



Global Health Fellows

NORTHERN PACIFIC GLOBAL HEALTH RESEARCH
FELLOWS TRAINING CONSORTIUM

Uganda Handbook

Global Health Fellows Program

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Table of Contents

NPGH CONSORTIUM IN UGANDA	3
Consortium Universities	3
Partner Institutions	3
COUNTRY OVERVIEW	6
Health Statistics.....	6
Health & Healthcare.....	6
PREPARING FOR YOUR TRIP	8
Financial	8
Entry/Exit Requirements	8
Visas & Work Permits	8
Vaccines and Travel-related Health Concerns	8
Notes on Malaria, Dengue Fever, and other outbreaks in Uganda:	9
Other Documentation.....	9
Traveler Security Registration & Emergency Contacts	10
Emergency Contacts.....	10
Smart Traveler Enrollment Program (STEP)	10
Packing for your Trip	10
IN-COUNTRY	13
Animals	13
Communication	13
Money	14
Housing	14
Health Care Facilities	16
Transportation & Traveling	16
Food	17
Personal Safety	18
Local Customs	19
Entertainment	19
Guide to Kampala	20
REFERENCES AND RESOURCES	23

NPGH CONSORTIUM IN UGANDA



Consortium Universities

- University of Minnesota
- University of Michigan
- University of Washington

Partner Institutions

- Makerere University
- The Uganda Cancer Institute

Makerere University: Established in 1922 as a technical school, Makerere University is one of the oldest and most prestigious universities in Africa. In July 1970, Makerere became an independent national university of the Republic of Uganda, offering undergraduate and postgraduate courses, and currently has a student body of nearly 30,000 undergraduates and 3,000 postgraduates. In July 2011, The University became a Collegiate University, consisting of eight Colleges and two Schools operating as semi-autonomous units of the University.

Makerere University has strong research collaborations with UW and UMN since 2002 (UW) and 2003 (UMN). These institutions currently partner on 24 active research studies, including 20 NIH-funded studies, and two Fogarty-funded training grants. Areas of research focus include infectious diseases (HIV, malaria, cryptococcal meningitis, herpes viruses, HHV8, zoonotic diseases), cancer, child development and mental health, and nutrition.

The UW and UMN D43 training grants in Uganda focus on education in HIV and connections between infection and neurodevelopment. Dr. John's D43 training grant has a component dedicated to faculty mentor training at Makerere University, and the D43 and AITRP grants partner closely with the MEPI project at Makerere University. The

MEPI project aims to increase capacity of health care workers, strengthen medical education and build clinical and research capacity at Makerere University and throughout Uganda. UMN sponsors a 2-week Global Health Institute at Makerere as part of its OneHealth Initiative, focusing on connections between ecology and human health, and the UMN RESPOND project has a center in Uganda which collaborates with the Ugandan Ministry of Health to increase capacity for detecting and responding to disease outbreaks, including zoonotic disease outbreaks.

The Uganda Cancer Institute (UCI): UCI is the only cancer treatment and training facility in Uganda. In Uganda, six out of ten of the most common cancers are due to infectious diseases. Because of its tremendous burden of infection-related cancers, Uganda offers a unique setting to study the impact of infections on the development and clinical course of several cancers. Dr. Lawrence Corey (Hutchinson Center president and director) has been instrumental in working with Drs. Jackson Orem (UCI director and UCI/Hutchinson Center Cancer Alliance co-director) and Corey Casper (UCI/Hutchinson Center Cancer Alliance co-director and Associate Member at the Hutchinson Center) to plan a new state-of-the-art facility, the first collaborative comprehensive cancer center between an African and U.S. institution.

Construction of this new US\$2.5million state-of-the-art inpatient and outpatient cancer facility was started in October 2011. In 2004, Dr. Corey Casper initiated a collaboration with Dr. Jackson Orem to develop effective prevention and treatment strategies for infection-associated cancers to benefit the millions of people in Uganda, the U.S. and worldwide who suffer from malignancies such as Burkitt lymphoma and Kaposi sarcoma. By working closely with Ugandan researchers and oncologists, Center researchers hope to expand their knowledge of infection-related cancers and improve cancer care in Uganda and at home. The UCI/Hutchinson Center Cancer Alliance developed a three-pronged approach for addressing the needs of cancer patients in Uganda: 1) conduct cutting-edge research in infection-related cancers to better understand the pathogenesis of these diseases in order to develop and test more effective, efficacious and safer treatment and prevention regimens; 2) improve clinical capacity through provision of medical support and revised clinical protocols for those with infectious cancers; and 3) train clinicians and support staff to enhance local human capacity to sustain research and clinical care activities at the site.

