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Title II/LIFE Proposal
USAID/Uganda
May 2000

1. Executive Summary

USAID/Uganda proposes a five-year, Title II/LIFE direct feeding program designed to improve the quality of life of persons living with HIV/AIDS (PLWHAs) and their families. The program will reach 60,000 beneficiaries in two urban areas in the first year, expanding to include more beneficiaries and more sites in future years, and will require USD 35 million in food aid resources over the life of the program. The program will substantially reduce the burden of care for PLWHAs and their dependents borne by families and communities, and will improve the outreach capacity of USAID/Uganda's long-term partners in food aid and HIV/AIDS care and prevention.

2. Background

Uganda was one of the first sub-Saharan African countries to experience an HIV/AIDS epidemic. Ugandan physicians noticed the first cases of unexplained deaths in young adults as early as 1982, and under President Museveni's leadership the National AIDS Control Programme was established in 1986. Strong public, private, and NGO efforts to contain the epidemic have made Uganda one of the first countries to show a sustained decline in HIV/AIDS prevalence rates, but the impact of HIV/AIDS on the country is nonetheless grave. Approximately ten percent of the adult population (aged 15 years and above) is HIV-positive. Cumulative total AIDS cases since 1984 number two million. Life expectancy has fallen from 54 to 43 years, and infant mortality in the year 2000 is estimated to be eleven percent higher than it would be in the absence of AIDS. The epidemic has also created 1.7 million orphans, a number that is expected to increase to 3.5 million over the next ten years.

3. Rationale

Uganda has demonstrated top to bottom commitment to the fight against HIV/AIDS, and this commitment has paid off, as shown by declining seroprevalence rates in sample populations, most significantly among young adults. Uganda has also witnessed impressive institutional development, especially in the NGO and private sectors, as an array of organizations providing services to the community has emerged. Despite these notable successes, some inescapable facts remain: over one million adult Ugandans are infected with the virus; many of these people are incapacitated by illness and can no longer meet their basic food needs, or those of their families; many orphans fend for themselves, or live in households whose surviving caretakers are grievously ill.

Because of their straitened circumstances – poverty, loss of employment, inability to work due to illness – PLWHAs have been forced to adopt coping strategies in an effort to stretch their scarce resources. Many of these strategies are food-related. Reduced food intake and substitution of cheaper, less nutritious foods for more expensive ones are among the most common, even though the need for a high quality diet to bolster immune response increases as a result of HIV infection. Ill parents may also choose not to eat, or eat less, in an attempt to free up resources to spend on ensuring their children's future – paying school expenses, for example. In such situations direct food aid will deliver benefits to the entire household.

Despite the work of advocacy organizations in Uganda to create an environment of openness and non-discrimination surrounding HIV/AIDS, discrimination and stigmatization continue to affect the daily lives of PLWHAs and orphans. Partners report low self-esteem, and social disengagement on the part of their clients, while orphans may suffer the effects of bias in school and in the community. These concerns can also be addressed by the provision of food assistance, coupled with other support services. The food aid will also enable implementing partners to reach a larger client population.

In addition to easing the direct burdens of HIV/AIDS on affected individuals and families, the proposed food assistance program will form an important complement to other LIFE program activities. USAID will be working with implementing partners to integrate prevention therapies for HIV-related opportunistic infections (OIs), including INH for tuberculosis and cotrimoxazole for other OIs. The food assistance program is likely to ensure regular client attendance and thus improve compliance among TASO clients who for the first time will be taking prophylaxis regimens. Regular client attendance will also enable TASO counselors to provide better support for behavior change and help prevent the transmission of HIV. Moreover, the LIFE program aims to expand services to more clients, and the food assistance program is likely to draw additional clients into care and prevention services. Thus, the Title II/LIFE program will not only provide direct benefits, it will strengthen the success of other LIFE programs in the area of care and prevention.

The epidemic has imposed a tremendous burden on Uganda's families, friends, and communities as well as its PLWHAs themselves. A Title II/LIFE program will directly ease some of this burden.

4. Objectives and Results

The objective of the proposed program is to mitigate the impact of HIV/AIDS illness in targeted households and communities by providing a food aid package that will address both biological and psychological needs of incapacitated PLWHAs and their dependents. A secondary objective is to support established partner institutions in their efforts to ameliorate the situation of PLWHAs and to provide them with motivational and material support. The key results will include measurable improvements in beneficiaries' quality of life and self-esteem, and concomitant improvements in service delivery and customer satisfaction for key partner staff and volunteers. Partners' outreach capacity will also be built, allowing them to reach an expanded client base, and greater opportunity to enhance household food security, disseminate HIV/AIDS prevention messages and provide voluntary counseling and testing (VCT), caregiving and other support.

5. Target beneficiaries

The Title II/LIFE program will target PLWHAs and their families, as identified by implementing partners. Among them these partners have over 100,000 clients and members nationwide. Initially the Title II/LIFE program will target major urban concentrations close to the capital, Kampala, as these population centers contain the highest concentration of PLWHAs in the country, and infrastructure is in place to identify and to reach the largest number of clients. The program will serve an estimated 60,000 people in 12,000 households during the first year. In years 2-5 additional urban areas where the implementing partners already have operations will be phased in, and the number of clients served annually will increase. The total number of

clients reached over the five-year life of the activity will depend on the rate at which new beneficiaries are added, and the rate of turnover in the client population.

6. Implementing partners

ACDI/VOCA. ACDI/VOCA is USAID's lead Title II development partner in Uganda. The program has been in operation for 11 years and currently reaches 35 of Uganda's 45 districts. ACDI/VOCA imports vegetable oil and wheat for monetization and uses the proceeds to achieve its goals of increasing production of maize, beans, cassava and oilseeds by small farmers, and increasing both cash income and amount of self-produced food these small farmers are able to retain and consume. ACDI/VOCA works with 25 local and international partners, financing these partners' on-the-ground production and marketing activities through its local currency Food Security Fund. Proposals for the maintenance and rehabilitation of selected rural feeder roads in important maize/bean/oilseed growing areas are also supported through the local currency fund. ACDI/VOCA has unmatched food logistics management capability.

TASO. In the mid-1980s, a small group of Ugandans, some with AIDS and some with infected family members, began to meet to provide moral support to each other and to advocate for better social and health care services for those with HIV. As a result The AIDS Support Organization (TASO) was formally established in 1987, as the first indigenous NGO in Africa to respond to a growing need to care for people with AIDS. Today, TASO is recognized around the world as a model program of support services, providing counseling, HIV prevention education, basic medical care for opportunistic infections, treatment of other sexually-transmitted infections, tuberculosis treatment and referral, and family planning services. TASO has also directly distributed food assistance packages, provided skills training for income generating activities, and addressed the special needs of orphans, through child counseling, supervision of guardians, and educational support. TASO has trained over 600 AIDS counselors and thousands of community-level volunteers, and has served nearly 60,000 clients in seven major urban areas of the country. USAID/Uganda has been supporting TASO's efforts since 1988.

During Year 1 of the proposed program, TASO will be the only Ugandan partner engaged in direct distribution. However, as the program expands in years 2 through 5, additional local implementing partners – NACWOLA and UWESO – may be added, as well as the additional sites beyond those reached in year 1.

NACWOLA. The National Community of Women Living with AIDS was established in 1992 by three HIV-positive women, with the goal of providing mutual emotional support. Since then, NACWOLA has become a national HIV advocacy program, which aims to break the isolation, stigma and prejudice experienced by women living with AIDS, and to ensure that HIV+ women do not suffer human rights abuses. NACWOLA has also encouraged the empowerment and self-sufficiency of HIV+ women through social support and income-generating activities. The organization works to ensure that HIV+ women are visible and have a voice in shaping decisions and policies that affect them. Drama groups organized by members are active in outreach and community education efforts. NACWOLA has a membership of over 46,000 women living in 18 districts of Uganda. USAID/Uganda has been supporting NACWOLA since 1996.

UWESO. The Uganda Women's Effort to Save Orphans (UWESO) was founded in 1986 by First Lady Janet Museveni in an effort to address the situation of orphans in Uganda. UWESO serves as an advocate for children's rights protection and supports activities to assist orphans

and their families, including payment of school fees, establishment of foster homes, and microfinance loan schemes. The microfinance activities provide orphan households with opportunities for income generation. These include households headed by widows, grandmothers, and orphans themselves, as well as those providing foster care. The loans are given for small enterprise development and must be repaid from the profits. UWESO also provides technical training to the entrepreneurs. UWESO has over 7,500 women members in 35 districts, most of whom provide direct care for orphans. 2,600 women have received loans from UWESO for their income generating activities. USAID/Uganda has supported UWESO since 1989.

7. Commodity package

The proposed commodity package will consist of CSB and vegetable oil in amounts of 300 g and 25 g respectively per person per day. This package provides approximately 1,300 kcal/person/day, or 65 percent of a 2000 kcal/day diet. To provide 60,000 people with this ration every day, year round, will require 6,570 MT of CSB, and 547.5 MT of vegetable oil. Total requirements for the package in the first year are 7,117.5 MT. CSB was selected as the main commodity because it is nutritionally dense and readily digested, qualities that are important given the beneficiary population. It is, however, a foodstuff unfamiliar to most Ugandans. TASO will provide nutrition education and training in how to prepare CSB for consumption to the clients, but we will remain open to the possibility that we may need to adjust the composition of the package if the CSB poses issues of acceptability or palatability.

In addition to the directly distributed food, 1,000 MT of vegetable oil are needed for monetization in year 1, to cover the implementing partners' administrative and handling costs. ACDI/VOCA already monetizes Title II vegetable oil to implement its food security programs. Bellmon analyses conducted by the Mission in 1998 and ACDI/VOCA in 1999 concluded that local production of edible oil in Uganda is insufficient to meet demand, and that edible oil consumption is below recommended levels. ACDI/VOCA oil is equivalent to about seven percent of local production and does not constitute a disincentive. With demand for edible oil increasing by ten percent per year, the additional oil monetized to support the Title II/LIFE program can easily be accommodated without disincentive effects on local production and marketing. The Mission plans to undertake a further Bellmon analysis in the coming months, to confirm these trends.

In total, the program will require approximately 6.2 million dollars in PL480 resources in its first year of operation.

8. Distribution

Although there are strong arguments from management and accountability points of view to distribute the commodity package in prepared form, logistically speaking an on-site feeding approach is not feasible. There are a number of reasons why a dry distribution, providing a weekly take-home package, is the preferred approach:

- While the implementing partners (TASO, and eventually NACWOLA and UWESO) have had no previous experience with on-site feeding programs and are not presently configured to serve as soup kitchens, they have had some previous experience with direct distribution programs.
- The partners place a very high priority on their other, pre-existing services, delivery of which would be compromised by an onsite program. Dry distribution, on the other hand, will compliment existing medical and social services, and enhance positive living.

--On-site feeding poses limitations on the pool of eligible recipients, as many clients would simply not be able to come to a facility once or twice per day for a meal. Dry distribution increases the accessibility of the program.

--On-site feeding would also impose non-food costs for equipment, supplies, utilities, and staff on the partners that would not be required for a dry distribution. These costs are estimated to exceed \$200,000 in the first year alone.

Thus, while we are not totally ruling out the possibility of on-site feeding should further analysis show it to be practicable in some instances, the bulk of the resources will be provided by the partners, through their already-established distribution points, as a weekly take-home ration package.

During the first year of operation, the food will be distributed through 10-15 existing TASO sites in major urban concentrations near Kampala. Each site will serve approximately 150-250 families per day, providing each with a weekly food package consisting of 10.5 kg of CSB and 875 g of vegetable oil. In total, 136.5 MT of food will be distributed per week through these sites.

9. Management

Direct distribution programs are highly labor and management intensive, especially when (as is the case here) the distribution is necessarily at a number of dispersed locations rather than a single location. Both ACDI/VOCA and TASO will need to add significant numbers of staff to cope with moving and monitoring the food. In addition, the implementation of the proposed program will add to the management burdens incurred by the implementing partners and USAID/Uganda. The associated costs will be substantial. USAID Uganda has spent several weeks developing a preliminary estimate of the resources required to manage the program. We believe we have a reasonable order of magnitude, although detailed management planning and budgeting will have to be done within the context of a DAP amendment process. The resources requested for program management, estimated at 20-25 percent of the total budget, are necessary if the program is to be responsibly managed and accountable.

ACDI/VOCA. Commodity import will be managed by ACDI/VOCA, which is already set up to do this. To offset their administrative costs, as well as those of TASO, ACDI/VOCA will monetize an estimated 1,000 MT of vegetable oil in Year 1. The ratio of administrative costs to value of food distributed will increase slightly in subsequent years, as more sites are added.

ACDI/VOCA will obtain warehouse/storage space and hire additional staff to receive, store, distribute and account for the commodities. Since the other partners lack adequate and appropriate storage space and transport facilities, ACDI/VOCA will also install containers to serve as storage at all of the sites, and arrange for the delivery of the commodities on a weekly basis to these distribution points.

TASO/NACWOLA/UWESO. TASO has implemented a direct food aid dry monthly distribution program from 1991 through 1999, with the commodities provided by the EU, and is conversant with the mechanics of such programs. They are also highly receptive to the idea of reviving the program, as it will enhance existing HIV/AIDS care and support services. TASO will need to hire additional staff to manage the distribution, but both human and information systems are largely in place, including a computerized screening system to identify the neediest clients and their households – those in later stages of illness, jobless, or caring for many orphans. TASO also has an extensive network of community-based volunteers who would be invaluable for

mobilizing and monitoring efforts. Neither NACWOLA nor UWESO has any previous experience with food aid distribution, but they have some of the same strengths as TASO, most importantly large, needy client bases and extensive community-based networks. Apart from hiring personnel to carry out the distribution and track the flow of commodities, all of these prospective partners will also need to strengthen elements of their monitoring and evaluation systems, especially as regards assessing program benefits and impact. The TASO component will include a subcontract with a local consulting firm to provide specialized monitoring and evaluation services.

USAID/Uganda. There are several management implications for the Mission.

--All existing Title II programs are managed by a USPSC housed with the Mission's economic growth and agricultural development strategic objective, assisted by two FSN staff. These officers are already fully occupied with their existing responsibilities and the SO cannot absorb the management burdens that would be imposed by the submission and approval of an entirely new DAP. The Mission therefore proposes that ACDI/VOCA's existing DAP (FY 1997-2001) be amended to accommodate the first year of the proposed Title II/LIFE activity; and that years two through five of the program be incorporated into the new DAP ACDI/VOCA proposes to submit for the continuation of its activities for FY 2002-2006. The Mission also wishes to be certain that the proposed DAP amendment process will not delay shipment of commodities under call forwards for the existing monetization program.

--Since the Title II/LIFE activity will directly support the Mission's existing population and health program, the responsibility for in-house program management and monitoring will rest with that team. The Mission will establish a program-funded FSN position in SO4 to cover these new responsibilities, and will also allocate secretarial and clerical support. These positions will be funded using LIFE Initiative dollar resources.

--The Mission's performance monitoring specialist, based in the Program Office, will work with both SO teams, the implementing partners and the local M&E consultants to document results and impact.

Once USAID/Washington has approved the program, the Mission will engage a consultant team to undertake a comprehensive management, logistics, and capacity assessment of all of the proposed implementing partners, and to prepare the DAP amendment. We will solicit recommendations from BHR/FFP on suitable candidates for this consultancy.

10. Monitoring and evaluation

The USAID/Uganda Title II/LIFE program will directly distribute food commodities to PLWHAs and their dependents, in order to enhance their quality of life. The program will also build the capacity of implementing partners to deliver services. In these dimensions the proposed intervention is very different from other PL 480 Title II programs, including the Mission's existing monetization programs, and will require a different approach to monitoring and evaluation. Most of the generic performance indicators developed by FFP and PPC to measure food security related outcomes are not applicable to this program, and appropriate performance indicators pertinent to measuring the program objectives will be developed by the Mission. The M&E process will consist of four components as described below.

Monitoring the flow of food aid. The responsibility for monitoring the flow of commodities to the beneficiaries will lie with TASO in the first instance, and with NACWOLA and UWESO if they

participate in the program in future years. ACDI/VOCA will simply serve as a conduit. ACDI/VOCA will document the quantities of food entering their warehouse, and the quantities leaving it. Each receiving partner will crosscheck and verify the weight and composition of each delivery. From the point of receiving the food onward, monitoring and accountability rest with the partners who are actually engaged in the direct distribution. To document the smooth running of the distribution system, partners will track the number of clients, disaggregated by age and sex, who receive food each week, and the amount of each commodity distributed per week, per distribution point. TASO's existing MIS will be strengthened in order to accommodate these data collection and analysis tasks.

Monitoring the utilization of the food. Food utilization will be tracked by conducting market surveys, to establish the extent to which the food is being sold, rather than consumed; and by 24-hour dietary intake recalls, to document consumption. Diet recall data will also be used in assessing program impact (see below).

Documenting program benefits. Qualitative input/feedback from clients, service providers, and other members of the family and community will be part of a participatory methodology to establish customer satisfaction and to improve program management.

Assessing program impact. Although the Title II/LIFE program is expected to improve the food security status of recipient households, that is not the primary objective of the program. Given the unique nature of the program, most of the suggested performance indicators measuring food production, income, and nutritional impacts of food assistance are inappropriate. The stated objectives of the program are to enhance the quality of life and social coping abilities of clients, and to build partner capacity. In order to document the program's contributions to these objectives, the implementing partners will conduct baseline studies with samples of their client populations, prior to the initiation of any food distribution. The baseline studies will be followed up at appropriate intervals.

Outcome and impact measures to assess the achievement of the program objectives may be selected from the following list. These indicators are illustrative only and will be refined as the Mission and partners gain experience with the program.

- Increase in the number and quality of meals consumed
- Increase in dietary diversity
- Improved participation in preventive therapy programs
- Expanded partner client base
- Delivery of non-food services to food aid clients

In order to carry out all of these monitoring and assessment functions, the implementing partners will take on staff to manage the data collection at the distribution sites. As they gain experience, these staff can also make qualitative observations and collect dietary data. The Ssemwanga Center, a local consulting firm specializing in food security-related surveys and assessments, is available to support the more specialized market studies and survey work. The proposed program funded FSN in SO4 and the Mission performance monitoring specialist will provide technical assistance and oversight to the partners.

11. Five-year Summary Budget

Element	Year 1	Year 2	Year 3	Year 4	Year 5	Total
Commodities	5,000,000	5,300,000	5,800,000	6,000,000	6,000,000	28,100,000
Logistics and Management	1,200,000	1,350,000	1,500,000	1,600,000	1,600,000	7,250,000
Total	6,200,000	6,650,000	7,300,000	7,600,000	7,600,000	35,350,000



EMBASSY OF THE
UNITED STATES OF AMERICA

Office of the Ambassador
Kampala, Uganda

Welcome to Kampala!

On behalf of the entire U.S. Mission to Uganda, I welcome you to Kampala and hope that your stay will be a pleasant, productive, and safe one. Those of us working and living in Uganda are proud of our contributions to the changes which are occurring in this country. We welcome your assistance and interest in our activities.

The materials in this folder are designed to help you enjoy your stay, providing contact numbers of key officials in the Mission and tips for things to see, do, buy and eat. You should also review the safety and health information provided. If you need additional information, please contact the officer assisting with your visit.

Enjoy your time in Uganda -- the Pearl of Africa!

Sincerely,

A handwritten signature in cursive script that reads "Nancy Powell".

Nancy J. Powell
Ambassador

American Embassy Kampala



Welcomes You To Uganda

Information For Americans In Uganda

Information for American Citizens in Uganda

Welcome to Uganda. Whether you are here for business or pleasure, we offer you the following information on the country and the American Embassy so that your stay may be as productive as possible. The U.S. Embassy is located at:

Plot 10/12, Parliament Avenue in Kampala, behind the British High Commission.
The mailing address is P.O.Box 7007, Kampala, Uganda.

The Embassy is open from Monday through Friday, between the hours of 8:30am and 4:30pm. The phone number during working hours is: Telephone (256) (41) 259-792/3/5; Fax (256) (41) 259-794.

Should you need to contact the Embassy about an urgent situation after hours or on the weekend the telephone number is the same. If you call after hours, please leave your name, phone number, and a brief description of your problem so that a member of the Embassy staff may contact you.

Following is a list of Holidays which will be observed by the U.S. Mission during 1999.

