

CALM Africa collaborates with Real Gap Experience to have volunteers come to Uganda to support children living in especially very difficult circumstances. Information herein may be of help if you wish to come to Uganda and make a difference in children's life.

Highlights!

- Experience local life in Uganda
- Using the skills you have to make a difference to the lives of the children
- Getting to know the locals and experience their renowned hospitality and enthusiasm
- Feel the rewards of helping those who really need and appreciate it



Summary

Dedicate your energy and skills to helping some of the world's poorest children. Assist this community in Uganda - support and improve the welfare of orphaned, vulnerable, or disadvantaged children and their families, many of whom have been affected by HIV/AIDS and live under extremely impoverished circumstances. You will also be there to help raise awareness on children's rights and strengthen child protection mechanisms, or spend your time teaching basic subjects and organising school activities. This is one of the most rewarding projects that you could volunteer on.

For information or to book
call our travel experts on
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Or book online at
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Destination Info

Uganda is one of the most beautiful countries in East Africa, and is described by many, including Winston Churchill, as the 'Pearl of Africa'. Uganda is landlocked by Kenya in the east, Tanzania in the south, Rwanda in the southwest, the Democratic of Congo in the West and Sudan in the North. Uganda has access to a number of large water bodies, including Lake Victoria, which is the world's second largest fresh-water lake. The most significant cities are the capital city Kampala and the nearby city of Entebbe.

What will I be doing?

As

Volunteer Role

Your day as a volunteer on this programme will obviously be dictated either by the school day or by the schedule of the organisation you're working with.

You'll be up and about around 7, having breakfast and getting ready for the day ahead and leaving around 9. You'll have a chance to relax over some lunch around midday before the afternoon sessions start around 1. The evenings are yours.

This hands-on programme gives you the opportunity to make a direct and much-needed contribution to the community in Uganda. We're supporting four different projects in two great locations. The programme co-ordinator will assess your skills and take into account your preferences and recommend the project you'll have the biggest impact on.



Helping vulnerable children

The project works to raise awareness of the rights of children, strengthening child protection mechanisms and improving the welfare of orphaned, vulnerable or disadvantaged children and their families. Inevitably, many of the project's clients are living lives ravaged by HIV and AIDS.

You'll be making home visits to assess needs and create needs profiles - important because they drive the funding and sponsorship effort without which none of this work would have any impact.



Enterprise skills

If you're studying business here's a fabulous opportunity to put your learning to good use in the community in Uganda. The project trains young people to market their skills; access small bank loans and start small businesses; shows them how to be creative and enterprising and learn from each other; and develop the habits of saving and an understanding of changing economic realities.

Vocational skills training

You'll join the team at a vocational skills training centre, set up by community volunteers to support the ever increasing number of orphaned and vulnerable children and give them the ability to lift themselves out of the poverty trap. The centre improves the welfare of HIV and AIDS orphans and children in the Uganda community by equipping them with the skills and



knowledge they need to be independent - giving them the chance of a better future. Could be anything and everything from computer skills training to bricklaying to carpentry to improved agricultural practices to tailoring and dress making.

Teaching

We're involved with three schools - one pre-urban and two rural and you'll be providing invaluable support to hard-pressed teachers, who have to cope with seriously limited resources and are in desperate need of your help. The support you can give doesn't end with teaching basic subjects though. You can get involved in after-school activity, help in workshops and take part in local community development schemes. You'll also have the chance to work with an African children's rights advocacy movement, working with teachers and school administrations to promote children's rights, child protection policies and children's parliaments. There are three schools in the Uganda community programme. One is a pre-urban school, in the Wakiso District, 12 km north of Kampala. The other two are in Rakai District, close to Kyotera Township, a great rural location. Schools in Uganda have three academic terms; Term 1: February up to April,; Term 2: Last week of May up to August; term 3: Last week September up to First week of December

What's included

- ✓ Airport transfers
- ✓ Orientation on arrival
- ✓ Project transport, as required
- ✓ All accommodation
- ✓ All Meals
- ✓ Full support and assistance
- ✓ 24 hour emergency support number

What's not included

- ✗ Travel insurance
- ✗ All flights
- ✗ All items of a personal nature
- ✗ E-mail/Internet and telephone calls
- ✗ Drinks
- ✗ Visas
- ✗ Any excursions not in itinerary

Accommodation

You will stay in a comfortable, but basic shared volunteer house with up to three other volunteers in each room in either Kampala or Kyotera. By western standards, you will find the houses very rudimentary at first, but will also find it a luxury, in comparison to those you will be visiting on the project. The houses do have flush toilets and showers, but there are often water shortages in this part of Uganda, so be prepared to collect your own in buckets if you want to wash!! Power cuts are also not uncommon, so remember to bring a torch. This is Africa!

The houses are situated in safe areas. There are staff at the houses who act as housekeepers and cooks, though volunteers are also expected to do their bit to keep the house clean and tidy. You will also have a night watchman for your security. You will be taking local taxis, accompanied by your fellow volunteers and a member of staff, to rural locations.

Meals

- Three meals per day are provided. Breakfast is usually on a self-service basis, consisting of fruit and breads etc. Lunch is usually taken either in the field or at school, though you are advised to pack own lunch, while dinner will be a hot meal, prepared for you by the cook.

Support and Advice

Your safety is paramount which is why all our programmes have been visited and assessments have been conducted to ensure any major risks have been minimised. Our overseas partners and coordinators are on hand in-country, and you'll have a 24/7 emergency contact, but you may also want to consider our one-day 'Gap Year Safety Course' so you are well prepared for your overseas adventure.

