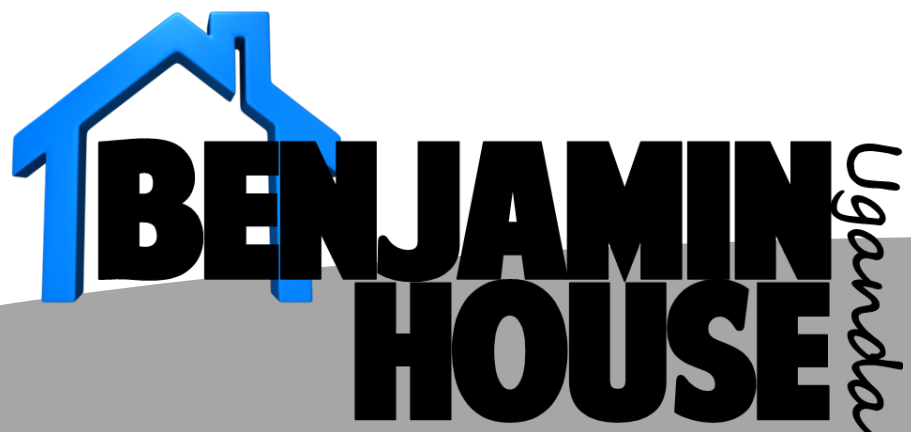

Pre-Trip Documents


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UGANDA

Pearl of Africa

- It's a landlocked country in East Africa. Its wildlife includes endangered gorillas, chimpanzees and rare birds.
- Their main languages are English, Luganda and Swahili
- They recently re-elected their president named Yoweri Museveni, he has been in office for 30 years.
- Population (2013) 37.58 million
- Kampala is the Capital city.
- Uganda was titled the best tourist location of 2012
- The country's favorite sport is soccer.
- The Ugandan Cranes are their National Football Team -- Go Cranes!

**BENJAMIN
HOUSE** *Uganda*

COMMON QUESTIONS

This form will help you when you are starting to pray about this trip. These questions are very common, however, if you do not see your questions listed please feel free to ask us!

Can I drink the water?

No. We ask that you do not drink the water unless it is sealed. This helps minimize the risk of sicknesses. We will provide you with plenty of water. Drink it often.

What type of shoes do I wear?

Closed toed shoes are best, however, people wear open toed when they know they are not going to be in a grassy area. It is not safe to wear open toed shoes in remote or grassy areas.

Can I wear jewelry?

We recommend leaving the expensive stuff behind. We do not want a child accident taking it off or for you to lose it in Uganda. Excess jewelry makes you a target for theft and also perpetuates the Ugandan mindset that all people from the United States are rich. We don't want to convey that.

Can I bring pants to wear?

If you are a male- yes, of course. In fact, adult men in Uganda almost always wear long pants. You can wear shorts, but be aware that unless you're playing soccer, you may get some odd looks as shorts are generally viewed as children's clothing.

If you are a female- yes, however, skirts need to be worn in the village and pants can be worn in the city. How much time you will spend in the village will depend greatly on your team's particular program for the week. That will be communicated to you well in advance.

What type of food should I expect?

There is lots of starchy food in Uganda. Expect rice, beans and pasta at most meals. Fresh fruits are common and very good! Chicken is very common at most meals. If you have any allergies to spices we recommend bringing snacks as back up- they cook a lot with Royco. This spice contains coriander, turmic, ginger, garlic and cumin. The diet is very low in protein, so also consider bringing protein bars or peanuts/peanut butter if that will be an issue for you.

Are tattoos accepted?

Yes. Just be aware that if they are seen the children will touch them often and the adults may ask about them. However, if we are going somewhere that they may not be accepted we ask that you be okay with covering them up.

Should I bring all of my toiletries?

Yes. We think that it is best for you to bring all of your things. Uganda has things like that for sale, but it may not be the same product. If you are lucky and do end up finding the same product it could cost more. Also, consider packing one roll of toilet paper. There may be times when you use a public restroom or squatty potty out in a village and need to have access to your own toilet paper supply.

What medicines should I bring?

