



Uganda JOC 2019

Critical Information

THIS IS WHAT YOU NEED TO KNOW AS SOON AS YOU REGISTER

Air Travel

You are responsible for purchasing your own airline tickets to Uganda. All team members must arrive at Entebbe airport (EBB) on June 2nd and depart on June 14th. The costs for any extended stay beyond these dates are at your own expense. Please do not purchase airline tickets until you have sent your itinerary to jeri@impactnations.com for approval. You will be responsible for any charges incurred if you have to change your ticket. It is important to arrive by mid afternoon on the 2nd. Many flights arrive quite late and people choose to arrive one day early and pay for a night at an airport hotel, which we can arrange. To avoid any extra charges your airport departure should be in the afternoon or later on June 14th.

We strongly suggest that you purchase flight cancellation insurance. There may arise a circumstance beyond anyone's control and you want to ensure that you will be able to get a refund on your airfare. Also, if something happens while you are traveling, you could be covered for lost baggage.

Passports & Visas

Make sure your passport does not expire within 6 months of travel date. Please bring a photocopy of your passport and return air tickets. Click [here](#) to find information on applying for an entry visa to Uganda. You complete the visa application, pay \$51, receive an eVisa by email, print it and present it upon entry.

You will need this information: You are applying for a single entry tourist visa. We will be staying at the **We will be staying at the Mubende Officers Organization PO Box 39, Mubende +25 677-384-2284. Our local contact person for the trip is Richard Mwesigye +256 702 152 649. [Please do not call Richard; this is an emergency contact number only.]**

You will need to upload copies of the photo page of your passport, your itinerary, verification of your Yellow Fever vaccine, and a 500 pixel by 500 pixel passport photo.

You can mention visiting Nairobi, Nakuru and the Rift Valley.

Vaccinations and Medications

Please bring any personal medications in the original container, clearly labeled. If you have a serious medical condition, it is advised that you bring a signed letter from your physician regarding pertinent medical history and medications (including any generic names) that you currently take.

All travelers should review which vaccinations are recommended. These recommendations are based on the best available risk information from the [Center for Disease Control](#). Please note that the level of risk for vaccine-preventable diseases can change at any time. All travelers need to have their vaccination records on the trip. These are the health precautions that are recommended for travel in Uganda. All travelers should visit a local health travel clinic 4-8 weeks prior to departure. The health travel clinic is up to date on all necessary vaccinations, immunizations and health advisories for the specific areas where we will be traveling.

Recommended vaccinations are: Hepatitis A & B, Typhoid, Polio-one time booster is recommended for any adult that received the childhood series, Tetanus-diphtheria-re-vaccination required every ten years, Meningococcus and Measles, Mumps and Rubella (MMR).

Yellow Fever

Yellow fever is a risk in certain parts of Uganda, and vaccination against it is required in order to obtain a Uganda Visa. The government of Uganda requires proof of yellow fever vaccination upon arrival to and departure from Uganda. You will receive a certificate proving that you have been immunized and must have this in your carry on luggage. Be advised that this vaccine is hard to source in some nations, and it is recommended you make an appointment to receive it upon registration.

Anti-malaria

Anti-Malarial medication is indicated and recommended for travel in Uganda. There are three different types: Lariam (mefloquine), Malarone (atovaquone) or Doxycycline. Please clarify with your doctor or health travel clinic professional how frequently they are to be taken, when to start them and which one is best for you. Please also check any side effects or contraindications for the medication. At the travel health clinic, they will provide you with education and information needed to help prevent mosquito bites. You may also be able to purchase mosquito spray there. Hotels will likely have bed mosquito nets.

For Traveler's diarrhea

Your physician or travel clinic doctor may recommend giving you a prescription for antibiotics in case of traveler's diarrhea.. These can be taken (usually ordered for 3-5 days) IF you experience signs of traveler's diarrhea: cramping, achy, diarrhea, or fever (some or all of these symptoms) please inform the medical team leader prior to starting your prescription. We do not recommend taking Imodium as this tends to cause constipation and only prolongs the infection and causes the bacteria to remain in your body longer.

We recommend bringing a small amount of motion sickness medication with you (gravol/ dimenhydrinate, dramamine, scopolamine or even ginger). Some also like to bring some form of sleeping medication (e.g. melatonin), which is helpful for jet lag recovery.

At times the sun is very strong. Pack enough sunblock for the trip, bring a hat and drink more water than you are accustomed to.

