

# Volunteering Overseas

## Uganda



This guide has been designed to assist people traveling internationally with *Field of Hope*. We hope to help you prepare well, pack efficiently, and have a snapshot of what to expect – so keep this guide close. It is our hope that the impact of your overseas experience will not end as memories fade, but instead that the knowledge and experience you gain will provide a springboard into a long-term commitment to people in need.

*Volunteering Overseas* includes three main sections – **Get Ready**, **Get Set**, and **GO!!!** – and near the end of the guide you will find **Resources** that include informative websites, a **Packing List**, and a handy **Pre-Trip Checklist**, with essential tasks to be accomplished prior to departure. There is a separate Volunteer Trip Registration document. *Please see the separate Photo Album* for illustrations.

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## ***The Mission of Field of Hope***

*Field of Hope* is a volunteer agricultural community sharing talents and resources with the developing farm environment to reduce the destructive cycle of hunger and poverty.

We build a bridge across the knowledge gap by conducting training on modern farming practices and setting up demonstrations to prove results.

We partner with existing in-country organizations to help smallholder farmers and orphans become more self-sustaining.

We introduce and support mechanization initiatives because we understand the relationship between farm power and productivity.

We encourage irrigation solutions because we understand the importance of water.

We believe agriculture can have a direct impact on people's lives because it has had a meaningful impact on ours.

By providing training, mechanization and irrigation solutions, we empower smallholder farmers and youth to impact their futures and communities through agricultural development.

## ***Volunteer Opportunities***

*We are pleased you are considering volunteering with Field of Hope. We are confident you will be blessed by using the gifts God has given you, as well as by celebrating the gifts of others in Africa and beyond.*

*By traveling to Uganda, you will observe first-hand what Field of Hope is about. You will meet our partners and see the drip irrigation, training, and mechanization programs we have begun. You will mingle with the students and farmers we serve and offer them much-needed encouragement.*

*You may be asked to facilitate training sessions on drip irrigation, gardening techniques, agronomy, or tractors and implements. At times, you may work alongside students and farmers in their gardens and fields. Or you may be asked to use one of your other gifts in service to the people we meet.*

*Always, you will honor the culture and achievements of the people you visit and remain open to learning from them as well.*

*We thank God for the opportunity to travel with you to serve our brothers and sisters in Christ in other parts of the world.*

**Health Information**

*One of the keys to a great trip is staying healthy. Starting your trip healthy is important.*

**Basic Guidelines**

- Be well rested and in shape.
- As we may do a significant amount of walking, start preparing now. This might include a daily walk, gradually increasing in distance until you are walking two miles in the shoes you will be wearing, with a full backpack.
- Be sure your teeth are in good condition.
- If you wear glasses or contact lenses, take a spare pair and your prescription.
- Bring all medications you expect to need, and a little extra in your carry-on luggage.
- Prescription items should be in their original bottles for customs identification.

**Learn About Your Destination - Uganda**

*Uganda is a country in Sub-Saharan Africa. It is located just north of the equator. The national airport is Entebbe, which is nearly on the equator. Kampala is the largest city in Uganda and is just north of Entebbe Airport.*

**Language and culture**

- English is the official language in Uganda, but there are 41 different languages across the country and districts.
- In the cities most folks speak English, but the farther out in the country you go, the more likely people will speak a tribal language.

**Weather**

- There are many websites that can inform you about the general weather for the region you will be visiting. For example, the following excerpt was taken from [World Weather & Climate](#) (see *Resources* for web address)

*Uganda is sunny most of the year with temperatures rarely rising above 29 degrees (84 degrees Fahrenheit). The average annual temperature is about 26 degrees Celsius (78° Fahrenheit). The rainy season is from March till May and October till November. Light rain season falls in November and December. Dry seasons are from December to February and June to August.*

**Electricity**

- Uganda has a 230 volt system as opposed to the 120 volt system in the USA.
- There are frequent power outages and surges.
- Typically, a laptop computer can handle both 120V and 230V. Be sure to confirm this about your laptop, if you bring it with you.
- Consider bringing a voltage converter for travel to Uganda (See *Packing List*).
- You must be careful when plugging extension cords purchased in the USA into 230 volt current. Unless it is rated correctly, you will fry the extension cord. Make sure the converter is set to reduce voltage and then plug in the extension cord.

## **Metric system**

- Uganda uses the metric system; fluids are measured in liters or milliliters, and distances are measured in millimeters, centimeters, meters, and kilometers.

