



UGANDA

2012
THE 410 BRIDGE STARTED TO WORK IN UGANDA



Climate

SEMIARID IN NORTHEAST
TROPICAL GENERALLY RAINY



Population: 38,319,241



(JULY 2016, WORLD FACTBOOK)

Time Zone



7-8 HOURS
AHEAD OF EST

less than
Oregon

AREA
241,038 KM²



Capital
KAMPALA

Language

ENGLISH, LUGANDA
& RUTOORO

Literacy

78.4%

(age 15 and over can read and write)

Life EXPECTANCY

55.4 YEARS

Economics

\$79.88 BILLION

GDP (2015 estimate)



Cotton



Gold



Horticultural



Tea



Coffee



Fish

Language Guide

Rutooro Pronunciation - Vowels

a- ah	like "a" in "father"
e- eh	like "a" in "say"
i- ee	like "ee" in "see"
o- oh	like "o" in "cone"
u- oo	like "oo" in "doom"

English	Rutooro	English	Rutooro
Hello	Oliyo	God bless you	Ruhanga akuhe omugisa
Good morning	Oraire ota	God is good	Ruhanga murungi
Good afternoon	Osiibire ota	Are you a Christian?	Oli mukurisitaayo?
Good evening	Oriirwe ota	I am a Christian	Ndi mukurisitaayo
Good night / sleep well	Oraale kurungi	May I pray for you?	Nkusabire?
Goodbye	Ogoroobe	May I take a picture?	Nteere ekisani?
What is your name?	Ibara lyawe niwe oha?	Do you speak English?	obaza orujungu?
My name is ...	Ibara lyange ninyowe.....	I understand	Ninyetegereza
Nice to meet you	Kirungi kukutangaana	I don't understand	Tinkwetegereza
How are you?	Oliyo ota?	Where is the toilet?	Toyi erinkaha?/
Fine	Kurungi	How do you say ?	Nokigamba ota
I'm happy to see you	Nsemeriirwe kukurora	How much is this?	Kyazingaha kinu?
How old are you?	Oine emyaka ingaha?	Yes	Eego
Are you married?	Oine omukazi/oli mufumbo?	No	Nangwa
How many children do you have?	Oine abaana baingaha?	Ok	Nukwo
I have children	Nyine abaana	Friend	Omunywani
boy	Omwoojo	Today	Kiro kinu
girl	Omwisiki	Tomorrow	Nyenkya
Where are you from?	Noruga nkaha?	Yesterday	Ijo
I am from ...	Ninduga.....	Now	Hati
Thank you very much	Webale muno	Later	Iraho
No thank you	Nangwa Webale	Now	Sasa
You're welcome	Otangiriirwe	Later	Baadaye
Welcome	Kaiije	Yesterday	Yè
Please	Bambi	Now	Kounye a
Excuse me (to get past)	Oranganyiraho	Later	Pita
Sorry or excuse me	Mpora		
May I help you?	Nyambe?		
Can you help me?	Nosobora kunyamba?		

Contact Information

U.S. Embassy Kampala

Plot 1577 Ggaba Road
P.O. Box 7007
Kampala, Uganda

+256 (41) 425 9791

The 410 Bridge East Africa

P.O. Box 62535-00200
Ridgeway Springs, off Kiambu Road
Nairobi, Kenya

The 410 Bridge U.S.

3955 Marconi Drive, Suite 205
Alpharetta, GA 30005
770-664-4949

Telephone Use

Mobile Phone Usage & Service

Your 410 Bridge Team Leader will have access to a 410 Bridge mobile phone for making and receiving emergency phone calls. If you decide to bring a phone, check with your local provider on compatibility and rates, as rates can be excessive.

- » There will be a 410 Bridge staff member available 24/7 while your team is traveling. In the event of an emergency, please call our **Emergency Trips Phone at 404-710-3293**.
- » You may also call The 410 Bridge office during weekday business hours at 770-664-4949.
- » How to call Uganda land line from the U.S.: Dial: 011+256 (Country code for Uganda) + area code (2-3 digits) + local number (6-7 digits)
- » How to call Uganda mobile phone from the U.S.: Dial: 011+ + 256 (Country code for Uganda) + 9 digit number (mobile numbers will start with a 7)
- » How to call U.S. from Uganda: Dial: 001 + area code + local number
- » Service: Mobile phones from the U.S. will work in Uganda with an unlocked international quad mobile phone and a Ugandan SIM card, which can be purchased upon arrival.