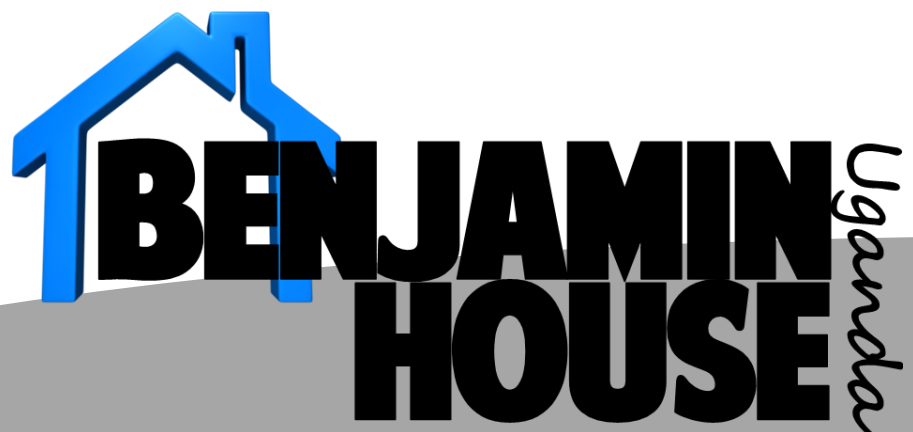
While there are pharmacies in Uganda. We ask that you be sure to bring the medicines you need and back-up, just in case. On teams, we ask that you assign a First Aid Kit person, this person is in charge of keeping up with the pain relievers, poison ivy lotions, bandages, and things of that nature. Make sure you do not forget your malaria medicines!

Should I bring extra money?

If you are planning on buying souvenirs, yes. It needs to be crisp bills, with no markings or deep folds, no rips or tears, and dated newer than 2008. The higher denomination bills get a better exchange rate, so try to bring 50's or 100's rather than 20's. This makes it easier when you exchange money. There is no need to bring a ton extra- \$200 should be plenty!

How is the weather in Uganda?

It depends on what time of the year you are coming. The temperatures are an average morning and evening temp of 65 degrees F, and an average daytime temp of 82 degrees F. This range holds all year long. There are 2 rainy seasons in the Spring and Fall. Don't let this scare you if that's when you're traveling to Uganda. Most days during the rainy season there is rain for 2 to 3 hours during the day, then the sun comes out and dries out most of the rain within an hour or two. The typical winter and summer in the United States is the dry season in Uganda. This simply means there is usually very little rain during those months.



PACKING LIST

Required:

Clothes
Dress clothes for church
Shoes
Socks, Underwear
Toiletries
Hand sanitizer
Bible
Malaria medicine
Any medicines you need
Yellow Card that states immunizations
Passport
Money

Suggested:

Rain jacket
Swimsuit
Sunscreen
Bug spray (with DEET)
Camping toilet paper
Refillable water bottles
Journal
Pens
Sunglasses
Protein bars
Snacks for the plane
Propel powder (for your water)
Type G (European) adapter
Chargers for electronics
Batteries
Flashlight or Headlamp

There may be other materials and supplies that your group leader may ask you to bring. These will either be for your specific project or as a blessing to restock Benjamin House with items they cannot easily get in Africa.

FUNDRAISING IDEAS

Here are a few ideas that will help you when it goes to raising your funds.

Fundraiser Night at Local Restaurant

- There should be local restaurants in your town that let you have a spirit night. In the past we have seen places like Chick Fil A, Applebees and Bojangles do things for people raising funds.

Support Letters

- We have seen this work the best in the past. People always want to know where you are going and why. This will help keep them informed and up to date on your life. In the letter you can specify how much support you are needing to raise and even give a picture where people can be praying for you while you are away.

Yard Sale

- This one can be tiring, but if you have a good team that is willing to help--this one works great. Ask people in your family, friends or church to donate things to your yard sale. Find a pretty Saturday, a good locations and set up shop.

Change Collection

- Design cheap containers that you can hand out to supporters to put their spare change in over the course of your fundraising time. It may just be loose change, but you can expect anywhere from \$20-\$100 per person generally from change collection like this.

THINGS TO KEEP IN MIND

These are things you may need to know about Uganda, its culture and things to keep in mind.

- Hand holding is a common thing in Uganda, men and women as well as men with other men. Do not be alarmed if someone tries and holds your hand. It's a sign of trust.
- You may hear the "call to prayer" in Uganda, often. This is partially a Muslim country and very common.
- Uganda is a developing country this means that things may not work like things in America. With this being said, the power may go out while in the house. We recommend bringing a flashlight just in case this happens
- "Africa Time," is a real thing. Things are not rushed, it is not common in our fast paced mind-set. Relationships are more important to Ugandans than a timetable, so things begin when everyone is ready and they end when its over. This is where it is best to be flexible.
- If you feel like an International phone plan is something you are interested in, feel free. However, it doesn't really work well most of the time. Facetime and Facebook work well on Wi-Fi and will be available at the guest house.
- We highly advise you don't touch livestock and if you do wash your hands.
- Stay hydrated. We will emphasize to always be drinking water in order to stay hydrated. The last thing you need is to be dealing with dehydration in another country. We will be extremely flexible about using bathrooms and will always work with you to stop somewhere.
- There will be a safe on campus to hold your important documents while you are with us.
- If you bring a credit card, notify your bank you'll be traveling outside the country. This way there will not be any holds.