COUNTRY OVERVIEW



Health Statistics

Total population: 34.5 million

Gross national income per capita (PPP international \$): 1,250

Life expectancy at birth m/f (years): 48/57

Probability of dying under five (per 1,000 live births): 128

Probability of dying between 15 and 60 years m/f (per 1,000 population): 539/348

Total expenditure on health per capita (Intl \$, 2010): 124

Total expenditure on health as % of GDP (2010): 9.0

Health & Healthcare

As a developing country, health indicators in Uganda lag behind the rest of the world. Uganda was hit very hard by the outbreak of the HIV/AIDS epidemic in East Africa. In the early 1990s, 13% of Ugandan residents had HIV; this had fallen to 4.1% by the end of 2003, the most effective national response to AIDS of any African country. In 2003, the Ugandan Ministry of Public Health reported an outbreak of cholera in Bundibugyo

district, with most cases located along the Semliki and Lamia rivers.

Uganda is home to the Uganda Virus Research Institute (UVRI), considered one of the most advanced viral research facilities in East Africa.

The very high rate of HIV infection experienced in Uganda during the '80s and early '90s created an urgent need for people to know their HIV status. The only option available to them was offered by the National Blood Transfusion Service, which carries out routine HIV tests on all the blood that is donated for transfusion purposes. Because the need for testing and counseling was great, a group of local NGOs together with the Ministry of Health (MOH) established the AIDS Information Centre in 1990 to provide HIV testing and counseling services with the knowledge and consent of the client involved.

In Uganda, HIV/AIDS has been approached as more than a health issue, and in 1992 a Multi-sectoral AIDS Control Approach was adopted. In addition, the Uganda AIDS Commission, also founded in 1992, has helped develop a national HIV/AIDS policy. A variety of approaches to AIDS education have been employed, ranging from the promotion of condom use to 'abstinence only' programs.

To further Uganda's efforts in establishing a comprehensive HIV/AIDS program, in 2000 the MOH implemented birth practices and safe infant feeding counseling. According to the WHO, around 41,000 women received Preventing Mother To Child Transmission (PMTCT) services in 2001. Uganda was the first country to open a Voluntary Counseling and Testing (VCT) clinic in Africa called AIDS Information Centre and pioneered the concept of voluntary HIV testing centers in Sub-Saharan Africa. The Ugandan government, through President Yoweri Museveni, has promoted this as a success story in the fight against HIV and AIDS, arguing it has been the most effective national response to the pandemic in sub-Saharan Africa.

In June 2011, the United Nations Population Fund released a report on "The State of the World's Midwifery." It contained new data on the midwifery workforce and policies relating to newborn and maternal mortality for 58 countries. The 2010 maternal mortality rate per 100,000 births for Uganda is 430. This is compared with 352.3 in 2008 and 571 in 1990. The under-five mortality rate per 1,000 births is 130 and the neonatal mortality as a percentage of under-fives' mortality is 24. The aim of this report is to highlight ways in which the Millennium Development Goals can be achieved, particularly Goal 4: Reduce child mortality; and Goal 5: improve maternal death. In Uganda, the number of midwives per 1,000 live births is 7, and 1 in 35 is the lifetime risk of death for pregnant women.

PREPARING FOR YOUR TRIP

Financial

Please notify your credit card and banking institutions that you will be abroad for 11 months to prevent problems accessing funds while you are abroad.

Entry/Exit Requirements

Visas & Work Permits

Americans and citizens of all Commonwealth countries need to have a Ugandan visa in order to enter the country. Visit the website of the Ugandan Embassy for more information: <http://washington.mofa.go.ug/>

There are two options for securing this visa:

1. Get a one-month visa at the Entebbe airport upon entry into Uganda (currently, the cost is \$50 US; note that it is important to have the exact amount as the immigration officials will not give you change). If you plan to stay for more than one month, your visa can usually be renewed or extended once you're in the country (either by leaving the country and re-entering, or via an extension request to the Uganda Department of Immigration).
 2. The other option is to apply to the Uganda Embassy in Washington for a single or multi-month visa. Dealing with the Embassy in DC is challenging so most visitors get their visas at the time of border entry and extend if necessary.
- Note: Ugandan immigration imposes a fine of up to \$30 per day for visa overstay and sometimes detains individuals who overstay their visas until the fine is paid.
 - Extensions of duration of stay may be requested at Ugandan immigration headquarters on Jinja Road in Kampala

Vaccines and Travel-related Health Concerns

ALL Fogarty fellows MUST visit a travel clinic for travel health information, necessary vaccinations, etc. before travel to Uganda. To allow time for all needed vaccinations, visit should be done at least 6 weeks prior to travel.

