



GENERAL INFORMATION

UGANDA IMMERSION EXPERIENCE

“Persons always live in relationship. We come from others, we belong to others, and our lives are enlarged by our encounter with others.” (Pope Francis - The Light of Faith 38)

The **Emmanuel Community** in Brisbane, Australia has formed a deep relationship with the **Holy Trinity Community (HTC)** in Masaka, Uganda over many years. The main goal for the **Impact Immersion Experience** is to *enlarge your encounters with others* by walking in solidarity with the Holy Trinity Community and deepening relationships. It is not a service project as such but you will give your time, labour, knowledge and share your faith with amazing people.

By entering into this journey, you will be accepting a call to live, however briefly, as the people in Uganda live, eat what they eat and accompany them in their struggles and joys. The greatest challenge will not simply be to give, but also to humbly receive, to be willing to stand back and listen and learn from your hosts. Your role will be to share your compassion and to share yourself. You will learn from our local brothers and sisters what faith means to them, how their programs develop and improve their community and about the local culture while taking in the sights, sounds and foods of Uganda.

Realistically, you will not be able to achieve a tremendous amount during a short stay, but you will be able to get involved with some projects and outreach of HTC that will contribute to the group's experience. We trust that your project will be a valuable learning experience! Here are some possible projects:

- building at the new School
- digging in the gardens
- kitchen duties
- cooking Ugandan style
- feeding chickens & farm animals
- visiting and praying with the sick
- meeting with various sharing groups
- visiting a prison
- visiting a refugee camp
- meeting sponsored children

FREQUENTLY ASKED QUESTIONS:

Is it safe to travel in Uganda?

Uganda is currently categorised as *“exercise a high degree of caution”*. Smartraveller (smartraveller.gov.au) monitors the security and risk levels for all travel and is an excellent site for all travel aspects in Uganda. Also check out The Department of Foreign Affairs and Trade website.

Do I need a Visa?

Yes! Since July 2016, Visas can no longer be applied for in Uganda and must be applied for in Australia via High Commission of the Republic of Uganda, GPO Box 34, Woden, / 11 Ngunawal Drive, O'Malley, ACT 2606

Where will we be staying?

You will be staying at the Holy Trinity Community Centre in Bisanje and joining in their community life helping with the daily chores and living their lifestyle of prayer and work and service. Accommodation is dorm style. There is no running water so any washing is done by hand and showering is with buckets. Toilet facilities are pit latrine.

What will be the size of the group travelling?

We will be restricting the group size to 10 participants

How much will it cost?

Budget Before Travel:

VISA - **AU\$150**

Passport - **AU\$250** if you do not have one already. (*Passports need to be valid for 6 mths on entry*)

Flights vary greatly but need to budget **around AU\$2,700** return from Australia. (*If we have 10 people, we will be able to get a group discount*)

Travel insurance **AU\$200** depending on your insurance

Vaccinations **AU\$800** (if people don't have any to start with)

Donation to Holy Trinity Community/School: It is recommended you give a gift of about **AU\$500** that will go towards a HTC project or the new school project for bricks, cement, roofing etc. Ideally you would fundraise this money in your parish or community. More of course will always be appreciated.

Approx Costs In Uganda:

Accommodation, meals, transportation to and from airport, outreach and project visits: **AU\$1,500**

Possible extra activities in Uganda (safari, animal park etc) **AU\$500**

Working together to make a difference



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FREQUENTLY ASKED QUESTIONS: (cont)

What about health and vaccinations?

Every participant will need to have a medical clearance by their doctor. We advise participants to see a travel doctor who can provide specialist advice about travelling in Uganda. If vaccinations are required, you will need to see a travel doctor at least 4-5 mths before travelling. If you already have a vaccination record card take it with you. Make sure the nurse marks everything down. Vaccination can be quite costly so budget about AU\$800. Your travel doctor is likely to recommend the following vaccinations...

- **Yellow Fever (compulsory)**
- Typhoid
- Malaria Protection is important and Doxycycline tablets 1 per day will need to be prescribed
- Important to avoid the local water. Bottled water should be used for drinking & brushing teeth.
- Anything uncooked that is washed in local water (e.g. salad) should also be avoided, as should ice.
- Hepatitis A & B
- Tetanus
- Polio
- Meningococcal Meningitis

What about Currency and spending money?

We suggest a minimum **US\$80** spending money. Don't bring Aussie dollars, they're no good anywhere. No Travellers cheques either, as they can't be cashed easily and the exchange rate is terrible. Debit cards and credit cards are useful but not always reliable. Bring them as a safeguard only. Visa seems to be the best. Spending at local shops or craft outlets, will require cash as most simple outlets do not have Visa facilities. All monies will need to be withdrawn as cash as Ugandan shillings. (\$1USD = approx 2,300UGX)

Carrying Money around Uganda can require some care; a money belt would be a good investment. You should never be carrying around all of your money at any stage except for when you are on the plane.

What is the Dress code?

Some places in Uganda are pretty used to Westerners now, so it would be easy to say 'Dress as you normally would'. However, if you want to be culturally sensitive then remember African women are modest. They rarely wear slacks and their skirts reach mid-calf or longer. Men wear long trousers, not shorts; Mass attire is always respectful, mainly long pants and long sleeve shirt, shoes.

What do I pack?

- Small back-pack for day travel
- Travel Insurance Certificate and your Insurance Company's International Phone Number.
- Health Passbook for proof of vaccinations particularly Yellow Fever
- Money Pouch and/or Money Belt
- Locks with number code to secure your backpacks.
- Camera
- Personal first aid kit - Antiseptic wipes, Wet ones, hand wash, band aids, Something for sore muscles, Something for diarrhoea
- Wide brimmed hat, lip-balm and sunscreen
- RID Insect repellent with DEET ingredient.
- 2 towels or Chamois Towel & washer/sponge
- Swimming Togs
- Bible, Journal
- Pens, Lollies, Balloons or Giveaways for the hundreds of children
- Raincoat/poncho.
- Torch
- Thongs
- Pair of joggers
- Laundry soap / tube
- Toiletries
- Clothes - easy to wash
- Warm jacket

What if there was an emergency in Uganda? All necessary steps and precautions will be taken to ensure your safety and the safety of the group whilst in Uganda.

Is there consular representation in Uganda for Australians? Australia has a Consulate in Uganda, headed by an Honorary Consul. The Consulate provides basic consular support (not including the issue of passports). The Australian High Commission in Kenya provides full consular assistance to Australians in Uganda.

Email impact@emmanuelcommunity.com.au for more information.

Full details can be found in the Immersion Experience section of our website www.impactuganda.org.au.

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