**IN CASE OF AN EMERGENCY, PLEASE CALL:
404-710-3293**

History of Uganda

Uganda, officially the Republic of Uganda, is known as the “Pearl of Africa” because of its beautiful scenery, natural wildlife, and rich mosaic of tribes and cultures. It is home to the highest mountain range in Africa and is the source of the Nile River. Approximately

half of the world’s population of gorillas resides in the country, along with a large population of lions, buffaloes, giraffes, and elephants.

The country’s population includes a diverse range of ethnic groups including Bantu-speaking individuals. The people of Uganda were hunter-gatherers until 1,700 to 2,300 years ago, when a population of Bantu-speaking individuals migrated to the southern part of the country.

History: Uganda was ruled by the British beginning in the late 1800s and gained independence from Britain on October 9, 1962. The first post-independence election, held in 1962, was won by an alliance between the Uganda People’s Congress (UPC) and Kabaka Yekka (KY). UPC and KY formed the first post-independence government with Milton Obote serving as executive Prime Minister and Kabaka (King) Edward Muteesa II serving as the President.

In 1966, following a power struggle between the Obote-led government and King Muteesa, the UPC-dominated Parliament changed the constitution and removed the president and vice president. In 1967, a new constitution proclaimed Uganda a republic and abolished the traditional kingdoms. Without calling elections, Obote was declared the Executive President.

After a military coup in 1971, Obote was removed from power and Idi Amin, a dictator, seized control of the country. Amin ruled Uganda by military force for the next eight years and carried out mass killings within the country to maintain his rule. During the 1970s and 1980s Uganda was notorious for its human rights abuses, which existed under the military dictatorship of both Idi Amin and Milton Obote.

In 1986, Yoweri Kaguta Museveni came to power and remains the acting president today. Since the late 1980s, Uganda has rebounded from years of civil war and economic catastrophe to become relatively peaceful, stable, and prosperous.



-  CAPITAL - NAIROBI
-  MAIN ROADS
-  DIVISION BORDER

Climate Conditions

There are mild temperatures in Uganda. Often times, it can turn cooler in rainy conditions or in the evening. You may consider bringing a lightweight jacket and/or rain boots or shoes for walking.

Please keep in mind the “rains” of East Africa. The first rain falls between late April to early June, which is known as “long rains”. The second rainy season, which is known as “short rains” lasts a few weeks in November and December.

Language & Etiquette

English, Luganda, Ganda, and Rutooro are the main languages of Uganda.

In The 410 Bridge community of Kaihura, Rutooro is spoken, but any of the above languages should be relatively understood.

A handshake is the most common form of greeting. If your hands are wet or dirty, you may offer your wrist instead of hand. Always use your right hand when shaking hands.

Don't be surprised if you see two men holding hands. This is not a sign of homosexuality (which is forbidden by law and is punishable), but rather of friendship. Homosexuality is illegal in Uganda and attitudes towards such lifestyles are extremely hostile.

In Africa, greeting someone with a hand wave is appropriate and shows your friendliness. The African “hello” wave is an arm up, outstretched and holding your hand still. Americans sometimes say hello by putting their hand up, moving their fingers up and down vertically; to a Ugandan, this means, “come”, versus hello. The children will giggle at this gesture.

Africans tend to be less direct than Americans in the way they speak to one another. In developing new relationships, you will want to soften the direct way you ask questions and not ask too many personal questions right away. Start by asking very general questions and then be discerning as to when it may be appropriate to ask more personal questions as your relationship develops.

When asking for help, or to get a question answered, Africans may tend to tell you what you want to hear, instead of answering the question. For example if you ask, “How long will it take us to reach our destination?” The response might be, “Oh, not very long. It's not far.” When in reality, it might be very far. A better question to ask is something more specific, such as, “How many hours will it take to get there?” You will then get an answer that is specific.