Check the CDC's web page for up-to-date information on recommended vaccines for traveling to Uganda:

<http://wwwnc.cdc.gov/travel/destinations/traveler/none/uganda>

Note: You will need to show evidence of a yellow fever vaccination upon entry to Uganda.

Notes on Malaria, Dengue Fever, and other outbreaks in Uganda:

- All areas of Uganda are prone to malaria infections.
- All of the following antimalarial drugs are equal options for preventing malaria in Uganda: Atovaquone-proguanil, doxycycline, or mefloquine.
- Note: Chloroquine is NOT an effective antimalarial drug in Uganda and should not be taken to prevent malaria in this region.
- Dengue, filariasis, leishmaniasis, and onchocerciasis (river blindness) are other diseases carried by insects that also occur in East Africa. African trypanosomiasis (African sleeping sickness) has increased in Africa (it is epidemic in Angola, Democratic Republic of the Congo, and the Sudan; and highly endemic in Cameroon, Central African Republic, Chad, Congo, Cote d'Ivoire, Guinea, Mozambique, Uganda, and Tanzania; low levels are found in most of the other countries), and an increase in travelers has been noted since 2000. Most had exposures in Tanzania and Kenya, reflecting common tourist routes. Protecting yourself against insect bites will help to prevent these diseases.
- Plague occurs sporadically or in outbreaks. Outbreaks have occurred since 2000 in Madagascar, Malawi, Mozambique, Uganda, and Tanzania. Ituri District (Oriental Province) in the Democratic Republic of the Congo reports about 1,000 cases per year and was the site of an outbreak in 2006.
- Schistosomiasis, a parasitic infection, can be contracted in fresh water in this region. Do not swim in fresh water (except in well-chlorinated swimming pools) in these countries.
- Polio outbreaks were reported in several previously polio-free countries in Central, Eastern, and Western Africa beginning in 2003. Polio is still endemic in Nigeria.
- Many countries in this region have high incidence rates of tuberculosis and high HIV prevalence rates.
- Running around in bare feet is not advised. Apart from the obvious risks of foot injuries, there are still some risks such as Leptospirosis (from rat urine) and, in rural areas, parasites such as hookworms.
- If you have walked through floodwater you should thoroughly wash all feet and skin that has had direct contact with water.

Other Documentation

Whenever traveling, it is important for you to be prepared in case your passport and other important documents are lost or stolen. Therefore, we recommend that all travelers have a Xerox copy of their important documents as well as an electronic copy. You may also email or mail a copy of these documents to the Support Center (hobbsn@uw.edu) for safe keeping in your personnel file.

Traveler Security Registration & Emergency Contacts

Emergency Contacts

All trainees should provide emergency contact information to the Support Center at the start of their training experience. This information will be kept private but is important to have on file in case of an emergency that requires our assistance.

Smart Traveler Enrollment Program (STEP)

Sign up for the State Department's free Smart Traveler Enrollment Program (formerly known as "Travel Registration" or "Registration with Embassies") to receive the latest travel updates and information. When you sign up, you will automatically receive the most current information they compile about the country where you will be traveling or living. You will also receive updates, including Travel Warnings and Travel Alerts (where appropriate). Register on the STEP website:

http://travel.state.gov/travel/tips/registration/registration_4789.html

Packing for your Trip

Clothing

It can get hot in Kampala during the day (up to 90°F) and cool at night (down to 60°F) so bring a mix of clothing (for example: T-shirts, shorts, cotton or breathable long sleeved shirts and pants for the evenings when the mosquitoes come out). Most people wear sandals around the house and closed-toes shoes at the UCI or around town (it can be very muddy after a rainstorm). Also note that there can be needles/razors left on the ground around the hospital (not often, but it's good to be careful). Don't bring anything too fancy: your clothes will get soiled easily as it's very dusty and the equatorial sun is harsh. Also harsh on your clothing can be the hand-washing you (or a hired professional) will be doing, so very delicate items should be left at home.