Orientation Videos

We have video recorded the orientation teaching; five basic messages and methods of how we extend the kingdom and heal the sick. If you this is your first Journey with Impact Nations, it is mandatory that you watch these videos. If you have been on a Journey before, feel free to brush up on the teaching. Please do not share these links/videos, as these are products that we sell, and they are only free for Journey team members. If you would like to take your home groups or other small groups through them, please contact us and we can make them available to you. If you have any problems viewing these please contact the office.

Here is the link to the orientation teachings: <https://bit.ly/2m7VZef>

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Detailed Journey Information

Schedule

Your trip to Uganda will take place from June 2 thru June 14, 2019.

The following is the presently anticipated schedule for the trip. Please remember to *be flexible*. Almost every trip will experience changes in schedule and/or locations. Once we're on the ground at the destination things might change so please hold the following

with an open hand.

Sunday June 2nd: You will arrive at Entebbe International Airport. Someone with an Impact Nations sign will greet you. Since the team is comprised of people from all over the world you might have to wait a bit for more people to arrive .

June 3rd: We will start with an orientation time taught by the Impact Nations leadership team. The orientation is to review the training done by video, sharing, impartation and ministry, as well as addressing administrative needs. We will help prepare the medicines for the Medical Clinics and possibly do a tour to see the transformation we have brought to Kalonga.

June 4th - 8th: - During this time, we will be ministering in a variety of ways in villages around Mubende- i.e. helping with medical clinics, water filter installation, street evangelism, children's' ministry. In the evening we will usually hold open-air meetings in different locations and you will be part of the ministry team, praying for the sick, crippled and oppressed. You will have the opportunity to participate in all these activities. The team will minister in different churches on Sunday. We will be traveling back to Kampala on Sunday afternoon.

June 9th - 13th: We are excited to be working in the Kosovo community in Kampala on this journey. It may include a medical clinic, a visit to a home for young women in crisis pregnancy situations that have been rescued from abusive or human trafficking situations, a Vacation Bible School day for kids and some house to house visits. We are scheduling some time for rest which will include shopping or a visit to an area tourist attraction. Our debrief time will be on Thursday.

Friday June 14th – Departure

Luggage

Luggage Each team member may bring only one check-in piece and one carry on piece. (Even if the airline will allow you two check-in pieces to accommodate the ground transportation, you should pack everything into one check-in piece). If you are flying out of Albuquerque we may also be asking you to check in one bag of medicine. Remember that you will be responsible to carry your own luggage so please choose a style and size that you will be able to manage by yourself.

Label your luggage inside and out with your full name and home address, including country. Also include a destination address and the dates you will be there . We will be

staying at the **Mubende Officers Organization PO Box 39, Mubende +25 677-384-2284.**

It is not uncommon to find luggage identical to yours on the airport conveyors so marking your luggage in some way for easy identification is a good idea. **Be sure your suitcase can be locked while in the hotel.**

Any carry-on toiletries must be in containers less than 90ml/3oz. and placed within a 1 liter/ quart sized clear Ziploc bag.

DON'T FORGET TO PACK IN YOUR CARRY-ON ANY PRESCRIPTION MEDICATIONS THAT YOU NORMALLY NEED TO USE. YOU MAY NOT BE ABLE TO OBTAIN THEM WHILE IN UGANDA

Bring a small backpack as your carry-on or in your luggage to carry your water, toilet paper in a plastic ziplock bag, and any other personal items when doing village ministry. If you have a favorite water bottle you can bring that along as well, but remember, water cannot be taken on the plane.

Dress Code

All team members will be given two team t-shirts which we be worn on all ministry days. We will pay to have then laundered daily.

Women

DAYTIME AND EVENING MEETINGS

Most of the local women only wear skirts (below the knee length) and some female team members actually feel out of place when wearing pants, so skirts are recommended. One alternative to that is wearing pants/scrubs but having a long sarong or scarf and wrapping it around your waist. Please no form fitting or low cut t-shirts, blouses or short skirts. Always make sure your knees and shoulders are covered. Shorts can only be worn in your room.

SUNDAYS

A dress or skirt and blouse. Dresses and skirts should be below the knee and make sure your shirts cover your chest.

Men

DAYTIME AND EVENING MEETINGS

Jeans and a t-shirt are fine but avoid shirts with slogans or humor. Words are used differently in other cultures and this can often cause offense. Shorts can only be worn in the hotel.

SUNDAYS

Nice casual long slacks. No jeans. Shirt with a collar either long or short sleeve (this may

be of a button down style or a golf shirt style): No T-shirts please. Be prepared to wear a tie. This depends on which congregation you will be visiting. Chances are you won't need it, but bring one nevertheless.