<u>DATE</u>	<u>DAY</u>	<u>HOLIDAY</u>	<u>COUNTRY</u>
Jan 1	Friday	New Years Day	USA/Uganda
Jan 18	Monday	Martin Luther King Jr's	USA
Jan 18	*Monday	Idd-el-Fitr	Uganda
Jan 26	Tuesday	Liberation Day	Uganda
Feb 15	Monday	President's Day	USA
Mar 8	Monday	Intern. Women's Day	Uganda
Mar	* -	Idd-Adhuha	Uganda
Apr 2	Friday	Good Friday	Uganda
Apr 5	Monday	Easter Monday	Uganda
May 31	Monday	Memorial Day	USA
Jun 3	Thursday	Martyr's Day	Uganda
Jun 9	Wednesday	National Heroes Day	Uganda
Jul 5	Monday	Independence Day	USA
Sep 6	Monday	Labor Day	USA
Oct 11	Monday	Columbus Day	USA
Nov 11	Thursday	Veteran's Day	USA
Nov 25	Thursday	Thanksgiving Day	USA
Dec 24	Friday	Christmas Day	USA

* Dates subject to confirmation

Embassy Services

The United States Government promotes and encourages contacts between Americans and Ugandans. However, all visitors to Uganda are subject to the laws of the host country and are expected to be tolerant and respectful of Ugandans social and religious customs. The following information may be of assistance during your stay in Uganda.

American Citizen Registration System

Please fill out an Registration Form. This allow us to contact you, should the need arise. Please call the Consular Section if your travel plans change, you move, or you depart Uganda earlier than expected.

We have developed a Warden System for American Citizens in Uganda so that we will be prepared in the event of a emergency. When you register with us, we will assign you to a "Warden" who is an American Citizen living or working in your area. Should we need to disseminate urgent information to our citizens in Uganda, it will be done through this system.

Lost or Stolen Passports: Passports and other valuables should be safeguarded at all times; be especially wary when traveling by bus or when going shopping. Keep a record of your passport number, and date and place of issue separate from your passport. A xerox copy of the page with your picture on it is very useful. Keep the address and telephone number of the Embassy in Kampala with your record of your passport. Your passport and other valuables should not be left in a hotel room or car, even a locked one. When not in use, store your passport in a secure place, such as a hotel safe.

Should you and your passport part company, report the loss immediately to the nearest police station. Ask the police to furnish a certificate of loss stating the passport number. To obtain a replacement passport, citizens will need to visit the Embassy Tuesdays or Thursdays from 0830 to 12:00. If it is not possible for you to come at these times, please call the consular section in advance for an appointment. You will need the following documents:

1. Completed passport application form (available at the Embassy).
2. If passport is stolen, a police certificate reporting the theft of the passport.
3. Two unsigned photographs 2" by 2" with a light background on thin, unglazed paper. Both black & white and color are acceptable, but Polaroids are not. You can have photographs taken at: KIS STUDIOS opposite main post office on Kampala Rd.. or PHOTO WORLD at the Diamond Trust Building on Kampala Rd..
4. Some evidence of United States citizenship, i.e., driver's license, birth certificate, or naturalization certificate.
5. U.S. \$60.00 (\$40.00 for minors) in dollars or Ugandan shillings. Unfortunately, we can not accept checks or credit cards. These rates are subject to change by the Department of State.

The issuance of a replacement passport is not automatic and will depend on evidence presented confirming citizenship and identity. Procedures are greatly expedited if the traveler has registered in person at the consular section of the Embassy. Please allow one week for processing your new passport. Although, the consular section can "make" a passport in less time, we are required by law to perform a namecheck before issuing the passport. More often than not, our namecheck line to Washington D.C. is down. Thus, we must manually send passport information to Washington, D.C. and wait for a reply.

When are American Citizens Services Performed?

Consular Section Hours:

Non-Emergency Services for American Citizens (such as notariats, tax information, voting assistance, passport renewals, reports of birth, and general information)

Tuesday & Thursday 8:30-12:00am

Non-Immigrant Visa Applications (not for American Citizens)

Monday & Wednesday 8:00-10:00am

Other U.S. Agencies in Uganda

Peace Corps

241732/241720/245910/258716/241654/241610

Plot 22A, Nakasero Road

United States Agency for International Development(USAID)

235779/235879/242896/257285/235174

Plot 42, Nakasero Road

United States Information Service(USIS)

233231/230507

Plot 21, Mackinnon Road

If You Find Yourself in Trouble:

Should you be arrested or detained by the police or the military, remember that you have the right to communicate with an American consular officer. You should politely insist upon your right to telephone the American Embassy in Kampala, (259791/2/3/5). There will be an American at the Embassy 24 hours a day.

If the authorities do not allow you to call the Embassy, and you are not able to secure your release through persuasion, the authorities may suggest you use your passport as a bond. The United States government does not favor this practice, because passports are the property of the issuing government (as noted on the inside rear cover of your passport). If surrendering your passport is the only means of securing your release expeditiously, be sure to obtain a receipt with the passport number, date of issue and place of issue, plus the name of the person holding the passport and his/her official title. You should notify the Embassy immediately after your release.

Emergency Numbers

Police & Fire	999
Ambulance	999
Telephone Repair	997
Central Police Station	254-561/254-562
Kampala International Operator	0900/0905

INTERNAL MEDICAL EVACUATION SERVICES

(emergencies within Uganda to be treated in Kampala)

Kampala Ambulance Services

Name of Company	Office#
AAR (Africa Air Rescue) need to be a member to use services	255-995/255-991
Kim Medical Center	244-777

Internal Air Rescue Services

Name of Company	Office#
CEI Aviation have 3 planes available Kingair - can fly to Nairobi Navaho - twin engine, not pressurized single Engine - small landing strips only	075-737-777 (Capt. Samantha Moray) 075-737-500 (Capt. Eric Boullay) 042-20784 (Entebbe office)
MAF (Mission Aviation Fellowship)	267-462/268-388 075-768-388
Eagle Aviation have 4 planes available	244-292/242-207 222-892 (emergency number) 042-20453 (Entebbe Crew guest house)
AAR (Africa Air Rescue)	255-955/255-991
FDSA (Flying Doctors Society of Africa)	250-319/344-579 amref@mukla.gn.apc.org
Air Alexander	042-20668 (Entebbe)

EXTERNAL MEDICAL EVACUATION SERVICES

(emergencies within Uganda to be evacuated outside of Uganda)

Name of Company	Office#
Air Rescue Services to Nairobi	
Flying Doctors	250-319/344-579 (Kampala) 02-501-301/3 (Nairobi)
CEI Aviation	042-20784 (Entebbe) 075-737-777 (Mobile Phone)
Eagle Aviation	244-292/242-207 (office in Kampala) 222-892 (emergencies)
Intensive Care Ambulance	02-503-755/506-790/604-920
Kenya Air Ambulance Service	(all numbers in Nairobi)
Trackmarck	02-503-875
Kenya Air Ambulance Service	(numbers in Nairobi)
Commercial Airlines to Nairobi	
Kenya Airlines	249-472/256-506/233-068
Uganda Airlines	232-990/232-991
Commercial Airlines to Europe	
British Airways	257-414
Alliance Air	244-011/244-015/244-567
Sabena Airlines	234-200/259-880
Commercial Airlines South Africa	
Uganda Airlines	232-990/232-991
Inter Air	259-563
Air Rescue from South Africa	
MRI	27-11-4037080
Air Rescue from Europe	
SOS	41-22-785-646/41-22-785-6484
home office for information	1-800-523-8930 (in USA)

Medical Services in Kampala

Doctors	Office#	AfterHour#
Dr. E.R. Gibbons, General	256-003	075-756-003
Dr. R. Stockley, General	256-003	075-756-003
Dr. Steve Jackson, General	256-003	
Dr. I. Clarke, General	241-291	075-741-291
Dr. Sharizi, Orthopedics	213-254	075-731-254
Mulago Hospital (clinic time 2pm-6pm)		
Dr. S. J. Mattas, Opthamology	270-222 (Mengo Hospital)	
Dr. Pius Okongo, Ob/Gyn	230-612 (clinic time 2pm-6pm)	
Dr. Alicker, Dentist	254-858	
Dr. Johnson Acona, Veterinarian	545-385/540-642	
Hospitals		
Mengo Hospital		270-223
Mulago Hospital		554-001/554-003
Nsambya Hospital		267-012
Rubaga Hospital		270-203/270-204
Kololo Hospital		231-935
Pharmacies		
Victoria Pharmacy, Parliament Ave.		243-663/235-498
Star Pharmacy, Kira Road		232-863/245-173
Exemphar Pharmacy, Kampala Road		250-664/5
Laboratory Services		
Ebenezer Laboratory		
Plot 761, Kampala Road		242-255
X-Ray Services		
Kadic		530-046
Blood Bank		
Nakasero		
69-3 Nakasero Hill Road		257-484/257-155

Malaria in Africa and other Malarious areas

Malaria is a disease whose prevention and other treatment is constantly changing as the parasite becomes resistant to the different drugs used against it. Since no anti-malarial drug regimen alone can offer total protection, in addition to religious use of anti-malarial drugs, there are a number of important measures to protect against mosquito bites and the acquisition of malaria. These include:

1. Remain in well-screened area.
2. Use mosquito nets enclosed
3. Use insect repellents, containing about a 35 concentration of Deet on exposed parts of the body.
4. Spray clothing with permethrin (Permanone) repellent.
5. Wear clothes that cover most of the body.
6. Use of a flying insect spray containing pyrethrum in living and sleeping areas.

It should be emphasized that the risks for malaria can vary significantly within the same country, and that the medical doctors of general practice mentioned above remains your best source for the most current and specific information on malaria.

Other Organizations in Kampala

International Organizations

CARE	258-568/9
International Federation of the Red Cross	231-480/234-968/243-742

United Nations and Specialized Agencies

UNICEF	234-591/2
UNDP	233-440/5
World Bank	242-139
International Monetary Fund	233-955

USEFUL TELEPHONE NUMBERS

ARA (American Recreation Association)	267-033
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Schools

Lincoln International School	254-900
Lincoln School Pre-School	241-031
Kabira International School	530-472
Rainbow Academy	268-003

Airlines

Air France	233-495/256-056
Alliance Airlines	344-011/344-015
Bel Air Charter	257-796/257-716 (042) 20721
British Airways	257-414
Egypt Air	236-910/241-276
Entebbe Airport	(042) 20516
Ethiopian Airlines	254-796/7
Inter-Air	344-221/2/3
Kenya Airways	259-472/256-506/233-068
Sabena Airlines	234-200/259-880
Sunbird Charters in Nairobi	(02) 50142/50143/50144
Tanzania Airways	234-671
Uganda Airlines	232-990/1
Uganda Airlines at Entebbe	(042) 20516

Hotels in Kampala

Sheraton Hotel	244-590/7
Fairway Hotel	234-159/234-160/259-571/5
Imperial Hotel	233-460
Lions Hotel	233-934
Athena Club	241-428/233-812
Hotel Diplome	268-311/268-314
Nile Hotel	258-841/230-248/235-900/9
Reste Corner (apts)	233-706
Equatoria Hotel	250-784

Hotels in Nairobi

Mayfair Hotel
 Grand Regency
 Serena Hotel
 Hilton Hotel
 Norfolk Hotel

02-748-258/02-748-278
 02-211-199
 02-725-111
 02-334-000
 02-335-422

Car Rentals

Belex Tours & Travel Limited
 Freesto Safaris Limited
 Avis Rent A Car

234-180/344-590/6 Fax: 234-252/234-180
 257-564
 234-744/257-280/254-521 Fax: 257-277

Restaurants

Athina Club	30 Windsor Crescent, Kololo	341-428
Bamboo Village/Speedway	Tank Hill	
Bimbo Ice Cream	Siad Barre Ave.	231-748
Chopsticks	Equatoria Hotel	250-780/9
7 Coopers Road.	Kisementi Shopping Ctr., Kololo	235-124 Fax: 231-652
Crocodile Restaurant	Kisementi Shopping Ctr., Kololo	254-596
Daas Ethiopian Restaurant	Plot 54/1, Kampala Road	255-380/254-834
Domino's Pizza	Entebbe Road, Kampala	251-513
Ethiopian Village	Kabalagala, Gaba Rd..	
Fang Fang / Chinese	Greenland Bank Building	344-806
Garden Bar	Fairway Hotel	259-791
Fasika	Greenland Bank Building	268-571
Gallery Cafe	Masaka Rd..	272-201
Haandi Indian Restaurant	Equatoria Hotel	250-780/9 Ext. 806
Ice n' Spice	9 DeWinton Rd..	258-510
Khana Khazana Indian	20 Acacia Rd., Kololo	233-409
La Chateau	Gaba Rd..	268-215
Maharaja Indian	Speke Hotel	254-553
Masala Chaat House Indian	3 DeWinton Rd..	236-487
Kob Grill Gazebo	Nile Hotel	258-080/9
Parrot's Cafe	Raja Chambers, Parliament Ave	251-895

Sgt. Peppers	IPS Building	257-031/250-641
Shanghai Restaurant	Across from the Sheraton Hotel	236-213
Rhino Pub	Sheraton Hotel	344-590
Crane Restaurant	Sheraton Hotel	344-590
Victoria Restaurant	Sheraton Hotel	344-590
Lion Bar & Grill	Sheraton Hotel	344-590
Sitar/Little Flowers	Bat Valley	
Tandoor Restaurant	Plot 70, Kampala Rd..	235-112
Trattoria Italian Restaurant	Equatoria Hotel	250-780/9

SUPERMARKETS

Quality Cuts Butcher	Gaba Road	268-916
Rosa Brothers Butcher	Gaba Road	268-165
Star Supermarket	Jinja Road	
Luisin Italian Market	Kampala Road	

FOREIGN MISSIONS RESIDENT IN UGANDA

Algeria	Embassy of the Democratic People's Republic of Algeria Plot 14 Acacia Ave., Kololo Hill Dr. P.O. Box 4025, Kampala Tel: 232-918/232-689
Austria	Consulate of the Republic of Austria Bank Lane, Plot 6, Entebbe Rd.. P.O. Box 11273, Kampala Tel: 233-002/241-558/235-786/250-754 Fax: 233-002
Belguim	Royal Belguim Consulate 1st Floor, Room 49 UDC Building,Parliament Ave. P.O. Box 7043, Kampala Tel: 230-659/233-833
Burundi	Embassy of the Republic of Burundi 9 Roscoe Rd., Kololo P.O. Box 4379, Kampala Tel: 233-674 Fax: 250-990
Canada	Canadian Consulate 4 Ternan Ave., Nakasero P.O. Box 20115, Kampala Tel: 258-141 Fax: 234-518
China	Embassy of the People's Republic of China Plot 37 Malcolm X Ave., Kololo P.O. Box 4106, Kampala Tel: 236-895/259-881 Fax: 235-087
Congo	Embassy of the Democratic Republic of Congo Plot 20 Phillip Rd., Kololo P.O. Box 4977, Kampala Tel: 233-777/232-021
Cuba	Embassy of the Republic of Cuba Plot 19 Nakasero Rd. P.O. Box 9226, Kampala Tel: 233-742
Cyprus	Cyprus Consulate Athina Club House, Plot 30, Windsor Cresent, Kololo P.O. Box 8717, Kampala Tel: 235-812/236-089/241-428
Denmark	Royal Danish Embassy Crusader House, 4th/5th Floor,Plot 3, Lumumba Ave. P.O. Box 11234, Kampala

Tel: 256-783/256-687 Fax: 254-979

Egypt	Embassy of the Arab Republic of Egypt Plot 33, Kololo Hill Dr. P.O. Box 4280, Kampala Tel: 254-525/245-152
Ethiopia	Embassy of the Democratic Republic of Ethiopia Plot 51B Lumumba Ave. Nakasero P.O. Box 7745, Kampala Tel: 231-010
Finland	Consulate of Finland Plot 5 Speke Rd., Standard Chartered Bank Building P.O. Box 7111, Kampala Tel: 258-211/241-623
France	The French Embassy Plot 9/11 Parliament Ave., Embassy House 6th Floor P.O. Box 7212, Kampala Tel: 242-120/242-176 Fax: 241-252
Germany	Embassy of the Federal Republic of Germany Plot 15, Phillip Rd., Kololo P.O. Box 7016, Kampala Tel: 256-767/236-421 Fax: 241-136
Greece	Greece Consulate Diamond trust, 3rd Floor Kampala Rd.. P.O. Box 1790, Kampala Tel: 230-056 Fax: 230-952
Holy See	Apostolic Nunciature Mbuya Hill, Chwa II Rd.. P.O. Box 7177, Kampala Tel: 221-167
India	The High Commission of India Bank of Baroda, 1st Floor, Plot 18 Kampala Rd.. P.O. Box 7040, Kampala Tel: 244-631/257-368 Fax: 254-943
Ireland	Embassy of Ireland Plot 12, Acacia Ave. P.O. Box 7791, Kampala Tel: 244-344/244-348 Fax: 244-353
Italy	Embassy of the Republic of Italy Plot 11, Lourdel Rd., Nakasero P.O. Box 4646, Kampala

Tel: 241-786/256-416/250-450 Fax: 250-448

Japan	Embassy of Japan Sheraton Hotel 3rd Floor, Rm. 304-8 P.O. Box 23553, Kampala Tel: 347-317/9
Kenya	The High Commission of the Republic of Kenya Plot 41, Nakasero Rd.. P.O. Box 5220, Kampala Tel: 258-235/6 Fax: 258-239
Korea-North	Embassy of the Democratic People's Republic of Korea Plot 10, Prince Charles Dr. Kololo P.O. Box 5885, Kampala Tel: 254-603/243-424
Libya	The People's Bureau of the Great Socialist People's Libya Jamahiriya Kololo Hill Dr., Plot 26 P.O. Box 6079, Kampala Tel: 244-924/5
Malta	Consulate of Malta 5th Street, Industrial Area P.O. Box 2133, Kampala Tel: 258-516/258-050
Netherlands	Royal Netherlands Embassy Shell Bldg. 9-11 7th Street Industrial Area P.O. Box 7728, Kampala Tel: 254-356/234-802/231-859 Fax: 255-560
Nigeria	The High Commission of the Federal Republic of Nigeria Plot 33 Nakasero Rd.. P.O. Box 4338, Kampala Tel: 233-691/2
Norway	Royal Norwegian Embassy 20 Upper Kololo Terrace Tel: 343-621/255-465
Russia	Embassy of the Russia Federation Plot 28 Malcolm X Ave, Kololo P.O. Box 7022, Kampala Tel: 233-676/243-808
Rwanda	Embassy of the Republic of Rwanda Plot 2 Nakayima Rd.. P.O. Box 2468, Kampala Tel: 344-045 Fax: 258-547

South Africa High Commission of the Republic of South Africa
Kisuzi House, Kyagwe Rd..
Tel: 231-007/231-015/075-734-871 Fax: 231-011/347-486

Spain Honorary Consulate of Spain
Uganda House, 9th Floor
P.O. Box 8695, Kampala
Tel: 244-331/245-967

Sweden Royal Swedish Consulate
Stanbic Bank, 6th Floor Impala House - 45 Kampala Rd..
P.O. Box 7131, Kampala
Tel: 236-031/236-636 Fax: 341-393

Switzerland Consulate of Switzerland
Plot 1, Baskerville Rd..
P.O. Box 4187, Kampala Tel: 259-894

Tanzania High Commission of the United Republic of Tanzania
Plot 6 Kagera Rd.P.O. Box 5750, Kampala
Tel: 256-755/256-272

Thailand Royal Thai Consulate
Plot 10, Kalitunsi Rd.Bugolobi Industrial Area
P.O. Box 5961, Kampala
Tel: 236-182 Fax: 236-148

Great Britain High Commission of the United Kingdom of
Great Britain and Northern Ireland
Plot 10/12 Parliament Ave.
P.O. Box 7070, Kampala
Tel: 257-302/4

Money, Credit Card and Communications Services

Banking Services

The following institutions can facilitate the transfer of funds from the U.S.:

* Standard Chartered Bank: 5 Speke Road, telephone 258-211/7.

* Barclay's Bank: 16 Kampala Road, telephone 232-594/7

Certain local banks have correspondent banks in the U.S.: Citibank, New York is a correspondent for Uganda Commercial Bank, Gold Trust Bank, Greenland Bank, Nile Bank, and Sembule Investment Bank; American Express Bank is a correspondent for International Credit Bank Ltd; Chase Manhattan is a correspondent for the Bank of Baroda; Banker's Trust is a correspondent for Stanbic Bank. In addition, certain local FOREX (foreign exchange) bureaus claim to perform wire transfer of funds.

