in Uganda. You will also see the "*Uganda Museum*" on Kira Rd.

P

Phone

In cities in Uganda payphones are rare. Mobile phones can be bought in many shops; it may cost you as low as 40,000 Shs. You can load air time credit in the range of 1000, 5000, 10000 and 20000 shs. A lot of money can be saved. You are advised to be consulting local volunteers, SAF Staff about the prices before shopping.

Prices

The general cost of most items in Uganda is low and affordable compared to prices in your respective countries. The Exchange rate of the Dollar and Euros against the Uganda shilling also offers a comparative advantage for your money. Local meals are basically a variety of local foods and costs between Ug. Shs 3,500/= – 4,000/= (approximately 1 Euro). In other places close or inside Kampala the prices accordingly go higher depending on the place. Normal restaurants would go for 5,000/= - 10,000/= (approx. 3 Euro). In Hotels you should be prepared for as high as from 25,000/= (8 Euro) and above.

Other sample prices for the most commonly required day to day items are:-

- 1.5 Litre Mineral water bottle – 1,500/= (0.5 Euro)
- 1/2 Litre of fresh milk – 1000/= - 1,500/= (0.5 Euro)
- Roll (ban) -500/=, 1/2 Kg Bread 1,700/=, 1kg bread 3,500/= (1 Euro)
- 1kg of Rice – 3,000/= (approx 1 Euro)
- 1packet of pasta/spaghetti – 2,500/= (approx 1Euro)
- 1packet of 100g of coffee – 7,000/= (approx 2 Euro)
- 1 kg of sugar – 3,000/= (approx 1 Euro)
- A piece of fruit or vegetable like tomato, pepper, banana, orange, avocado, passion fruit is between 200/= - 1,000/= (approx less than 0.5 Euro)
- 300 ml of soda is 1,000/= with a bottle or 1,200/= if you drink and live the bottle or you get back a refund of 200/= on return of the empty bottle. (Approx less than 1 Euro).

Please note:

These prices are basic samples to prepare you to budget your daily spending but they keep fluctuating from time to time. The idea is to give you an average or yardstick to use in your planning.

Problems

Any problem that arises are to be discussed at the meetings. Any problem with another volunteer, check first if there's a misunderstanding. If necessary talk with the coordinator.

Realize that Uganda is a different country from places in Europe and the more capable you are of solving your problems, the more comfortable life can be.

Power

Electricity in Uganda is generated from water. However in the last few years this part of Africa has experienced drought and this has led to the reduction of water in the lakes and rivers thus making power generation difficult. This has caused high demand with a low supply. This has led to power rationing. Therefore load shedding is common in Uganda. Power may go off any time.

Post

Post offices can be found in big towns and cities in Uganda. The SAF mail, address is P.O Box 14311 Mengo, Kampala, Uganda. In Uganda bringing mail out to physical addresses (homes, offices) is not there and most companies have post boxes.

The main post office (on Kampala rd open 8am-6pm mon-fri, 8am-2pm sat). If you wish to have something sent from home like food or books you can ask people to send you a package to the above address.

Ask the person who sends you the package to write your name, the above address, and your cell phone number. Don't forget to bring passport with you when you are coming to pick-up your package.

Projects

SAF offers a variety of projects and is constantly adding new, exciting, interesting projects such as teaching in primary schools, taking care, playing and teaching orphans, working with children with disabilities or special needs, hospitals, health centres or clinics particularly of HIV/AIDS e.t.c.

Any project you will choose will change your life forever and the experience will be a lifetime opportunity.

Volunteers must pay their transport to and from their respective projects. SAF will always be there and is committed to listen to, discuss and find mutual agreement and /or solutions to your challenges in the projects. Please do not take the whole burden on your shoulders.

Public Transportation

Uganda mainly uses road as its means of transport. Matatus (rebuilt vans) with license to carry 14 passengers (however do not be surprised if they sit 18 – 20 in them) are the major public form of transport in most parts of the country. There are two taxi parks in Kampala, located in down town, but the matatus can be taken from most places following the roads to or from major traffic points.

Q

Questions

You can always ask questions to other local or international volunteers who have been in the country longer than you in case of the latter. You can contact SAF for email addresses for former and present volunteers.

R

Religion

Islam, Christianity, and African tradition are the major religious communities in the country. According to the 2002 census, Christians constitute about 83% of the population followed by Muslims with 11% and other religions with 2%. The population of Uganda is estimated at 33 million people (2011 Estimates).

Most people in Uganda believe in something and therefore have difficulties understanding Atheist. Many humanitarian organizations in Uganda are supported by missionary organizations from USA and other Western countries. Therefore churches from America and the west have a deep impact in the governmental policies concerning Christian deeds. Most clearly seen in the campaign against AIDS **(ABC) Abstinence Be faithful Condom use** where Abstinence is highly preferred than condoms.