Everyone Comfortable shoes!

You could be standing a long time. Avoid open toed shoes as you will be walking on rough paths in the villages that are often littered with animal droppings.

Also, in many places, body piercings, except for women's earrings, are offensive and should be removed for the trip.

During personal time we ask that all dress remain modest. We do not expect any opportunity for a swim, but you can bring your best conservative swimsuit just in case.

See detailed packing list below.

Spending Money

Spending Money The amount of spending money you bring depends on you, but for 12 days, you'll probably find \$50 US sufficient (more if you would like to buy souvenirs). Bring only newer USD (2006 and newer) and we will arrange for you to be able to change currency. There is little to spend money on, although we will try to schedule a few hours of shopping. There will also be opportunities for offerings.

Your trip fee includes 3 meals a day, water, your accommodation (June 2nd thru the 14th) and domestic transportation in Uganda. It also contributes to paying translators and project expenses. Please be aware that it does not cover additional costs such as telephone calls from the hotel (expensive!), personal shopping, laundry, etc.

The local currency is the Ugandan Shilling (UGX). At the time of writing this document \$1 USD was equal to \$3700 UGX. For the latest exchange rate in your currency click [here](#).

Medical Insurance

Impact Nations provides travel medical insurance. It is in-country coverage only.

It includes:

- \$600,000 Medical Coverage with \$0 deductible (age 70-79 is \$50,000, age 80+ is \$12,000)
- \$100,000 Emergency Evacuation
- \$50,000 Return of Mortal Remains
- and \$25,000 accidental death.

No pre-existing medical conditions are covered (existing prescriptions or conditions for which you are currently under a doctor's care). If you choose to purchase your own

travel medical insurance, it will be the primary policy. You must provide a copy of this coverage to Impact Nations. Impact Nations will pay expenses in country for your care. You will be responsible to reimburse Impact Nations when you receive funds from your insurance company.

Climate

Uganda has a tropical climate. Temperatures average about 28°C/82 F during the day and 16°C/61 F at night. Rainfall is likely to happen off and on.

Hotel Accommodation

You will be staying at the Mubende Officers Organization PO Box 39, Mubende +256 677-384-2284 for the first part of the trip. When we travel back to Kampala, we will be at a local hotel the Lavanda Hotel +256 0200-906231

All rooms will be booked for double occupancy. There may be extra rooms available in which case you can request and pay the additional cost for a single room. Married couples will be assigned together! We strongly recommend earplugs as it can get noisy at night.

If you plan on reading after dark, you need to bring a personal reading light.

Electric Current

Uganda's electrical power is distributed at 220 volts cycling at 50 Hz with flat plugs. Check over the electrical devices you're planning to bring. Many of them can handle both 120/60 and 220/50 and do not need voltage converters. Hair dryers are usually not adaptable and require a converter that can provide sufficient wattage.

Note that there are "adaptors" and "converters". Adaptors are passive devices that allow your plug to fit into the local outlets. Converters are active devices that transform voltage levels.



This plug and receptacle is technically known as the BS 1363 (British 13 A/230-240 V 50 Hz earthed and fused).

Requests for money

Gifts or personal information It is culturally normal in most developing countries, or the

poor areas of other nations, for the locals to request donations of money and gifts from ministry team members. They will also often want to have your personal telephone and email contact information so that they can continue to request donations. As a team member, how you handle these requests affects the whole team and other teams that may be coming in the future, so we ask you to adhere to the following policies:

Impact Nations is a ministry, not a foundation. What we have to give is spiritual impartation, training, primary local medical assistance during a Journey, power evangelism, healing and love. We seek transformation through Kingdom principles. We therefore ask our team members to refrain from giving out money or personal contact information. We sometimes will give the team the opportunity to give a love offering to the local church which will be administered by the local church leaders. We also sometimes do likewise for our translators and others who have served the team faithfully (drivers for example).

When requested for personal contact information, you can provide them with our Impact Nations website (www.impactnations.com) and our email address (info@impactnations.com). We will forward any inquiries to you that come through us if you wish.

If a Team Member feels that the Lord has put it on their heart to give a donation to an individual or for a specific local cause, we ask that they discuss this with the Impact team leadership who will consult with the local leadership.

It is important to understand that this tendency to ask for support is culturally normal, and should not be viewed by us as wrong or bad behavior on their part. But in the long term, we can easily be hindering God's work through monetary gifts rather than helping.