Credit Card Services

Arrangements can be made to stop payment on **VISA** and **MasterCard** credit cards which have been lost or stolen. **American Express** credit card should be canceled by calling the U.S. yourself and canceling the card. American Express traveler checks can be refunded through the office in the Sheraton Hotel. Cards from the U.S. are represented in Uganda at the addresses indicated below:

* **Visa** and **MasterCard** cards are handled by **Barclays Bank** at 16 Kampala Road, telephone 232-594/7.

* The **American Express** head office is located at Rwenzori House, 1 Lumumba Ave., ground floor. They can be telephoned directly at 347-915/6/7, fax 347-918, and e-mail: express@imul.com. Services offered here are related directly to credit card services and replacement of travelers' checks. **Note:** American Express card payments and cash advances have been suspended until further notice. Also, this office does not issue travelers' checks.

The Branch office is located at the Sheraton Hotel, ground floor shopping arcade. They can be telephoned directly at 236-767/9, fax 236-769, or through the Sheraton receptionist on 344-590/9 ext. 2112. Services offered here are travel related, i.e. airline and tour bookings, issuance of major airline tickets, all payable using the American Express card.

Delivery Services

DHL operates in Uganda, providing fast delivery service to most of the world, including the United States. As of December 1994, the standard fee for delivering documents weighing between 0 and 500 grams (roughly 1.1 lbs) was 40,000 Ush. Packages other than documents in the same weight range cost 45,000 Ush. Anything larger depends on the weight. DHL is located at Blacklines House, tel. 235-844/256-236/256-470.

Federal Express deliveries are available through the American Express head office located 1 Lumumba Ave. They can be telephoned directly at 347-915/6/7.

The Federal Express branch office is located at the Sheraton Hotel, ground floor shopping arcade. They can be telephoned directly at 236-767/9. This office serves as a drop-off center.

The standard fee for sending documents up to 500 grams to the United States is 34,000 USH with a transit time of 48 hours. Packages other than documents in the same weight range cost 55,000 USH. Anything larger depends on the weight.

AT&T Telephone Service

There is an AT&T telephone in Uganda. It is located at the Entebbe Road post office. The phone is located inside the office. To use it, check with one of the staff at the counters. They will show you the correct phone and a log book. You need to write down the number you are calling and the time the call begins and ends. You pick up the phone and listen. Initially you will hear a rapid beep indicating a line is being sought. Then you will get an AT&T operator. You may place a collect call or charge the call to your AT&T card at AT&T rates (as of March 1994, approx. \$2.00 per minute). **Note:** this office closes at 8:00 p.m.

Fax services

Fax services are also available through the post office at the same location. Most hotels and larger business establishments now have FAX machines and they have proven to be reliable.

Internet, e-mail and fax Services

Starcom Communication located Rwenzori house, 1 Lumumba Ave., 3rd floor. Tel: 243-166/9/243-109.
Swift Global located IPS Building, Parliament Ave., 8th floor. Tel: 341-292

Money Transfer

While direct interbank transfer may be the fastest way to transfer money from the U.S. to Uganda, in an emergency, you can use the facilities of the Department of State to transfer money. There are three routes you can use to forward money to the State Department for onward transfer to the Embassy: bank to bank transfer, Western Union and postal money orders or cashiers checks. Western Union is the fastest method; however, it is the most expensive.

Western Union: Senders who have a major credit card may call Western Union at (800) 325-6000 or 4176 to send the money. Otherwise, they can contact a local Western Union office. They should purchase a money order for the desired amount plus \$15.00 (State Department Fee). The money order must be made payable to the Department of State and have an accompanying message with the sender's name, address and telephone number, as well as the name of the recipient and the fact that the money should go to the American Embassy, Kampala, Uganda. Western Union charges a fee based on the amount sent the number of words in the message. The money order and message must be sent to: Overseas Citizens Services, Department of State, Washington D.C. 20520.

Bank to Bank Transfers: Senders should inform their bank that they wish to wire the desired amount plus \$40.00 (the State Department's \$15 fee for establishing the account and forwarding the money overseas and a \$25 bank fee) to Nations Bank, State Department Branch, 2201 C. Street N.W., Washington, D.C. 20520, telephone (202) 624-4750.

If the sending bank asks for an account number, the bank should be advised that CA/OCS does not have an account with Nations Bank -- money is simply being wired to a bank located in the Department of State building. Depositors should ask that the funds be wired "PUPID" (Payable Upon Presentation of I.D.). The check must be made payable to the Department of State and indicate the name and overseas location of the recipient (American Embassy Kampala) as well as the name, address and telephone number of the sender.

Overnight Mail Delivery/Regular Mail: A cashier's check or money order for the desired amount plus \$15.00 (State Department fee) and made payable to the Department of State should be sent to Overseas Citizen Services, CA/OCS, Room 4800, Department of State, 2201 C Street N.W., Washington, D.C. 20520. Personal checks are not accepted. A letter with the sender's name, address and telephone number and the name overseas location of the recipient (American Embassy Kampala) should be attached. Overnight mail may not reach the action office for several days.

Senders can obtain detailed information by calling the Citizen's Emergency Center number (202-674-5225)

Security Tips for Travelers

Over the past decade, Uganda's security situation has improved considerably, but, as in most cities in most countries, Kampala has its share of housebreaking, purse snatching and armed automobile theft. Awareness of these problems and certain precautions are definitely in order.

On the streets, hold your handbag securely or keep your wallet in a front pocket. Pickpockets and purse snatchers operate the same way everywhere. Carry only as much money as you need. Do not join crowds to find out what is happening; if a crowd gathers around you, leave the area. Do not wear large amounts of jewelry when walking in town or driving in the country. Do not make yourself conspicuous by wearing outlandish clothing or exposing large areas of your body. African societies are far more conservative in the way they dress than we are.

Roll up your car windows and lock the doors when you leave the car. Do not leave packages in the car that might tempt someone to break in. Keep a flashlight in your car or take one with you when you leave the house at night. Power outages are still frequent and you may find yourself coming home to a dark compound and house.

Walking

Walking is a way of life overseas. Traffic congestion makes it a necessity for movement in the city. It can be enjoyable, but it can be dangerous. *Alertness* is your key to safety.

- A. Vary your route.
- B. Avoid infrequently traveled side streets and alleys.
- C. Do not walk in Kampala after dark.
- D. Avoid loud colors or unusual styles of clothing.
- E. Do not carry large sums of money or wear large amounts of jewelry.
- F. Purse snatching is an ever present danger. If a thief gets a firm hold on your purse or handbag strap, do not attempt to hang on. You could be seriously injured by the fall. Do not invite a purse snatcher by swinging or dangling your purse in a careless manner.
- G. Men should carry their wallets in a front pants pocket.
- H. Do not flash a large amount of currency in public places. Estimate the amount of your purchases beforehand and have that amount ready for presentation. Fumbling through your purse or wallet invites the grab and run thief to strike.
- I. Never pursue a thief on foot. He could be armed and seriously injure you. Sound the alarm and hope that bystanders can aid you in recovering the items taken.
- J. Do not overburden yourself with bundles. You are inviting the grab-and-run thief. Lock excess purchases in the trunk of your vehicle.
- K. If confronted by an armed thief on the street, *do not resist*.
- L. Armed highway robberies and vehicle hijacking occur frequently in Uganda. If you find yourself a victim of one of these crimes, *do not resist*. Generally, if you do not resist, you do not get injured.

Driving

Driving in Uganda (and in many other African countries, for that matter) can be a disconcerting adventure at first. Not only must you get used to right hand driving, but local drivers are an individualistic and innovative lot. One drives the way one feels rather than by traffic rules. However, after a while one gets used to this and

becomes a defensive driver, always on the alert for unpredictable behavior, vehicles in poor condition, and pedestrians and bicyclists who, as the Ugandans say, "have just come to the city."

There are still a few police checkpoints on major roads in the country-side, and some military check-points in the north. These are not always clearly marked and at first you may not realize that a stone or branch in the middle of the road is a roadblock, especially since the police or soldiers will be invisible under a tree at the side of the road. Always stop until you receive the nod to proceed.

Driving outside Kampala at night is not recommended. If, for any reason, it becomes necessary, be alert for vehicles without headlights, potholes, and pedestrians who are difficult to see, especially if they wear dark clothing. Also watch for abandoned vehicles without warning lights.

If you are involved in an accident, do not enter into a "my fault-your fault" argument. Try to find a policeman or obtain the other individual's name and address and leave the area as quickly as possible. Report the accident to the police. If a hostile-looking crowd forms at the scene of the accident, you should leave the area and seek immediate police assistance.

SHOPPING

Fairway Hotel Gift Shop; Open 10-7 Monday thru Saturday; baskets, Stools, Chairs, etc.

Gallery Cafe; Crafts from Ugandan artist and has regular art exhibits. It is located a few kilometers off Kibuye roundabout on Masaka Road.

Nakasero Market or along Entebbe Road; Baskets, mats, drums, bark pictures, floor mats and table mats can be bargained for.

Nommo Art Gallery; Open Monday-Friday 9-5, Saturday 9-3; located on Victoria Ave. near the Uganda Club; Batiks and sculptures.

Pioneer Mall has over 40 shops, many selling local crafts.

Sheraton Hotel has several gift shops including souvenirs(t-shirts, jewelry, sculpture, batiks), a florist, news stand and photo developing shop.

Uganda Crafts, Bombo Rd., Bat Valley; Open daily except Sunday; Handicrafts, postcards, honey and potted plants and a cafe. A second Uganda Crafts is located across from Standard Chartered Bank on Speke Road.

Ugil on Kampala Road has t-shirts, tablecloths and dresses.

UNICEF has a shop selling cards and gifts. They are located at Kisozi House, Kyaggwe Rd., 234-591 ext. 284

Baskets, mats, drums, bark cloth products, pots and lots of handicrafts, these items can be bargained for. It is located behind **The National Theater**.

Places of Worship

Every week, the Sunday New Vision publishes a listing of churches and religious services. Check the New Vision for current times for services at these and other churches.

Christ The King Church Catholic Church, Colville Street, Box 2551, Kampala, Tel: 241500
Near the Embassy.

Mbuya Church, Mbuya Hill, Verona Fathers, Kampala, 221-506/221-001/2

St. Mary's Cathedral, Rubaga Hill, Kampala, 270-183/4/270-178

Chapel at Nsambya Hospital, Gaba Road, Nsambya, Kampala, 266-998/267-870/267-012/3

Our Lady of Africa Catholic Church, Boazman Road (Mbuya), Box 6562 Kampala
Tel: 221777

St. Paul's Cathedral (Church of Uganda/Anglican), Namirembe Hill, Kampala, 272-274/270-212

All Saints (Interdenominational Protestant), Akii-Bua Road, Nakasero, 342-128

Kampala Baptist Church, Makerere Road, Kampala, 530-899

Kampala Pentecostal Church, Plot 87, Kampala Road, Kampala, 344-667/8/ 345-125

Abundant Life Faith Center, Bunamwaya Hill, Entebbe Road, Kampala, 200-091/200-436

Uganda Muslim Supreme Council, Namirembe Rd. , Box 1146, Kampala, Tel: 232791, 255656

Old Kampala Mosque, Namirembe Road, Kampala, 236-364

Makerere Univ. Mosque, Makerere University, Nankulabye Road

The Church of Jesus Christ of Latter-Day Saints, Colline House, ground floor, Kampala, 236-474

Baha'i House of Worship, Kikaya Hill off Gayaza Road, Kampala, Tel: 540-511

St. Nicholas Orthodox Church, Namungona, Hoima Road
Tel: 542-461

Seventh day Adventist, 38 Entebbe Road, Kampala, 267-967

THE SOURCE

American Embassy
Kampala
Uganda

March 25, 1999

Dianne
Bodeen
Editor

Duty:

March 19-26
Mark Powdermaker
March 26-April 2
Randy Berry

Health Unit On-Call:

March 20-April 4
Margaret Odoyi, RN
The on-call number
is 077-200-508

Do you have something for
The Source? Please send
it to the editor, c/o Virgil
Bodeen at USIS, by COB
Monday, or give a call to
the editor before Tuesday
evening for last-minute
items. The Source is
proofread by the editor,
who accepts responsibility
for all mistakes.

BEETLE BAILEY



The Week's Calendar

Thursday: Drinking History - Alcohol in a Changing Society
Uganda Society/FUNMA meeting with lecture by Prof. Justin
Willis of Cambridge Univ, 5:30 pm at the National Museum.

Thursday: final auditions for "Oliver." Contact director Andy
Williams at 269-376 for more details.

Friday: Opera! Arias by Ulrike Wilson, joined by Wanda Peters on
duets, and Mark Wilson on English translations and scene-
setting. 8:00 p.m. at the Sheraton. 5,000 Ush, students free.

Thursday, April 1: Monthly IWO meeting at the Museum, 10 a.m.
Shreela Bose will speak about the deaf community in
Uganda, and her work as a UN volunteer, helping to compile a
new dictionary of sign language.

And coming up: Opening of "HOPE," an exhibition by five young
Ugandan artists and the well-known painter Jasper
Ssemwanga. April 11, at 5:00, with the exhibition running
from April 11 to May 2. At The Gallery Cafe.

Why doesn't glue stick to the inside of the bottle?

To Work

|| The hours are sometimes long and often involve evenings, and you won't get rich on the salary. But you will be working in one of the nicest settings in Kampala, meeting some of the nicest people around. Every day offers new opportunities and challenges.

The ARA, because of staff reduction and some leave schedules, is in need of some part-time help in management. It is possible that it could become a full-time job. So if you are the social type, can work well as a member of a small team, and especially if you have had any experience in management or the food/hotel industry, contact ARA Manager Cathy Cliff or any of the ARA board members.

To "Sit"

"I am available to house sit to insure everything is where you left it when you return. I am also partial to the canine and feline members of your family. Available until the end of June. You can call me after five at 341-737."

Nancy Otto, Self Help Coordinator
American Embassy.

To Fly

Train for your private pilot license (PPL) with Kampala Aeroclub. The Ugandan PPL is valid world-wide. This small and friendly flying club operates from Kajjansi airstrip only 20 minutes from Kampala. We offer a trial lesson for only US\$100. This is the most economical way to see if flying is for you as well as making a great gift.

For schools, clubs and groups of people we offer our Air Experience days. At a minimal cost to the individual these days offer everybody the chance to experience the unique pleasure and excitement of flight. We also operate the most competitive charter flights to all the usable airstrips in Uganda, including all the popular game parks.

For more information, contact Jeremy on 075-768-901, or Russell on 075-690-173, or e-mail us on barnsey@imul.com.

To Clean

If you hate taking clothes to the dry cleaners for just a couple of spots or freshening up **YOU'RE GOING TO LOVE CUSTOM CLEANER!**

So claims a product recommended by Gloria Junge. This combination of dryer-safe bag and dry cleaning sheets works in your dryer, and each of the three sheets cleans and freshens up to 4 garments.

This compactly-boxed product can easily be mailed, so you might want to request one in your next CARE package. Money back guarantee!

To Climb

The "Roudaut Report" on climbing Mt Elgon is in hand, for your perusal. Here are some highlights:

Children younger than 8 are probably too young for the climb. While you have to bring a good number of things, porters will carry it for you! (7,00 Ush per day per porter). The climb costs 90,000 Ush per person, payable at park headquarters in Mbale. Guides (8,000 Ush per day) are arranged for ahead of time. A driver is advisable to return your car to Mbale for the duration of the hike.

The first day takes you from 1700 to 1900 meters (6 hours), day two from 2900 to 3,500 (another 6 hours), and day three to Wagagai Peak, 4321 meters and back to camp (8 hours). Days four and five, back down, including a return to Kampala if you start early enough.

You can probably do the trip faster without children, but altitude is a factor, so why rush? Hikes around the crater can also be factored in to the trip.

The Brothers Of Invention

By Hank Burchard

WE ALL KNOW that much of America was built on the blood, sweat and tears of slaves, but visitors to the Smithsonian's Anacostia Museum may be surprised to learn how much we also owe to black brainpower.

The honor roll includes such familiar names as astronomer Benjamin Banneker (1731-1806), of course, and every peanut butter sandwich is a testimonial to the almost magical ability of George W. Carver (1864-1943) to find new uses for the "goober pea," once thought fit only to feed slaves and livestock.

Black American inventors also benefited everyone who turned on a light or radio this morning, donned dry-cleaned clothes, put on shoes, touched up a permanent wave, stirred sugar into his or her coffee and went to work by train or subway.

Granville Woods (1856-1910) became known as "the black Edison" for his many inventions of telegraphic and electrical devices, and Lewis Latimer (1848-1928) not only served as patent-drawing draftsman to Edison and Alexander Graham Bell but himself patented light bulb improvements.

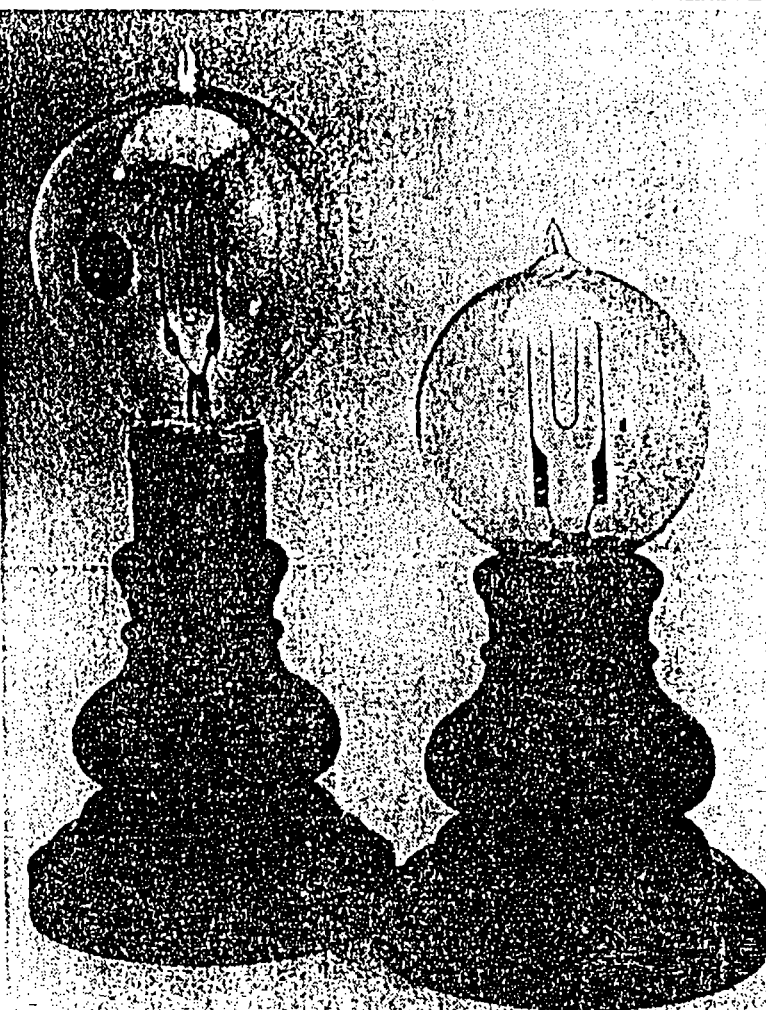
Lasted, or form-fitting, shoes were ruinously expensive before Jan E. Matzeliger (1852-89), an immigrant from what was then Dutch Guiana, developed the first lasting machine in Lynn, Mass., in 1883. Before then a skilled shoemaker might turn out a few pairs a day by hand; with Matzeliger's machine he could produce 75 pairs.

Thomas L. Jennings (1791-1859) of New York used the profits from the dry-cleaning process he invented to underwrite abolition activities.

Marjorie Joyner, an associate of Madam C.J. Walker, the famous black beauty-products entrepreneur, patented an electric permanent-wave machine in 1928.

Refined sugar was found only on rich people's tables before Norbert Rillieux (1806-94) of New Orleans patented a highly efficient vacuum process that transformed the sweetener from a luxury to a staple. Before that, sugar cane juice had been slowly and laboriously boiled down, much like maple syrup, and the main end product was molasses.