S

Safety

Organizations worldwide are working hard in coordinating the international exchange of volunteers for social projects and in providing opportunities for young people to travel for personal development and interests.

Do not behave in any manner which is going to disturb other volunteers, and the organizations behind the exchange and most of all your personal health & well being, please avoid any high risk factors during your stay.

These may include not moving too late at night and alone, avoiding too much drinking, avoiding going out with everybody and inviting everybody you meet to your home/ guest house. **Outsiders are not allowed in the guest house.**

Shopping

Shopping in Uganda may look confusing but is very easy. Most small shops/stores in the locality sell almost everything one may need in life. There are normally not many specialized stores for selling a particular item. Some stores in Kampala can sell from home consumables, cloth, electronic, etc. We use a lot of bargaining in some places; however you need to know when and where.

For souvenirs every Friday of the week is a “Women Market” on the outskirts of Kampala city. It is affordable and recommendable for its jewellery, statuettes, crafts and batiks. On Buganda road and around the National theatre there also several handcraft shops with slightly higher prices than at the women’s market. Another market is, “Owino Market” known for a variety of second hand items, however this is the most crowded place in the city. It requires a lot of patience but it is a worthwhile adventure.

If you like to do your shopping in a luxurious and more calm/ relaxed environment, Nakumat and Garden City counts with several stores, a cinema, bowling alley and food stores and /or restaurants; Lugogo Shopping Mall on Jinja road, Game and Shoprite in the city centre are some of the possibilities with a lot of merchandise from South Africa.

Smoking

This is not allowed in public and in the sleeping rooms, only outside the house. Smoking is also restricted in most social places in Uganda

Sex

Relationships should always be done with safety in mind. The rate of HIV/AIDS is still high and no risks should be taken. Condoms can be bought in all pharmacies and most local shops. Be careful, patient and take your time before getting into relationships, that is if you find it inevitable, They can end up to be linked too much on material gains and most times not last. Exchanging partners could also lead to hurting yourself (Heartbreaks) . So watch out. Remember is also cultural and the practice is very different from what you might be used to.

T

Time-Uganda Standard Time

Ugandan people are very informal, others will call that undisciplined and unreliable. So please try to be flexible. Sometimes planning is changed without clear reasons and arbitrarily, but then again sometimes nice opportunities open up which are not parts of the schedule either. However this is not often, and volunteers should be a good example and show that time can be held.

Time Zone

Uganda Standard time is 3.00 hours ahead of Greenwich Mean Time (GMT) or London. Volunteers should notice while Europe, Northern America and other places in the world change between wintertime and summertime, Africa is holding the same time throughout the year.

Tipping

Generally tipping is not compulsory, except in big hotels and restaurants. However, service providers at hotels and restaurants, taxi drivers, and others who have been exposed to tourism are now expecting tips. The tips are not added in your bills, so the decision to tip or not is yours.

Traffic

Kampala is a small city characterized by very narrow roads that are used by all small and big cars, motor cycle, cyclists, and pedestrians, name it all. There is not distinction in road use. All movement is on these narrow roads and there is often misuse or indiscipline. Due to the crowd, it is often that most road users get impatient and in the end it becomes almost mismanaged. The traffic police try their best but sometimes it goes beyond their control especially in the rush hours.

In this case it is advisable that you travel in Kampala streets only if you are calm, concentrated in mind.

Do not be surprised to find it difficult to travel through some roads in Kampala

Transportation

Transportation is mostly road by “MATATU” (little bus), but you can also take a motorcycle (“boda-boda”) remember that the ride on the motorcycle is very dangerous and without helmet. The cost of the ride is determined between you and the rider

To get from the guest –house (in Nakanaku, kasangati) to Kampala by matatu cost 2500-3000 shs and to return from Kampala to Nakanaku cost 3000- 3500 shs, depending on the time of the day.

Traveler's Cheques

Traveler's cheques may be cashed at most commercial banks and authorized moneychangers (in the bigger cities only!).

Tourist places and opportunities

Beside the amazing nature, tourist can go to white water rafting on the Nile (see www.adrift.ug Tel: +256 772 286 433/ +256 772 237 438 for booking), several companies arrange trips to the source of the Nile in Jinja east of Kampala, Uganda Wild Life Centre (Email: uweced@infocom.co.ug Tel: +256 414 256041/+256 414 302520), the national museum is worth a look, and for art there are some galleries, which mostly are located in Kampala. Several craft markets are located around Kampala with African art for sale.

Tour Safari trips with tour companies outside Kampala to the National Parks to see the amazing big five animals is also another possibility in the Queen Elizabeth National Park (400km South west of Kampala), Murchison falls National Park and water falls (390 km North West of Kampala). Mt Elgon 290 km to the eastern side of the country is another exciting tour for mountain climbing.

Ssesse Islands in the middle of Lake Victoria is another inevitable tourist area not to be missed to see the beauty of Uganda's Islands and several other wild animals and birds.