## **Practical Considerations**

### **What do I need to know about sleeping accommodations?**

- Most beds in hotels and boarding houses have mosquito nets above them for your use. It is also a good idea to bring your own to double the protection.
- Before you go to bed, make sure you tuck the mosquito net into the bed frame all the way around the bed. Once you get into the bed, tuck in the remaining net.
- When you are in bed, you will probably hear mosquitoes buzzing around the net. If there is a fan in your room, direct the fan blast toward your bed to push away the mosquitoes. The “white noise” of the fan will help mask the sound of the mosquitoes.
- Make a habit of taking your anti-malarial prophylaxis drug at a specific time each day. ***Don't forget!***

### **Is the water safe to drink?**

- Generally, no. Do not drink water out of any tap.
- In the rare event you are offered ice cubes, do not accept them.
- Drink **ONLY** bottled water while you are in Uganda.
- Be sure the lid is properly sealed before use and that the lid snaps away from the retainer when you first open it. It is best to drink right out of the bottle, after you have wiped the rim of the bottle.
- Be aware: there have been cases where people take old bottles, fill them with tap water, and glue old caps onto the retainer.
- Take care with fruit juice, particularly if water may have been added, and with milk unless you know it has been pasteurized or boiled.
- Tea, coffee or any other beverage for which water has been boiled should be fine.
- Be sure to drink at least 2 quarts or liters of liquid each day to stay hydrated.

### **What will the food be like?**

- Adequate and nourishing food will be provided or accessible. Some of it, however, may be quite different from what you are used to — so be prepared to be flexible. Come with a desire to learn and taste new foods.
- If you are invited into someone's home, be prepared to taste and possibly eat everything that is offered to you. In most cultures, to refuse would be offensive. Check with your team leader to know what is appropriate in the context.
- Eat only cleaned, unpeeled, and/or cooked fruits and vegetables. Avoid fresh leaf vegetables such as lettuces, as contamination may be present.
- Always carry anti-bacterial hand cleanser to clean your hands before you eat.
- It is fairly common for people to experience some gastro-intestinal upset as their body adjusts to new foods. Taking a Tums™ or other calcium derivative prior to eating can help you tolerate new foods more comfortably. Discuss with your travel doctor the best medications to have with you in case of intestinal issues.

- You may want your own stash of granola/protein bars or other non-perishable items for moments alone in your room.
- If you have any special dietary requirements, please discuss these with your trip leader prior to leaving.

### **What if I have a medical emergency?**

- The trip leader or local host will be familiar with the closest emergency medical facilities, should an emergency arise.
- In addition, your group will be equipped with a medical kit containing basic medical supplies to deal with minor emergencies and health problems.
- *Field of Hope* requires you to have travel medical insurance that includes emergency medical evacuation. Please see more information in the *Get Set* section under Travel Medical Insurance.

## **Cultural Considerations**

*Undoubtedly, there are many differences between home and the country to which you are traveling. Every country on every continent is unique. While there is no way to be prepared for everything, here are a few things to be aware of when traveling abroad.*

### **Guidelines**

- No matter where you go, the team will draw some attention. Try not to attract undue attention while traveling abroad. Many cultures are much more reserved and quiet in public than most Americans. What may seem to be normal behavior to you may be viewed as immature, arrogant, or even insulting to the people near you.
- Be sensitive to everyone, especially to those who will welcome and host us. Avoid criticism; see this as an opportunity to learn about another culture. No one culture is superior to another; we all have something to learn from each other.
- On a visit to any country, it is important to know that the nationals view you as a guest, whether or not you are in their home. If you are offered food or drink, it is not only polite to accept but also may be rude to refuse.
- North Americans and Europeans are generally more comfortable with casual touching between genders. Out of respect for our hosts and to avoid appearing promiscuous, it is better that men shake hands with men and women with other women. Women should wait for a man to extend his hand first, as there are many cultures where women and men never touch. A good guideline is to follow your host's lead.
- Practice good conversational manners on particular topics such as the political climate within your host country, marriage customs, and highly personal matters not immediately pertaining to the program you are visiting. When these subjects come up, it is best to listen and learn while visiting another country.
- Shopping is an exercise in relationship-building as well as participation in someone's livelihood. Negotiating a price is normal in many marketplaces, but this is not simply for the enjoyment of the shopper. When a price is agreed upon, the item in question is sold. In many countries, to negotiate a price to agreement and then not purchase it is offensive.

- Do not consume tobacco products or alcohol in any context where it would be offensive to our hosts or community. Both of these harm our testimony in numerous contexts.