- Clothing is easily purchased in Kampala. Try to purchase pure cotton clothing whenever possible because it will help you stay cooler in the Uganda heat
- Bring a long sleeve top and long pants for night time hours and for work to prevent mosquitos from biting you when it gets colder at night.
- Comfortable shoes! You'll be walking a lot in Uganda and you'll want a decent pair of athletic shoes and a comfortable pair of sandals. Avoid buying anything too expensive because they will be covered in mud by the end of your journey!
- For women, it's advisable to avoid low-cut blouses and short skirts as Ugandan culture tends to be more conservative (knee-length skirts are fine). You should also avoid high-heeled shoes (the roads/sidewalks are bad in some areas).
- A rain poncho

General Supplies

- First aid kit

- Electrical converter. The power outlets in Uganda are 220V, as opposed to the 110V the US operates on. Check the labels on your electronics to see if you'll need a converter.
- Plug adapters: Uganda has the same wall sockets found in Great Britain that US electronics will need an adapter to fit.
- Surge protector: Keep your electronics plugged into a surge protector whenever possible, as unexpected power fluctuations can break them.
- Toiletries such as toothpaste are available in country, however specific brands may be difficult to find or more expensive, so bring any you can't live without.
- Small flashlight (there are no street lights or sidewalks in many places and you will want drivers to see you!)
- Sanitary napkins are available in Uganda and tampons can also be found.

Medications

- You should plan to bring the medications that you take daily since the quality of medications abroad may not be the same as in the U.S.
- Keep medications in the original prescription bottles and always place them in your carry-on luggage
- Note: some medications that are prescriptions in the U.S. are illegal in other countries. You should check the U.S. Department of State Consular Sheets for Uganda to determine if your medication is allowable. If your medication is not allowed in the country you will be visiting, ask your health-care provider to write a letter on office stationery stating the medication has been prescribed for you.
- Many doctors recommend bringing anti-diarrhea medication such as Immodium to prevent traveler's diarrhea
- Iodine tablets and portable water filters to purify water if bottled water is not available
- Sun block and mosquito repellent are available in Uganda, although they can be expensive and the quality may be lower than in the U.S.

To prevent insect/mosquito bites, bring:

- DEET or another form of mosquito repellent. These products are available at local REI or outdoor adventure stores.
- Bed nets treated with permethrin can be purchased in Kampala

Professional Attire

In general, Ugandans are well-dressed and conservative in style. In general, you should dress at work the way that you would at workplaces in the US, erring on the side of being more formal (e.g., T-shirts or shorts are never appropriate attire for work). Male physicians and medical students typically wear collared shirt, ties, and cotton pants; women wear dresses and skirts to or below the knee, or dress trousers. All Ugandan physicians wear white coats; bring yours from home if you have one. Fellows who are

not physicians and medical students and physicians who are not seeing patients can wear a shirt without a tie, including golf or polo shirts. Clothes should be modest at all times.

Bring separate shoes for work (for women, flats are a better option than heels), activity (tennis shoes or hiking boots), streetwear (casual shoes or nice sandals), and around the house (flip-flops).

IN-COUNTRY

Animals

- Stray dogs and cats are common in cities and rural areas. Rabies is widespread and every year people die of rabies in Uganda. Avoid touching stray animals. Vaccinations for rabies are available at hospitals.
- If you are bitten or scratched, wash the wound well with soap and water and go to a doctor immediately.

Communication

Cell Phone Service

To use your cell phone in Uganda you will need to have an unlocked international phone or you can purchase a SIM card at the local markets. Cell phones can also be purchased for approx. \$25-75 USD at the local providers' stores. All new SIM cards need to be registered with the cell phone company before they will work. In order to do this, one must go to the cell provider's office with a passport sized picture (which they will keep), and an ID. Registration is free, and shouldn't take longer than five or ten minutes once you are helped.

The IDD code for Uganda is +256. The first four numbers that make up a Ugandan telephone number are based on the mobile provider: Celtel (0752), Mango (0712), MTN (0772 or 0782), landlines (041).

Calling Uganda from the United States:

First dial: +256 or 011256

Next dial: number, omitting the first "0"

So, if number trying to be reached is 0782123456 (an MTN number), the numbers that should be dialed from the U.S. are 011-256-782123456.

Calling the U.S. from Uganda, you need to dial:

0001 + area code + number

Internet

Internet access is readily available in Uganda. Internet coverage is fairly good in Kampala, but is slow in many areas. Modems provide great speeds, though one needs to have one with high capacity for downloading large documents. You will want to purchase a modem or internet device from MTN, Orange, or UTL to access Internet from home. There are lots of internet cafes in Kampala that you may utilize for a small fee, or you may access free wireless provided by coffee shops and restaurants.

Post

Similar to other international locations, international mail can take a while to arrive at

its' location. According to Posta Uganda, regular mail has a standard delivery of 6-10 business days before it will be delivered to your location in Uganda. There are also other means of sending mail like DHL, Fed-Ex, or fast courier services.