Financial Security

Real gap Experience is a member of ABTA (Y255X) which means they are obliged to maintain a high standard of service to you by ABTA's Code of Conduct. In the event of the failure of the business, they provide full financial protection for all their non-flight inclusive package holidays by way of a bond held by ABTA; and for flight inclusive programmes, by way of our ATOL license (6527).

Insurance

Please note, you must have adequate cover in place before your trip begins. Whether you're travelling for two weeks or two years, insurance is an essential part of your adventure and will help you enjoy your travels, secure in the knowledge that you have the protection you need.

Of course you are free to buy insurance from any provider, however at Real Gap Experience; we have travel insurance that has been specifically designed to meet the needs of global travel that's far from run-of-the-mill.

If you think you're already covered by an existing policy, such as those provided by credit card providers, check the policy very carefully to ensure it covers you for your Real Gap Experience trip, specifically:

- For the duration you require
- For the activities you're planning on doing

If you would like some further information about our insurance options please speak to one of our travel advisors.

Money Matters

The currency in Uganda is the Ugandan Shilling (USh). There are coins of 1, 2, 5, 10, 20, 50, 100, 200 and 500 (USh) and bills of 1,000, 5,000, 10,000, 20,000 and 50, 000 (USh).

US Dollars, the Pound Sterling and major credit cards are accepted by most large hotels, restaurants, travel agencies and shops in urban areas. ATMs are available in larger cities and credit card cash advances are only really available at banks in Kampala.

Meal, Inexpensive Restaurant 1.00 \$
Domestic Beer (0.5 litre draught) 2.00 \$
Coke/Pepsi (0.33 litre bottle) 0.50 \$
Water (0.33 litre bottle) 0.50 \$

(Prices quoted in US Dollar)

Passports and Visas

You should ensure that you have a full passport that is valid for 6 months beyond the intended length of stay. It is your responsibility to have the correct personal documents and to obtain your own visa, if one is necessary, in accordance with the regulations of the country you are to visit. The information provided below is to help you with that process. We are not responsible for the actions of local immigration and customs officials, whether at points of entry or otherwise and any subsequent effects.

All visitors to Uganda require a visa with the exception of African nationals. Citizens of the European Union and USA can get a 90 day single or double entry Tourist Visa. These can be obtained on arrival at all major land borders or at the international airport at Entebbe.

For more information about Ugandan visas please see <http://www.worldtravelguide.net/uganda/passport-visa>

Vaccinations and Health

Travel health can often be something people forget about before going away, but a little preparation and knowledge can go a long way to help you stay fit and healthy while abroad. The risks to your health whilst travelling will vary depending on your general health and the type of activities you are going to be partaking in and the length of your stay.

Since we are not medically qualified, it is recommended that you consult with your General Practitioner or a recognised Travel Medical Advisory Service who will assess your particular health risks before recommending vaccines and/or anti-malarial tablets and advising you on what precautions you should take.

A useful website to visit in the first instance is <http://www.fitfortravel.scot.nhs.uk>

Electricity

Electricity in Uganda is 240 Volts and frequency 50 Hertz. Devices that do not accept this voltage will need to be used with an adapter.

Outlets in Uganda generally accept 1 type of plug:



Two parallel flat pins with ground pin

Source:

<http://treehouse.ofb.net/go/en/voltage/Uganda>

Time

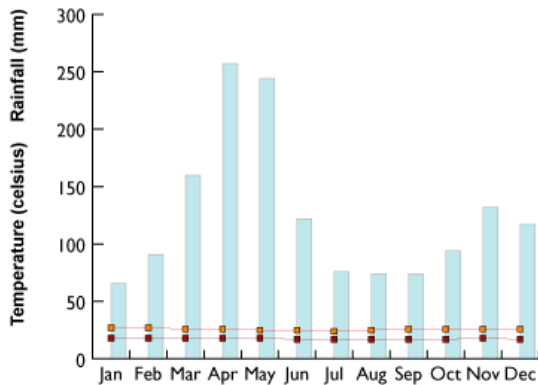
Uganda is three hours ahead of GMT.

Weather

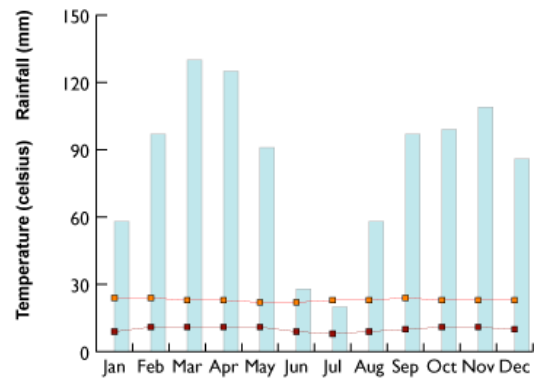
Uganda's climate is typically tropical averaging at around 26°C throughout the year. With all the lush greenery along the shores of Lake Victoria it's no surprise that this is one of the country's wettest areas, with the hilly areas of Kabale escaping most of the rains. There are two rainy seasons a year; short rains fall between March and May and long rains fall between September and November. The hottest and best time of year to visit is between May and August or December and February.

Entebbe, northern Uganda

Kabale, southwestern Uganda



rainfall
average daily temperature (max)
average daily temperature (min)



rainfall
average daily temperature (max)
average daily temperature (min)

Source:

http://www.bbc.co.uk/weather/world/country_guides/results.shtml?tt=TT000750

Trip Note Disclaimer

The information contained in this trip note has been compiled with great care and is provided in good faith. Any itinerary featured is correct at time of release. However, our itineraries may change as make improvements that result from travellers' comments, our own research or from time to time as a result of Foreign and Commonwealth Travel Advice.

You can rest assured that it is always our goal to provide you with the most rewarding trip and experience ever!

