



Predeparture Program Guide

JINJA, UGANDA

2017

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FSD VALUES

At the center of the internship experience are the core values, vision, and mission that make FSD the organization that it is. We ask that as an FSD participant, you understand and remember these tenets throughout your time abroad, in order to make your program a meaningful experience for both you and the communities in which you serve.

MISSION

FSD achieves community-driven goals through asset-based development and international exchange in Africa, Asia, and Latin America.

VISION

FSD envisions a world where all people have the opportunity and capacity to direct economic, social, and environmental resources toward sustainable outcomes that improve lives and communities.

CORE VALUES

- **Start with Assets, Not Problems:** We take an asset-based approach to development work. We begin by listening to the priorities set by our community-based partners at our international program sites. We then identify and utilize existing assets and capacity to address those priorities.
- **Motivate Community Ownership:** We partner with leaders, organizations, and stakeholders committed to change, action, and social justice. We stress community ownership and participation before launching initiatives, especially in our volunteer programs.
- **Generate Enduring Results and Impact:** We ensure the outcomes of our support have long-lasting benefits for our partners. We think hard about how to participate appropriately and effectively in development, and on how to become redundant so that our initiatives outlast our involvement.
- **Focus On The Site Teams:** We are headquartered in California, but our International Site Teams direct our programs across Africa, Asia, and Latin America on the ground, 365 days a year. These teams build partnerships based on trust, respect, efficacy, and alignment with an asset-based approach.
- **Build Capacity:** We strengthen the skills, competencies, and abilities of the leaders of our community based partners and of our students and professional volunteers. We educate and train, facilitating the sharing of best practices across all of our stakeholders to support our partners' priorities.
- **Be A Bridge:** We relentlessly build a network of students, professionals, and passionate advocates for our community-based partners to access. We connect this network of assets and volunteers with the work of our partners through our international exchange and grantmaking programs.
- **Change Perspectives:** We share our experiences and learning about the complexities of development with friends, family, and colleagues. We promote cultural exchange and sensitivity, encouraging a reflective approach to navigating cross-cultural issues, confusions, and tensions.
- **Promote Reciprocity:** We operate on our founding principle that producing strong community outcomes must be the priority. We base all partnerships, strategies, and decisions on the Fair Trade Learning concept that we must be ethical and reciprocal in our planning, implementation, and outcomes.

LETTER FROM FSD

Congratulations again on your acceptance to the Foundation for Sustainable Development's program! For many of you this experience will spark a lifelong interest in development. For others, it will be a chance to gain insights into other cultures that can only be obtained through direct experience. For all of you it will be a chance to make a lasting impact on people and communities in your host country, and an opportunity that will make a lasting impression on your life.

Many challenges await you. It is likely that the most difficult obstacles you face will not be the ones that test your technical skills or knowledge. More often it will be the difficulty of gaining the cultural competencies necessary to do successful work in a community. It will be learning to see the problems facing a region from the eyes of a community member rather than through the eyes of an outsider. Remember that culture, community, and language should guide your work as much as your own knowledge.

During your program you will represent both yourself and FSD in your community. Many people in the region that you will work in have had very little experience with people from outside their country. As such they will develop opinions of you and the work of FSD through their interactions with you or what they hear about you. We ask that you take your visibility into consideration when you make decisions about your actions in your host country.

It is the intention of FSD to provide you with a broad support network to best position you for success, but at the end of the day, it is your effort that will most influence the success of your experience with FSD. You will need to take initiative and put yourself in situations that stretch your comfort levels. You will have to work within cultural contexts that can cause extreme frustration. Many other challenges await, but at the same time you face these challenges you also have an incredible set of opportunities. Go into the experience with the willingness to listen and learn. You will find that through this willingness you will increase your ability to give to your community.

This guide has been developed to help make clear what FSD expects of our interns and volunteers and what you can expect of us. We look at your internship or volunteer program as a partnership. It is our hope and belief that clear expectations are the foundation for a solid working relationship. Please read this guide thoroughly; it contains information that is crucial to the success of your experience and our partnership.

Above all, you should feel comfortable contacting us at the US based headquarters if you need any additional support or have any questions.

Good luck!

JINJA TEAM



Margaret Nassozi Amanyire | Program Director

Margaret is a development worker with more than a decade of experience working with communities to cause social development. She began her career as a Civil Servant with Ministry of Gender and Community Development in Uganda, where she worked on issues of culture, women and gender, as well as youth and development. She later worked as District Community Development Officer in Western Uganda before joining the Civil Society fraternity in 1998, and has been a Coordinator for a civil society network as well as a consultant for the European Union and CARE International. She has facilitated the design, implementation, monitoring and evaluation of both strategic and action plans for several organizations. Margaret holds a Bachelors of Development Studies, the Commonwealth Diploma in Youth and Development and a Diploma in Performing Art. She has passion for children and young adults.



Jonan Nandolo | Local Program Coordinator

Jonan holds a Bachelor's in Social Sciences and a major in Public Administration and Management from Nkumba University Uganda. Before joining FSD as a Program Coordinator, Jonan worked with Apas Consultancy Firm as a Research Assistant in health insurance policies, youth and education. This experience helped him develop a love for community work. He also worked with VEDCO (Volunteer Effort for Development Concerns) in the sustainable agriculture farming and produce sector. Jonan loves entrepreneurship, media production (especially radio voicing), meeting people from different walks of life, traveling and trying out different recipes.



Devin Graves | International Program Officer

Devin discovered the power of social change when he learned that he shared a birthday with Nelson Mandela. Studying about Mandela's life gave him the determination to impact the world, and because of this desire, he pursued a Master's degree in Intercultural Service, Leadership, and Management from the School for International Training in Brattleboro, Vermont. As part of his studies, he focused on sustainable project design with an emphasis in monitoring and evaluation. Before joining FSD, he spent two years designing and implementing development projects among Mayan communities in both Mexico and Guatemala, and in the eastern districts of Uganda. Previous to living abroad, he worked in international education.

FSD STAFF ROLES

Program Director: FSD's program directors are local experts in the field of community development. Their experience and strong community ties make them a great resource to support you in your in-country project work. The program director develops and maintains FSD's relationships with our host organizations and is heavily involved in the process from the time you apply to FSD to the end of your term of service.

Program Coordinators: Your program coordinator(s) provides ongoing support to you, FSD's host families and our partner organizations. During the application process, they advise the program director and San Francisco staff about your placement. Once you're in the field, they serve as a bridge to the local culture and language and as lifeline when culture shock inevitably sets in. They are also available to advise you as you develop your program workplan.

Program Officer: FSD's program officers coordinate the work done at FSD sites in different regions of the world. They manage program logistics and design, corporate and university partnerships, and programmatic issues. Program officers are also your U.S. based emergency contact.

FSD Headquarters Contact Info

- Office Hours: 9:00 a.m. - 5:00 p.m. PST
- General Inquiries: info@fsd.org
- Office Phone: 415-283-4873
- Emergency Phone: 415-828-8414

SAFETY & SECURITY

The safety and security of our program participants and staff is our first priority. Our safety and security protocols meet international standards and have been developed over 20 years of operation, and from the practical experience of our staff. We have rigorous and conservative safety and security procedures, including triaged security measures for students (such as restricted travel, curfews, and buddy systems) should any emergent or potentially emergent event occur. Every site has an emergency evacuation plan (supported by our travel insurance partner) that identifies safe houses, on-call transportation, and provides a variety of options for moving participants out of unsafe areas via land and air routes.