Money

- Travelers' checks vs. cash: Many visitors bring a combination of travelers' checks and cash (the exchange rate is much better with cash than checks). When bringing cash, all bills must be issued after 2001 as most banks and foreign exchange vendors will not accept older bills.
- Automatic Teller Machines: Several of the ATMs work in Kampala and this is an option for accessing funds (e.g. there's a Barclay's Bank in Kampala which has an arrangement with the Bank of America: if you have a B-of-A account, you can use Barclay's ATMs to access your B-of-A account without incurring expensive fees). Exchange rates are usually better from ATMs, but the bank fees may mitigate these savings. However, please note that Ugandan ATMs sometimes break and can run out of cash (especially over the weekend) so it's always good to keep extra cash on hand. Also note that US banks may have special requirements for the use of ATM cards overseas (such as four-digit PINs), so it is a good idea to speak with your bank about the requirements for use abroad.
- Credit/debit cards: It's unlikely that you will be able to use your credit or debit card for purchases. If you do find a place that will take it, there's often a large surcharge so beware. It is also a good idea to alert your credit card company to the fact that you will be travelling in Africa, as without prior notice they may be likely to decline transactions thinking they are fraudulent. Finally, always keep a list of credit cards with their numbers and international contact information (separate from where you keep your credit cards) in case they are stolen so you may inactivate and replace them.
- How much money to bring: It's hard to advise how much money you'll need in Uganda since everyone's spending is different. Nonetheless, it's a good idea to budget a minimum of \$35-50 US dollars per day for food, \$15 US dollars per day for transportation and \$5-15 US dollars per day for telephone usage.
- Carrying money on you: It is a good idea to separate your money. For example, carry small amounts for taxi fares, shopping, etc. in one place, and have a separate stash for your reserve funds or bigger bills. This ensures that you aren't always pulling out a wad of cash when you do need to pay for small items.

Housing

There are multiple housing options in Kampala, ranging from basic to luxurious. The short list below describes accommodations that trainees have used in the past, and are considered to be safe and affordable. However, this list is always changing and is by no means exhaustive. While you are welcome to make your own arrangements, it is recommended that you consider safety for yourself and for your belongings as well as

convenience in relation to Mulago.

Apartments typically go for between USD \$300-\$600/month, depending on the location and whether fully furnished or not.

University of Minnesota (UMN) House and apartment: This 5-bedroom house and apartment are used by trainees, faculty, and staff working on projects for the University of Minnesota. Monthly rent was \$400/month in 2014, and the house is fully equipped with showers and a washing machine. Availability is limited and priority is given to individuals working on U of MN projects. To inquire about space (short or long term) and rental costs, contact Molly McCoy at mccoy019@umn.edu or 612-624-9749 before you leave for Uganda.

Mulago Guest House: Not ideal for long stays, but for short stays of under a month, it is located right next to the hospital and is inexpensive (~\$25 per night). Options include singles or shared rooms with or without attached bathroom. Other guests are usually other foreign graduate or medical students. Meals not included in price. Laundry and cleaning services negotiable.

The Edge House No. 37: Located on the campus of Makerere University. 15 minute walk to hospital. Options include single or shared rooms with or without attached bathroom. Other guests usually other foreign graduate or medical students. Living room, kitchen, and dining room are shared between all 7 guest rooms. Meals not included in price. Laundry and cleaning services negotiable. Cost: \$10-\$25/night depending on size of room and whether shared or not. Prices negotiable, especially if staying for longer period of time. House is often full, so reserve ahead. Accommodations can be arranged by Susan through the Medical School Office of Education. Other contact: Peregrine 0782498502.

Makerere Guest House: Located on the campus of Makerere University. 15 minute walk to hospital. Hotel atmosphere rooms with single or double rooms available all with attached bathroom and television. Breakfast included in price. Laundry services available. Cost: \$25 (single) or \$30 (double). Prices negotiable if staying for longer period of time. Internet negotiable. Better for short-term stays. Accommodations can be arranged by Susan through the Medical School Office of Education. Direct: 0772443775.

The IDI Foundation House on Kira Road: Short distance from Mulago Hospital grounds. 5 minute taxi ride or 30 minute walk to the hospital. 4 rooms, option of single or double-occupancy room with shared bathroom. Other guests usually include foreign academicians visiting IDI. On-site meals negotiable; visitor contributes toward groceries. Laundry and cleaning services negotiable. Internet available. Costs: \$25 (single) or \$35 (double). Accommodations can be arranged by Laura through the IDI.

