

uganda frequently asked questions.

1. What clothes should I pack?
 - Oasis “serve” t-shirt & Watoto t-shirt
 - Comfortable clothes to build in (a few sets of pants & shirts)
 - A pair of jeans for church (to wear with “serve” t-shirt)
 - Nicer outfit (jeans/pants & blouse for ladies / collared shirt for men; or a skirt or dress for ladies)
 - Light weight jacket &/or sweater (for evenings); Heavier coat (depending on our layover e.g. London)
 - Closed toed shoes (sneakers / work boots)
 - Rain gear (rain coat/ rain boots / umbrella)
 - Pajamas
 - Hat
 - Work gloves & weight belt (if needed for building)
2. What food or snacks should I bring?
 - Protein bars
 - Beef/turkey jerky
 - Trail mix or nuts
 - Chips or crackers
 - Packets of tuna or salmon
 - Cookies or candy (if you have a sweet tooth)
3. What vaccinations do I need?
 - Yellow fever vaccination is **MANDATORY** to enter Uganda.
 - For additional medical needs, you should speak with a medical service provider who can evaluate your personal health background and the CDC requirements for Uganda. See the medical tab on the team website for further information and resources.
4. Where can I go to get the necessary vaccinations?
 - You may check with your health insurance or medical provider.
 - There is a list of local international travel clinics on the medical tab of the team website.
5. Where will we stay while in Uganda?
 - We will most likely stay at the Adonai Guest Houses while in Kampala, Uganda. Kampala is the capital city of Uganda, located on the southeast border by Lake Victoria.
 - We will most likely either stay at the Acholi Inn or at a Guest House in Gulu. Gulu is in Northern Uganda.
 - You will have a roommate(s) and will be advised of who that will be by your team leaders during the training sessions.
 - You will have a bed with a mosquito net.
 - For more information, see the lodging section of the team website.
6. How can I contact my family while in Uganda?
 - You may bring your cell phone if you have or plan to get an international plan, however, you should check to see the cost of a call or text message while in Uganda, as it can be quite expensive. You may also purchase a prepaid phone once in Uganda.
 - There may be a computer with internet access where we will be staying, however, there is a fee. This charge is **NOT** included and it will be **YOUR** responsibility to pay for any internet usage fees you incur. Please also note that internet access will be sporadic at times.
 - Also, while we understand the need to stay connected to family and friends, this should be limited as to not take the focus away from the team and its purpose.
 - For extreme emergencies your team leaders will have a phone – but only for extreme emergencies.
7. What kind of voltage converter and outlet adapter do I need?
 - For the outlet adapter, it is the UK version (different than the London version) – sometimes known as the British 3-pin rectangular blade plug adapter.
 - For the voltage converter, Uganda runs at a higher voltage than the US. The electricity in Uganda is 240 Volts at 50 Hertz; in the US it is 120 Volts at 60 Hertz. You need a converter accordingly so as not to fry your electronics.
 - We will bring samples of both an adapter & converter to our training session to give you a visual.
8. What will the weather be like?
 - The weather in November typically has a high of 80 degrees and a low of 62 degrees.
 - November is part of the fall rainy season – rain gear (boots & coat) is suggested.

9. Will I be able to bring a camera or video camera?
- Yes, there will be an opportunity to take pictures, however, do not take something valuable that you wouldn't mind being lost.
 - And... while there will be an opportunity to take photos, our main purpose is to build - not to take photos or videos. And remember, we must always be culturally sensitive when doing so.
 - While it is ok to take photos at Watoto and most tourist locations, it is prohibited to take photos of the military or police buildings or personnel. It is also inadvisable to take photos at parts of Entebbe Airport. Military and police officers may detain the individual or group and confiscate the camera(s) of the team.
10. Do I need to have prior building skills?
- No, all you need is a servant's heart.
 - We will work alongside a team of Ugandan men who will partner with us on our building project.
 - If you have specific building skills, however, please let your team leaders know, as it could be helpful while completing our project.
11. What will we eat?
- Breakfast will be provided by the Guest House staff or at the Acholi Inn and will typically consist of: hard-boiled or scrambled eggs, bread and jam for toast, potatoes, bananas or pineapple, and coffee or tea.
 - Lunch will be at the building site, and may vary, but will most likely be some sort of sandwich.
 - Dinner will be provided by the Guest House staff or at the Acholi Inn and will typically consist of: meat (beef or pork), a starchy staple (rice or potatoes), *matooke* (mashed bananas), *chapati* (flat bread), and bananas or pineapple. Often dinner is some type of meat stew, accompanied by fruit.
 - Bottled water will also be available throughout your stay. As water is in shortage, and bottled water is a luxury in Africa, it is MANDATORY that you keep and finish all bottled water you take. Select sodas will also be available at breakfast and dinner for a small fee to be paid at the end of our stay. It is advisable to also use bottled water for brushing your teeth.
 - If you have dietary restrictions, please let your team leaders know and they will communicate this to Watoto and the Adonai Guest House or Acholi Inn staff who will try to make special arrangements accordingly. However, you should also bring additional food and snacks as precautionary efforts.
12. Can I leave the premises on my own to tour the area?
- Due to safety measures, you may NOT leave the premises on your own without the group. In fact, throughout the trip we must stay together as a group & always have the buddy system to hold each other accountable.
 - That said, there will be an opportunity for the group to do minimal exploring / shopping for souvenirs.
13. Can I pet dogs, monkeys, or other animals?
- Absolutely not, for no reason should you pet an animal in Uganda. They are not the same as our pets here in the US and often carry many diseases.
14. Can I bring toys, gifts or money to give to the children and mothers of Watoto or to my sponsored child?
- No, equality is very important. For many reasons individual gifts may cause more harm than good.
 - Above all, Watoto has asked us not to do this and we must respect their wishes.
 - Please also do NOT promise to send gifts at a later date.
 - If you would like to do something, you may make a general donation to Watoto that they may use as they see fit. Or contact the US Watoto Coordinator upon your return home if you would like to sponsor a particular child.
15. Can I exchange address information with the kids in order to write them or send them photos?
- No, unless you sponsor that particular child or mom.
 - Watoto has many teams that come through annually and is not equipped to handle the volume of mail that might create. Their efforts are focusing on rescuing children, meeting their medical needs, educating them, teaching them moral and Biblical values – which takes a lot of time and manpower. If, however, you sponsor a child you may send letters and photos per their child sponsorship guidelines.
16. How much money should I bring?
- It is your responsibility to decide what is the right amount of spending money for you.
 - There will be an opportunity to shop at the local craft markets and buy souvenirs for yourself and your sponsors, should you choose, but only you will know what you feel comfortable and are able to spend.
 - You should bring some cash, but you can also use your ATM or credit card at one of the exchange points. Please note, however, that aside from currency exchange places, most markets do NOT accept credit or debit cards or traveler's checks.
 - It is advisable to bring some type of money pouch or money belt to keep your money hidden.