For each site, we have identified physicians, health centers, and hospitals for routine and emergency care that meet standards of care for foreigners, including the locations of and contact for relevant embassies and consulates. These procedures are supported by duty officer training of our support staff in San Francisco who monitor an emergency call line 24/7. But the most critical components of our safety and security system are our local staff, who are also on call 24/7, and our network of community partners at each of our program sites. Our local staff have the best knowledge regarding the potential of local events to become critical, and they have a network of community members to turn to for safety information.

While working abroad, there is always a potential risk that emergencies may occur, and we have experience dealing with a variety of issues, from localized civil unrest and natural disasters to total evacuation of programs. The US office is in constant communication with our program sites through a variety of communications channels, including biweekly phone calls and reporting on each participant, and we also monitor international media for emerging events.

All of our program sites are in safe areas. However, similar to the US, certain common-sense safety measures must be taken. These will be reviewed extensively during orientation, when every participant receives a safety briefing. We emphasize that the most important ways to stay safe are to exercise good judgment, to have a strong network of local contacts, and to have an awareness of the potential for harm.

FSD will do its utmost to provide a safe environment and a responsive support system to you throughout your experience. To ensure a safe and successful experience for everyone involved, we depend upon our staff to serve as a barometer of the local political, social and economic climates, and to use that knowledge to maintain a safe and secure environment for FSD participants. We depend on our participants to act prudently and be receptive to instructions and suggestions regarding safety and security.



FSD RESPONSIBILITIES

- Ensure a safe and secure host community. Our host organizations and programs are run by FSD staff and trusted colleagues who live locally and often have years of experience with FSD. While the political climate varies by location and timing, we feel that partner organizations provide us with a good barometer of the climate in relation to the safety of foreign volunteers.
- Inform you about safety and security in your host community through materials like this predeparture guide. We equip you with the information and tools to be aware of the realities of your host community, to avoid situations that would put you at risk, and to manage these situations should they arise.
- Send you an electronic proof of insurance card.
- Direct you to a preferred medical facility in the case of an emergency.
- Support you logistically and emotionally through any medical or emergency situation.
- Contact your emergency contacts in the case of a major emergency.

YOUR RESPONSIBILITIES

- Learn about the history and current events of your host country and community.
- Secure all recommended vaccinations.
- Secure legal and visa requirements for your stay.
- Follow the directions of your site team and host family.
- Register with the US State Department or equivalent.
- Avoid volatile or risky situations. Travel with someone you know, and avoid being out alone after dark.
- Be aware of your surroundings. Walk purposefully and act as though you know where you are going.
- Notify your site team of any incidents of harassment, illness, accident, or any other serious event as soon as possible.
- Review your insurance coverage to determine whether you want to purchase an enhanced package. FSD program insurance ensures that adequate support is available to you in the case of a major emergency. There is a US \$250 deductible for which you are responsible. The illnesses and medical issues you are more likely to encounter may require medical consultations and prescriptions. Beyond taking all necessary precautions to prevent illness and accidents, please plan financially for these types of expenses. Hospitals and clinics may require payment up-front for services; please bring cash and/or a credit card (Visa or Mastercard) for emergency medical expenses and seek reimbursement directly from the insurance provider. FSD is not responsible for medical fees.



HEALTH PREPARATIONS

As an FSD participant, it is your **full responsibility** to identify and take all necessary health precautions prior to, during, and following the program. Please start your health preparations early, as some vaccinations must be taken as far as eight weeks or more before departure. Providing detailed medical advice is beyond the expertise of FSD so it is very important to consult the resources below as well as medical professionals such as your doctor or local travel health clinic.

Topics to talk to your doctor or local health clinic about:

- Anti-malarial medications and mosquito repellent
- The symptoms of the most common illnesses contracted by travelers, and the appropriate treatment.
- Medicines and supplies for preventing and treating common illnesses and maladies like (but not limited to) diarrhea, dehydration, sunburn, food poisoning
- Yellow Fever
- Typhoid Fever
- Dengue Fever
- Altitude Sickness
- Nutrition (especially for those with dietary restrictions)

What happens if I get sick?

- For serious illness that may occur during your program, there are public and private clinics and hospitals available in most areas. If you should become sick, please alert the FSD site team and your host family immediately and they will ensure that you receive appropriate medical care. Jinja is home to several very good hospital facilities and well-trained, sensitive doctors are easily found.

HEALTH RESOURCES

Center for Disease Control and Prevention (CDC)

Recorded information about health risks and precautions for international travelers: 1-877-FYI-TRIP (1-877-394-8747)

Traveler's Health for Uganda

www.mdtravelhealth.com/destinations/africa/uganda.html

Malaria Hotline

404-332-4555

VISA INFORMATION

It is recommended that you procure a visa from the Ugandan Embassy or consulate in your home country before coming to Uganda. Normally, a 90-day, single entry visa can be obtained by United States citizens upon arrival at Entebbe International Airport for \$100 USD. For US citizens it is only through the embassy that you are able to receive multiple entry visas for 6 or 12 months. Please check with a Ugandan consulate or embassy for the most current information.

The recommendations provided here are subject to change at any time. As an FSD participant, it is your full responsibility to secure the appropriate visa and ensure the full legality of your stay in the host country during the program.

VISA RESOURCES

U.S. State Department: Information for U.S. travelers to Uganda:

<https://travel.state.gov/content/passports/en/country/uganda.html>

Embassy of Uganda

5911 16th Street NW

Washington, DC 20011

Telephone: 202-726-7100 | Fax: 202-726-1727

info@ugandaembassy.com | www.ugandaembassy.com



PACKING & LUGGAGE

RECOMMENDED PACKING LIST

Clothes

- A warm jacket and/or sweater
- 2 -3 Pants/ jeans
- 2 - 4 Dress pants/khakis for men who are working in an office environment
- 1 - 3 Knee-length or longer skirts, for women skirts are more acceptable than pants
- 3 Dress shirts for women or men
- 1 - 2 Long-sleeved warmer shirts/tops
- A nice outfit for special occasions
- A pair of comfortable sturdy shoes
- 2 pairs of sandals: outdoor and indoor/slippers A pair of close-toed dress shoes for work and/or special occasions
- Rain boots A bathing suit
- Sturdy cotton socks/nylons if needed for dressier outfits
- Modest sleepwear
- Hat for sun protection
- Windbreaker or light waterproof jacket and umbrella
- Multiple shirts appropriate for work, leisure, travel
- Bathing suit, sarong, and other beach gear

Health and Hygiene

- Anti-malaria pills
- Sunscreen / sunblock (high SPF)
- Pain reliever
- Antibiotics for travelers diarrhea
- Any medications you use (in their original containers) and a copy of your prescriptions
- A supply of hand wipes and anti-bacterial hand lotion
- Personal hygiene products: shampoo, favorite toothpaste, tampons (which are difficult to find and expensive) Sunglasses, glasses (extra pair if you have a prescription or contacts), copy of your prescription and saline solution
- Strong insect repellent and itch-relief cream (you will get bitten by insects at some point during your stay)
- Vitamins

Practical Supplies

- Steel or plastic water bottle
- Travel alarm clock
- Reading material
- Medium-sized pack for day and weekend trips

- Towel (Families may not have them, and they are useful for beach days)
- Small gifts for your host family (optional)

Documents and Money

- Passport
- Airline ticket
- Vaccination booklet
- Insurance card
- ATM Card
- Visa Card (MasterCard is NOT accepted here)
- Photocopies of all documents
- Cash (U.S currency; 50's and 100's from 2006 or later), Travellers Checks are not recommended

LUGGAGE FAQ

What kind of luggage should I bring?