The Real Tourist Twinklet: Located in the neighborhood of Ntinda, a 15 minute taxi ride from Mulago Hospital grounds. Adjacent to Uganda AIDS Commission Offices. Options of single or shared rooms with or without attached bathroom. Living room, kitchen, and dining room shared by all other guests in house. Breakfast or other meals can be arranged. House is clean and new. Attentive staff. Laundry and cleaning services negotiable. Other guest often include visiting students, UN or other NGO workers. Costs: \$10-20/night depending on size of room and whether shared or not. Prices negotiable, especially if staying for longer periods of time. Accommodations can be arranged by Susan through the Medical School Office of Education. Direct: Robert; email: tebs4432@yahoo.com, phone: 0772469474.

Mamba Point and **Golf Course Apartments**, both located about 1.5km from Makerere Medical School, are also good options.

Health Care Facilities

Should you get ill or injured while in Uganda, you should report to an appropriate medical facility to get treatment and notify the University of Minnesota and Ugandan contacts of your status. Most people in Uganda including the doctors you will work with at Mulago will use private services or clinics. The most popular and well equipped is the International Hospital Kampala (IHK) (phone: 041340531, emergency: 0312200400). It is a new, modern hospital founded by Irish physician, Ian Clarke. Most likely you will have to pay cash for the services rendered. Carry your medical insurance or evacuation information with you at all times so that you or another person can expedite the process in an emergency. For outpatient services, another good option in Kampala is The Surgery, staffed by family physician Dr. R.J. Stockley (phone: 0414256003, emergency: 0752756003, email: stockley@thesurgeryuganda.org, website: www.thesurgeryuganda.org/).

Transportation & Traveling

There are three methods of public transportation: boda bodas, matatu, and special hires.

- Boda Bodas are motorcycles, and are extremely dangerous, as their drivers will do whatever it takes to get you to your destination quickly. Boda boda accidents account for most of the hospital visits and traffic fatalities in Kampala. **Therefore, it is against our safety policies to use one.**
- Matatus are a series of minibuses that follow relatively preset routes all over the city and many other parts of the country. Confusingly, they are known as taxis in Uganda. Each matatu has a driver and a conductor, both of whom will shout the destinations of their vehicle out the windows.
 - Don't be frightened if you can't understand what they're saying. Ask one of them for your destination and you'll be told yes or no.
 - Each vehicle is licensed to carry 14 people, but they will pack in as many

as will fit (and their belongings). If you don't like this it's a good idea to sit in the back of the vehicle, since usually the squeezing is limited to the first 2 rows. When you reach your destination, tell your conductor "Stage" and they will stop the van. There are also a number of staging points where the driver will stop and wait until they can fill the vehicle. This can take a few seconds or several minutes; just be patient.

- You pay the conductor when you exit, although some people give the conductor money while the vehicle is moving so that he can make change ahead of time. The normal fare is 1000-1500 USh per person when driving into the city (as of 2011).
- If you don't have time for a matatu, taxis, known as special hires, are readily available at most central locations. A few special hires have meters, but most have not. Be sure to agree on the fare before you get in the car or you may be in for a nasty shock. Don't be afraid to haggle either; most destinations can be reached for 15,000 or 20,000 USh. Yellow taxi company is reliable, offering 24-hour service, phone 07131 33331, with fixed prices: 10,000UGX for trips within Kampala; 60,000UGX for trips to/from the airport. Prices correct as of Dec 2010. They also have an allocated single taxi rank space outside Nakumat.

Food

The basis of Ugandan cuisine is traditional with some Arabic and British influences seen in preparation methods and ingredients. The foundation of the food includes plantain and banana dishes, stews, pastes and local fruit. Every tribe in Uganda has its own way of cooking. Though the Baganda people came to dominate, the country remains a mix of cultures, languages, modes of dress and cuisine. As such there is no typical Ugandan cuisine; instead there is a mix of cultures and dishes. However, the staple of the diet is Matooke, a stew made from plantains boiled in a sauce made from peanuts and fresh fish along with meat. Fish forms a significant part in the Ugandan diet and may be fresh, smoked, or salted and dried. Other staples include Posho, Millet Bread and Chapatti, all served with beef, chicken or goat stew with vegetables. Nsenene, roasted or fried grasshoppers, are a delicacy found in Central Uganda. In the eastern part of Uganda, bamboo shoots or Malewa are another delicacy.

Kampala has wonderful cosmopolitan restaurants and some of the best Indian restaurants outside of India. Expect to pay prices near what you would pay at home for the same quality. There are some restaurant suggestions at the end of this handbook, and also online from The Eye magazine: www.theeye.co.ug.

Kampala is somewhat friendly to vegetarians depending on how strict you are. Outside Kampala, Ugandans will probably react with good-natured humor if your philosophy is explained to them and will usually try to accommodate as much as possible.

