

uganda helpful tips and guidelines.

1. Be culturally sensitive. Watch what you say about Uganda and its customs at ALL times (including the bus trips & at the Guest House). There will be things that you are not used to, but remember, for the folks of Watoto, the Guest House staff and of Uganda, this is their home and their culture. We do not want to come across as disrespectful. If you are struggling with something, please go to your team leaders at an appropriate time and they will be happy to discuss it with you.
2. Always be on time. On time is early! We often will have a tight schedule and organizing a large group can have its challenges – don't be one of them.
3. Please limit your belongings to 1 suitcase & 1 carry-on bag. Although the airlines may allow you to check 2 bags, we need you to leave the 2nd bag available to Oasis to take supplies to Watoto. Remember to pack lightly. There is a strong possibility that you will have to carry your luggage up & down stairs.
4. Do not bring anything of value to you that you wouldn't mind being lost. You are solely responsible for your belongings.
5. Pack at least 1 week prior to departure, that way you can review your checklist and allow time to get any last minute items you still need to purchase or borrow.
6. One of the best ways to avoid malaria is not to get bit by mosquitoes. Here are a few helpful tips:
 - Don't attract them. Wear light-colored clothing, as bugs are attracted to dark colors.
 - Avoid perfumes, scented soaps, lotions, etc.
 - Use insect repellent with Deet.
 - Use permethrin –a long-duration insecticide that you spray on your clothing prior to the trip. Once clothing is treated, the spray is odorless and colorless and withstands several washings. This can be purchased at one of the travel clinics. Note: you will need to spray your clothes outside and hang them out to dry for a few hours, then, they will be ready to pack.
7. Bring sunscreen. Even on days it is overcast or not as hot you may get sunburn or a sun rash. Remember we will be much closer to the equator and the sun's strength there is greater than you think.
8. Bring a mini flashlight. There are occasional power outages and this can prove to be quite helpful.
9. Leave enough space in your suitcase to bring back souvenirs, especially for some of your larger sponsors/donors.
10. In your carry-on bag pack: a change of clothes, your prescription medications, any valuables you decided to bring (only if absolutely necessary), reading materials and snacks for the flights.
11. Contact lens wearers: it is advisable to wear your prescription glasses throughout the trip instead of your contact lenses to avoid possible eye infections.
12. If you are feeling sick at any time please let your team leaders know so we may pray with you and make any necessary arrangements.
13. We must all be FLEXIBLE, ADAPTABLE, SUBMISSIVE AND AVAILABLE. Plans may change, projects may start later than originally anticipated, you may get frustrated at a situation or person, we understand this, so if this happens, we encourage you to discuss it with your team leaders so they can address it and help resolve any challenges you may be having.
14. Remember we are there to serve others on behalf of Oasis, and more importantly, God. Keep this at the heart of everything you do and say throughout the journey.