Don't overdo it – pack lightly so you can travel more easily and store your bag in small places. Think in terms of a backpack, duffel bag, or moderate-sized suitcase and a daypack. Bags with shoulder straps are preferable to suitcases because they're easier to carry. Check the domestic airline luggage limit to avoid baggage fees!

What should I bring in my carry-on luggage?

We recommend that you carry all valuables (money, credit card, passport, identification, immunization booklet, insurance card, etc) and a complete set of clothes (change of shorts, pants/skirt, underwear) in your carry-on luggage in case your checked bag is temporarily lost or delayed.

What documents should I bring?

You should bring your passport, vaccination booklet, insurance card and list of FSD contacts in Uganda and bring two copies of each. During the program, keep the originals and one copy safe in your suitcase and keep the other copy on you at all times.

What are some items especially difficult to get in Uganda?

Tampons, batteries (can be found here but are very expensive), novels (only found in Kampala and are quite expensive), face wash, hand sanitizer, good shampoo and conditioner, good chocolate (chocolate here has anti-melting agents in it that diminish the taste). You can find almost anything in Jinja and if it is not available here then you can go to Kampala. However, western products tend to be really expensive so it is better to bring necessities from home.

CLOTHING FAQ

HOW ARE CLOTHES WASHED?

Your host family will wash your clothes (except your underwear and socks). Washing machines will not be available—your clothes will be hand washed and line dried. You will wash your personal items by first soaking them in powdered detergent and then washing them by hand. Please note that hand washing is much rougher on clothing than the “normal” cycle on a washing machine, so your clothes will endure a lot more wear and tear. Also, there is a common stigma surrounding ladies underwear being aired outside. After women wash their underwear they hang them to dry inside their room (preferably in a closet or behind a door out of sight).

WHAT TYPE OF CLOTHES SHOULD I PACK?

Keep in mind that darker colors are easier to keep clean, and consider what kind of work you will be doing: for example, if you’ll be working in a rural area, it is likely you’ll need to wear sneakers, whereas an urban school or microfinance organization will require dress shoes or nice sandals. Lightweight clothes that will breathe in the heat are highly recommended.

WHAT SHOULD I WEAR?

The rule of thumb (for men and women) is to dress conservatively.

At work: Women should plan on wearing skirts or nice pants most days at the office and every time they go to a village. Ugandans have little qualms about women showing skin above the waist but showing legs is considered inappropriate. Skirts should reach at least the bottom of the knees or below. However, note that skirts that drag on the ground may be problematic due to dust and mud. Shirts should not be risqué, but sleeveless shirts are fine providing they are not spaghetti strapped and low cut. It is also a good idea to bring blouses, decent looking t-shirts and polo shirts.

Men should plan on wearing pants or slacks and short-sleeve shirts during the day. It is uncommon for Ugandan men to wear jeans as they are quite hot to wear. If you are working in town, you should bring a decent looking pair of brown/black shoes. Ugandans will polish their shoes every morning before work so make sure that you are wearing something that suits. You should bring polo, collared, or button-up shirts (especially if you are working in town), and some decent looking t-shirts.



After work or on the weekend: In Jinja, and especially in Kampala, Ugandans dress is typically similar to ours at home. Girls and boys alike wear jeans, t-shirts and shorts. You can wear casual clothes, but must make sure that you are clean and your clothes are free of wrinkles or holes. Ugandan's are impeccable dressers and are always seen wearing freshly ironed clean clothing.

At home: This is very dependent upon where you are living. If you are living in a village with a traditional family then it is best to remain conservative and neat. However, if you are in town pants and even shorts may be okay. The best thing to do is to observe those around you and see what your family wears and try to match them. Both men and women should bring one nicer outfit in case you are invited to events such as weddings or burials, or in the case that you give a presentation as part of your work. A pair of sturdy sandals that you can walk in is also essential, and a pair of close-toed shoes for cooler evenings during rainy seasons. You may wish to bring a bathing suit to use if you travel or at the pool in Jinja. You should also bring a raincoat or umbrella, as well as a hat for the sun and sunglasses.



ELECTRONICS

ADAPTERS

If you do decide to bring your laptop or other electronic devices you will need voltage converters which convert to 230V-240V with a “g” plug (or a UK plug). Converters can be bought in Uganda; however, to be safe you may consider purchasing one before departure.

LAPTOPS

We highly recommend that you bring a laptop because you will need one for your project planning and reporting. Access to computers at your host organization will be limited and it is highly unlikely that your host family will have one.

You can also use a computer at certain internet cafes in Jinja. If you would like to avoid walking around with a laptop, you can save your work to a USB drive and email/print it at an internet café. If you do decide to bring your laptop, please take the necessary precautions! It should be in your carry-on bag to take on the plane and you should keep it at your host family’s home. Taking a laptop is at your own risk, and entails the possibility that it could be lost, stolen or damaged. FSD is not responsible for your possessions.

SHOULD I BRING MY IPOD?

Ipods are becoming more common; however, you should generally not walk around with one in plain sight because this will draw attention to you and could put you at risk for theft. Keeping it secured and hidden on your person or at home and listening to it with your family is perfectly fine. You may not have a television or a radio, so it is nice to bring something that you can listen to your music on.

FOOD & WATER

Can I drink the water?

NO. Do not drink the water. You are only to drink water that is bottled, has been treated or is boiled.

Where can I get safe water?

It is hot in Uganda, so please pay close attention to your hydration at all times and be sure you're getting plenty of (safe) water. Your host family will make purified water available to you. When visiting other families or communities; bring your own bottled water with you at all times, and when in doubt, drink a bottled beverage.

Passion-fruit juice is quite common in Uganda and it will look tempting on a hot afternoon. Do not drink the juice unless you are positive that the water added to the juice has been boiled first. Never buy passion-fruit juice from a store or stall (no matter what the shopkeeper tells you).

The most sustainable way to ensure that you always have a supply of purified water available is to bring a travel water bottle and refill it each morning from your host family's supply. You may also consider bringing water treatment tablets for backup, though bottled water is normally more convenient and available in any small shop or supermarket.

What do most people drink?

Most families drink tea, usually in the mornings and in the afternoon "teatime". Tea is usually served with milk, but you may request it without if you are lactose intolerant. Families also drink either water or passion fruit juice, or occasionally a soda to honor a visitor in the home.

What is typical food?

The main staples in Uganda are rice, matooke (mashed green banana), sweet potatoes, Irish potatoes, cassava, ground nuts, fish and maize. The Ugandan diet is based on fresh local produce. Most foods found in the country, especially in the restaurants, are rich in carbohydrates.

Ugandan meals (lunch and dinner) generally consist of one or more foods and sauces. "Foods" are matooke (steamed, mashed bananas), rice, posho (maize meal cooked with water until it is thick enough to eat with your hands), Irish potatoes, sweet potatoes, or cassava. These foods are eaten with a "sauce" such as peanut (groundnut, or g-nut) sauce, beans, or occasionally fish or a small amount of meat (goat, chicken, or beef) in a large amount of stock. Fresh fruits and vegetables, such as pineapple, mango, papaya (paw paw), bananas, passion fruit, jackfruit,

tomatoes, beans, carrots, cabbage, etc. are readily available. Note that most food comes from the family's garden and local markets, so the nutrient balance is not closely monitored. If you are concerned about your nutrient intake, you may consider bringing vitamin supplements.