### **Solicitations and giving**

- Many of the people with whom you will be coming into contact earn only a small fraction of what even the poorest American is paid. It is important to remember that life's essentials, such as clean water, nutritious and plentiful food, and healthy well-being, are a significant challenge for many Ugandans to obtain.
- Remember to be sensitive and respectful to the Ugandans around you. Please, don't make light of circumstances that may seem odd to us but may be a matter of survival to them.
- You may be asked for money or material goods while you are in Uganda. Please resist the urge to give, no matter how small the amount. Wise Ugandans tell us that giving things away only hurts Ugandans and perpetuates the begging mentality.
- Money is a commodity and symbol that can often give those who have it power and control over those who do not.
- Our Christian mission, in the context of *Field of Hope*, is NOT one of charity, but IS one of supporting people in their efforts to feed their own families over the long term.
- Politely refer people to our host, indicating that our support is through them.
- Financial gifts may be given to the local organization or to FOH and designated for particular programs.

### **Churches**

- Church services in Uganda are generally much different from services in the USA.
- Ugandan services usually begin with 45-60 minutes of praise music followed by a 45-60 minute sermon. The praise music is very lively, with much dancing, clapping and movement. It is exhilarating and exciting.
- Feel free to let your guard down and fully enjoy the experience. You will probably be touched by the humility and gratitude the worshippers express.
- After the church services, it is customary to take tea in many churches. Church members are honored when you take tea with them.

**Passport****Passport Information**

- You must have a current passport that is valid for at least six months beyond your travel departure date. This is typically an entry requirement into many countries.
- If you do not already have a passport, it is YOUR responsibility to obtain your own passport.
- Present your original birth certificate to your county courthouse or local post office and fill out an application.
- Allow at least six weeks for your passport application to be processed.
- If your time is short, check the *Resources* for companies that can expedite the process.
- Once you have received your passport, be sure to **sign it!**
  - Then please make three (3) copies of the photo page of your passport.
    - Send one to *Field of Hope* in the Forms Packet as explained below.
    - Leave one copy at home with a family member.
    - Put one copy inside your carry-on luggage, separate from your actual passport.

**Medical Preparations**

- Consult your local travel clinic or health department at least eight weeks in advance to arrange for any vaccinations and immunizations you might need for the country or countries you will be visiting. The CDC website can be helpful. (See *Resources*.)
- Ask your health professional for an updated list of immunizations and vaccines and make copies for the *Field of Hope* Forms Packet as well as your personal document folder.
- You WILL need to take an anti-malaria prophylaxis drug prior to, during, and shortly after you return from Uganda. Your travel doctor will advise.
- If you are taking a specific prescription or OTC medications, be sure to bring enough for the entire trip, because they may be hard to find outside the USA.
- Let your group leader know if you have any special needs.

**Flight Reservations**

- There are no direct flights from the United States to Uganda, so you will most likely need to fly through Amsterdam, London, or Brussels.
- Most international flights arrive in Entebbe from 9:00 PM to 11:00 PM.
- Total flight duration from your home airport to Entebbe ranges from around 18 hours to 35 hours, depending on your route and layover times.
- To lessen the burden on our hosts, Field of Hope strives to ensure that all visitors on the same trip arrive in country at the same time.

- In order to ensure this, FOH generally makes flight arrangements for your travel to and from the USA.
- We use a travel agency that specializes in working with nonprofits.
- Please see Resources for additional information.
- Your FOH trip leader will advise which provider is being used for your trip.
- They are able to give us a missionary rate which allows for up to three checked bags.
- You do have to follow the general bag size and weight guidelines (50 lbs. max).
- They can also refund your ticket for \$200 in case of an emergency, change the traveler's name on the ticket for \$50, or change the travel dates for \$50 plus fare differences.
- While we fully expect the trip to go forward, certain circumstances may result in cancellation of the trip.
- You will be notified to supply the travel agency with your credit card information or other means of making payment.
- Electronic tickets will be sent directly to you by e-mail. If you need to make changes on either end of the trip, you can work that out with the travel agent.
- If you prefer to make your own travel arrangements, please tell your trip leader so we can arrange appropriate logistics for your arrival and departure.

***Be sure to have the credit card used to make your reservation with you when you check in at the airport!***

### Travel Medical Insurance - Mandatory

- *Field of Hope* requires you to have travel medical insurance that includes emergency medical evacuation.
- Please see *Resources* for additional information.
- Your FOH trip leader will advise which provider is being used for your trip.
- The policy will likely be a \$0 deductible, \$1,000,000 policy.
- Please send proof of insurance to FOH in your Forms Packet.