Rillieux grew rich from his invention, yet paid a terrible price. The old "Jamaica train" refining process had been operated and overseen by blacks, slave or free, but the plantation owners brought in Europeans to operate the Rillieux evaporators. The inventor found himself training men



with whom he could not sit at table, and as the Civil War drew nigh, Rillieux was increasingly harassed and cheated. In 1861 he returned to Paris, where he had been educated, and the planters blithely cut off his royalty payments.

Wherever railroads run we owe honor to Elijah McCoy (1843-1929), who invented the automatic oiler. Until then it had been necessary to stop trains every few miles to squirt oil on the moving parts. Counterfeits and variations of his device flooded the market, but the prudent engineer wouldn't turn a wheel until he was satisfied his train was equipped with the real McCoy. (The expression may have been used earlier, but this McCoy made it part of the language.)

While the major theme of the exhibit is the triumph of the questing spirit, an almost constant counterpoint is the frustration and outright fraud black inventors have faced. Garrett A. Morgan (1875-1963) of Cleveland, inventor of the original gas mask, styled himself "Big Chief Mason" because he was afraid white firemen would

refuse to use a black man's invention. He was right. After Morgan's race was revealed in news accounts of how he rescued (white) workers from a gas-filled tunnel, several fire departments canceled orders.

"Black Edison" Woods, hoping to avoid being treated as a Negro, pretended to be descended from natives of Malaysia and Australian aborigines.

Lewis Temple (1800-54) invented the toggle-head harpoon that made whaling practical and yielded great fortunes for many a New England family, but failed to patent it and died poor.

The ultimate irony must be the fate of Henry A. Bowman of Worcester, Mass., who went broke when patent pirates stole his method of making . . . American flags.

Personal Security:

The following is a cautionary tale to keep at hand or to tuck away for future use.

This happened in Columbus: A woman was shopping at the Tuttle Mall in Columbus. She came out to her car and saw she had a flat. She got her jack and spare out of the trunk. A man in a business suit came up and started to help her. When the tire had been replaced, he asked for a ride to his car on the opposite side of the Mall. Feeling uncomfortable about doing this, she asked why he was on this side of the mall if his car was on the other side. He claimed he had been talking to friends.

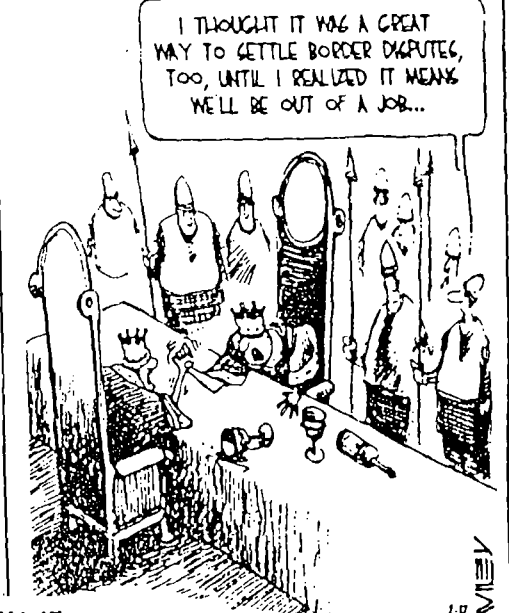
Still uncomfortable, she told him that she had just remembered something she had forgotten to pick up at the Mall, and she left him and went back inside. She reported the incident to the Mall security and they went out to her car. The man was nowhere in sight. Opening her trunk, she discovered a briefcase the man had set inside her trunk while helping her with the tire. Inside were rope and a butcher knife!

When she took the tire to be fixed, the mechanic informed her that there was nothing wrong with her tire, that it was flat because the air had been let out of it!

Please be safe and not sorry. Although this happened in Columbus, it could happen anywhere. Just a warning to always be alert. Pass this along to every woman you have access to. Never let your guard down. Sometimes that feeling in your gut is the voice of God!



NON SEQUITUR



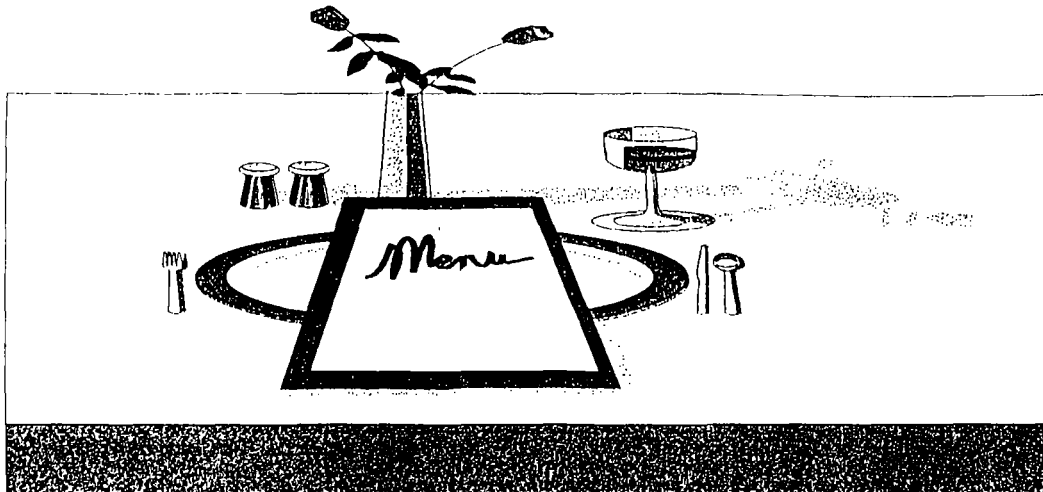
Wiley Miller/Art by Washington Post Writers Group

QUIZ TIME QUIZ TIME QUIZ TIME QUIZ TIME QUIZ TIME

If you like word games, try some of these old-fashioned ones called "Tom Swiflies" (Anyone know why? Were there Tom Swift books?) The first one is done for you.

If only.....

1. "This hot dog tastes terrible," Tom said _____ (frankly)
2. "I was fleeced," Tom confessed _____
3. "We've lost the book of fairy tales," Tom announced _____
4. "Mr. Spock's ears look silly," Tom said _____
5. "Undershorts ready," Tom reported _____
6. "I love being under the big top," Tom professed _____
7. "I said, 'Pass the parmesan cheese,'" Tom declared _____
8. "Who cares that this bouquet is missing a flower?" Tom mused _____
9. "Doctor, I'll wait as long as you like," Tom said _____
10. "Maybe it's irrelevant, but my Amtrak ticket's expired," Tom said _____ (extra credit for this)



Restaurants in Kampala

City Center

Fang Fang Restaurant

Located on 3rd Floor of Greenland Bank Building on Kampala Road. Excellent Chinese food. Open for lunch and dinner. TEL: 244806

Shanghai Restaurant

Across the street from the Sheraton Hotel in the Uganda Club buildings. Well-prepared and presented Chinese food. Indoor and balcony dining. TEL: 236213

Haandi Indian Restaurant

Located in Equatoria Hotel near main lobby entrance. Excellent Indian food. Book for weekends and for large groups. Service is leisurely. Open for lunch and dinner. TEL: 250780/9 Ext. 806.

TRATTORIA RESTAURANT

Authentic Italian and continental, satisfying food and service. Located in Equatoria Hotel on lower level by the swimming pool. TEL: 250780 Ext. 859

DOMINOS PIZZA

An American pizza clone. While not the real thing, close enough to satisfy a craving. Delivery available; small eat-in area. Corner of Entebbe and Kampala Road near Barclay's Bank. TEL: 251513

Sam's Restaurant

Continental and Tandoori, open for breakfast, lunch, teatime and dinner. Opposite Sure House at 78 Kampala Road. Good variety to satisfy a crowd. Pleasant outdoor dining. TEL: 251694.

Maharaja Restaurant

Indian and western food. Located in the Speke Hotel in downtown Kampala. Well-prepared food. Extensive menu. Indoor and outdoor dining. TEL: 254553.

Kisementi Area

Catch the lunch crowd or the night life at the following places in this shopping center located just off Acacia Avenue in Kololo.

CROCODILE RESTAURANT

Indoors or out, you'll like the continental food and the excellent service. Try the ice cream for tea time. Closed Mondays. TEL: 254596.

7 Cooper Road Continental with pleasant bar or outdoor seating. Limited vegetarian food, open for lunch and dinner. Closed Sundays. TEL: 235134

Just Kicking Sports Bar

Relax and hear a good one, or tell your own.

(View sample menus in the Hotel Hospitality Room)



Shopping in Kampala

Uganda Crafts is a cooperative of handicapped workers which has a good selection of local crafts. They also have a small section of "antique" carvings, weavings and artifacts from the region. Uganda Crafts, which also has a small outdoor eating area serving a local lunch, is located on Bomba Road, north of the Luisun Italian Deli.

Crafts Market at the National Theatre. This market is located behind the National Theatre (and near the Masala Chaat House Restaurant). This large market has local and imported wares from the region. You can sign this cooperative's visitor's book at shop number 30. Attractive purchases can include carved chief's chairs which disassemble for packing. You'll find batiks, jewelry, baskets, carvings, soapstone, etc.

The Gallery Cafe is located a few kilometers off the Kibuye Roundabout on Masaka Road. They have traveling exhibits by Ugandan and other African artists and a small but select craft shop. Meals are both tasty and beautifully presented (try the "Death by Chocolate Brownie" presented with a passion fruit flower!). The Gallery Cafe is outside the city center in a rather out of the way spot. Allow extra time to visit.

The Nyanzi Art Gallery is on Parliament Avenue in an arcade just across the street from the British High Commission building (which also houses the American Embassy). This gallery sells works by local artists (paintings, batiks, etc.) The Gallery is next door to Parrots Cafe, another pleasant lunch spot.

Makula is located near the Embassy Admin Annex on Kasozi Road in Kololo. Watch for the pink hippo sign. Makula is a cottage industry using Ugandan woven fabric to make upscale items such as women and children's clothing, men's shirts and ties, table linens, lined picnic baskets, etc. They also have straw hats and bags. Makula will take special orders and ship them to you. Phone first to 245616.

RSU Textile Shop is on Kampala Road near Biplous. Look for the yellow door. You can find woven kikoi's, table cloths and bed covers in the bright colors of Africa. The cotton is grown in Uganda and woven at the RSU Vocational Training Institute near Nakulabye Market (also an interesting place to visit). The downtown shop has some shirts and children's dresses made from the weavings, or you can order to your specifications.

HEALTH TIPS FOR TRAVELLERS/TDY/VISITORS

1/19/99

EMERGENCY CONTACT NUMBERS:

CONTACT MARINES AT POST ONE
(They will contact the health personnel)

Tel: 259-792/3/4
Radio: 11

Medical Personnel

Embassy Health Unit (8a.m. - 4.30p.m.)

Tel: 234-142

Embassy Health Unit Cellphone No. 24 Hours

077-200-508

Irene Miller, FSPA

Tel: 221-699 (home)

Margaret Odoyi, RN

Tel: 223-131 (home)

Office of Drs. Gibbons & Stockley (post medical advisors)
(After office hours)

Tel: 256-003 (office)
075-756-003

- If you are injured in a traffic accident or have any severe injury or illness, are having chills and fever, or uncontrolled diarrhea, please contact the medical staff or the marine Guards, post 1, for assistance. Do Not go to the hospital without contacting one of the medical staff first. The hospitals are often closed at night and medical attention is not readily available.

HEALTH RISKS IN UGANDA

Traffic Accidents

Traffic accidents are great health risk, due to the lack of emergency medical services in the country. Please always wear a seat belt.

Diarrhea

The most common cause of traveler's diarrhea, a self-limiting illness lasting several days, is infection with E.Coli Salmonella, Shigella or Campylobacter. You are advised to avoid uncooked foods, unpeeled fruit, and tap water, including ice. Frequent hand washing with soap and running water!

Water

The tap water in Uganda is unsafe to drink (even in good hotels). Travelers should drink bottled water, or request boiled, filtered water. Do not use ice unless you know it has been made from safe water.

Food

Contaminated food is a common source of illness in Uganda. When selecting foods at restaurants, be sure the food is hot, well cooked and has a clean appearance. Uncooked vegetables and salads are best avoided. Fresh fruit is safe if the peels have been removed. Care should also be taken in eating milk products such as ice cream or unpasteurized milk.

AIDS

In Uganda, there is a high risk of acquiring HIV from unprotected sex, nonsterile injections and blood transfusions. About 20% of the local population are HIV positive and the percentages increasing in high risk groups.

Schistosomiasis

Schistosomiasis is a parasitic disease with a wide range of clinical manifestations. Flukes that use specific fresh water snail species as the host cause it. Infected snails release large numbers of minute free-swimming larvae which are capable of penetrating the unbroken skin of the human host. Even BRIEF exposures to contaminated water can result in infection. The greatest risk is wading or swimming in fresh water areas where snails are present. Bathing in contaminated water can also transmit infection. Human schistosomiasis cannot be acquired by wading or swimming in salt water or in adequately chlorinated swimming pools.

Rabies

Do not pet or feed any stray cat or dog. If scratched or bitten, wash immediately with copious amounts of soap and running water. Even if already immunised you need additional post exposure treatment on days 0 and 3.

Malaria Prophylaxis/Prevention

Malaria is a constant threat in Uganda, and all travelers should take precautions to prevent contracting this life threatening disease. The most important preventive treatment is the taking of malaria prophylaxis medications. These medications should be started before entering a malaria area. The choices are as follows:

1. Mefloquine (Larium)

This is the drug of choice for travelers to Uganda (92%) effective. The tablets are taken once a week, and continued for four weeks after returning to a non-malarial area.

2. Doxycycline

This is a tetracycline drug, taken once a day, and continued for four weeks after leaving a malarial area. It is very safe, but those taking it should be diligent in the use of sunscreens due to occasional photosensitivity from the drug. It must be taken with food, and makes women more susceptible to yeast infections. It cannot be used by pregnant women or children under 8 years of age.

2. Paludrine/Chloroquine Combination

This combination is generally well tolerated, but provides only about 65% protection. These drugs are considered safe in pregnancy and for children. Paludrine is taken daily and chloroquine weekly. It should be continued for four weeks after returning to a non-malarial area.

Prevention of Mosquito bites is most essential, since no prophylaxis is 100% effective.

Other Protective measures:

1. Remain in well-screened areas at night.
2. Use mosquito nets enclosing the bed while sleeping.
3. Use insect repellents containing DEET.
4. Spray clothing with pyrethrum repellent.
5. Wear long sleeves, and long pants after dusk.
6. Use a flying insect spray containing pyrethrum in living and sleeping areas.

MEDICAL SERVICES
KAMPALA, UGANDA

<u>DOCTORS</u>	<u>OFFICE</u>	<u>AFTER HRS</u>
Dr. R. Stockley, General Practice	256-003	075-756-003
Dr. E. R. Gibbons, General Practice	256-003	075-756-003
Dr. I. Clark, General Practice	241-291	075-741-291
Dr. S. J. Mattas, Ophthalmologist (Mengo Hospital Eye Clinic)	270-222	-
Dr. Pius Okongo, Ob/Gyn (Private practice)	230-612	
Dr. Shirazi, Orthopedist (private practice) (Mulago Hospital Clinic)	231-254 531-817	075-731-254

<u>DENTISTS</u>	<u>OFFICE</u>	<u>AFTER HRS</u>
Dr. Paul Alicker	254-858	-

<u>HOSPITALS</u>	<u>OFFICE</u>	<u>AFTER HRS</u>
Nsambya Hospital	267-012	-
Dr. Paul Kizza, Superintendent	266-998	-
Kevin Bonner, Pharmacist	266-998	-
Kololo Hospital	231-935	
Dr. Magara, Superintendent		

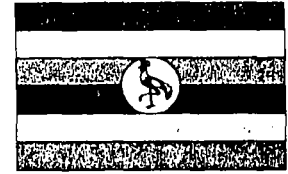
<u>X-RAYS</u>	<u>OFFICE</u>	<u>AFTER HRS</u>
Pan World Center	245-644/5	-
KADIC Family Clinic	530-046	-

<u>PHARMACIES</u>	<u>PHONE</u>	<u>LOCATION</u>
Exemphar Pharmacy	250-644/5	by Curry Pot Kampala Rd.
Victoria Pharmacy	243-663/235-498	Parliament Avenue
Star Pharmacy	232-863/245-173	Kiira Road
Lily Pharmacy	258-704	U.C.B. Building
Equator Pharmacy Ltd.	242-487	Johnstone Street



UGANDA

The Pearl of Africa



GEOGRAPHY

Uganda is a land-locked country on the northern shore of Lake Victoria in the center of Africa. The country is bordered by Sudan, Kenya, Tanzania, Rwanda and Zaire. The land varies from semi-desert in the north-east, to the lush and fertile shores of Lake Victoria, to the Ruwenzori Mountains in the west, and the beautiful, mountainous south-west. The equator runs through Uganda, but the equatorial heat is tempered by the altitude which averages over 3,500 feet above sea level.

PEOPLE

Uganda has a population of over 14 million people made up of a complex and diverse range of tribes. Lake Kyoga forms the northern boundary for the Bantu-speaking peoples who dominate much of east, central and Southern Africa, and, in Uganda, include the Bagandans and a number of other tribes. The Baganda people are the largest group in Uganda making up approximately 16% of the total. The Nilotic-speaking peoples, the Lango (near Lake Kyoga) and Acholi (near the Sudan border), live in the north. To the east are the Teso and Karamohong who are related to the Masai and also speak Nilotic languages. There are Pygmies who live in the forests of the south-west. Prior to their expulsion in 1972 the Asians comprised about 2% of the population.

THE CITY OF KAMPALA

The name Kampala came from a Bantu word Mpala meaning a type of antelope which, it is said, the Buganda chiefs used to keep on the slope of a hill near Mengo Palace. The name Hill of the Mpala was given specifically to the hill on which Captain Fredrick Lord Lugard, a British Administrator, established his fort in December 1890. At the fort, which was also an administrative post, Lugard hoisted the Imperial British East African Company flag in 1890. The fort at Kampala Hill (now known as Old Kampala Hill) attracted several hundred people and a small town developed.

Kampala grew and the town spread over the surrounding hills until it became known, like the city of Rome, to be built on seven hills. These historical hills are Rubaga, Namirembe (Mengo), Makerere, Kololo, Kibuli, Kampala and Mulago. On top of three of these hills - Rubaga, Namirembe and Kibuli - places of worship were built - Catholic, Protestant and Muslim respectively. In 1906 Kampala was declared a township. The railway joining Kampala with the coast reached Kampala in 1915. The city continued to grow and now covers 23 hills over an area of 100 square miles.

A BIRD'S EYE VIEW OF UGANDA'S HISTORY

by
Christine Kiganda
U.S. AID

The Colonial Period: (1890's - 1962)

Dominated by British administration, taking advantage of social-administrative infrastructure found on the ground and standardizing it to all areas of loosely linked communities. British education system introduced. British, French and Arab religious influences entrenched.

The Prestigious Sixties (Post-Independence Decade): "Obote I Era"

1962 Independence. Stable economy. Sound physical and social infrastructure inherited. new multi-party political culture introduced and soon abrogated for a monolithic, socialist political system. Education system one of the best on the continent. People talk nostalgically of the 60s because development indices today have yet to rise to those of the 60s.

The Reeling Seventies (Amin Era):

Exodus of expatriate and Asian manpower and its replacement by inexperienced local manpower. The coffee boom. Social-economic structure turned upside down as the unschooled assume control of government and the professionals are relegated to the bottom ranks of the economy. Overnight illiterate millionaires and impoverished professors. Mass destruction of life and property.

The Dilapidated Eighties (Obote II Era):

Hope turned sour. Collapsing economy. Civil strife intensifies. Politically inspired unwieldy expansion of educational institutions. Deterioration of services. Unprecedented destruction of life and property in Luweero Triangle.

The Reform Decade - The Nineties:

Picking up the pieces and rebuilding. Soul-searching and trying out new experiments in every sector. Concerted support by the donor community.

INTERACTING WITH UGANDANS

Ugandan Hospitality:

Visiting Ugandan Homes: Guests are highly honored individuals - especially foreign friends and in-laws. They must be well-fed and pampered, even if the hosts have to go without. Hosts will feel hurt, slighted if visitors refuse to eat/drink anything. They may also give you a parting gift --

a live animal, fruit, craft -- its usually freely and sincerely given.

Lavish, length greetings! Ugandans are generally brought up to greet everybody, even strangers. You do not have to be introduced or even introduce yourself before you greet anybody - introductions may or may not come later. You are believed to harbor ill will if you do not greet others. As a visitor, the same individuals will greet you several times over and inquire about your family and all you've left behind. They are liberal with their handshake.