How vegetarian friendly is the local cuisine?

Meat is not served often in most households and is reserved for big celebrations or parties so, it is easy for most families to accommodate a vegetarian. Please be specific as to your preferences (i.e. whether you eat chicken but no red meat, or no animals, etc.) and let the FSD staff know beforehand.

What foods should I avoid?

Avoid uncooked food, street vendors and restaurants that have not been recommended by FSD site team. Do not eat fruits or vegetables that have been washed with water unless they are peeled or the water was treated beforehand. Other foods likely to be offered that you should avoid unless they are prepared properly by your host family are Muchomo (barbecued goat, generally served on a stick), passion fruit juice (and other freshly squeezed drinks), milk or other dairy products (there is no refrigeration). To prevent parasites and diarrhea, you will want to eat lightly upon arrival.

Can I eat fresh fruit from street stands, and trees?

In Uganda, you are likely to encounter an abundance of fresh fruit. As a rule, if you can peel it, you can eat it! Avoid peeled fruit served on the street.

How should I express my preferences, or turn down unsafe food offered to me?

In many places food is an important form of hospitality and it is cultural practice to offer food and drink as a welcoming, friendly gesture. Never put yourself at risk, but please be diplomatic in expressing your needs. Take care not to offend your hosts with negative comments or facial expressions.

Your host family will be notified of what you can and cannot eat or drink, but you should also be sure to tell your family what you do and do not like to eat. You should feel comfortable politely asking your family for food to be less oily or salty, to mention that you like fruits and vegetables, or to be given more or less food.

Are there any US-style restaurants?

Yes. There are many US style restaurants in Jinja where you can get things like sandwiches, pizza, pasta, salads, or steaks. There are also some very good Indian food restaurants. Kampala has a wide variety of cuisine as well. Most small restaurants in Jinja serve local food such as matooke (boiled and mashed bananas), posho (maize flour), potatoes, cassava, along with beef, chicken, goat meat or a peanut sauce. Restaurants also typically prepare French fries ("chips") with chicken, liver, or sausages

COMMUNICATION

Staying in touch with your family and friends back home is important. You'll be eager to share your experiences and accomplishments while gaining reassurance and comfort by communicating with them. Here are some ways in which this will be possible during your stay in Uganda.

What is the best way for friends and family at home to reach me?

The best ways to communicate with your family and friends back home are through email, Skype or receiving calls on your Ugandan phone.

You will be provided with a cell phone to borrow once in-country with minimal credit for emergency purposes. However, you will have to purchase credit to cover personal calls you want to make. The network is fairly consistent in and around Jinja. It is recommended that your parents purchase a calling card or phone plan that will allow them to call you. It is very expensive to call from your cellphone and landlines are rare in Uganda.

Please notify your friends and family that reception is often quite poor on international calls and there will be a few moments delay when talking. Also, service may cut off at any time or you may lose your network so that your friends/family cannot contact you. Inquire with your home phone service provider about the best way to avoid the expensive charges of calls, internet data, or even when others leave you messages. You may want to keep your home cell phone off the entire time you are in Uganda. Please ensure that your friends and families are aware of this and understand that it is best not to schedule international calls at exact times. You can also call phones using Skype.

In case of an emergency, your family can call the US emergency cell phone.

Can friends and family call me?

Unfortunately, none of our host families have landline telephones. In fact, landlines are rare altogether in Uganda and are generally only found at places of business. That said, almost everybody has a cell phone. Phone credit is purchased in a 'pay-as-you-go' system, so it is not appropriate to ask to use someone's phone unless you will pay them for the time used.

Is there access to internet and email?

Yes. You can purchase an internet modem (\$30-\$40) which uses USB connection to connect local internet service to a computer. This can be used anywhere from urban areas and even rural villages. There are also several internet café's in and

around Jinja. Flavours, Source Café, and Space Café have wireless connections at various speeds. Customers with their own laptops are allowed to use this wireless as long as they are also making purchases in the restaurant. Cafes and restaurants with wireless generally close at about 9pm or 10pm and are cheap at up to \$1 per hour.

How do I call the US?

Calling the U.S on a mobile phone is expensive. If you need to call someone it is recommended that you call them and tell them to ring you back. When people are calling you they will dial +256 (the country code for Uganda) and then your cell number, but omitting the first 0. To call the US, dial 001, the area code, then the 7-digit number.



MONEY

How much cash should I bring with me?

Plan on having US \$100 in cash when you arrive, as well as an ATM card and an emergency credit card. You can exchange money when you arrive at the airport at Entebbe. U.S dollars are best, do not bring travelers check's as they are difficult to exchange and bring a lower rate. Please note: you should bring \$50 and \$100 bills minted after the year 2006 to be able to exchange your money at Forex Bureaus.

How much money should I plan on spending in country?

FSD covers all of your necessary expenses, including room and board, in-country transportation, orientation and debriefing sessions. You may want additional money, however, for entertainment, snacks, books, gifts, newspapers, weekend excursions, additional transportation and health emergencies. You should budget for about \$10 a day and about \$100 for a weekend trip. If you plan on visiting one or more of the beautiful national parks in Uganda the cost will be a little more depending on how many people you are going with. Safari weekend trips will be closer to \$200 to \$400. There is quite a bit of activity in and around Jinja. It is best to research the costs of activities that you would like to do in Uganda and budget accordingly. Never carry a large sum of cash or your passport on public transportation; if you must, please do so with caution. Bring only what you need for the day and use a nondescript bag to carry books or papers.

How can I get cash?

There are five ATMs in Jinja and several in Kampala that will accept international ATM or Visa cards. There are several Foreign Exchange Bureaus in Kampala if you want to exchange dollars. The ATMs in Jinja are located at the Crane Bank Barclays Bank, Stanbic Bank, DFCU Bank and DTB all of them are in walking distance of the FSD office. Withdraw enough that you do not have to make frequent withdrawals because chances are the bank machine will not be working when you need it to be. There are no Forex Bureaus in Jinja. Money is only exchanged in Banks. Traveler's checks are not recommended as they do not get a good exchange rate and are not widely accepted.

Monetary Unity & Exchange Rate

Monetary Unit

Ugandan Shilling

Exchange Rate

The current exchange rate is approximately 3,500 UGX to the US Dollar, but check it again before you leave.

What is the local attitude towards bargaining?

Bargaining is definitely part of the culture here and is expected at the local market. There is also a "Mzungu" price (foreigner price) that most taxi drivers and dealers will try and give you. In the beginning it will be difficult to know if you are getting cheated, but the Site Team will give you a breakdown of costs during orientation.

TRANSPORTATION

When should I arrive in-country?

Arrive on the program start date in time to meet the group pickup. Be informed about any rules and regulations regarding your ticket. Ask lots of questions and read the fine print before you purchase to understand if refunds or changes are allowed, the costs of doing so, time limits, etc. The representative from FSD will be waiting for you at the greeting area of the airport upon your arrival. They will have a sign with the letters “FSD” on it.

If I cannot meet the group for the scheduled pickup how do I get to the orientation site?

Contact your site team to coordinate your arrival if you cannot meet the group for transport. They will be able to give you important direction and tips to help ensure your safety and comfort. Please note that participants arriving outside of the set pickup time are responsible for their own transportation and other additional costs.