### Field of Hope Forms Packet

**Please complete the following and submit to Field of Hope as directed below.**

- Download the **Volunteer Trip Registration form** from *Field of Hope website*
  - Trip, Personal, and Medical Information
  - Volunteer Release and Waiver of Liability
  - Team Covenant
- Copy of passport that you have SIGNED
- Travel medical insurance information (see Resources)
- Personal biography and photo
- Flight itinerary
- For anyone over 65 years of age, a letter from your doctor indicating that you are in sufficiently good health to be making this trip

- For travelers under 18 years of age traveling with an adult who is not their parent, a Field of Hope travel authorization form
- After completing the forms and gathering the additional information for the Packet, make copies for your document folder and as needed to leave with a family member or friend.
- Return the completed Forms Packet
  - **Best option: Scan and email to [Office@FieldofHope.org](mailto:Office@FieldofHope.org)**
  - Mail to *Field of Hope*, 8805 Chambery Blvd, Suite 300-225, Johnston, IA 50131

### United States State Department - STEP

- We strongly advise registering in the State Dept. Smart Traveler Enrollment Program (STEP).
- You will receive travel updates specific to the countries you will visit.
- Registration allows the State Department to more easily assist you in case of emergency.
- Please see *Resources* for additional information.

### Packing Guidelines

**You must be prepared to carry your own luggage, including your checked bag, possibly over long distances or up flights of stairs.  
For your convenience, please refer to the Packing List in *Resources*.**

#### Luggage ID

- Be sure to put tags that include your name and address on all luggage.
- Also put identification information inside each bag, along with a copy of your itinerary — including information on where you're staying. If name and flight tags are missing, the airline will still know where your bag needs to go.

#### Clothing and shoes

- When considering how much to bring, consider fewer items of clothing with multiple uses.
- Some of the locations we will be visiting may be very conservative. As a general rule, dress simply, neatly, and modestly.
- Slacks (not shorts) are appropriate for men and, generally, for women in urban areas.
- Ladies, please bring a couple dresses or skirts, since women in Northern Uganda generally do not wear slacks, jeans, or shorts.
- Check with your trip leader/host on what is most appropriate for the context on particular days.
- Clothing should have sleeves, short or long, and be knee length or longer.
- Dress in layers so you can add or remove clothing to accommodate changing temperatures.
- Bring clothes that will wash and wear well and won't show soil easily. There may not be many opportunities to do laundry.

- Avoid clothes that are tight-fitting or revealing or excessively worn or patched.
- Wear comfortable, sturdy walking shoes. Supportive sandals are fine but will allow your feet to get very dirty. This is NOT the time to break in a new pair of shoes. Bring a second pair of shoes to give your feet a rest and to wear if your first pair gets wet or proves uncomfortable.
- Bring a hat to protect from direct sun during village visits.
- Women should bring a small scarf to cover their head, where this may be required.
- Leave jewelry and makeup at home.

**Personal document folder** (to be kept with you at all times in your backpack or carry-on)

- Copies of all completed documents from the *Field of Hope* Forms Packet
- Updated list of vaccinations
- Flight itinerary, trip schedule
- Contact information for trip leaders, family, friends, supporters
- This *Volunteering Overseas* guide

## Finances

### How much money do I need to bring?

- You are responsible for all your costs related to this trip.
- Each trip is different; the Trip Leader will provide information on how expenses will be handled and how much money to bring.
- Anticipated costs include passport, round-trip airfare, meals while traveling, and entry visa, along with about \$125 per day for food, accommodations and in-country travel, plus whatever extra you would like to spend on gifts or souvenirs.
- Check with your accountant to determine if any trip expenses are tax deductible.
- Uganda's currency is the Ugandan Shilling.
- See *Resources* for a currency conversion website.
- Although banks in the USA offer foreign currencies for exchange, most local banks do not carry Ugandan currency.
  - The best solution is to budget how much money you will need on your trip.
  - Go to your bank and ask for enough \$50 and \$100 bills to cover that amount.
  - Ask the bank for "big head" bills that are not torn, marked, written on, or disfigured, and are dated **2009** or newer.
  - When you arrive at your destination, go to a major bank or currency exchange center and exchange your American currency for Ugandan Shillings.
  - Most banks are fairly close on their exchange rates. In their offices, they will show a buy-and-sell exchange rate.
- **Do not use traveler's checks.** They are not well-accepted in Uganda.
- **Do not use debit cards. They do not work when applying online for entry visa.**
- Be sure to bring the credit card used to make your airline reservation.
- Because you may use your credit card for purchases and cash advances during your travels, be sure to memorize the required PIN for obtaining cash and notify your credit card provider of your travel plans, being careful they know all the countries where you may make purchases and request cash advances.