To help our volunteers access these places, SAF can now organize the trips below at subsidized costs assist to volunteers interested to reach the mentioned tourist destinations in Uganda including Murchison

falls National Park (250 US \$), Queen Elizabeth National Park (300 US \$), Semuliki National Park for male and female hot springs experience, nature walk, pigmy cultural dances as well as birds viewing (US \$250)

Kazinga Channel, Salt Lakes, Forest walks, and game viewing. Mountains Elgon and Rwenzori for hiking and climbing (US \$ 350), Lake Mburo National Park for Boat trips, guided walking safaris, horse riding (US \$ 250). Ssese Islands for Sun/sand bathing, forest walks, birds viewing and relaxation (US \$200).

The Mighty Nile River Nile for, horse riding, boat trips to the top of the river, bungee jumping. (US \$ 150)

The City Tour including Kasubi Tombs, Bahai and Hindu Temples, Uganda Martyrs shrines, local markets, craft shops, Ndere centre, Uganda Museum, Monument sites, Uganda Parliament, factories and other explorations. US \$ 100)

U

Ugandan People

Ugandans in general are very informal, helpful and hospitable people and are brought up to respect and treat guests well. Don't feel uncomfortable, but accept it. Ugandans are very warm and talkative people who like to gather a lot. Families and friendships are very important to Ugandans.

Ugandans in general, are very helpful and hospitable. If your hosts go out of their way to make you feel comfortable, DON'T feel awkward, accept it and appreciate it. You will most times expect people to offer you a heart- warming hospitality up and down the country, the ever present smile will always be accompanied with the word, "Mzungu" literally meaning, "White person". Many will always be there for help in case of need.

V

Visas

It is one of the most challenging legal requirements during your stay, especially for people intending to live for more than 3 months. It has a series of legal requirements and delays.

Regular Tourist Visas are given for 1-3months at the nearest Ugandan embassy. Your purpose of visit should be TOURISTIC.

-The visa is given from the date of issue and not from the dates you mention in the application.

-Extension of this visa in Uganda is possible. It can only be done at the immigration office of the Ministry of Internal Affairs on **Jinja Rd**, east of Kampala.

-Please arrange with your organization how to proceed to get the correct visa.

-All visitors must have a return ticket. It is better to buy the visa at the airport for 50\$ or other entry points into the country.

W

Working Hours

Expected working hours differ from 5-7 hours/day in schools though 8 hours in other projects. In some projects there may be more than one volunteer but this cannot be guaranteed because you can be the only one to sign up for a certain project at that time.

Normally, the volunteers can work in the project they applied for. There is, however, it is not a 100% guarantee because it may be that the project is full or does not need a volunteer for the specific time.

Water

Drinking water should always be boiled and filtered. Drinking straight off the tap is not safe, when traveling shops have a wide range of mineral water that costs about Ug Shs. 1,000-2,000 per bottle.

What to bring

- Clothes, both casual and formal, sleeping bag and flashlight.
- Working shoes (trekking/sports shoes) in case of physical work
- A personal first aid kit (bandage, disinfectant, diarrhea tablets, etc) and any medication you may require (allergies, asthma, diabetes, etc.), however almost all medicines can be purchased in Uganda.
- If you bring electrical equipment then remember to bring a British adapter. Otherwise you can buy one in Uganda for about 3,000 to 5000 shs.
- Camera and films for the camera
- Sun glasses, sun cream Lotion
- Torchlight
- Traditional Music,
- Photos from your home country or a flag
- Games, Guitar or key board for those interested in music.

AND DON'T FORGET TO BRING YOUR ENERGY, SMILE, AND SENSE OF HUMOUR ALONG TOO!

Saint Ann Foundation is a young and flexible organization. We expand our activities rapidly and are open for all suggestions. We, however, see this as a good opportunity to learn from different points of view, to promote understanding and to come up with creative solutions in an international group. To promote community based development, intercultural cooperation and children, youth and women participation through voluntary work.

People who do voluntary work are really motivated and want to make a difference in the world by showing solidarity and a sense of responsibility to our world, and we at SAF will always support this.

Finally, remember you need to be patient and tolerant. Uganda has a different culture from yours. Local people see you as you see them. You need to be friendly, careful, have an open mind and willing to learn and share. Be ready to adjust to new situations and challenges in order to have a good time. Uganda will be an experience, be prepared to live it. We are looking forward to meeting you!!!!

Saint Ann Foundation warmly welcomes you to Uganda the pearl of Africa!!!

**Contact:
Saint Ann Foundation
Opposite Kasangati Police- Gayaza Rd
P.O Box 14311 Mengo, Kampala, Uganda
Tel: +256704818746 or +256773025854**

E-mail: saintannfoundation@gmail.com
Website: www.saintannfoundation.wordpress.com