Can I arrive early or leave later than the program dates?

Yes. FSD encourages you to plan on traveling in your host country and region after your internship – there is so much to see and it is unlikely that you will be able to take full advantage of what your host country has to offer during the program. If you decide to travel before the program starts, please be sure to communicate with the site team regarding your arrival plans and how to meet up with FSD. Travelling after your internship is recommended over arriving early so that you receive important safety and health information as soon as you arrive. Please note that FSD secures insurance coverage for you only for the exact dates of your program. Contact us if you would like to extend your coverage to include your travel before or after the program at your own expense.

Are there any other tips for arrival?

Arrive on the program start date in time to meet the group pickup. Be informed about any rules and regulations regarding your ticket. Ask lots of questions and read the fine print before you purchase to understand if refunds or changes are allowed, the costs of doing so, time limits, etc.



IN-COUNTRY TRANSPORTATION

Can I travel after dark?

It is not recommended to travel after dark. If you happen to be in town at night make sure you are with people (preferably someone from your host family or another local) and call a Special Hire to take you home. You SHOULD NOT use a taxi, bus or boda at night.

Is it safe to go out at night?

As in most big towns around the world, it is not advisable to walk around at night. If you must, do not go alone and try to take a Special Hire. It is best to travel with a local who knows which places to avoid.

What kind of transportation is available?

Jinja is a relatively small town and most things are accessible by foot. However, should you need it there are other forms of transportation available as described below:

Buses: going to other towns and regions in Uganda leave from the bus park in Jinja, which is next to the FSD offices. Buses are usually packed beyond their capacity and drive incredibly fast. They are the quickest way to travel to other areas of Uganda but are certainly not the most comfortable and definitely not the safest as accidents are common.

The Post Bus: The post buses, which take the mail from the main post office in Kampala to other towns in Uganda, also take passengers. The advantages of the post buses are that they are more comfortable, not overfilled, road worthy and usually driven safely. They are also slightly cheaper than other bus companies. The disadvantage is that they take considerably longer than the other buses, partly because they don't drive like maniacs and because they stop at small towns and villages to drop off mail to the post offices. They are usually friendly and can be an interesting way of seeing the country.

Taxis: Taxis are small mini buses that carry 14 passengers (though frequently the driver will try to squeeze in 20), and travel in and out of central Jinja along the same routes. They are usually white with a blue stripe around them and are very distinctive. There is always a driver and a conductor who will hang out of the window calling for passengers or calling out where the taxi is traveling to if it is going out of Jinja.

Boda bodas: Boda bodas, known as ‘piki pikis’ in some parts of the country, are bicycles or small mopeds or motorbikes with seats on the back to take 1 passenger (or 2 or 3 or 4), and Jinja is packed with them. They are probably the least safe form of transport, but are very quick for going short distances. The fares are definitely negotiable and the drivers will sometimes start quite high if they think you are new in town. Please know that riding on the moped or motorbike boda’s is strictly prohibited while participating with FSD. Bicycle boda’s are allowed but can also offer considerable risk.

Special Hires: Special hires are the same as taxis in the US, and are usually white sedan cars. They drive around town and will call out to potential customers although they are also found in groups at taxi ranks, called a stage. You can also book one by phone if you happen to know a drivers phone number. Fares are negotiable but are generally expensive.



HOMESTAY IN UGANDA

The most common host families tend to live in 3- to 4-bedroomed houses, with electricity, running water and indoor plumbing. However most homes do not have showers and usually take bucket baths. It is important to note that Uganda's electricity supply is not very stable, which means that most of the families routinely experience blackouts which can be anywhere from 10 minutes to 8 hours long. Another host family arrangement is located in the village. These households have no electricity, running water or indoor plumbing. The homes are usually located on a small farm and are surrounded by gardens and occasionally animal sheds. These families are usually walking distance from the host organization. The most common pets are cats and dogs. Pets are mostly kept for security safety purposes rather than for company. Many homes tend to have chickens running freely in the backyard. Most of our host families have both parents and 3- 5 children living with in the home. However, we do have a few large families that have up to 15 members. All the families are required to provide the intern their own room and a steady supply of safe drinking water.

One of the most rewarding, challenging, and meaningful experiences during your time in Uganda is likely to be the time you spend living with your host family. Host families offer the rare opportunity to truly integrate yourself into the local culture and build meaningful relationships that will last long past your stay. The families who host FSD Participants are carefully selected and offer their homes out of a genuine sense of generosity and the wish to learn about another culture. Your host family will view you as a member of the family and treat you as such. We hope that you will feel equally at home with your family but we ask that you never forget you are a guest in their home. Please always be respectful of their rules and help out the best you can.

What are Ugandan homes like?

The vast majority of Ugandan homes are square brick-and-concrete structures, although the poorest families have homes made of wooden planks and branches. Houses are constructed such that there is a space between the roof (generally comprising sheets of zinc metal) and the walls, which helps with ventilation and for heat/humidity to escape, but the temperature will generally still be high enough that most opt not to be indoors during the hottest hours of the day. A downside of this type of construction is that dust and insects make their way indoors much more easily, thus requiring a constant cleaning effort. Homes have no air conditioning and the heat of the tropics can at times be frustrating. There will probably be days when you spend most of your hours in front of a fan. Host

family homes will have electricity although this service is occasionally interrupted.. Tola homes have differing access to water; sometimes there is no running water so consequently, it is common to shower with buckets of water that are drawn up from a well. Some Tola households have wells on their property and a pump which provides running water 24/7 unless the electricity goes out. Other households need to bring in water from wells outside their property and therefore there is never running water. Many households keep livestock animals (pigs, chickens especially), and while they are not encouraged to get into the house, they often do. Be prepared to see “farm animals” roaming the dirt roads and hanging around the houses. Dogs are the most frequent “pet,” but they are considered useful for guarding the house and therefore are not often treated as “pets”.

What will my host family provide?

Your family is required to provide you with a private room, three meals a day, purified water and weekly hand-washing of your clothes. Toiletries and a towel are not provided; you must bring your own.

What are the living accommodations like?

Living accommodations may be basic by US standards. Electricity often isn't available for short periods of time. Due to water shortages, bucket showers are the norm. You will become accustomed to a fair amount of night sound, including traffic, animals, and radios. Earplugs can help. Ants, mosquitoes, lizards and occasionally spiders and small rodents can creep into the house. Your family can help prevent these unfortunate visitors, so let them know if you see something. Your house in general will be cement walled and potentially inside of a family “compound”. The host family conditions vary considerably within Jinja.

How are families structured in Uganda?

Many Ugandan families consist of single mothers and their children, and it is not uncommon for several generations to live in the same house together. Children in Uganda, like children anywhere, can be both adorable and annoying, but try to maintain your patience with them in order to integrate smoothly in the household. Polygamy is also common where the husband may have different wives in different villages or both wives living in the same “compound” but in different apartments.

Do I need to help out with chores?

We ask families to treat you as another member of the family, which means you will pick up after yourself, keep your area neat, and help out with the cooking and cleaning as appropriate.

Is it safe to bring and store valuables at my host family's house?

We require that you keep items of value locked in your luggage at all times. This is extremely important because friends and relatives are often in and out of the house. However, there have been incidents when an intern thought something was

stolen only to find that s/he had misplaced it. This kind of incident is hard on the host family who take great care to protect you and your things. If something unusual of this nature does happen, please speak with your host mother and/or the FSD Site Team immediately.

What are standard meal times?