## Flight Information

### Initial check-in at the airport

- Consult your airline to determine how soon to arrive at the airport prior to departure time. A safe rule of thumb is to arrive 2-3 hours in advance of your flight departure.
- When you check in at the airport, the airline should check your luggage all the way through to your final destination. Check the baggage claim ticket to see this has been done correctly.
- You should be given all boarding passes to your final destination, unless a non-partner airline is involved as a connecting flight. Ask at the counter to see if you will need to check in again at the next airport.

### Arrival forms

- During the flight to your final destination, the flight crew will give you a customs form to fill out prior to landing.
  - It asks for your passport number, length of stay, purpose of stay, and contact information and address at your final destination.
  - Be sure to fill out this form while you are still en route so you are not delayed in the customs area.
- When you come back to some American airports, the flight attendants may not hand out forms to fill out prior to arrival.
  - Instead, in many airports, there are machines in the customs areas that will scan your passport information.
  - These machines pull up the information you would have filled out on the form beforehand.
  - Once you answer a few questions on the screen, the machine will give you a new document, and you will use that to clear customs.

### Transferring flights

- Finding your way around international airports is relatively easy, as every major international airport in the world has English-speaking customer service agents.
- You will go through Immigration on arrival and possibly during flight transfers.
- The departure gate for your connecting flight should be listed on your boarding pass (which you should have already received) and on monitors located throughout the airport. Check the monitors or ask for help in locating your gate.
- If connecting with other travelers en route, plan to meet at the next departure gate.

### Delays and schedule changes

- You will learn the true meaning of flexibility. Surprises inevitably occur. Learn to practice patience and to see unexpected changes as adventures.
- In case your flight does not proceed as planned, **PLEASE CARRY THE FINAL SCHEDULE WITH YOU IN YOUR HAND LUGGAGE** and leave a copy with your family.
  - It includes the contact information for our hosts and the best way for your family to contact you. NOTE: This should be used only in case of emergency.

## Arrival and Customs

- When you arrive and are ready to deplane, have your Ugandan entry visa letter and passport in hand to be prepared to clear customs.
- The traffic routing in the airport will bring you to the Uganda entry visa area.
- You will wait in line and show your passport and Ugandan entry visa approval letter.
- Be prepared to be asked for your fingerprints and a photo.
- If a health issue is causing problems in Africa, you may be required to undergo a temperature check to confirm you do not have a communicable disease.

## Entry Visa

- In Uganda, the entry visa process changed July 1, 2016.
  - See *Resources* on p.16 for link to more information about the new process.
- You must fill out an application form online, at least two weeks prior to travel
  - Please see *Resources* on p. 16 for the direct link to the application.
  - You will need electronic copies of your passport, yellow fever vaccination, and passport photo (this can be taken at Walgreen's if you don't have one).
  - For a local contact, you can use:  
Ogema Johnson (256-772-905701), Alpha Resort Hotel - Lira,  
Central Division, Ireda Lumumba, Lira Municipality, Lira District, Uganda.
- The cost of an Ordinary, Single Entry visa is \$50, which can be paid by credit card (NOT DEBIT CARD!) when you do the online application form - or will need to be paid at Entebbe airport upon arrival.
- The Uganda entry visa is good for 14-90 days.
- The person who clears you through customs will also check your entry visa.
- You will need to show the approval letter sent to you by Uganda Immigration.
- After confirming your visa and clearing customs, go to baggage claim.
- *Don't be surprised to feel tired and "out-of-it" for a few days after the flight.*

## Accommodations

### First night's hotel in Uganda

- When we arrive late into Entebbe, we check into a local hotel in Entebbe that is close to the airport.
- We will inform the hotel of our arrival time and flight information so they can make arrangements to pick us up.
- Most Entebbe hotels will take either American dollars or Ugandan Shillings.

### Accommodations in Northern Uganda

- We will be staying in simple, safe hotels or guesthouses arranged for us by our hosts in the various places on our itinerary.
- Hotels and guest houses we use are gated and have security guards.
- We will share information on accommodations whenever it is available. It is not uncommon for last-minute revisions to the itinerary, so expect to be flexible.

## Transportation

- We will arrange for acceptable transportation to safely get you to your destination.
  - This could include an in-country flight on a Cessna aircraft with Missionary Air Force (MAF) or a car or bus.
- We strongly recommend you not drive while you are in Uganda. Driving is on the left side of the road (British-style), and traffic laws and enforcement can be highly variable.
- You will see motorcycle taxis called boda-bodas. They are very unsafe. DO NOT use boda-bodas!

## Group Dynamics

- Be prompt for arranged meetings and departures, but expect delays and be prepared.
- Be cooperative and a team player. Ignore minor problems you can't solve yourself.
- Bring major problems to the team leader.
- Not everything will go as planned, or as you might like, but we will attempt to make this a memorable and positive experience for you.