Dining Etiquette: Courses within a meal are limited. Routinely expect a huge main course with a variety of starches, sauces, meats and vegetables. You will typically not get a dessert. Traditional Ugandan hosts like guests who relish their food. If you clear your plate, it is a signal that you are ready for more. It's not wrong to leave food on your plate -- it's the signal that you've really had enough. Food will not be handed around in bare hands, it must be placed in some container, even if this can only be a piece of banana leaf or fiber, and covered. People generally use hands to eat.

If they cannot afford to provide you with cutlery, they will offer you water to wash your hands before and after the meal. Mannerisms differ between communities. Don't be shocked if some people belch loudly, or if they wash out their mouths in full view as they wash their hands after a meal. Most families will say grace before a meal. Look out for it before you start.

Naming Patterns and Forms of Address:

In formal contexts - which tend to predominate in Uganda - people expect to be addressed by their titles: Mr., Professor, Reverend etc. The strong tradition of respect for the older generations requires that younger people address their elders by their title + surname. Ugandans initially feel uncomfortable adopting the American first-name form of address with American supervisors and senior colleagues. If you avail only your first name, you may well be addressed as Mr. John or Mrs/Miss Cathy. However, there are categories of names which stand independent of all other titles and are used indiscriminately as forms of address by both young and hold.

- (a) Twin-related names: (Luganda) Salongo (father of twins, Nalongo (mother of twins), Wasswa, Kato, Babirye, Nakato.
- (b) Empako (ceremonial) "pet" names given to all Banyoro and Batooro): Akiiki, Adyeri, Amooti, Araali, Abooki, Abwooli, Atwoki, Atennyi, Apuli, Abala, Acaali and Okaala (for King).

Concept of Time, Appreciation, Speech-making:

Expect to contend with a relaxed attitude to time - it is not paramount etc. People will arrive at meetings 30, 40 60 minutes late. Leaders will keep their audiences waiting for hours. Some have attempted to announce starting time an hour etc. ahead of intended time to accommodate late coming: others consider this defeatist. The growing private sector is gradually enforcing positive time-management. The struggle continues.

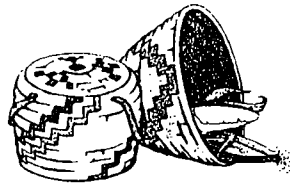
Ardent speech-makers. An African trait? People will deliver endless speeches, eulogies, sermons often oblivious to the fact that previous speakers have covered identical ground. Timing of

programs/agenda has to be strictly planned and regimentally enforced, if it is within your power.

The concept “Thank You” in Uganda extends beyond interpersonal exchange to a shared, communal experience. It operates at any of three levels: (a) my appreciation for what you have done for me personally; (b) my recognition/appreciation for what you do generally e.g. for the community - i.e. the “well-done” concept, and (c) my sharing in/appreciation for what you have achieved for yourself, i.e. the “I’m happy for you” concept.

Working with Ugandans:

It is important to keep in mind that skill, capability and talent among Ugandan professionals is lying out there steeped in the apathy left by over 20 years of chaotic rule. You may need to probe for it. However, a little prodding, recognition and encouragement may be all you need to do to resurrect it.



PLACES OF INTEREST IN THE KAMPALA AREA

Kisubi Tombs are situated a few kilometers out of Kampala on Nabulagala Hill on the Kampala-Hoima Road. They are the site of the tombs of the Kings known as the Kabakas of Buganda. The tombs are open from 0900 to 1800 throughout the week and there is a small charge. The largest building, which is the tomb house, is called Muzibu-Azaala-Mpanga. It is a large thatched round house which reflects traditional Ganda architecture. Just outside the main tomb to the right is a small cannon which was presented to the Kabaka Muteesa I as a gift by Grant and Speke in 1862. Be prepared to remove your shoes when you enter the tomb. The descendants of the wives of the Kabakas live in huts around the main tomb and look after it. They are usually inside making mats. Visitors are expected to leave a tip for them in the small bowls provided.

The Uganda Museum is located on the edge of the Kitante Valley with an entrance on Kamwokya Road. Displays include a number of items from archaeological sites from around the country. There is also a collection of musical instruments including many drums.

Nommo Gallery is sandwiched between the Nakasero Presidential Lodge and UNDP Village. Art work by local artists and other artists from East Africa is displayed. The gallery has a gift shop selling artworks and crafts.

The National Theatre and the African Craft Village behind it. The National Theatre is located on Dewinton Avenue. It was built in the 1950s and first opened in 1959. There is something presented most weekends - dances, drama and music. The African Craft Village behind the Theatre has a good selection of crafts and curios from all over the country.

Religious Buildings include the Kibuli Mosque dominating Kibuli Hill on the other side of the railway station from Nakasero Hill; the huge Roman Catholic Rubaga Cathedral on Rubaga Hill; The Anglican Namirembe Cathedral where the congregation is called to worship by the beating of drums; the enormous Sikh Temple right in the center of the city; the Baha'i Temple at Kanyana. It is the only Temple of the Bahai religion that is found in Africa. From the temple itself there are wonderful views of the city of Kampala and the surrounding countryside.

Kisingiri House is home to three tortoises estimated to be about 200 years old. They were carried back from Mauritius by King Mwanga when he returned from exile in the 1880s. Kisingiri House is located in Mengo just outside Kampala.

The Independence Monument is mounted against the white wall between The Sheraton, Speke and Grand-Imperial Hotels.

The Parliament Buildings complex is located on Parliament Avenue. The archway at the entrance is the symbol of Uganda's independence and on it there are often perched what must be one of the world's ugliest birds -- the marabou stork. On the metal gates at the entrance are the emblems of the original districts of Uganda. Inside, at the entrance to the main Chambers (which is as far as visitors can go) are engravings representing the different modes of life in all the districts.

Gallery Cafe is eight kilometers from the city center on the Kibuye - Nateete Road. In addition to serving excellent food the Gallery Cafe has an exhibition area showing the work of local and East African artists. There is a small, but well-stocked crafts shop. Closed on Mondays.

Botanical Gardens are outside of Kampala at Entebbe. They are well worth a half day visit. The gardens are situated along the side of Lake Victoria (The second largest Fresh water lake in the world. Lake Superior in the USA is first.) between the Sailing Club and the center of Entebbe town. They were laid out in 1901. The Entebbe Wildlife Education Centre is nearby. It started as a small animal orphanage and gradually developed into a zoo.

Source of the Nile at Jinja is 80 kms from Kampala. The source of the Nile was actually at the site of the Rippon Falls. These were submerged during the construction of the Owen Falls Dam. However, ripples from the submerged Rippon Falls can still be seen from the picnic area. The picnic area is a well-maintained grassy area with shade trees. There are many birds. There is a plaque marking the spot where the Nile begins its journey through Uganda, Sudan and Egypt.

Bujagali Falls is downstream from the Owen Falls Dam. They can be reached by crossing the Ownes Falls Dam (coming from Kampala) and turning northwards at the Kyabazinga roundabout. It is a beautiful area without one kilometer of raging water. There is a legend that says that the ghost of a man called Mr. Bujagali sometimes sits on the river on a bark cloth mat.

In 1862, John Hanning Speke was the first European to see the source of the Nile. He described the moment like this: "Most beautiful was the scene, nothing could surpass it! It was the very perfection of the kind of effect aimed at in a highly-kept park; with a magnificent stream from 600 to 700 yards wide, dotted with islets and rocks the former occupied by fishermen's huts, the latter by terns and crocodiles basking in the sun, flowing between fine high grassy banks, with rich trees and plantains in the background. The expedition had now performed its functions; old Father Nile without any doubt rises in the Victoria Nyanza."

AMERICANS LIVING IN OR PLANNING TO VISIT UGANDA SHOULD BE AWARE OF THREATS TO THEIR SAFETY FROM INSURGENT GROUPS, ORIGINATING BOTH WITHIN AND OUTSIDE OF UGANDA,

UNCLAS

SECSTATE 46308

UNCLAS

SECSTATE 46308

PARTICULARLY IN NORTHERN AND WESTERN UGANDA. THESE GROUPS HAVE ENGAGED IN MURDER, ARMED ATTACKS, KIDNAPPING, AND THE PLACEMENT OF LANOMINES. IN MARCH 1999, ONE OF THESE GROUPS MURDERED EIGHT FOREIGN NATIONALS, INCLUDING TWO AMERICANS, IN BWINDI NATIONAL PARK IN SOUTHWESTERN UGANDA.

THESE GROUPS HAVE AT TIMES SPECIFICALLY TARGETED AMERICANS. INCIDENTS OCCUR AT RANDOM LOCATIONS WITH LITTLE OR NO WARNING. SOME OF THESE GROUPS HAVE ALSO BEEN RESPONSIBLE FOR THE EXPLOSION OF IMPROVISED EXPLOSIVE DEVICES ON PUBLIC TRANSPORT AND IN OUTDOOR RESTAURANTS AND BARS IN KAMPALA, THE CAPITAL OF UGANDA. ONGOING HOSTILITIES BETWEEN THE GOVERNMENT OF THE DEMOCRATIC REPUBLIC OF THE CONGO (DROC) AND REBELS IN THAT COUNTRY COULD PROMPT MILITARY ATTACKS AGAINST UGANDA, A SUPPORTER OF THE REBELS IN THE DROC.

U.S. GOVERNMENT EMPLOYEES MUST HAVE PERMISSION FROM THE CHIEF OF MISSION TO VISIT THE FOLLOWING DISTRICTS: KOTIDO, MOROTO, APAC, LIRA, GULU, KITGUM, KISORO, RUKUNGIRI, KASESE, MOYO, -ARUA, NEBBE, ADJUMANI, BUNDIBUGIYO, AND KABAROLE. THIS LIST IS SUBJECT TO CHANGE AT ANY TIME. AMERICAN CITIZENS CONTEMPLATING TRAVEL TO NORTHERN OR WESTERN UGANDA ARE ADVISED TO CONTACT THE AMERICAN EMBASSY IN KAMPALA FOR THE LATEST SECURITY INFORMATION.

ALL AMERICANS SHOULD REGISTER WITH THE EMBASSY UPON ARRIVAL IN KAMPALA. AMERICANS IN UGANDA SHOULD MAINTAIN A HIGH DEGREE OF VIGILANCE AND TAKE APPROPRIATE STEPS TO INCREASE THEIR SECURITY AWARENESS AND LESSEN THEIR VULNERABILITY.

FOR ADDITIONAL INFORMATION ON TRAVEL TO UGANDA, CONSULT THE DEPARTMENT'S LATEST CONSULAR INFORMATION SHEET FOR UGANDA.

THIS PUBLIC ANNOUNCEMENT SUPERSEDES THE MARCH 1 PUBLIC ANNOUNCEMENT ON UGANDA TO NOTE POTENTIAL THREATS FROM INSURGENT GROUPS AND POTENTIAL INCIDENTS AT RANDOM LOCATIONS, AND EXPIRES ON MAY 12, 1999.

THE DEPARTMENT OF STATE TRAVEL INFORMATION IS AVAILABLE AT INTERNET ADDRESS:
[HTTP://TRAVEL.STATE.GOV](http://TRAVEL.STATE.GOV). U.S. TRAVELERS MAY HEAR RECORDED INFORMATION BY CALLING THE DEPARTMENT AT (202) 647-5225 FROM A TOUCH-TONE PHONE OR RECEIVE INFORMATION BY AUTOMATED FAX BY DIALING (202) 647-3000.
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TAKING POINTS FOR PRESIDENT

Q: WHAT IS THE PURPOSE OF YOUR TRIP TO UGANDA?

A: WE ARE HERE AT THE REQUEST OF THE PRESIDENT OF THE UNITED STATES TO SEE FIRST HAND HOW THE AIDS EPIDEMIC IS AFFECTING CHILDREN AND THEIR FAMILIES IN UGANDA. UGANDA HAS BEEN RECOGNIZED AS HAVING PERHAPS THE MOST AGGRESSIVE AND EFFECTIVE PROGRAM AGAINST THE AIDS EPIDEMIC, SO WE ARE ALSO INTERESTED IN LEARNING ABOUT HOW UGANDA HAS MOBILIZED SOCIETY TO PREVENT FURTHER SPREAD OF THE AIDS VIRUS, AND HOW THE PEOPLE OF UGANDA ARE CARING FOR ORPHANS.

Q: ARE YOU BRINGING US ANYTHING?

A: GLOBALLY, THE US GOVERNMENT, THROUGH USAID, PROVIDES OVER 125 MILLION DOLLARS TO COMBAT THE HIV/AIDS EPIDEMIC ANNUALLY. IN UGANDA, USAID IS SPENDING ABOUT SIX MILLION DOLLARS A YEAR ON THIS EFFORT. AS A RESULT OF PRESIDENT CLINTON'S COMMITMENT TO PROVIDE MORE ASSISTANCE FOR CHILDREN ORPHANED BY AIDS, A MILLION DOLLARS OF NEW RESOURCES ARE BEING ADDED TO THIS EFFORT. IN ADDITION, THE US GOVERNMENT, THROUGH THE NATIONAL INSTITUTES OF HEALTH, IS FUNDING NUMEROUS AIDS RESEARCH PROJECTS IN UGANDA, INCLUDING THE RECENTLY LAUNCHED HIV VACCINE TRIAL.

Q: WHAT DO YOU THINK OF UGANDA'S EFFORTS TO DEAL WITH HIV/AIDS?

A: WE ARE VERY IMPRESSED WITH THE COMPREHENSIVE, MULTI-SECTORAL APPROACH ADOPTED BY UGANDA. THE OPENNESS AND COMMITMENT OF PRESIDENT MUSEVENI HAS ENCOURAGED EVERY SECTOR OF UGANDAN SOCIETY TO GET INVOLVED IN HIV PREVENTION EFFORTS, AND TO GET INVOLVED WITH CARING FOR FAMILIES AND CHILDREN AFFECTED BY THE EPIDEMIC. WE ARE DELIGHTED THAT THE US GOVERNMENT HAS BEEN AN ACTIVE PARTNER WITH UGANDA IN THIS CAMPAIGN AGAINST AIDS.

Q: PEOPLE WITH AIDS IN AMERICA HAVE ACCESS TO DRUGS WHICH CAN GREATLY PROLONG THEIR LIVES. WHAT IS THE USG DOING TO MAKE THESE DRUGS MORE AVAILABLE TO PEOPLE IN UGANDA?

A: IN UGANDA, UNAIDS HAS TAKEN THE LEAD IN MAKING THESE ANTI-RETROVIRAL DRUGS MORE ACCESSIBLE. USAID PROVIDES MORE THAN 25 PERCENT OF UNAIDS BUDGET, SO WE ARE SUPPORTING THE ACCESSIBILITY OF DRUGS THROUGH UNAIDS. USAID HAS ALSO BEEN THE MAJOR FUNDER OF VOLUNTARY HIV TESTING AND COUNSELING IN UGANDA SINCE 1990. VOLUNTARY TESTING AND COUNSELING IS THE BEST WAY FOR PEOPLE TO LEARN WHETHER OR NOT THEY HAVE THE VIRUS. WITH THIS KNOWLEDGE, PEOPLE CAN MAKE INFORMED DECISIONS ABOUT WHETHER TO TAKE THE DRUGS, AND WHAT STEPS TO TAKE TO PREVENT MOTHER TO CHILD TRANSMISSION.

Q: SOME PEOPLE SAY THAT THE AIDS VIRUS WAS DEVELOPED BY THE US MILITARY TO KILL AFRICANS AND AFRICAN AMERICANS. WHAT DO YOU THINK OF THIS ACCUSATION?

A: THROUGHOUT HISTORY, PEOPLE HAVE BLAMED OTHER NATIONS FOR SEXUALLY TRANSMITTED DISEASES. WE DO NOT THINK IT IS USEFUL TO TRY TO BLAME OTHERS FOR THE DISEASE, BUT INSTEAD WE MUST ALL WORK TOGETHER TO COMBAT THIS TERRIBLE EPIDEMIC. WE HAVE BEEN TOLD THAT THERE IS A PROVERB IN UGANDA, QUOTE WHEN A SNAKE ENTERS YOUR HOUSE, YOU DON'T ASK WHERE IT CAME FROM. YOU GET RID OF IT. UNQUOTE. THAT IS THE APPROACH TO AIDS THAT WE SHOULD ALL TAKE. UGANDA IS A GREAT EXAMPLE OF AN AFRICAN NATION, ASSISTED BY THE U.S. AND OTHER DONORS, EFFECTIVELY WORKING TO QUOTE GET RID UNQUOTE OF THIS DREADFUL DISEASE.

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Talking Points

Africa Trade Bill

- I am proud to be here -- on the continent -- around the time of the anniversary of President Clinton's historic trip to Africa. The President believes strongly in a real partnership with the many nations and peoples of Africa -- and we are very pleased that the partnership between the United States and Uganda continues to flourish.
- As part of this partnership with Africa, the President strongly supports increased trade opportunities. Since his trip here last year -- he has pushed for legislation and he will continue to do so.
- [NOTE: On the Jackson alternative] The Administration certainly understands that if we want to increase trade -- we must work together to address the devastation brought about by AIDS. AIDS is not just a health issue -- it is a trade -- and it is an economic development issue.
- That is why I was pleased, just a few weeks ago, to meet with the ministers of finance and trade from all over Africa to talk about the connection between trade and AIDS. This summit was hosted in Washington DC by the Clinton Administration, and we hope that the fruitful dialogue that began there will continue.
- In addition, we remain steadfast in our determination to continue to work closely with you on our shared battle against HIV and AIDS. That's why I visited Uganda and several other sub-Saharan countries in January, and that is why we have returned again -- this time joined by our partners from the Congress, from the church, and for the private sector. -- [NOTE: back to AIDS message]

Debt Relief

- The President has put forward a debt relief proposal that he continues to strongly support, and we look forward to working with others in his effort to make this proposal a reality.

IMF Funding for Uganda

- We have concerns that for the first time this has become an issue for Uganda. But it is my understanding that benchmarks for rectifying this situation have been laid out and a productive dialogue is underway. Uganda's leadership in seeking to meet the needs of its people has been exemplary -- and I trust that this longstanding tradition of investing in the health and social sectors will continue.