Food Safety

We want you to enjoy the delicious Ugandan cuisine, but please remember these guidelines by the CDC:

- Wash your hands often with soap and water, especially before eating. If soap and water are not available, use an alcohol-based hand gel (with at least 60% alcohol).
- Don't eat anything without a peel (e.g.-apple, grapes, lettuce, etc.). Stick to banana, papaya, watermelon, orange, etc.
- Unless confident of the source, don't eat salad. There are restaurants that are safe to have salad (i.e. Crocodile, Mediterraneo, Il Patio...)
- Drink only bottled or boiled water, or carbonated (bubbly) drinks in cans or bottles. Avoid tap water, fountain drinks, and ice cubes.
- Avoid dairy products, unless you know they have been pasteurized.
- Wash fruit and vegetables well. Consider soaking in a pesticide removing detergent.
- If eating from a roadside stall, check the food is fresh and well cooked.
- Drink boiled or bottled water when you first arrive. Although tap water is safe when it leaves the treatment plant, it can become contaminated by leaks in the pipes. Bottled water can be easily delivered to your home.
- Diseases from food and water often cause vomiting and diarrhea. Make sure to bring diarrhea medicine with you so that you can treat mild cases yourself.

Personal Safety

- Kampala is a relatively safe city. It is fairly safe to walk or take matatus around some areas at night, but don't take unnecessary chances.
- Be aware of the large number of prostitutes in Rock Garden at Speke Hotel. There are several stories about guys drinking beers laced with rohypnol, and ending up short on cash, cell phones, credit cards and bank checks.
- NO BODA BODAs OR MOTORCYCLES!
- Crimes such as pick pocketing, purse snatching, and thefts from hotels and parked vehicles or vehicles stalled in traffic jams are common, so keep your windows rolled up and an eye on your belongings.
- Armed robberies of pedestrians also occur, sometimes during daylight hours and in public places
- Never leave your drink or food unattended.
- When visiting bars, casinos, nightclubs and other entertainment centers, it is advisable to remain with a group of friends, as single individuals are more likely to be targeted.
- If you or someone you know becomes the victim of a crime abroad, you should contact the local police and the nearest U.S. embassy or consulate.

Local Customs

- The people of Kampala, and Ugandans in general, are very kind and friendly and are very approachable.
- Meal sharing is common, especially in rural areas. Take part if you feel comfortable doing so.
- The concept of time is different from Western notions; try to be patient and don't get tired of follow-up.
- There is a culture of not wanting to disappointment. For example, a lab technician told a trainee the results were coming, rather than admit that the machine was broken.
- Ugandan society tends to be more formal and dress is more conservative than what is acceptable in the US.
- Open displays of affection are uncommon, particularly in rural communities.
- The elderly are very revered.
- Be slow to judge and quick to ask questions and explanations for things you don't understand.

Entertainment

The nightlife, for a small city, is bustling. You can usually find an active bar anytime any night of the week in any neighborhood. The most vibrant bars, however, are located in Kabalagala. They come in all varieties including nightclubs, neighborhood bars, sports bars, or after-work type bars. The Eye (www.theeye.co.ug) has a listing of hotspots for expats and tourists, but the best way to find out is to ask people where they go for fun. Like most bars in the U.S., it varies by season and by night. Of course, it is always wise to drink in moderation, and this is especially true in Kampala where a drunken American is a good target for criminals.

A good way of bonding with just about any Ugandan is to learn a little bit about European soccer, pick a favorite team and go watch a few games in just about any bar around Kampala on a given game night. You will have fun and will get props for being an American that understands something about a subject of much Ugandan small-talk. Other nighttime or weekend options in Kampala include cinemas, live music, dancing, bowling, golf, swimming pools, and casinos. See the Guide to Kampala at the end of this handbook for suggested places to go.

Guide to Kampala

Groceries cost about USD \$80-120 a month, and going out ~\$100/month (this does not include big-ticket tourist activities like gorilla tracking or white water rafting).