## Finances, revisited

- If you run short of money, you can get Ugandan Shillings from a Ugandan bank ATM, using your credit card. *Debit cards are not recommended.*
  - When obtaining a cash advance from your credit card, there will be an associated transaction fee and possibly a foreign transaction fee, and the exchange rate will be somewhat less than the best bank rate.
  - Most banks have armed guards protecting you while you conduct your banking business.
  - Before you leave the bank or ATM, be sure to secure your cash in a safe place.
  - Don't be surprised if people are begging for money just outside the bank.

## Personal Security

### How can I know I am in a safe place?

- Because of the nature of our programs in some areas of the world, trips inherently include a certain element of risk. We work to mitigate this as much as possible.
- We will be working with local programs and partner staff who are fluent in the language and comfortable in the culture. We always rely on their expertise and advice as it relates to the safety of a particular location or activity.
- Please, remember the Buddy System. Do not go anywhere without one of our hosts.
- Keep a low profile: leave expensive jewelry and watches at home, and be careful about displaying electronics.
- To keep your money and other valuables such as your passport safe from pickpockets, the best place is out of sight, under your shirt or inside skirt or trousers.

- Some travelers prefer hidden security money belts for the bulk of their cash.
- Use a separate wallet with just a little money for day-to-day purchases.

### Staying in Touch - Electronics

- Generally, you will be able to contact your family via email, Skype, or Facetime.
- Be careful about using your own cell phone – the roaming charges are expensive.
- Cell phones purchased in country need to have SIM cards registered before they can be used. Cell phones take two sim cards for better coverage. It is recommended that you arrive at the MTN and Orange/AfriCell stores when they first open in the morning to avoid long hours in line.
- Before leaving Uganda, be sure to load a good amount of time on mobile phones and Wi-Fi hotspots. This will make it easier for the next visit.
- Network access is usually available at airports and through the trip leader.
- However, we do suggest volunteers limit use of computers, iPads, and smartphones.
  - It is too easy to spend time on the computer instead of interacting with hosts or fellow team members.
  - Internet access is limited, slow, and expensive.
  - Electronics can be an attractive target for thieves.
  - Electronics are sensitive to power outages and surges, which are common.
- As an alternative, the *Field of Hope* Office can let your designated contact person know of your safe arrival in the country and pass along any updated information.
- Your family can contact [Office@FieldofHope.org](mailto:Office@FieldofHope.org) if they have questions.

### Photography

- Bring any photographic equipment and supplies you anticipate will be needed.
  - Film, memory cards, batteries, and extra photographic equipment are usually difficult to locate for purchase during our travels.
- Always request permission before taking anyone's photo. *Respecting and preserving people's dignity is more important than any photo!*
- This picture-taking recommendation may be relaxed as you get to know folks, but when you are deep in a village or in the cities, don't take person-specific pictures.
- There are some national sites in Uganda where picture-taking is discouraged.
  - We typically cross a bridge over the Nile at beautiful Karuma Falls.
  - Be aware: although restrictions against taking pictures of the bridge or the Falls may be easing, government guards on both sides of the river have been known to confiscate cameras if pictures are taken.
  - Ask or observe the behavior of others before taking photos.
- It is often good to ask one or two persons with the best cameras and most expertise to be the photographer for the group.
  - We can arrange for all digital photos to be shared with each trip participant.
  - This can also free you up to enjoy the experience.
- Do bring a picture of your family to share with people who ask about them.
  - Photos of your family are a great way to bridge cultural and language barriers.
  - Plain backgrounds and simple settings avoid highlighting the disparity between North American lifestyles and the lifestyles of our hosts.

## Resources

### Information Websites

#### Weather website

<https://weather-and-climate.com/average-monthly-Rainfall-Temperature-Sunshine-in-Uganda>

#### Passport websites

The post office passport application process may take up to six months. These companies offer rush processing to expedite the passport application or renewal process in as little as one to nine business days – for a price.

Ambassador Passport and Visa Services

<http://www.ambassadorpassportandvisa.com/Uganda-visa.html>

Travel Document Systems <http://www.traveldocs.com>

VisaHQ <https://www.visahq.com/>

#### Entry visa websites

Uganda entry visa procedures as of July 1, 2016

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

Uganda entry visa application – see notes on p. 12

<https://visas.immigration.go.ug/>

The cost of an Ordinary, Single Entry visa is \$50, which can be paid by credit card (NOT DEBIT CARD!) when you do the online application form or will need to be paid at Entebbe airport upon arrival.