MISSION TELEPHONE NUMBERS UNITED STATES GOVERNMENT AGENCIES

Embassy of the United States of America
Plot 10/12 Parliament Avenue
P.O. Box 7007, Kampala

U.S. Agency for International Development (USAID)
Plot 42 Nakasero Road
P.O. Box 7007, Kampala

U.S. Information Service (USIS)
Plot 21 Mackinnon Road
P.O. Box 7007, Kampala

U.S. Peace Corps
Plot 22A Nakasero Road
P.O. Box 7007, Kampala

	Telephone Numbers	FAX Number
Chancery	345 422	259 794
	259 791/2/3/5	
Admin Annex	234 142	341 863
	257 287, 257 297	
	346 842/2	
General Services Office	345 123, 345 129	259 304
	233 826	
USAID	235 879, 344 087	233 417
	341 521, 342 896	
	258 124, 235 174	
	258 983/7	
USAID Warehouse (EXO)	343 317	233 308
	343 402	
USIS	233 231	250 314
	230 507	
Peace Corps	341 732 258 716	341 720
	341 610, 345 910	

Dr. Johnson Acon	Veterinarian	540-642, 075-728-292 232-171/250-280 (home)
Dr. Martin Koma	Veterinarian, Makerere Univ.	545-385/531-672
Dr. Paul Alier	Dentist	254-858
Dr. I. Clarke	General	341-291, 342-608 on call 075-741-291
Dr. E.R. Gibbons	General	256-003/267-522 (home) 075-737-300
Dr. S.J. Mattas (Mengo Hospital)	Opthamalogy	270-222
Dr. Pius Okongo Clinic	Ob/Gyn	230-612
Dr. Sharizi	Orthopedics	231-254/075-731-254
Dr. R. Stockley Gibbons/Stockley duty doctor	General	256-003/266-770 (home) 075-766-770 075-756-003

HOSPITALS

Mengo Hospital	270-223
Mulago Hospital	554-001, 554-003
Nsambya Hospital	267-012
Rubaga Hospital	270-203, 270-204

LABORATORY SERVICES

Ebenezer Laboratory Plot 761, Kampala Road	342-255
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PHARMACIES

Eximphar Pharmacy, 50/2 Kampala Rd.	250-664/5
Victoria Pharmacy, Parliament Ave.	235-498
Star Pharmacy, Kira Road	232-863 345173 (fax)

RAY SERVICES

Kadic Family Clinic	530-046
Pan World Centre	345-095

BLOOD BANK

Nakasero, 69-3 Nakasero Hill Road	257-155/259-010/259-191 257484 (fax)
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RESTAURANTS

NAME	LOCATION	TELEPHONE
Andy the Greek's	30 Windsor Crescent, Kololo	231-074
Bamboo Village/Speedway	Tank Hill	
Bancafe: Ugan. Coffees, sand.	Kyagwe Road	348-075
Chopsticks Restaurant	Equatoria Hotel	250-780/9 ext. 807
7 Cooper Road	Kisementi Shopping Center Kololo	235-134 Fax 231652
Crocodile Restaurant	Kisementi Shopping Center	254-593
Domino's Pizza	Corner of Entebbe & Kampala Roads	251-513
Fang Fang Chinese Rest.	Greenland Bank Building	344-806
Fairway Hotel Garden Bar	Fairway Hotel	259-571 ext.235
Fasika (Ethiopian)	Kabalagala, off Gaba Road	268-571
Fido-Dido Ice Cream	70 Kampala Rd, other locations	
Gallery Cafe (closed Monday)	Masaka Road	272-021
Haandi Indian Restaurant	Equatoria Hotel	250-780/9 ext.806
Ice 'n Spice Restaurant	9 DeWinton Road	258-510

Just Kicking Sports Bar	7 Cooper Road	235-134
Khana Khazana Indian Rest.	20 Acacia Road, Kololo	233-049
Le Chateau Restaurant	Gaba Road at Quality Cuts	268-215
Lion Bar & Grill, Rhino Pub Crane Restaurant Victoria Restaurant	Sheraton Hotel	344-590/6
Maharaja Restaurant	Speke Hotel	343-244
Masala Chaat House	3 De Winton Road	236-487
Nile Hotel: Kob Grill, Gazebo	Nile Hotel Compound	258-080/9 K.G. ext 667 Gazebo ext. 723
Parrot's Cafe (closes at 6 pm)	Lower Courtyard, Raja Chambers, Parliament Ave.	251-895
Sam's	Bombo Rd. at Your Choice	251-694
Sgt. Peppers	IPS Building	257-031, 250-641
Shanghai Restaurant	Up the hill from the Sheraton	236-213
Swagat: Vegetarian Indian	72 Kampala Rd.	259-018
Trattoria Italian Restaurant	Equatoria Hotel	250-780-9, ext. 859

SHOPPING: Gifts and Souvenirs

The Gallery Cafe sells crafts from Ugandan artists and has regular art exhibits. It is located kilometres off Kibuye roundabout on Masaka Road. Nice eating facility.

Baskets, mats, drums, bark pictures, floor mats and table mats can be bargained for at **Naka: Market or along Entebbe Road**, and a wide range of souvenirs from the region can be found at the craft village next door to the National Theatre.

Most major hotels have gift shops, including souvenirs (t-shirts, jewelry, sculptures, batiks, postcard stand, photo developing, and occasionally a florist).

NAWOU Craft Shops on the grounds of the Uganda Museum sell local craft items under the sponsorship of the Natl. Assoc. of Women's Orgs. Sometimes craftsmen are working there.

Nommo Art Gallery is open Monday-Friday 9-5, Saturday 9-3; on Victoria Avenue near S. House. Batiks and sculptures. Restaurant adjacent.

Pioneer Mall has over 40 shops, many selling local crafts, with others opposite Daisy's.

The RSU-School of Textile Arts has a shop at 54 Kampala road that sells locally woven fabrics of various kinds and some ready-made garments.

Tulifanya Gallery sells gallery-quality gifts, local and from other parts of Africa, and does custom framing. 28 Hannington Rd (opposite Crested Towers) 254-183, open Tues-Sat. with coffee house during gallery hours.

Uganda Crafts, Bombo Road, Bat Valley, is a shop staffed by the handicapped, supporting numerous handicapped artisans. Open daily except Sunday. Handicrafts, postcards, honey and general items from the region. Cafe, and artisans working on Friday mornings.

Ugil on Kampala Road has T-shirts, table cloths and dresses.

UNICEF (Kisozi House, Kyaggwe Road, 234 591 ext. 284) has a shop selling cards and gifts.

SUPER MARKETS

Daisy's Deli, Buganda Road	259-345
Etal Market, 7 Cooper Road	257-903
Luisun Italian Market and Deli, Bombo Road	235-974
Quality Cuts Butcher, Gaba Road	268-916
Rosa Brothers Butcher, Gaba Road	268-165
Star Supermarket, Jinja Road near car dealers	
Your Choice, Bombo Road	235-347

TRAVEL AGENCIES

Africa Travel Ltd.	341-330/2
African Pearl Safaris	233-566/7
Afri Tours	344-855/233-596 232307 (fax)
Afrique Voyage	251-366/7 342437 (fax)
Delmira Travel	234-840/255-960/235-494 231927 (fax)
Hot Ice	266-597
Nile Safaris	245-092 (fax and phone)

American Embassy Kampala



Welcomes You To Uganda

Information For Americans In Uganda

Information for American Citizens in Uganda

Welcome to Uganda. Whether you are here for business or pleasure, we offer you the following information on the country and the American Embassy so that your stay may be as productive as possible. The U.S. Embassy is located at:

Plot 10/12, Parliament Avenue in Kampala, behind the British High Commission.
The mailing address is P.O.Box 7007, Kampala, Uganda.

The Embassy is open from Monday through Friday, between the hours of 8:30am and 4:30pm. The phone number during working hours is: Telephone (256) (41) 259-792/3/5; Fax (256) (41) 259-794. Should you need to contact the Embassy about an urgent situation after hours or on the weekend the telephone number is the same. If you call after hours, please leave your name, phone number, and a brief description of your problem so that a member of the Embassy staff may contact you.

The Embassy observes both American and Ugandan holidays. The holiday schedule for 1998 is:

<u>Date:</u>	<u>Holiday:</u>
Jan. 1	New Year's Day
Jan. 19	M. L. King Jr. Birthday-USA
Jan. 26	Liberation Day-UGAN
Jan. 28*	Idd-El-Fitr-UGAN
Feb. 16	President's Day-USA
Apr. 6*	Idd-Adhuha-UGAN
Apr. 10	Good Friday-UGAN
Apr. 13	Easter Monday-UGAN
May. 1	Labor Day-USA
May. 25	Memorial Day-USA
Jun. 3	Martyr's Day -UGAN
Jun. 9	National Heroes Day-UGAN
Jul. 3	Independence Day-USA
Sep. 7	Labor Day-USA
Oct. 9	Independence Day-UGAN
Oct. 12	Columbus Day-USA
Nov. 11	Veteran's Day-USA
Nov. 26	Thanksgiving Day-USA
Dec. 25	Christmas Day

* Dates are subject to change

Embassy Services

The United States Government promotes and encourages contacts between Americans and Ugandans. However, all visitors to Uganda are subject to the laws of the host country and are expected to be tolerant and respectful of Ugandans social and religious customs. The following information may be of assistance during your stay in Uganda.

American Citizen Registration System

Please fill out an Registration Form. This allow us to contact you, should the need arise. Please call the Consular Section if your travel plans change, you move, or you depart Uganda earlier than expected.

We have developed a Warden System for American Citizens in Uganda so that we will be prepared in the event of a emergency. When you register with us, we will assign you to a "Warden" who is an American Citizen living or working in your area. Should we need to disseminate urgent information to our citizens in Uganda, it will be done through this system.

Lost or Stolen Passports: Passports and other valuables should be safeguarded at all times; be especially wary when traveling by bus or when going shopping. Keep a record of your passport number, and date and place of issue separate from your passport. A xerox copy of the page with your picture on it is very useful. Keep the address and telephone number of the Embassy in Kampala with your record of your passport. Your passport and other valuables should not be left in a hotel room or car, even a locked one. When not in use, store your passport in a secure place, such as a hotel safe.

Should you and your passport part company, report the loss immediately to the nearest police station. Ask the police to furnish a certificate of loss stating the passport number. To obtain a replacement passport, citizens will need to visit the Embassy Tuesdays or Thursdays from 0830 to 12:00. If it is not possible for you to come at these times, please call the consular section in advance for an appointment. You will need the following documents:

1. Completed passport application form (available at the Embassy).
2. If passport is stolen, a police certificate reporting the theft of the passport.
3. Two unsigned photographs 2" by 2" with a light background on thin, unglazed paper. Both black & white and color are acceptable, but Polaroids are not. You can have photographs taken at: KIS STUDIOS opposite main post office on Kampala Rd.. or PHOTO WORLD at the Diamond Trust Building on Kampala Rd..
4. Some evidence of United States citizenship, i.e., driver's license, birth certificate, or naturalization certificate.
5. U.S. \$60.00 (\$40.00 for minors) in dollars or Ugandan shillings. Unfortunately, we can not accept checks or credit cards. These rates are subject to change by the Department of State.

The issuance of a replacement passport is not automatic and will depend on evidence presented confirming citizenship and identity. Procedures are greatly expedited if the traveler has registered in person at the consular section of the Embassy. Please allow one week for processing your new passport. Although, the consular section can "make" a passport in less time, we are required by law to perform a namecheck before issuing the passport. More often than not, our namecheck line to Washington D.C. is down. Thus, we must manually send passport information to Washington, D.C. and wait for a reply.

When are American Citizens Services Performed?

Consular Section Hours:

Non-Emergency Services for American Citizens (such as notarials, tax information, voting assistance, passport renewals, reports of birth, and general information)

Tuesday & Thursday 8:30-12:00am

Non-Immigrant Visa Applications (not for American Citizens)

Monday & Wednesday 8:00-10:00am

Other U.S. Agencies in Uganda

Peace Corps

241732/241720/245910/258716/241654/241610

Plot 22A, Nakasero Road

United States Agency for International Development(USAID)

235779/235879/242896/257285/235174

Plot 42, Nakasero Road

United States Information Service(USIS)

233231/230507

Plot 21, Mackinnon Road

If You Find Yourself in Trouble:

Should you be arrested or detained by the police or the military, remember that you have the right to communicate with an American consular officer. You should politely insist upon your right to telephone the American Embassy in Kampala, (259791/2/3/5). There will be an American at the Embassy 24 hours a day.

If the authorities do not allow you to call the Embassy, and you are not able to secure your release through persuasion, the authorities may suggest you use your passport as a bond. The United States government does not favor this practice, because passports are the property of the issuing government (as noted on the inside rear cover of your passport). If surrendering your passport is the only means of securing your release expeditiously, be sure to obtain a receipt with the passport number, date of issue and place of issue, plus the name of the person holding the passport and his/her official title. You should notify the Embassy immediately after your release.

Emergency Numbers

Police & Fire	999
Ambulance	999
Telephone Repair	997
Central Police Station	254-561/254-562
Kampala International Operator	0900/0905

INTERNAL MEDICAL EVACUATION SERVICES

(emergencies within Uganda to be treated in Kampala)

Kampala Ambulance Services

Name of Company	Office#
AAR (Africa Air Rescue) need to be a member to use services	255-995/255-991
Kim Medical Center	244-777

Internal Air Rescue Services

Name of Company	Office#
CEI Aviation have 3 planes available Kingair - can fly to Nairobi Navaho - twin engine, not pressurized single Engine - small landing strips only	075-737-777 (Capt. Samantha Moray) 075-737-500 (Capt. Eric Boullay) 042-20784 (Entebbe office)
MAF (Mission Aviation Fellowship)	267-462/268-388 075-768-388
Eagle Aviation have 4 planes available	244-292/242-207 222-892 (emergency number) 042-20453 (Entebbe Crew guest house)
AAR (Africa Air Rescue)	255-955/255-991
FDSA (Flying Doctors Society of Africa)	250-319/344-579 amref@mukla.gn.apc.org
Air Alexander	042-20668 (Entebbe)

EXTERNAL MEDICAL EVACUATION SERVICES

(emergencies within Uganda to be evacuated outside of Uganda)

Name of Company	Office#
Air Rescue Services to Nairobi	
Flying Doctors	250-319/344-579 (Kampala) 02-501-301/3 (Nairobi)
CEI Aviation	042-20784 (Entebbe) 075-737-777 (Mobile Phone)
Eagle Aviation	244-292/242-207 (office in Kampala) 222-892 (emergencies)
Intensive Care Ambulance	02-503-755/506-790/604-920
Kenya Air Ambulance Service	(all numbers in Nairobi)
Trackmarck	02-503-875
Kenya Air Ambulance Service	(numbers in Nairobi)
Commercial Airlines to Nairobi	
Kenya Airlines	249-472/256-506/233-068
Uganda Airlines	232-990/232-991
Commercial Airlines to Europe	
British Airways	257-414
Alliance Air	244-011/244-015/244-567
Sabena Airlines	234-200/259-880
Commercial Airlines South Africa	
Uganda Airlines	232-990/232-991
Inter Air	259-563
Air Rescue from South Africa	
MRI	27-11-4037080
Air Rescue from Europe	
SOS	41-22-785-646/41-22-785-6484
home office for information	1-800-523-8930 (in USA)

Medical Services in Kampala

Doctors	Office#	AfterHour#
Dr. E.R. Gibbons, General	256-003	075-756-003
Dr. R. Stockley, General	256-003	075-756-003
Dr. Steve Jackson, General	256-003	
Dr. I. Clarke, General	241-291	075-741-291
Dr. Sharizi, Orthopedics	213-254	075-731-254
Mulago Hospital (clinic time 2pm-6pm)		
Dr. S. J. Mattas, Opthamology	270-222 (Mengo Hospital)	
Dr. Pius Okongo, Ob/Gyn	230-612 (clinic time 2pm-6pm)	
Dr. Alicker, Dentist	254-858	
Dr. Johnson Acona, Veterinarian	545-385/540-642	
Hospitals		
Mengo Hospital		270-223
Mulago Hospital		554-001/554-003
Nsambya Hospital		267-012
Rubaga Hospital		270-203/270-204
Kololo Hospital		231-935
Pharmacies		
Victoria Pharmacy, Parliament Ave.		243-663/235-498
Star Pharmacy, Kira Road		232-863/245-173
Exemphar Pharmacy, Kampala Road		250-664/5
Laboratory Services		
Ebenezer Laboratory		
Plot 761, Kampala Road		242-255
X-Ray Services		
Kadic		530-046
Blood Bank		
Nakasero		
69-3 Nakasero Hill Road		257-484/257-155

Malaria in Africa and other Malarious areas

Malaria is a disease whose prevention and other treatment is constantly changing as the parasite becomes resistant to the different drugs used against it. Since no anti-malarial drug regimen alone can offer total protection, in addition to religious use of anti-malarial drugs, there are a number of important measures to protect against mosquito bites and the acquisition of malaria. These include:

1. Remain in well-screened area.
2. Use mosquito nets enclosed
3. Use insect repellents, containing about a 35 concentration of Deet on exposed parts of the body.
4. Spray clothing with permethrin (Permanone) repellent.
5. Wear clothes that cover most of the body.
6. Use of a flying insect spray containing pyrethrum in living and sleeping areas.

It should be emphasized that the risks for malaria can vary significantly within the same country, and that the medical doctors of general practice mentioned above remains your best source for the most current and specific information on malaria.

Other Organizations in Kampala

International Organizations

CARE	258-568/9
International Federation of the Red Cross	231-480/234-968/243-742

United Nations and Specialized Agencies

UNICEF	234-591/2
UNDP	233-440/5
World Bank	242-139
International Monetary Fund	233-955

USEFUL TELEPHONE NUMBERS

ARA (American Recreation Association)	267-033
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Schools

Lincoln International School	254-900
Lincoln School Pre-School	241-031
Kabira International School	530-472
Rainbow Academy	268-003

Airlines

Air France	233-495/256-056
Alliance Airlines	344-011/344-015
Bel Air Charter	257-796/257-716 (042) 20721
British Airways	257-414
Egypt Air	236-910/241-276
Entebbe Airport	(042) 20516
Ethiopian Airlines	254-796/7
Inter-Air	344-221/2/3
Kenya Airways	259-472/256-506/233-068
Sabena Airlines	234-200/259-880
Sunbird Charters in Nairobi	(02) 50142/50143/50144
Tanzania Airways	234-671
Uganda Airlines	232-990/1
Uganda Airlines at Entebbe	(042) 20516

Hotels in Kampala

Sheraton Hotel	244-590/7
Fairway Hotel	234-159/234-160/259-571/5
Imperial Hotel	233-460
Lions Hotel	233-934
Athena Club	241-428/233-812
Hotel Diplomate	268-311/268-314
Nile Hotel	258-841/230-248/235-900/9
Reste Corner (apts)	233-706
Equatoria Hotel	250-784

Hotels in Nairobi

Mayfair Hotel	02-748-258/02-748-278
Grand Regency	02-211-199
Serena Hotel	02-725-111
Hilton Hotel	02-334-000
Norfolk Hotel	02-335-422

Car Rentals

Belex Tours & Travel Limited	234-180/344-590/6 Fax: 234-252/234-180
Fresto Safaris Limited	257-564
Avis Rent A Car	234-744/257-280/254-521 Fax: 257-277

Restaurants

Athina Club	30 Windsor Crescent, Kololo	341-428
Bamboo Village/Speedway	Tank Hill	
Bimbo Ice Cream	Siad Barre Ave.	231-748
Chopsticks	Equatoria Hotel	250-780/9
7 Coopers Road.	Kisementi Shopping Ctr., Kololo	235-124 Fax: 231-652
Crocodile Restaurant	Kisementi Shopping Ctr., Kololo	254-596
Daas Ethiopian Restaurant	Plot 54/1, Kampala Road	255-380/254-834
Domino's Pizza	Entebbe Road, Kampala	251-513
Ethiopian Village	Kabalagala, Gaba Rd..	
Fang Fang / Chinese	Greenland Bank Building	344-806
Garden Bar	Fairway Hotel	259-791
Fasika	Greenland Bank Building	268-571
Gallery Cafe	Masaka Rd..	272-201
Haandi Indian Restaurant	Equatoria Hotel	250-780/9 Ext. 806
Ice n' Spice	9 DeWinton Rd..	258-510
Khana Khazana Indian	20 Acacia Rd., Kololo	233-409
La Chateau	Gaba Rd..	268-215
Maharaja Indian	Speke Hotel	254-553
Masala Chaat House Indian	3 DeWinton Rd..	236-487
Kob Grill Gazebo	Nile Hotel	258-080/9
Parrot's Cafe	Raja Chambers, Parliament Ave	251-895

Sgt. Peppers	IPS Building	257-031/250-641
Shanghai Restaurant	Across from the Sheraton Hotel	236-213
Rhino Pub	Sheraton Hotel	344-590
Crane Restaurant	Sheraton Hotel	344-590
Victoria Restaurant	Sheraton Hotel	344-590
Lion Bar & Grill	Sheraton Hotel	344-590
Sitar/Little Flowers	Bat Valley	
Tandoor Restaurant	Plot 70, Kampala Rd..	235-112
Trattoria Italian Restaurant	Equatoria Hotel	250-780/9

SUPERMARKETS

Quality Cuts Butcher	Gaba Road	268-916
Rosa Brothers Butcher	Gaba Road	268-165
Star Supermarket	Jinja Road	
Luisin Italian Market	Kampala Road	

FOREIGN MISSIONS RESIDENT IN UGANDA

Algeria	Embassy of the Democratic People's Republic of Algeria Plot 14 Acacia Ave., Kololo Hill Dr. P.O. Box 4025, Kampala Tel: 232-918/232-689
Austria	Consulate of the Republic of Austria Bank Lane, Plot 6, Entebbe Rd.. P.O. Box 11273, Kampala Tel: 233-002/241-558/235-786/250-754 Fax: 233-002
Belguim	Royal Belguim Consulate 1st Floor, Room 49 UDC Building,Parliament Ave. P.O. Box 7043, Kampala Tel: 230-659/233-833
Burundi	Embassy of the Republic of Burundi 9 Roscoe Rd., Kololo P.O. Box 4379, Kampala Tel: 233-674 Fax: 250-990
Canada	Canadian Consulate 4 Ternan Ave., Nakasero P.O. Box 20115, Kampala Tel: 258-141 Fax: 234-518
China	Embassy of the People's Republic of China Plot 37 Malcolm X Ave., Kololo P.O. Box 4106, Kampala Tel: 236-895/259-881 Fax: 235-087
Congo	Embassy of the Democratic Republic of Congo Plot 20 Phillip Rd., Kololo P.O. Box 4977, Kampala Tel: 233-777/232-021
Cuba	Embassy of the Republic of Cuba Plot 19 Nakasero Rd. P.O. Box 9226, Kampala Tel: 233-742
Cyprus	Cyprus Consulate Athina Club House, Plot 30, Windsor Cresent, Kololo P.O. Box 8717, Kampala Tel: 235-812/236-089/241-428
Denmark	Royal Danish Embassy Crusader House, 4th/5th Floor,Plot 3, Lumumba Ave. P.O. Box 11234, Kampala