Cash & Currency

There are only a few instances where you may need to use cash. Here are our recommendations, should you wish to bring any to exchange:

Tipping: Your U.S. team leader or 410 Bridge staff will handle most tips while you are in Africa. Your team leader or The 410 Bridge staff will have funds to tip the drivers at the end of your journey. Please do not tip The 410 Bridge staff and do not give money to any other individuals you meet. Tipping is not typical in restaurants, unless 5-star or at safari lodges. Tipping luggage porters is also not standard practice for most hotels in our communities.

Tithing: You will likely visit a local church on a Sunday of your trip, where providing an offering of U.S. \$1-2 is considered appropriate. The local currency equivalent is 3,600-7,200 UGX in Uganda.

Souvenirs: Locally made crafts will be available for purchase at various times during your trip. If you plan to purchase items in the community, you will need cash in the local currency. Uganda is primarily a cash-based society so it will be needed when purchasing items like snacks, beverages, souvenirs, etc.

Uganda's currency is the Ugandan shilling (written as UGX). Bills in circulation are 1000; 2000; 5000; 10,000; 20,000; and 50,000 shillings. Shilling coins in use are 50, 100, 200, and 500. Other rarely used coins are 1, 5 and 10.

Currency can be exchanged at the Entebbe airport upon arrival. U.S. dollar denominations of \$50 or \$100 receive a better exchange rate. Significantly poorer rates are given when exchanging bills in denominations of \$20.00 or lower.

When exchanging currency into Ugandan shillings, request 2000 UGX and 1000 UGX, which can be used for smaller items, such as buying drinks or for the offering at church.

For current exchange rates, visit www.xe.com/currency/ugx-ugandan-shilling.

Credit/Debit cards, ATMS & Traveler's Checks: Because Uganda is mostly a cash-based country, we highly recommend you withdraw cash from an ATM in the U.S., prior to your trip. Credit cards are accepted at very few businesses, mainly only larger hotels and supermarkets. American Express (AMEX) cannot be used.

You may be able to withdraw money from one of the many ATMs located at the Entebbe airport, though they are frequently closed due to a lack of money or system problems. ATMs in Uganda accept VISA-brand cards throughout the country, while MasterCard, Maestro, and Cirrus cards are only accepted at very specific banks and ATMs. If you plan to use an ATM at any time while abroad, it is best that you contact your home bank in advance to inform them and receive any additional information they can provide before your travel.

We do not recommend using Traveler's Checks in Uganda.

Internet & Electricity

Electricity: Electricity can be sporadic in developing countries, and is not guaranteed on your trip.

To ensure that you always have access to light in the evenings, you may consider bringing a battery powered flashlight or headlamp.

In Uganda the power plugs and sockets are British three-pin, or type G, therefore, if you are traveling from the U.S. or Canada, you will need an adaptor.

The standard voltage is 240 V and the standard frequency is 50 Hz, and again if you are traveling from the U.S. or Canada, you may need an electrical voltage converter depending on your electronic device. Some manufacturers take international voltage differences into account and allow you to make a switch directly on your device. You can find voltage converters / adaptors at Walmart, Target, and on Amazon.com.

Some teams may travel through Europe; European adaptors are handy to have as well for airport layovers. Power strips with multiple outlets are also a convenient way to charge multiple electronics, as wall outlets are typically few and far between.

Internet: Wireless Internet access may be limited or completely unavailable due to location and schedule.

Entry & Exit

A passport valid for 6 months beyond the date of entry, visa, and proof of yellow fever immunization is required for U.S. citizens traveling to Uganda. Proof of a polio vaccination for children younger than 5 years of age is also required for entry into Uganda.

Visas: Immigration authorities require two blank (unstamped) visa pages in the passport to enter the country. Travelers should make sure there are sufficient pages for visa and immigration stamps to enter the country.

Visas are required for entrance into Uganda.

eVisas are required and can be obtained at: <https://visas.immigration.go.ug/>

Please consult your Team Leader for further instructions and costs.

COMMUNITY MAP



Communities

1. Kaihura

Provinces

- a. Northern
- b. Western
- c. Central
- d. Eastern