#### Center for Disease Control

- <http://wwwnc.cdc.gov/travel>
- Information on vaccines and medicines, travel guidelines, personal security, country-specific travel health notices

#### Travel Consultants

**Golden Rule Travel** <http://goldenruletravel.com/>

Agent: Lindsey Schlabach (330) 353-8850 [lindsey@goldrule.net](mailto:lindsey@goldrule.net)

**Safe Harbors Travel Group** [www.safeharbors.com](http://www.safeharbors.com)

Agent: Steve Andrews (800)344-5656 Ext.1413 [sandrews@safeharbors.com](mailto:sandrews@safeharbors.com)

#### Medical Travel Insurance Providers

**HCC Atlas Medical Travel Insurance Services**

[www.hccmis.com](http://www.hccmis.com) (800) 605-2282

Choose “Health Insurance for International Travelers

**5 Star Worldwide**

<http://www.5starworldwideins.com/>

(630) 499-9915

Agent: Cecille Brechin [5starww@iwic.net](mailto:5starww@iwic.net)

## United States State Department Smart Traveler Enrollment Program - STEP

<https://step.state.gov>

- We strongly advise enrolling in the State Dept. STEP.
- You will set up a login and password and will need your passport number.
- Once registered, you can easily update information for future trips.
- You will receive travel updates specific to the countries you will visit.
- Registration allows the State Department to more easily assist you in case of emergency.

### Field of Hope Contact Information

- Mailing address:  
*Field of Hope*  
8805 Chambery Blvd, Suite 300-225  
Johnston, IA 50131
- Email address  
[Office@FieldofHope.org](mailto:Office@FieldofHope.org)

### Currency Conversion

[www.xe.com/currency](http://www.xe.com/currency)

- Type UGX for Ugandan Shilling in the search drop-down
- You will be taken to an information page that includes a Currency Converter

### What Else Can I Read to Prepare?

Check out the following resources and ask your leader about country-specific books or films.

- ***Forty Chances***, by Howard Buffett
- ***The Hole in Our Gospel***, by Richard Stearns
- ***When Helping Hurts: How to Alleviate Poverty Without Hurting the Poor and Yourself***, by Steve Corbett & Brian Fikkert
- **Adam Calaway** from the **Noble Foundation** has published a blog of his trip to Uganda which you may enjoy: <http://www.noble.org/blog/a-noble-journey/>

### What if I have more questions?

- Please contact *Field of Hope* at [Office@FieldofHope.org](mailto:Office@FieldofHope.org)



## Packing List

**Remember: If you pack it, you must be able to carry it!**

### In a Secure Place on You

- Passport
- Entry visa approval letter showing payment
- Flight tickets and itinerary
- Trip schedule
- Money (US\$ cash: clean, unmarked “big head” bills, from the year **2009** and newer)
- Credit card used to pay for flights, also for cash advances or in case of emergency
- It is highly recommended that debit cards not be used
- RFID credit card wallet (Amazon has several styles)

### Carry-on – a backpack is recommended

- Personal items
  - Prescription and OTC medications
    - Anti-malarial prophylaxis, anti-diarrheal medication, antibiotics
  - Toothbrush, brush, comb, lip balm
  - Feminine products as needed
  - **Note:** Because of security requirements, liquids in your carry-on bag should be in containers not exceeding 3.4 ounces (100ml) and should all be packed into a quart-sized, clear plastic zip-lock bag. All liquids in excess of 3.4 ounces should be packed in your checked luggage.
- Clothing for 1-2 days, in case your bags arrive late
- Extra eyewear – glasses and/or contacts, eyewear prescription
- Document folder
  - Copy of Passport
  - Copy of entry visa approval letter showing payment has been made
  - Travel medical insurance policy number and information
  - Trip, Personal, and Medical Information
  - Volunteer Release and Waiver of Liability
  - Team Covenant
  - Updated list of vaccinations
  - Flight itinerary, trip schedule
  - Contact information for FOH trip leaders, family, friends, supporters
  - This *Volunteering Overseas* guide
- Camera, recharger, ample memory cards, extra batteries
- Small flashlight