Tel: 256-783/256-687 Fax: 254-979

- Egypt** Embassy of the Arab Republic of Egypt
Plot 33, Kololo Hill Dr.
P.O. Box 4280, Kampala
Tel: 254-525/245-152
- Ethiopia** Embassy of the Democratic Republic of Ethiopia
Plot 51B Lumumba Ave. Nakasero
P.O. Box 7745, Kampala
Tel: 231-010
- Finland** Consulate of Finland
Plot 5 Speke Rd., Standard Chartered Bank Building
P.O. Box 7111, Kampala
Tel: 258-211/241-623
- France** The French Embassy
Plot 9/11 Parliament Ave., Embassy House 6th Floor
P.O. Box 7212, Kampala
Tel: 242-120/242-176 Fax: 241-252
- Germany** Embassy of the Federal Republic of Germany
Plot 15, Phillip Rd., Kololo
P.O. Box 7016, Kampala
Tel: 256-767/236-421 Fax: 241-136
- Greece** Greece Consulate
Diamond trust, 3rd Floor Kampala Rd..
P.O. Box 1790, Kampala
Tel: 230-056 Fax: 230-952
- Holy See** Apostolic Nunciature
Mbuya Hill, Chwa II Rd..
P.O. Box 7177, Kampala
Tel: 221-167
- India** The High Commission of India
Bank of Baroda, 1st Floor, Plot 18 Kampala Rd..
P.O. Box 7040, Kampala
Tel: 244-631/257-368 Fax: 254-943
- Ireland** Embassy of Ireland
Plot 12, Acacia Ave.
P.O. Box 7791, Kampala
Tel: 244-344/244-348 Fax: 244-353
- Italy** Embassy of the Republic of Italy
Plot 11, Lourdel Rd., Nakasero
P.O. Box 4646, Kampala

Tel: 241-786/256-416/250-450 Fax: 250-448

Japan	Embassy of Japan Sheraton Hotel 3rd Floor, Rm. 304-8 P.O. Box 23553, Kampala Tel: 347-317/9
Kenya	The High Commission of the Republic of Kenya Plot 41, Nakasero Rd.. P.O. Box 5220, Kampala Tel: 258-235/6 Fax: 258-239
Korea-North	Embassy of the Democratic People's Republic of Korea Plot 10, Prince Charles Dr. Kololo P.O. Box 5885, Kampala Tel: 254-603/243-424
Libya	The People's Bureau of the Great Socialist People's Libya Jamahiriya Kololo Hill Dr., Plot 26 P.O. Box 6079, Kampala Tel: 244-924/5
Malta	Consulate of Malta 5th Street, Industrial Area P.O. Box 2133, Kampala Tel: 258-516/258-050
Netherlands	Royal Netherlands Embassy Shell Bldg. 9-11 7th Street Industrial Area P.O. Box 7728, Kampala Tel: 254-356/234-802/231-859 Fax: 255-560
Nigeria	The High Commission of the Federal Republic of Nigeria Plot 33 Nakasero Rd.. P.O. Box 4338, Kampala Tel: 233-691/2
Norway	Royal Norwegian Embassy 20 Upper Kololo Terrace Tel: 343-621/255-465
Russia	Embassy of the Russia Federation Plot 28 Malcolm X Ave, Kololo P.O. Box 7022, Kampala Tel: 233-676/243-808
Rwanda	Embassy of the Republic of Rwanda Plot 2 Nakayima Rd.. P.O. Box 2468, Kampala Tel: 344-045 Fax: 258-547

South Africa High Commission of the Republic of South Africa
Kisuzi House, Kyagwe Rd..
Tel: 231-007/231-015/075-734-871 Fax: 231-011/347-486

Spain Honorary Consulate of Spain
Uganda House, 9th Floor
P.O. Box 8695, Kampala
Tel: 244-331/245-967

Sweden Royal Swedish Consulate
Stanbic Bank, 6th Floor Impala House - 45 Kampala Rd..
P.O. Box 7131, Kampala
Tel: 236-031/236-636 Fax: 341-393

Switzerland Consulate of Switzerland
Plot 1, Baskerville Rd..
P.O. Box 4187, Kampala Tel: 259-894

Tanzania High Commission of the United Republic of Tanzania
Plot 6 Kagera Rd.P.O. Box 5750, Kampala
Tel: 256-755/256-272

Thailand Royal Thai Consulate
Plot 10, Kalitunsi Rd.Bugolobi Industrial Area
P.O. Box 5961, Kampala
Tel: 236-182 Fax: 236-148

Great Britain High Commission of the United Kingdom of
Great Britain and Northern Ireland
Plot 10/12 Parliament Ave.
P.O. Box 7070, Kampala
Tel: 257-302/4

Money, Credit Card and Communications Services

Banking Services

The following institutions can facilitate the transfer of funds from the U.S.:

- * Standard Chartered Bank: 5 Speke Road, telephone 258-211/7.
- * Barclay's Bank: 16 Kampala Road, telephone 232-594/7

Certain local banks have correspondent banks in the U.S.: Citibank, New York is a correspondent for Uganda Commercial Bank, Gold Trust Bank, Greenland Bank, Nile Bank, and Sembule Investment Bank; American Express Bank is a correspondent for International Credit Bank Ltd; Chase Manhattan is a correspondent for the Bank of Baroda; Banker's Trust is a correspondent for Stanbic Bank. In addition, certain local FOREX (foreign exchange) bureaus claim to perform wire transfer of funds.

Credit Card Services

Arrangements can be made to stop payment on **VISA** and **MasterCard** credit cards which have been lost or stolen. **American Express** credit card should be canceled by calling the U.S. yourself and canceling the card. American Express traveler checks can be refunded through the office in the Sheraton Hotel. Cards from the U.S. are represented in Uganda at the addresses indicated below:

- * **Visa and MasterCard** cards are handled by **Barclays Bank** at 16 Kampala Road, telephone 232-594/7.

- * The **American Express** head office is located at Rwenzori House, 1 Lumumba Ave., ground floor. They can be telephoned directly at 347-915/6/7, fax 347-918, and e-mail: express@imul.com. Services offered here are related directly to credit card services and replacement of travelers' checks. **Note:** American Express card payments and cash advances have been suspended until further notice. Also, this office does not issue travelers' checks.

The Branch office is located at the Sheraton Hotel, ground floor shopping arcade. They can be telephoned directly at 236-767/9, fax 236-769, or through the Sheraton receptionist on 344-590/9 ext. 2112. Services offered here are travel related, i.e. airline and tour bookings, issuance of major airline tickets, all payable using the American Express card.

Delivery Services

DHL operates in Uganda, providing fast delivery service to most of the world, including the United States. As of December 1994, the standard fee for delivering documents weighing between 0 and 500 grams (roughly 1.1 lbs) was 40,000 Ush. Packages other than documents in the same weight range cost 45,000 Ush. Anything larger depends on the weight. DHL is located at Blacklines House, tel. 235-844/256-236/256-470.

Federal Express deliveries are available through the American Express head office located 1 Lumumba Ave. They can be telephoned directly at 347-915/6/7.

The Federal Express branch office is located at the Sheraton Hotel, ground floor shopping arcade. They can be telephoned directly at 236-767/9. This office serves as a drop-off center.

The standard fee for sending documents up to 500 grams to the United States is 34,000 USH with a transit time of 48 hours. Packages other than documents in the same weight range cost 55,000 USH. Anything larger depends on the weight.

AT&T Telephone Service

There is an AT&T telephone in Uganda. It is located at the Entebbe Road post office. The phone is located inside the office. To use it, check with one of the staff at the counters. They will show you the correct phone and a log book. You need to write down the number you are calling and the time the call begins and ends. You pick up the phone and listen. Initially you will hear a rapid beep indicating a line is being sought. Then you will get an AT&T operator. You may place a collect call or charge the call to your AT&T card at AT&T rates (as of March 1994, approx. \$2.00 per minute). Note: this office closes at 8:00 p.m.

Fax services

Fax services are also available through the post office at the same location. Most hotels and larger business establishments now have FAX machines and they have proven to be reliable.

Internet, e-mail and fax Services

Starcom Communication located Rwenzori house, 1 Lumumba Ave., 3rd floor. Tel: 243-166/9/243-109.
Swift Global located IPS Building, Parliament Ave., 8th floor. Tel: 341-292

Money Transfer

While direct interbank transfer may be the fastest way to transfer money from the U.S. to Uganda, in an emergency, you can use the facilities of the Department of State to transfer money. There are three routes you can use to forward money to the State Department for onward transfer to the Embassy: bank to bank transfer, Western Union and postal money orders or cashiers checks. Western Union is the fastest method; however, it is the most expensive.

Western Union: Senders who have a major credit card may call Western Union at (800) 325-6000 or 4176 to send the money. Otherwise, they can contact a local Western Union office. They should purchase a money order for the desired amount plus \$15.00 (State Department Fee). The money order must be made payable to the Department of State and have an accompanying message with the sender's name, address and telephone number, as well as the name of the recipient and the fact that the money should go to the American Embassy, Kampala, Uganda. Western Union charges a fee based on the amount sent the number of words in the message. The money order and message must be sent to: Overseas Citizens Services, Department of State, Washington D.C. 20520.

Bank to Bank Transfers: Senders should inform their bank that they wish to wire the desired amount plus \$40.00 (the State Department's \$15 fee for establishing the account and forwarding the money overseas and a \$25 bank fee) to Nations Bank, State Department Branch, 2201 C. Street N.W., Washington, D.C. 20520, telephone (202) 624-4750.

If the sending bank asks for an account number, the bank should be advised that CA/OCS does not have an account with Nations Bank -- money is simply being wired to a bank located in the Department of State building. Depositors should ask that the funds be wired "PUPID" (Payable Upon Presentation of I.D.). The check must be made payable to the Department of State and indicate the name and overseas location of the recipient (American Embassy Kampala) as well as the name, address and telephone number of the sender.

Overnight Mail Delivery/Regular Mail: A cashier's check or money order for the desired amount plus \$15.00 (State Department fee) and made payable to the Department of State should be sent to Overseas Citizen Services, CA/OCS, Room 4800, Department of State, 2201 C Street N.W., Washington, D.C. 20520. Personal checks are not accepted. A letter with the sender's name, address and telephone number and the name overseas location of the recipient (American Embassy Kampala) should be attached. Overnight mail may not reach the action office for several days.

Senders can obtain detailed information by calling the Citizen's Emergency Center number (202-674-5225).

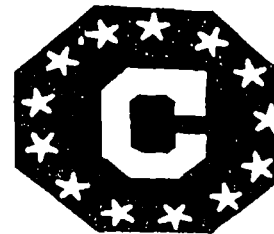


U. S. Department of State
Bureau of Consular Affairs
Washington, DC 20520

For recorded travel information, call 202-647-5225

Internet Address: travel.state.gov

For information by fax, call 202-647-3000 from your fax machine



Consular Information Sheet

Uganda

August 28, 1998

Country Description: Uganda is a developing east African nation. Tourism facilities are adequate in Kampala, but are limited in other areas.

Entry Requirements: A passport is required. Entry information may be obtained from the Embassy of the Republic of Uganda, 5909 16th Street, N.W., Washington, D.C. 20011; telephone (202) 726-7100, or the Ugandan Permanent Mission to the United Nations, telephone (212) 949-0110. Overseas, inquiries may be made at the nearest Ugandan embassy or consulate.

Areas of Instability: Because of rebel and bandit activity and fighting in the area along the Sudanese border, travel in the northern part of Uganda is dangerous. The area affected encompasses the Apac, Gulu, Kitgum, Kotido, Lira, Moroto, Moyo, Nebbi and Soroti Districts. The inability of the Ugandan government to ensure the safety of residents and visitors makes any travel in the area unwise. Vehicles have been stopped and destroyed; passengers have been robbed and/or killed. There have been at least two land mine explosions on the roads north of Gulu. Additionally, random acts of violence involving American and other tourists have occurred in northern Uganda. Travel by all U.S. government employees and/or their family members to northern Uganda, for either official or unofficial purposes, must be approved in advance by the U.S. Ambassador to Uganda.

Travel to Murchison Falls National Park north of the Nile River becomes more unsafe the farther one travels north of the Nile River. However, the area around Paraa Lodge on the north bank of the Nile River is generally safe, as is travel to all of Murchison Falls National Park south of the Nile River. While a violent incident of armed robbery occurred in the southern half of this park in March 1997, no rebel activity in this area has been reported. Visitors should consult U.S. Embassy officials about travel plans to Murchison Falls National Park.

Travel to western Uganda is unsafe from the southern shore of Lake Albert to the Kazinga Channel dividing Queen Elizabeth National Park. The Ugandan military is pursuing rebel groups in the Rwenzori Mountains, Queen Elizabeth National Park north of Kazinga Channel, including Kasese, Bundibugyo, Kabarole, and portions of Bushenyi Districts. Violent attacks by rebel groups have recently occurred in Kasese, Kabarole, and Bundibugyo Districts and travel to these districts by all U.S. Government employees for either official or unofficial purposes must be approved in advance by the U.S. Ambassador. Queen Elizabeth Park south of the Kazinga Channel is generally safe. Southwestern Uganda in the Kisoro, Kabale, and Rukungiri Districts is generally safe. However, some banditry and armed robbery have occurred both in the southern part of Queen Elizabeth National Park and in the southwestern districts. Moreover, instability in neighboring Rwanda and the Democratic Republic of Congo could affect these districts. Visitors should consult U.S. Embassy officials about travel plans to western Uganda.

Medical Facilities: Medical facilities in Uganda are limited; equipment and medicines are often in short supply or unavailable. U.S. medical insurance is not always valid outside the United States. The Medicare/Medicaid program does not provide for payment of medical services outside the United States. Supplemental medical insurance with specific overseas coverage, including medical evacuation coverage, has proven useful. Information on health matters may be obtained from the Centers for Disease Control and Prevention's international travelers hotline at (404) 332-4559, Internet: <http://www.cdc.gov>.

Information on Crime: In April 1998, explosive devices were detonated at two outdoor restaurants in Kampala. Travelers should exercise caution when visiting public places in close proximity to the street.

In August 1998, bombs were detonated on three commercial intercity buses originating in Kampala, killing more than 30 people. Travelers should avoid travel by intercity coach bus. Thus far, local and intercity public van service ("Matatus") have not been affected by the bombings.

Incidents of armed vehicle hijackings and armed highway robbery are frequent throughout the country. Although these attacks are often violent, victims are generally injured only if they resist. Females traveling alone are particularly susceptible to crime, and an American woman was murdered in 1998 in a four-star Kampala hotel. Several violent attacks have occurred in Kampala and other parts of the country in 1998. Crimes such as pickpocketing, purse snatching and thefts from parked vehicles or vehicles stalled in traffic jams are common. These offenses also occur on public transportation. Passengers should not accept food or drink from a stranger, even a child, as such food may contain narcotics used to incapacitate and rob a victim.

The loss or theft abroad of a U.S. passport should be reported immediately to local police and to the nearest U.S. Embassy or Consulate. The pamphlets "A Safe Trip Abroad" and "Tips for Travelers to Sub-Saharan Africa" provide useful information on personal security while traveling abroad and on travel in the region in general. Both are available at the Bureau of Consular Affairs home page, <http://travel.state.gov>, and from the Superintendent of Documents, U.S. Government Printing Office, Washington, D.C. 20402.

Road Safety: Most roads in Uganda are poor, and bandit activity in some areas is both frequent and unpredictable. Accidents are frequent and often fatal. Highway travel at night is particularly dangerous.

Aviation Safety Oversight: As there is no direct commercial air service by local carriers at present, or economic authority for local air carriers to operate such service, between the U.S. and Uganda, the U.S. Federal Aviation Administration (FAA) has not assessed Uganda's Civil Aviation Authority for compliance with international aviation safety standards. For further information, travelers may contact the Department of Transportation within the U.S. at 1-800-322-7873, or visit the FAA's Internet website at <http://www.faa.gov/avr/lasa.htm>. The U.S. Department of Defense (DOD) separately assesses some foreign air carriers for suitability as official providers of air services. For information regarding the DOD policy on specific carriers, travelers may contact the Pentagon at 703-697-7288.

Photography Prohibition: Photography in tourist locations is welcome. It is inadvisable to take pictures of military/police installations or personnel. Military and police officers have also detained tourists for taking photographs of part of Entebbe Airport and of the area around Owen Falls Dam.

Drug Penalties: U.S. citizens are subject to the laws of the country in which they are traveling. Penalties for possession, use or trafficking in illegal drugs are strict, and convicted offenders can expect jail sentences and fines.

Registration/Embassy Location: U.S. citizens are encouraged to register with the U.S. Embassy in Kampala and to obtain updated information on travel and security in Uganda. The U.S. Embassy address is: P.O. Box 7007, 10-12 Parliament Avenue, Kampala; telephone: 256-41-259-792/3/5.

No. 98-124

This replaces the Consular Information Sheet issued December 31, 1997 to update the information on Areas of Instability, Photography Prohibition, and Information on Crime.

IMPORTATION OF DOMESTIC ANIMAL(S)

Import Certificate from the Ugandan Government: DOG (Obtain this Certificate from the Ministry of Animal Resources)

Name
Address
Kampala, Uganda

OFFICE OF THE COMMISSIONER OF
VETERINARY SERVICES,
P.O. BOX 513
ENTEBBE, UGANDA

Re: Import permit for a Dog(s)

Permission is hereby granted to you to import one (1) dog from (Country), into Uganda. The details of the dog are:

Breed:

Sex:

Age:

Color:

The following conditions must be fulfilled before importation.

1. The dog must be accompanied by a Rabies Vaccination Certification signed by the Government Veterinarian of the country of origin.
2. The dog must have valid vaccination certificates for:
 - (A) Canine Distemper
 - (B) Parvo virus
 - (C) Infectious Hepatitis
 - (D) Leptospirosis
3. The dog must be accompanied by a Health Certificate from a Government Veterinarian certifying that the dog has been free from infectious/contagious disease seven days prior to dispatch.
4. The dog must have Valid Movement Permits.
5. The dog must be conveyed in such a manner that it will not be in contact with other animals or materials of animal origin up to its specified destination in Uganda.
6. A report should be made to Commissioner of Veterinary Services within seven days of arrival into the country.

for: COMMISSIONER OF VETERINARY SERVICES.

cc. The customs officer,
Entebbe International Airport.

cc. The Assistant Commissioner of Veterinary Services,
Diagnostics and Epidemiology, Entebbe.

Import Certificate from the Ugandan Government: CAT
(Obtain this Certificate from the Ministry of Animal Resources)

Name
Address
Kampala, Uganda

OFFICE OF THE COMMISSIONER OF
VETERINARY SERVICES,
P.O. BOX 513
ENTEBBE, UGANDA

Re: IMPORT PERMIT FOR A CAT

Permission is hereby granted to you to import one (1) cat from (country), into Uganda. The details of the cat are:

Breed:

Sex:

Age:

Color:

The following conditions must be fulfilled before importation.

1. The cat must be accompanied by valid certificates of vaccination against Rabies, Signed by Government Veterinary of country of origin.
2. The cat must have valid vaccination certificate for:
 - (A) Parvo virus
 - (B) Calcivirus
 - (C) Panleucopenia
 - (D) Rhinotracheitis
3. The cats must be accompanied by a Health Certificate from a Government Veterinarian certifying that the cat has been free from infectious/contagious disease seven days prior to dispatch.
4. The cat must be accompanied by a valid movement permit.
5. The cat must be conveyed in such a manner that they will not be in contact with other animals or materials of animal origin up to their specified destination in Uganda.
6. A report must be made to the Commissioner Veterinary Services within seven days of arrival into the country.

For: Commissioner Veterinary Services.

cc. The Customs Officer
Entebbe Airport

cc. The Assistant Commissioner of Veterinary Services,
Diagnostics and Epidemiology, Entebbe.