There are three major meals, and an afternoon tea time. A light breakfast usually consists of porridge or eggs, fruit, and tea. Lunch and supper are usually large meals. Most families also have an evening tea time between lunch and supper, since supper can be quite late. You may notice some gender roles involved in meals, such as men being served first or men and women sitting in different locations. Therefore, there is not usually a set meal time. It is also typical for special guests to be served first or separate from the family. Do not take offence at this, because this is them showing their respect for you. If you feel uncomfortable eating alone, you may ask your host mother to eat when she does. Generally, Ugandan's take tea at about 10am, lunch at 1 or 2 and dinner between 8 and 10. If you feel that mealtimes are too late and you are feeling hungry, you may request to eat your meals earlier or buy some snacks or fruit to tide you over.

What are standard meal times?

Meal times are scattered and irregular in Uganda. Most families tend to eat in "shifts" with the males eating first then the wives and children. Therefore, there is not usually a set meal time. Your family will probably provide you meals separately either in your room or by yourself. Do not take offence at this, but this is them showing their respect for you. If you feel uncomfortable eating alone, you may ask your host mother to eat when she does. Generally, Ugandan's take tea at about 10am, lunch at 2 or 3 and dinner around 8 or 9. If you feel that meal times are too late and you are feeling hungry, you may request to eat your meals earlier or buy some biscuits or fruit to tide you over.

How should I tell my family that I'd like less food, or different kinds of food?

Don't be shy about asking your family for particular foods or the amount of food you want to eat. You should tell your family what you do and do not like to eat. Vegetarian food is always available.

How much time should I spend with my host family? What should we talk about?

One of the most rewarding, challenging, and meaningful experiences during your time in Uganda is likely to be the time you spend living with your host family. You will learn a great deal about Uganda through the people who live there, so cultivate a habit of listening and observing, rather than merely hearing and seeing.

Ask questions and share your perspective. Be sensitive to the feelings of others and embrace the different viewpoints, lifestyles, experiences and company your

family provides. Host families are eager to get to know you and learn about your American life so be ready to talk about your interests, culture, family and plans. We encourage you to share pictures and stories from your life at home.

How often should I check in with my family?

You are entrusted in the family's care and just like your own family they will worry about you if you don't check in. Please advise your family in advance if you do not plan to be home for a meal. Likewise, be sure to notify your family in advance of any weekend excursions you take other than those in the scheduled program.

Can I have visitors come over to the house?

Please advise your family before you invite anyone to the house, especially someone of the opposite sex. Overnight guests are NOT appropriate and are unacceptable during the program. Protect your family's safety and privacy. Do not give out their home number. Remember: Even though you will be treated as part of the family, you are still a guest in their home and must be respectful of their rules.

Will I receive my own set of keys?

You should receive your own set of keys to the house so that you are free to come and go as needed.

Can I go out at night?

Yes. If you do make plans to go out at night, please advise your family of your transportation, who will be accompanying you, your return time, and arrangements for getting home and into the house. Exercise good judgment: As anywhere, it is best to go out with family members, co-workers or friends that you meet. Simply being an American makes you more of a target for theft, harassment, etc. You should never be out alone at night past 8 p.m.

How should I handle requests for money?

FSD program fees cover all of your room and board expenses so there is no need for you to discuss money with your family. They should not ask you to borrow money and if this happens, tell them it is against your program rules to lend money. If children ask for money, gently remind them that it is against the rules, and let your Site Team know about the incident.

What types of gifts are appropriate to bring for my host family?

We suggest that you bring small and modest gifts for your host family as a token of goodwill and gratitude for their hospitality after you stay with them. Ideas include: souvenirs of your hometown, state or university, chocolates/candies, inexpensive watches or jewelry, school supplies for the children, etc. It is possible to purchase small gifts in country too, but regional gifts are special. Your host family will also greatly enjoy seeing pictures of your hometown and family. Use your imagination!

REFLECTION ON UGANDA

By Lisa Floran

To me, Uganda has been nothing like what I expected. What did I expect? I'd never admit it at the beginning, but now I have less shame: I thought I'd live in a hut. I thought monkeys would swing by on trees as I headed off to work. I thought the threat of lions would always loom, and I thought every bug was poisonous and deadly. How could I have possibly anticipated the Uganda that I eventually encountered during my time with FSD? It would have been impossible. I'd been spoon-fed Hollywood images of Africa, and besides that, what I found in Uganda could have never been conjured up by my imagination.

Jinja has paved roads and cars everywhere. Kampala is a bustling hub with soaring buildings and smog. And the countryside is covered with chicken, cattle, and goats, almost enough for me to mistake my surroundings for Indiana in moments of confusion. Someone always has a cell phone, even in the villages, and you can always find a Coke. When it comes to clothing, my peasant skirts and T-shirts made me culturally-appropriate, but far from fashionable—or as Ugandans say, “smart.” Collared shirts, sweaters, ironed clothes, and matching business suit sets are the key to success.

One of the best aspects of my internship experience was my host family. My host mother, Hajati Sarah—or as I called her, simply Hajat—was a local councilwoman who took in everyone from orphans to random wanderers in need of work. Consequently, I lived in a family of about 15. There was Mbala, a voracious reader with a passion for singing Phillip Bungalotyre songs at 6am; Margrata, a deeply religious woman who addressed me as “Maajaa;” Sam, a 12 year old soft spoken fan of WWF and Oprah; Jaja Maria, a tiny woman of 74 who would cheer me home from a mile down the road; Uncle Pi, an engineer with interests in Obama and the theological nature of love; so many people, each a character in his or her own right. And of course, the biggest character of them all was Hajat herself, prone to dancing at the drop of a pin. Hajat spoke limited English, and I spoke about 30 words in Luganda, but somehow, we managed to communicate.

One night, I had the honor of being escorted by Hajat and one of my brothers to a local wedding reception. There, we watched the bride and groom make their entrance to a chorus of jubilations (“eieieieieieieieieii!”), indulged in a feast of matooke, chicken, rice, and beans, listened to numerous speeches (in Luganda, of course), and partook in traditional games. One game is kusensula or “Find the Bride:” the new bride hides somewhere in the reception crowd and the husband

must find her before they leave the party.

The families had hired the local high school band to provide music, and traditional dancers were entertaining the crowd with a Mazira Maganda performance. At one point, a dancer caught my eye and started moving towards me. Before I knew what was happening, I was surrounded by the tribal dancers and being pulled up to dance myself. This dance basically involves isolating your entire body and shaking only your hips. Perhaps it was adrenaline or perhaps I am truly a Ugandan, but I was somehow able to dance this movement to the utter elation of the party guests. One of the dancers even dressed me up in his kisenso, a feathery wrap that ties around the waist. The Ugandans continued to laugh and shriek with jubilation throughout the whole ordeal, and the bride and groom videotaped my performance. When I was finished, I was asked to give a speech. I thanked the dancers for teaching me their dance, and congratulated the new couple.

At the end of the party, Hajat was in hysterics. When we returned home, Hajat reenacted the scene for the family, all of whom were equally fascinated and entertained. And once Hajat started dancing, she pulled in Uncle Pi, who pulled in Sam, who pulled in me, and soon a Ugandan dance party involving about half of the house residents had been sparked in our living room. In that moment, I knew that before I came to Uganda, I never could have anticipated that I would end up dancing with about 8 Ugandans in a rural living room to traditional music after giving a speech to 500 wedding guests. I've seen no monkeys or lions and had no poison bug scares, but what I've found in Uganda has been far more wild: I've been welcomed into a community, a workplace, a family, and a country with open-arms, and I've been surprised by what unfolds each and every day.