## Checked Bag

- Clothing
  - Appropriate, modest clothing
  - Socks and underwear
  - Lightweight jacket
  - Extra comfortable, sturdy shoes
  - Flip-flops for shower
  - Hat and sunglasses
- Bed net, sprayed before packing with insect repellent
  - Coghlan's double mosquito net (Amazon)
  - Sawyer Products Premium Permethrin Clothing & Gear Insect Repellent Trigger Spray (Amazon)
- Pillow cover
  - Pillow ZipCover, Size: Standard 21" x 27" – Sleep Safe Bed Bug, Dust Mite, and Allergen Proof (Amazon)
- Travel accessories – suggested examples
  - Power adapter/converter
    - Travel Smart by Conair Adapter/Converter Combo with Surge Protection (Amazon)
    - VCT WPS-UK 220 - 240 Volt Universal Power Strip Surge Protector with 6 Universal Outlets 13A Max. 3250W with UK Plug (Amazon)
  - Small flashlight with extra batteries
    - Neiko 40440 Super-bright 9-LED heavy-duty compact aluminum flashlights, 3-pack (Amazon)
  - Travel alarm clock
  - Trekking poles or collapsible walking sticks provide balance on rocky or uneven ground and reduce knee strain when walking long distances.
  - Hint: Reverse the batteries in flashlights, clock, and electronics to prevent your gadgets from starting in your bag and running the batteries down.
- Non-prescription medications and first aid items
  - Thermometer and disposable covers
  - Pain relievers, Benadryl (not liquid)
  - Tums, Pepto-Bismol
  - Antibiotic cream, Benadryl cream
  - Band-Aids, moleskin
  - Vitamin & mineral supplements
- Toiletries
  - Shampoo, soap in plastic container, deodorant
  - Oral hygiene items
  - Hand sanitizer – liquid or wipes
  - Insect repellent w/ DEET (Individual packets, not aerosol)
    - All Family Insect Repellent Wipes (Wal-Mart camping section)
  - Sunscreen

- Personal care items
  - Comb, brush
  - Lightweight towel / washcloth or baby wipes which can be disposed of after use, avoiding the need to pack a wet wash cloth (wash cloths not generally supplied in hotels)
  - Kleenex packs
  - Travel toilet paper
  - Feminine products, if appropriate
  - Shout™ wipes for spills and stains
  - Garbage bags or similar for laundry
  - Bio-degradable detergent
  - Zip-lock bags (works well as mini-washing machine for small laundry items)
  - Thin rope to stretch for drying wet clothes
- Empty carry-on for purchases (the airline may charge for excess baggage)
- Pen and journal (optional)
- Twist ties (optional – can temporarily replace a lost screw on a pair of glasses)
- Duct tape (optional – a few inches wrapped around the end of a pencil. Good for a quick fix.)

### What not to bring

- Clothing that is immodest or has inappropriate advertisements, pictures or sayings
- Prized possessions
- Expensive electronics such as radios, laptops, iPods, iPads, CD players



## Pre-Trip Checklist

- Complete the **Get Ready** personal preparations.
  - Health readiness
  - Learn about your destination
  - Learn about practical considerations
  - Learn about cultural considerations
- Complete the **Get Set** trip preparations.
  - Passport and copies
  - Travel health specialist exam and medical tasks
    - All required vaccinations
    - If you are over 65 years of age), a letter from your doctor indicating you are in sufficiently good health to be making this trip
    - Travel medications such as anti-malarial prophylaxis
    - Regular prescriptions and OTC items
  - Flight reservations
  - Travel medical insurance (see Resources)
  - Request the *Field of Hope* packet of forms
    - Complete the forms
      - Trip, Personal, and Medical Information
      - Volunteer Release and Waiver of Liability
      - Team Covenant
      - Updated immunization and vaccination list
      - Copy of passport that you have SIGNED
      - Travel medical insurance information (see Resources)
      - Flight itinerary
      - Letter from your doctor (if over 65 years of age)
      - For travelers under 18 years of age traveling with an adult not their parent, a *Field of Hope* travel authorization form
    - Make copies for your document folder.
    - Please return completed forms.
      - **Best option: Scan and email to [Office@FieldofHope.org](mailto:Office@FieldofHope.org)**
      - Mail to *Field of Hope*, 8805 Chambery Blvd, Suite 300-225, Johnston, IA 50131
  - Apply for entry visa online at least two weeks prior to travel
  - Register with State Department *Smart Traveler Enrollment Program* (STEP).
  - Obtain any necessary travel accessories (see Packing List).
    - Pretreat bed net with insecticidal spray and allow to dry thoroughly
    - Pretreat footwear and cuffs of pants/trousers with insecticidal spray
  - Pack for the trip, following recommendations in the *Get Set* Packing Guidelines and using the *Packing List*.
  - Acquire sufficient cash as discussed in *Get Set* Finances section.
  - Alert credit card provider about trip schedule and destinations; memorize PIN.

***One final note...***

***Please send any suggestions for additions or modifications to this guide to  
[Office@FieldofHope.org](mailto:Office@FieldofHope.org)***



***Thank you!***