Security Some tips for cash & valuables

Try not to appear wealthy, only carry what is necessary, remove all excess materials, and carry your money on the front side of your body. It is highly recommended that you have a money belt or document pouch, which is worn around your neck or under your clothing to store your money and important papers. These are readily available at travel stores and wilderness outfitters. Bring a lock so that you can lock your suitcase while you are out of your room.

Communication

With us during the trip:

You will receive a name badge on the first day of the mission along with an emergency contact phone number and address that fits in your badge holder. One or two of the team will be carrying a cell phone and will be available for emergency assistance.

With home:

Because this is a ministry trip rather than a vacation, we encourage you to let go of home issues and focus on ministry. In any case, you should not make promises with friends and family that you will be in touch frequently by phone or by email as this is not likely possible.

If you have a cell phone you hope to use during the trip, or a calling card from your telephone service provider, please call your service provider before the trip to learn whether these are operational in Uganda and what special instructions you might need. The Hotel has wireless internet service, though it isn't always reliable.

Your family and friends contacting you:

Call Ben Stewart +1 (505) 515-9002 or Richard Mwesigye +256 702 152 649 (for emergencies only).

Language

English is the official language in Uganda. Kiswahili and Luganda are widely spoken and we will be using translators when we travel into smaller and more remote places.

Packing List

Travel light. Pack only what you think you need; you will probably find that you need and use less than you originally thought. It is possible to hand wash personal items and there is a laundry service at the hotel. Clothes items should be versatile and efficient. Be prepared for variances in temperatures and humidity.

Essential Items:

- One clearly labeled suitcase and carry-on (include in these a small backpack for day use)
- Passport
- Airline tickets and Itinerary (always keep a copy in carry on)
- Copy of Passport (photocopy, digital picture, scan)
- A lock for your suitcase to be used in your room
- Money belt/document case to be worn in front, or the kind you wear around the neck
- A list of emergency contact numbers (lost cards, etc.)
- Cash, an optional credit card and/or bank card
- Your personal toiletries: shampoo, soap, etc.
- Hand sanitizer
- Your favorite diarrhea medicine
- All necessary prescription medications, and a copy of the prescription.
- Mosquito repellent
- Malaria medication (see critical information document)
- A good, RELIABLE, travel alarm clock (might be a long walk to the ministry site!)
- All your chargers for cameras, shavers, phones, etc. (Optional; a short extension cord - 3 outlet.); if bringing these add a plug adaptor and possibly a voltage converter.
- Bible, pen(s) & notebook
- Breath Mints for the ministry sessions! (You'll be up close & personal).
- Snack food: trail mix, energy bars, breakfast bars. Meals aren't always on time.
- Sun equipment: sunglasses, suntan lotion, hat(s)
- Face cloth and towel (hotel towels can be quite small, a cloth for sweat is helpful)
- A roll of toilet paper in a plastic bag (to be on your person at all times!!!!)
- Small packets of tissues

- A small flashlight (also optional -a small reading light; room lighting is often poor)
- Lightweight sleepwear or sweats (rooms are not air conditioned)
- A light jacket or sweater (evenings can get cool)
- Ladies: dress, skirt, for Sunday
- Men: Collared shirt and tie for Sunday

Recommended Optional Items:

- A small umbrella. (hopefully won't be necessary)
- A comfortable pillow if this is essential to your ability to sleep
- Sleeping aids: Ear plugs, blindfold, drugs... whatever you require.
- Extra eyeglasses or contacts in case current ones are misplaced
- Spare batteries for camera, flashlight, etc.
- Digital Camera
- A travel coffee maker if your morning coffee is essential to your well-being and sociability
- A few band-aids, perhaps a small first aid kit, pain pills, antacids... your normal pharmaceuticals
- A few pictures from home to show the locals when they ask about your family, etc.
- Some re-sealable plastic bags of various sizes for items that are soiled, wet, smelly, etc.
- Personal water bottle; you will be given a standard bottle there

Other Items:

These are some items that would be put to good use. If possible, you could purchase some of these and bring them in your suitcase. Thanks!

Medicine:

- Prenatal or Children's Multi-vitamins. These can be difficult to source in some nations but have great value when distributed.

Other:

- Cheap face cloths, small toiletry items.
- Small gifts for translators; possibly something unique to your country.

For Kids:

- Any supplies for playing with children or giving away to local schools and churches: Deflated soccer balls & pumps, coloring books, crayons or markers, small toys, bouncy balls, cars, stickers, pens & notepads... Dollar Store Stuff!