CULTURAL PRACTICES

The following are designed to be a few notes on some of the issues that foreigners are most struck by when living in Uganda. Being aware of some of these issues before your arrival in Uganda should help you during your transition into Ugandan culture.

How important is punctuality in Ugandan culture?

The concept of time is very flexible in Uganda. Some Ugandans will be significantly late by western standards, and often there is no way to communicate when someone is running late or is unable to come. Participants must be prepared to be flexible with time and not expect things to happen as punctually as they may be accustomed to. However, it is important to strive to be on time yourself as much as possible, even while understanding that others may arrive later.

How do people in Uganda feel about privacy?

Privacy is not a value in Ugandan culture. You will often be surrounded by people or children, particularly if you live in a village. Many Ugandans are not shy about asking questions once they know you. There may also be many more people in a small house than you are accustomed to, but you should always be allowed privacy within your room.

How do people in Uganda greet and say goodbye to each other?

Extended greetings are very important to Ugandans, and you should at least learn the greetings and some other basic vocabulary in Luganda in order to appropriately converse with non-English speaking Ugandans. Hospitality is also very important to Ugandans, which they will often demonstrate through offering food or drink. It is polite to accept whatever they offer and thank the person who has cooked the meal. If you are not hungry or concerned about the safety of the food, you can politely decline the food or drink and explain that you are not hungry.

How do Ugandans feel about romantic relationships?

Polygamy is common in Uganda. In polygamous families, each wife lives separately with her own children and each family cooks their own food. The co-wives may live in different parts of the same “compound.” Families, both polygamous and monogamous, also usually have many more children than in western countries. Many households include many more members than the nuclear family—they may also include grandparents, aunts, uncles, cousins, half-siblings, a “girl” that the family “keeps” (who cooks and cleans in exchange for room, board, and

sometimes a very low monthly wage), and orphaned or vulnerable children (either related or unrelated) that the family has taken in.

What is religion like in Uganda?

Religion plays a major role in the lives of many Ugandans. 85 percent of Ugandans are Christian (roughly evenly divided between Protestants and Catholics), 11 percent are Muslim, and the remaining 4 percent are Hindu, Jewish, or animist. Many Ugandan Christians are very vocal about their faith, and may press you about your beliefs or ask you if you are “saved” or “born again.” Religion, generally Christianity, also plays a major role in many community organizations and families, and prayers to begin gatherings are common.



MANAGING EXPECTATIONS

An important part of ensuring you have a positive experience in Uganda is to manage your expectations from the very beginning. Remember that you are arriving to learn and be a small step in the overall sustainable development process. It is normal to feel lost and perhaps even without purpose at the beginning. Our suggestion is to follow the 3 Ps:

BE PROACTIVE

- Good relationships lead to good projects, not the other way around. Take the initiative to begin to form relationships in your organization and with other people that you meet in Uganda.
- Your supervisor will often not give you specific tasks. You may feel you are without direction. Take a moment and think of something you can be doing or working on. Think of possible obstacles and solutions in advance. Accept that you may have more free time than you are used to; relax and do something for you.

BE PERSISTENT

- You may need to ask for things you need more than once. You are your own best advocate. Even if it takes a few tries, don't give up on asking for what it is you need.
- Things may not work out on the first try (or second, or third, etc). Analyze what did and did not work and try again.

BE POLITE

- No matter how frustrated or confused you are, always be polite. Remember that you are not at home and that rash reactions can often offend. Learn a few stress management techniques and see which works best for you. Learn the difference between being firm and being rude.

Development is often a painfully slow process. Take the time before you arrive to mentally prepare yourself for a different pace of life and work. Keep in mind you may need to change your definitions of productivity and success. Even small accomplishments and projects require significant amounts of time. Be prepared to be frustrated at times; adjustment and adaptation can be difficult, especially at first. If you ready yourself for these realities before you arrive, the process will be easier once here.



WORKPLACE FAQ

What is the general perception of work in Uganda?

Work is valued in Uganda and you will always hear stories from people about their successful sons or siblings. In the villages, work is generally divided according to your gender. Women's work is cleaning, washing of clothes, cooking, raising the children and maintaining the gardens. Men's work is handling of the finances, controlling his household and doing the larger more strenuous jobs in the fields.

In the cities there are gender roles in some job sectors; for example, taxi drivers are almost all men. However, in most job positions you can find both men and women.

What is a typical workday like?

Be aware that most organizations that have offices in urban areas also work in rural areas. You may be expected to travel distances to implement your project, while rarely working in the main office. This is a great opportunity to meet the community members your organization serves. The day-to-day work culture of Uganda is very different from most western countries. Work schedules are generally very flexible – it is more acceptable for work to be interrupted by issues such as lack of transportation, weather, family commitments, burials, planting or harvesting, etc, than in most western workplaces. Most organizations work 5 days a week, about 8 hours, and sometimes on Saturdays. Adherence to work schedules and work conditions varies considerably and is different in rural areas and in Jinja Town. Some organizations have an office in Jinja Town, which may or may not mean access to electricity, computers, and other such amenities. Meanwhile, more rural locations will often have an “office” housed in an unoccupied building in the community or in church building, and usually do not include access to amenities such as electricity.

How do people in Uganda view time and/or punctuality in the workplace?

Time and punctuality are generally not valued in Ugandan culture. Don't be surprised if you try to hold a meeting for 2pm and you are the only one sitting there at 3pm. Some people refer to this as “African Time,” and it is a cultural facet you will have to adjust to. However, with that said, there are some people that do respect punctuality a lot. It is best that you always keep time (to avoid the situation that you are late for something) and just bring a good book along with you to read while you are waiting.

RACE, SEXUALITY, & GENDER

How you interact with others (and they with you) will initially have a lot to do with preconceptions. You'll feel more comfortable once the inevitable "getting to know you" period is over, but keep some cultural norms in mind:

RACE AND ETHNICITY

In Uganda, you may not encounter the same level and/or kind of awareness and sensitivity surrounding race relations and conceptualizations of heritage as you may be accustomed to finding in the U.S. If you have features associated with an Asian heritage, you may be referred to as "Chinese." If you have fair skin, kids and adults will shout out, call or greet you as "Muzungu" (meaning either European or someone who speaks English). Even persons with dark skin and an African heritage will sometimes be referred to as "Muzungu", in this case meaning any westerner or, often any person showing the appearance of wealth associated with western nations. On the other hand, they may just assume you are Ugandan, and you will be treated as a local. If you have features associated with an Indian or South Asian heritage, you may be referred to simply as "Mu-Indie." In most cases, these names are not necessarily derogatory terms; many people use them simply because your skin color or features are unusual or intriguing within that context. Please be patient and try to remember that, especially in more rural areas, your appearance is most likely very unusual and provokes curiosity in locals. In some cases, it may be valuable to engage the people you meet in a conversation about the specificity of your heritage.

SEXUALITY

Sexual orientation or preference is not a topic that is openly discussed in Uganda. Please realize that homosexuality is not regarded with the same understanding or sensitivity in Uganda as in other places, especially in more Christian settings. Please do your best to take this into consideration when discussing such issues with your host family or other members of the community. Also take note that homosexual relations are illegal in Uganda. The local community members may not be comfortable discussing the topic of gay rights for fear of persecution, even if they do not agree with President Museveni's anti-homosexuality bill. It is safe for participants of all sexual orientations and identities to travel to Uganda, but understand that you will likely be assumed to be heterosexual unless you specify otherwise.