Attractions & Day-Trips

- Bahai Temple, atop Kikaya hill
- Book your Gorilla safari at the Ugandan Wildlife Authority (in Kololo) before heading southwest to Bwindi National Park (\$450/person, 2014 estimate)
- Cathedrals - Rubaga and Namirembe (not very interesting itself but good view of the city)
- Excursion to Entebbe to the Ngamba Island Chimpanzee Sanctuary; boats leave from near the zoo at 9AM and 1PM, price is \$70, for 4 hour round trip.
- Excursion to Mbuho National Park (4 hours), with guaranteed viewing of hippopotamus, as well as zebra, various gazelles, crocodiles, birds, warthog
- Excursion to Jinja-- 2 hours to view the source of River Nile
- Gaddafi National Mosque (in Old Kampala)
- Namugongo Martyrs shrines were turned into a UNESCO world heritage site after Kasubi tombs were destroyed by fire. The place is now open for tourists.
- National Theatre—for local plays
- Theatre La Bonita—local plays
- Nommo art gallery
- Ndere centre for Ugandan music and dancing; performances weekly in a complex near Ntinda
- Murchison Falls, Queen Elizabeth and Kibale Forest National Parks in the western parts of the country
- Mountaineering *and* Hiking- Rwenzori Mountains
- Parliament of Uganda (and independence monument)
- The Uganda Museum
- Visit the Zoo, beaches and Botanical Gardens in nearby Entebbe
- Wamala tombs, where the remains of some of the earlier Buganda kings were buried including Kabaka Ssuuna 11 (1836-1856). During his time he had 148 wives and produced 218 children!
- Acacia Rd. is a club hub; people should be careful there
- Fun Factory: comedy club
- Pablo: comedy club
- Club Silk: dancing
- Ange Mystic: dancing
- Cineplex Cinema at Garden City for movies
- Alliance Francaise: hosts various cultural events. On the grounds of the National Cultural Center.
- Makindye Country Club: www.makindyecountryclub.com/
- Gatto Matto: live jazz on Fridays

Restaurants

- African: *Mama Ashanti*: West African
- Belgian: *Le Chateau*; expensive and good
- Carnivores: *Ranchers*: high quality meat-based lunch located in Garden City
Steak Out: decent food for gatherings
The Barn: Great steaks at a great price, also a vegetarian mushroom burger is available.
- Chinese: *Fang Fang*; downtown Kampala landmark; wonderful rooftop terrace
Great Wall; cheap, tasty, and excellent location
Nanging: Good Chinese food and quick service.
- Coffee: *1000 cups*: excellent local organic coffee, wonderful atmosphere
Café Pap: good warm drinks, decent food, free internet
Rwenzori Cafe: best coffee in Kampala, good weekend breakfast spot
Endiro Coffee: Good coffee but US prices. A good place to do work, since they have free wi-fi and nice outdoor seating.
Brood Bakery: With fresh baked bread and wonderful pastries.
Java/Javas
- Continental: *Crocodile*: great lunch fare, close to Mulago
Endiro: good sandwiches in Kisementi
Bistro: has live jazz on Fridays
Just Kicking: good food to eat while watching soccer
- Ethiopian: *Ethiopian Village*: friendly atmosphere, good affordable food
Fasika: similar to Ethiopian Village with great food but less atmosphere
- Indian: *Atithee*: located near campus, excellent
Haandi: Upscale Indian worth price, on Kampala Road
Khana Khazana: sets the standard, flawless
Masala Chaat House: convenient downtown location, cheap and tasty
Nawab: atop Garden city with great view and great food
Pavement Tandoori: close to IDI house, rivals Khana Khazana and Haandi
Saphron: Across from Kisementi, nice outside seating but not the best food in town for the price.
Sams: never disappoints for lunch or dinner, on Bombo Road
- Italian: *Café Roma*: on Tank Hill, good Italian and pizza
Mamba Point: upscale, high-quality Italian
Restaurant Italia: next to Shell Bugalobi, good food in pleasant courtyard
Medeteraneo: On Acacia road, this lovely restaurant sets the standard for Atmosphere and food.
Il Patio: Attached to the Mayfair Casino, great food.
- Irish: *Bubbles O'Leary*: typical Irish pub food and atmosphere, expat central
- Japanese: *Kyoto*: get sushi here but remember that you are in Kampala
Wasabi: located in Muyenga
- Korean: *Arirang*: nice atmosphere, great food
- Mexican: *Little Donkey*: Though all the way in Kabalagala it is well worth the journey for great food, and cold coronas!

That Mexican Joint with Salse Dancing on Wednesdays

Pizza:

Café Roma: on Tank Hill, good Italian and pizza

Mamba Point Pizzeria: great European style pizza

Mammamia: great pizza, shady atmosphere within Speke Hotel

Cayenne's: Good Pizza and a popular nightclub

Turkish:

Efendy's: new outdoor restaurant at Centenary Park

Food Court: The Garden City Food Court has many nice restaurants that all serve to a common seating area. Great for parties that can't agree between Indian, Middle Eastern, Chinese, or Fried Chicken.

Bugulobi Mall: pizza, etc.

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