GENDER

Expect to get a lot of unwanted attention. If you are a woman, it is likely that men will talk to you in the street and attempt to engage you in conversation or even offer marriage proposals. Use your common sense. The best thing to do is to ignore them and to not take things too seriously or take offense. Do not give out your phone number to people you don't know. You can explain that you are living in someone else's house and are not allowed to receive calls or visitors.

DISCRIMINATION

The previous three sections are not written to validate or excuse discriminatory behavior. In Uganda, when someone refers to you as Mzungu, the majority of the time they are not doing so in a discriminatory fashion, but more out of lack of understanding regarding diversity. Not only is there a lack of awareness regarding diversity of race, gender, and sexuality, you may also find a lack of awareness in regard to religions, ethnicities, and nationalities. This lack of understanding/awareness does not always translate into discrimination.

However, if at any time you feel discriminated against at your host family, host organization, or during your interactions within the community, please inform the FSD site team immediately so we can help. We will work with you to ensure that you are able to enjoy your time with FSD to the fullest without worrying about discrimination.



LANGUAGE GUIDE

PRACTICE

As a former British Colony, many Ugandans speak English. English is the primary language used in schools and therefore most people within and around the cities speak fluent English. There are numerous local languages spoken throughout Uganda. In Jinja district, the local language is Luganda, and some people also speak Lusoga. It is very useful to know some vernacular when dealing with local taxi drivers and in the market to avoid being cheated and to show that you are not a tourist.

AT WORK

All communication, both written and oral, will be in English. Staff may occasionally talk with each other in their local language. Do not take offense at this and know that it is just sometimes easier to use vernacular. If you feel that it is becoming a problem though (i.e. you don't know what's happening at meetings, etc) then talk with your supervisor or to your FSD Program Coordinators.

IN THE COMMUNITY

In Jinja district, the main languages used are Lusoga (which is the local language) and Luganda which is mostly a business language and is widely spoken around the country. Someone in your host family will know how to speak English but it will be very much appreciated by the community and your family if you learn some of the local language.

KISWAHILI

Kiswahili is spoken throughout East Africa, and most Ugandans understand some basic swahili as a result of traveling or working with other East Africans.

DICTIONARIES AND PHRASEBOOKS

These can be expensive and difficult to find once you are in-country, so we recommend getting one before you leave. Oxford and Collins produce good pocket ones, and you can often get older copies free from a school or public library.

TUTORING

If you are interested in tutoring upon arrival, please let your site team know. They will help you set up sessions.

FILM GUIDE

ABC Africa (2001)—At the request of the United Nations International Fund for Agricultural Development, Iranian filmmaker, Abbas Kiarostami traveled to Africa to make a film about the work of the Uganda Women’s Effort to Save Orphans, a volunteer group established to provide food, shelter, and care for the more than one-and-a-half-million children left to fend for themselves in a nation torn apart by war, poverty, and the AIDS epidemic.

General Idi Amin Dada (1974)—Ugandan dictator Idi Amin Dada was but a distant irritation to everyone but his own countrymen and the British Empire until his perfidy became headline material in the early ‘70s. The first director to provide an in-depth study of this gregarious madman was director Barbet Schroeder, with his *General Idi Amin Dada*. In this documentary, Schroeder and his crew travel to Uganda to spend several days with the despot, one-on-one.

War Dance (2006)—Set in civil war-ravaged Northern Uganda, this Best Documentary nominee for the 2008 Oscars follows the lives of three youngsters who attend school in a refugee camp and find hope through a rich tradition of song and dance. Coming from a world in which children are abducted from their families and forced to fight in the rebel army, these kids give it their all when they travel to the capital city to take part in the prestigious Kampala Music Festival.

Kassim the Dream (2008)—This is the story of World Champion Boxer, Kassim “The Dream” Ouma - born in Uganda, kidnapped by the rebel army and trained to be a child soldier at the age of 6. When the rebels took over the government, Kassim became an army soldier who was forced to commit many horrific atrocities, making him both a victim and perpetrator. He soon discovered the army’s boxing team and realized the sport was his ticket to freedom. After 12 years of warfare, Kassim defected from Africa and arrived in the United States. Homeless and culture shocked, he quickly rose through the boxing ranks and became Junior Middleweight Champion of the World.

Dr. Lucille (2000)—This made-for-TV drama is based on the true-life story of Dr. Lucille Teasdale (Marina Orsini), who was one of the first female surgeons to practice in Canada. After establishing a practice in Quebec, Teasdale was re-introduced to Dr. Piero Corti (Massimo Ghini), a fellow surgeon she first met while studying in Montreal. Corti persuaded Teasdale to join him as he traveled to Uganda, and they soon fell in love and got married. Corti and Teasdale dedicated themselves to helping heal the people of Uganda through poverty, plague, and bloody civil war; together they founded St. Mary’s Hospital, which was regarded as one of the finest medical facilities in Africa.

RECOMMENDED READING

FSD Alumni Recommendations

- Uganda Since Independence: A story of unfulfilled hopes, by Mutibwa
- Developing Uganda, by Holger Bernt Hasen
- Uganda at 50
- Museveni's Uganda, by Tripp

White Pumpkin by Denis Hills

This book describes the life of Denis Hills, a lecturer in Makerere University, and Idi Amin the Ugandan dictator in the 1970s. Because of the criticisms about Amin found in this book, Hills was sentenced to death by a firing squad for treason but was saved by a personal appeal from the Queen.

Abyssian Chronicles by Moses Isegawa

At the center of this unforgettable tale is Mugezi, a young man who manages to make it through the hellish reign of Idi Amin and experiences firsthand the most crushing aspects of Ugandan society: he withstands his distant father's oppression and his mother's cruelty in the name of Catholic zeal, endures the ravages of war, rape, poverty, and AIDS, and yet he is able to keep a hopeful and even occasionally amusing outlook on life.

The Mountain People by Collin Turnbull

In 'The Mountain People', Colin M. Turnbull, the celebrated author of the classic 'The Forest People', describes the dehumanization of the Ik, African tribesmen who in less than three generations have deteriorated from being once-prosperous hunters to scattered bands of hostile, starving people whose only goal is individual survival.

The Lunatic Express: An Entertainment in Imperialism by Charles Miller

Entertainingly written nonfiction of what led to building a railway to an uncharted land, and the early consequences of it, until the beginning of WW1. The book shows how small events created the present day borders, locations of cities of East Africa. And how bureaucrats were busy slowing down everything with red tape 150 years ago.

Fong and the Indians by Paul Theroux

This is a comic-moral tale about an innocent Chinese store-keeper in East Africa. Although cheated and manipulated by those around him, Fong maintains his sorely-trying faith that "man is good".

RECOMMENDED WEBSITES

The BBC's time line of key events in Uganda

http://news.bbc.co.uk/1/hi/world/africa/country_profiles/1069181.stm

Local articles featuring Uganda

<http://allafrica.com>

<http://www.nation.co.ke/>

Archived articles from The New York Times

<http://query.nytimes.com/search/query?query=Uganda&srchst=nyt>

General overview of Uganda

<https://www.cia.gov/library/publications/the-world-factbook/geos/ug.html>

Other Ugandan news sites

<http://www.newvision.co.ug/>

<http://monitor.co.ug>