Exporting

1. Vaccination Certificate from Government Veterinarian (not private veterinary).
2. Export Permit from The Ministry Of Animals Resources.

Security Tips for Travelers

Over the past decade, Uganda's security situation has improved considerably, but, as in most cities in most countries, Kampala has its share of housebreaking, purse snatching and armed automobile theft. Awareness of these problems and certain precautions are definitely in order.

On the streets, hold your handbag securely or keep your wallet in a front pocket. Pickpockets and purse snatchers operate the same way everywhere. Carry only as much money as you need. Do not join crowds to find out what is happening; if a crowd gathers around you, leave the area. Do not wear large amounts of jewelry when walking in town or driving in the country. Do not make yourself conspicuous by wearing outlandish clothing or exposing large areas of your body. African societies are far more conservative in the way they dress than we are.

Roll up your car windows and lock the doors when you leave the car. Do not leave packages in the car that might tempt someone to break in. Keep a flashlight in your car or take one with you when you leave the house at night. Power outages are still frequent and you may find yourself coming home to a dark compound and house.

Walking

Walking is a way of life overseas. Traffic congestion makes it a necessity for movement in the city. It can be enjoyable, but it can be dangerous. *Alertness* is your key to safety.

- A. Vary your route.
- B. Avoid infrequently traveled side streets and alleys.
- C. Do not walk in Kampala after dark.
- D. Avoid loud colors or unusual styles of clothing.
- E. Do not carry large sums of money or wear large amounts of jewelry.
- F. Purse snatching is an ever present danger. If a thief gets a firm hold on your purse or handbag strap, do not attempt to hang on. You could be seriously injured by the fall. Do not invite a purse snatcher by swinging or dangling your purse in a careless manner.
- G. Men should carry their wallets in a front pants pocket.
- H. Do not flash a large amount of currency in public places. Estimate the amount of your purchases beforehand and have that amount ready for presentation. Fumbling through your purse or wallet invites the grab and run thief to strike.
- I. Never pursue a thief on foot. He could be armed and seriously injure you. Sound the alarm and hope that bystanders can aid you in recovering the items taken.
- J. Do not overburden yourself with bundles. You are inviting the grab-and-run thief. Lock excess purchases in the trunk of your vehicle.
- K. If confronted by an armed thief on the street, *do not resist*.
- L. Armed highway robberies and vehicle hijacking occur frequently in Uganda. If you find yourself a victim of one of these crimes, *do not resist*. Generally, if you do not resist, you do not get injured.

Driving

Driving in Uganda (and in many other African countries, for that matter) can be a disconcerting adventure at first. Not only must you get used to right hand driving, but local drivers are an individualistic and innovative lot. One drives the way one feels rather than by traffic rules. However, after a while one gets used to this and

becomes a defensive driver, always on the alert for unpredictable behavior, vehicles in poor condition, and pedestrians and bicyclists who, as the Ugandans say, "have just come to the city."

There are still a few police checkpoints on major roads in the country-side, and some military check-points in the north. These are not always clearly marked and at first you may not realize that a stone or branch in the middle of the road is a roadblock, especially since the police or soldiers will be invisible under a tree at the side of the road. Always stop until you receive the nod to proceed.

Driving outside Kampala at night is not recommended. If, for any reason, it becomes necessary, be alert for vehicles without headlights, potholes, and pedestrians who are difficult to see, especially if they wear dark clothing. Also watch for abandoned vehicles without warning lights.

If you are involved in an accident, do not enter into a "my fault-your fault" argument. Try to find a policeman or obtain the other individual's name and address and leave the area as quickly as possible. Report the accident to the police. If a hostile-looking crowd forms at the scene of the accident, you should leave the area and seek immediate police assistance.

SHOPPING

Fairway Hotel Gift Shop; Open 10-7 Monday thru Saturday; baskets, Stools, Chairs, etc.

Gallery Cafe; Crafts from Ugandan artist and has regular art exhibits. It is located a few kilometers off Kibuye roundabout on Masaka Road.

Nakasero Market or along Entebbe Road; Baskets, mats, drums, bark pictures, floor mats and table mats can be bargained for.

Nommo Art Gallery; Open Monday-Friday 9-5, Saturday 9-3; located on Victoria Ave. near the Uganda Club; Batiks and sculptures.

Pioneer Mall has over 40 shops, many selling local crafts.

Sheraton Hotel has several gift shops including souvenirs(t-shirts, jewelry, sculpture, batiks), a florist, news stand and photo developing shop.

Uganda Crafts, Bombo Rd., Bat Valley; Open daily except Sunday; Handicrafts, postcards, honey and potted plants and a cafe. A second Uganda Crafts is located across from Standard Chattered Bank on Speke Road.

Ugil on Kampala Road has t-shirts, tablecloths and dresses.

UNICEF has a shop selling cards and gifts. They are located at Kisozi House, Kyaggwe Rd.,234-591 ext. 284

Baskets, mats, drums, bark cloth products, pots and lots of handicrafts, these items can be bargained for. It is located behind **The National Theater**.

Places of Worship

Every week, the Sunday New Vision publishes a listing of churches and religious services. Check the New Vision for current times for services at these and other churches.

Christ The King Church Catholic Church, Colville Street, Box 2551, Kampala, Tel: 241500
Near the Embassy.

Mbuya Church, Mbuya Hill, Verona Fathers, Kampala, 221-506/221-001/2

St. Mary's Cathedral, Rubaga Hill, Kampala, 270-183/4/270-178

Chapel at Nsambya Hospital, Gaba Road, Nsambya, Kampala, 266-998/267-870/267-012/3

Our Lady of Africa Catholic Church, Boazman Road (Mbuya), Box 6562 Kampala
Tel: 221777

St. Paul's Cathedral (Church of Uganda/Anglican), Namirembe Hill, Kampala, 272-274/270-212

All Saints (Interdenominational Protestant), Akii-Bua Road, Nakasero, 342-128

Kampala Baptist Church, Makerere Road, Kampala, 530-899

Kampala Pentecostal Church, Plot 87, Kampala Road, Kampala, 344-667/8/ 345-125

Abundant Life Faith Center, Bunamwaya Hill, Entebbe Road, Kampala, 200-091/200-436

Uganda Muslim Supreme Council, Namirembe Rd. , Box 1146, Kampala, Tel: 232791, 255656

Old Kampala Mosque, Namirembe Road, Kampala, 236-364

Makerere Univ. Mosque, Makerere University, Nankulabye Road

The Church of Jesus Christ of Latter-Day Saints, Colline House, ground floor, Kampala, 236-474

Baha'i House of Worship, Kikaya Hill off Gayaza Road, Kampala, Tel: 540-511

St. Nicholas Orthodox Church, Namungona, Hoima Road
Tel: 542-461

Seventh day Adventist, 38 Entebbe Road, Kampala, 267-967



EMBASSY OF THE
UNITED STATES OF AMERICA

Office of the Ambassador
Kampala, Uganda

Welcome to Kampala!

On behalf of the entire U.S. Mission to Uganda, I welcome you to Kampala and hope that your stay will be a pleasant, productive, and safe one. Those of us working and living in Uganda are proud of our contributions to the changes which are occurring in this country. We welcome your assistance and interest in our activities.

The materials in this folder are designed to help you enjoy your stay, providing contact numbers of key officials in the Mission and tips for things to see, do, buy and eat. You should also review the safety and health information provided. If you need additional information, please contact the officer assisting with your visit.

Enjoy your time in Uganda -- the Pearl of Africa!

Sincerely,

A handwritten signature in cursive script that reads "Nancy Powell".

Nancy J. Powell
Ambassador

MS. SANDY THURMAN, DIRECTOR
OFFICE OF NATIONAL AIDS POLICY

WELCOME TO UGANDA

SPECIAL WHITE HOUSE MISSION CHILDREN ORPHANED BY AIDS

MARCH 30 - APRIL 1, 1999



UNITED STATES AGENCY FOR INTERNATIONAL DEVELOPMENT,
PLOT 42 Nakasero Road,
P.O. 7856 Kamapala, Uganda
Tel. 256-41-235879/342896

SCHEDULE FOR SPECIAL WHITE HOUSE MISSION
ON CHILDREN AFFECTED BY AIDS

UGANDA: March 30 through April 1, 1999

TUESDAY, MARCH 30

8:30 PM Arr. Entebbe Airport Proceed to Sheraton, evening free

WEDNESDAY, MARCH 31

8:00 AM	Briefing begins, Sheraton	Crane Room: Ambassador, AID Director, HIV advisor
8:35	Briefing ends	
8:45	Depart Sheraton	

10:20	Arr. Mukungwe (Masaka)	Greeted by dancers, drummers
10:25	Welcome begins, inside	Local leader (5 minutes), dancers, singers
10:40	Welcome ends	
10:40	Briefing begins	Jointly, UWESO/FINCA
10:55	Briefing ends	
10:55	Q&A	
11:05	Q&A ends	
11:05	Remarks by First Lady	
11:15	Remarks end	
11:15	Thank you	By a representative of the delegation
11:20	Exit to vehicles	
11:25	Dep. Mukungwe	

11:35	Arr. Kyalisowe	UWESO client
11:40	Gather at house	Greeting, meet children, story, questions, tour
12:05 PM	Exit to vehicles	
12:10	Dep. Kyalisowe	
12:20	Arr. Kalagala	UWESO client
12:25	Gather at house	Greeting, meet children, story, questions, tour
12:50	Exit to vehicles	
12:55	Dep. Kalagala	

1:10	Arr. Statehouse (Masaka)	Lunch with First Lady
2:10	Dep. Statehouse	

2:15	Arr. FINCA businesses	Split into two groups
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GROUP I

2:15	Arr. FINCA shopkeeper
2:25	Dep. FINCA shopkeeper
2:30	Arr. FINCA tailor
2:40	Dep. FINCA tailor
2:45	Arr. FINCA pancake maker
2:55	Dep. FINCA pancake Maker
3:05	Arr. FINCA beer maker
3:15	Exit to vehicles, depart for Kampala

GROUP II

2:15	Arr. FINCA beer maker
2:25	Dep. FINCA beer maker
2:30	Arr. FINCA pancake maker
2:40	Dep. FINCA pancake maker

2:45 Arr. FINCA shopkeeper
 2:55 Dep. FINCA shopkeeper
 3:05 Arr. FINCA tailor
 3:15 Exit to vehicles, depart for Kampala

ALL

3:55 Arr. Equator Rest stop, craft shops. Subject to sufficient time.
 4:15 Dep. Equator
 5:20 Arr. Sheraton
 6:30 Dep. Sheraton
 6:45 Arr. Ambassador's residence Reception; remarks: Amb., Thurman, delegate
 8:00 Dep. residence
 8:15 Arr. Sheraton

THURSDAY, APRIL 1

7:45 AM Dep. Sheraton
 8:00 Arr. The AIDS Support Org. (TASO) Support for people with AIDS
 8:10 Program begins
 9:30 Program ends
 9:40 Dep. TASO
 10:00 Arr. Statehouse Meeting with President Museveni
 10:10 Meeting begins
 11:10 Meeting ends
 11:20 Dep. Statehouse
 11:25 Arr. Sheraton Bring bags to lobby to be taken to airport
 12:00 PM Lunch begins Light buffet, charged to rooms
 12:45 Lunch ends Bring bags to lobby to be taken to airport
 1:00 Depart Sheraton
 1:15 Arr. AIDS Information Center (AIC) HIV testing/counseling
 1:20 Program begins
 2:50 Program ends
 3:00 Dep. AIC
 3:15 Arr. Sheraton
 3:15 Commence check out Those not in press conference
 3:30 Press Conference begins Crane Room
 4:00 Press conference ends Check out continues
 4:45 Depart Sheraton
 5:45 Arrive Entebbe Airport Proceed directly to plane
 6:15 Wheels up ETA Johannesburg 10:15 PM local time

30/03/99 11:27:41

**THE SPECIAL WHITE HOUSE MISSION
ON CHILDREN AFFECTED BY AIDS**

**UGANDA
MARCH 30 – APRIL 1, 1999**

Tuesday, March 30	Wednesday, March 31	Thursday, April 1	Friday, April 2
	08:00 - U.S. Mission Briefing (Ambassador, USAID DIR, HIV Advisor) 08:45 – Depart Sheraton Hotel	07:45 - Depart Sheraton for Visit with The AIDS Support Organization (TASO)	
	10:20 – Arr. Mukungwe (Masaka). Welcome/ and briefing with Uganda Women's Effort to Save Orphans (UWESO) and The Foundation for International Community Assistance (FINCA). Meet	10:00 – Arrive Statehouse for meeting with His Excellency, President Yoweri Kaguta Museveni	
	1:10 – Lunch with Uganda's First Lady, Mrs. Janet Museveni at State Lodge, Masaka. 2:10 – Depart in 2 groups	12:00 Lunch at the Sheraton	
	2:15 - Group 1: Meet FINCA shopkeeper, tailor, pancake maker, beer maker. 2:15 – Group 2: Meet FINCA beer maker pancake maker, tailor, shopkeeper. 3:15 - All Depart for Kampala 5:20 – Arrive Sheraton Hotel	1:15 – Arrive AIDS Information Center (AIC) for Briefing and program. 3:15 – Arrive Sheraton for checkout. 3:30 – Press Conference 4:45 Depart Sheraton for airport.	
08:30 p.m. Arr. Entebbe Airport. Proceed to the Sheraton Hotel.	6:30 – Depart Sheraton Hotel for Reception at Ambassador Powell's residence. 6:45 – Arrive Ambassador's residence 8:00 – Depart Ambassador's residence for Sheraton.	5:45 – Arrive Entebbe International Airport. 6:15 – Wheels Up 10:15 – arrive Johannesburg	

**MS. SANDRA L. THURMAN
DIRECTOR, OFFICE OF NATIONAL AIDS POLICY
THE WHITE HOUSE
KAMPALA, UGANDA**

FEBRUARY 3 - 6, 1999



**UNITED STATES AGENCY FOR INTERNATIONAL DEVELOPMENT,
PLOT 42 Nakasero Road,
P.O. 7856 Kamapala, Uganda
Tel. 256-41-235879/342896**



UNITED STATES AGENCY FOR INTERNATIONAL
DEVELOPMENT

UGANDA PROGRAM



FACT SHEET

The Foundation for International Community Assistance

The Foundation for International Community Assistance (FINCA) is an international NGO specializing in "village banking" for poor women. Micro loans are made to women who form small groups (the village banks), with the group assuming responsibility for repaying all loans, with interest. In addition, a minimum amount of savings is required of each member.

FINCA began working in Uganda in 1992, with a pilot project in one district. In 1995, USAID decided to consolidate into one grant its support for orphans programs to increase the income-earning capacity of orphans' caretakers. USAID wanted this activity to be implemented by an organization with experience in setting up small businesses that are financially sound, and granted FINCA nearly \$1.8 million to expand its pilot program. FINCA surveys had demonstrated that about 70% of its members were caring for orphans, even though FINCA did not (and does not) select its members based on this criterion.

Since that initial grant, FINCA has grown to be the largest and most successful micro-finance activity in Uganda. Its membership is currently in excess of 16,400 in 538 village banks in 12 of Uganda's 45 districts. Initial loans start between \$50 to \$100, and as these are repaid with profits from the small businesses established, women become eligible for larger loans, currently up to a maximum of \$600. FINCA's current loan repayment rate is over 90%. Although initially financed as an AIDS-orphans component of a USAID health project, the FINCA program has been managed under USAID's Economic Growth portfolio for the past three years.

During your field visit to Masaka, you will meet FINCA's Country Director, Peter Okawl, and FINCA's Credit Director, Mary-Margaret Nansubuga and be briefed on FINCA's activities. You will take a walking tour of four businesses, all run by women caring for orphans: a small shop, a tailor, a 'pancake' maker, and a seller of beer and local spirits. You will hear their stories, learn about their businesses, and how FINCA has enabled them to better care for their orphan charges (see attached profiles).



UNITED STATES AGENCY FOR INTERNATIONAL
DEVELOPMENT

UGANDA PROGRAM



FACT SHEET

The Foundation for International Community Assistance

Sara Kizito, A Shopkeeper

Sara is 35 years old and has 5 children of her own and 1 child who's father died. She has a small shop where she sells a variety of items such as bread, toiletries, and sweets. She has received two loans from FINCA, both in the amount of 100,000 shillings. She makes approximately 20,000 shillings per month to support and pay for school fees for all 6 of her children.

Halima Nabukera, A Tailor

Halima is 28 years old and is physically disabled and confined to a wheel chair. She has no children of her own, but began caring for her brother's child after he died of AIDS. Halima has her own small tailoring business. She makes uniforms for schools as well as children's clothing, which her brother sells for her in the flea markets. She has received two loans from FINCA, both in the amount of 100,000 shillings. Halima makes approximately 20,000 per month to support her brother's child.

Federesi Nakirigya, A "Pancake" Maker

Federesi is 58 years old. After her husband died, she was left to care for her two children. She has received three loans from FINCA. The first loan was for 100,000 shillings, the second loan for 145,000 shillings and the third for 120,000 shillings. With the loans, she has established a "pancake" making business, and currently sells her pancakes to the other shopkeepers. In addition, she makes crafts to sell in the markets. She makes approximately 40,000 per month to support and pay for school fees for her two children. Her son is currently learning to be a mechanic, and her daughter recently passed her secondary – level school exams and graduated.

Margaret Nanyonjo , Seller of Beer and Local Spirits

Margaret is 40 years old. After her husband died in 1990, she has was left to care for her own 5 children and until recently, three other "adopted" children, all of whom were orphaned but have now found relatives to care for them. She has

received two loans from FINCA. The first was for 150,000 shillings, and the second for 205,000 shillings. With the loans, Margaret sells local spirits, Tongo (locally made banana beer) and Waragi (locally distilled gin). She uses the profits to support and pay for school fees for all of her children. One of her daughters has a learning disability, and Margaret has been able to afford to send her to handicraft classes so that she learns a skill.



UNITED STATES AGENCY FOR INTERNATIONAL
DEVELOPMENT

UGANDA PROGRAM



USAID ASSISTANCE TO UGANDA

Uganda has embarked on an impressive path of macro-economic reform, liberalizing the economy while successfully containing inflation. The economy has grown at an average of six percent per year since 1986 (when President Museveni's National Resistance Movement came to power). Inflation has decreased from over 200% in the 1980s to its current level of less than 4 percent as of October 1998. This major reduction in inflation was a result of the Government of Uganda's adherence to IMF conditionality which set targets to reduce public sector expenditures and the deficit. Uganda was the first beneficiary of the Highly Indebted Poor Countries (HIPC) debt reduction program. The HIPC initiative will reduce Uganda's debt during the 1998/99 period by \$37.2 million.

Despite impressive gains, major issues still confront Uganda's growth and development, including heavy indebtedness, a weak and inefficient financial sector, high levels of poverty and a deteriorating infrastructure. Additionally, the 12-year insurgency in the North and deeper involvement in regional conflicts threaten Uganda's financial solvency.

USAID/Uganda's Country Strategy aims to improve the standard of living in Uganda by encouraging broad-based economic growth, conserving bio-diversity and the natural resource base, increasing people's potential to be productive members of society through improved basic education and better health, improving public sector accountability and citizen participation in government decision making, and providing assistance to northern communities affected by the years-long insurgency. In FY 1998, USAID provided over \$51 million in development assistance, \$29 million in P.L. 480 Title II resources, and \$1.8 million in disaster assistance. It is anticipated that these levels will remain approximately about the same for FY 1999.

1. Encouraging broad-based economic growth.

Uganda's economy is predominantly agricultural—over 90 percent of the 20 million population are dependent on subsistence farming and light agro-based industries. However, development in this sector is constrained by limited access to appropriate technology and extension services, inadequate transportation systems, insecure land tenure, poor marketing systems, out dated price information and unavailability of credit. USAID assistance directly addresses these constraints through its efforts to increase the production of traditional subsistence foods and milk, to diversify and expand non-traditional agricultural exports, to

support micro enterprise development, and to increase access to financial services. USAID's activities directly reach about 250,000 farmers and their families and 60,000 microbusinesses of which nearly 70% directly involve women. USAID's efforts have led to significant increases in rural incomes through higher production of food crops such as maize and beans and increasing the value of non-traditional exports such as cut flowers (127 percent increase), fruits and vegetables (384 percent increase), and essential oils and spices (322 percent increase). Milk production has also continued to increase with more than 10,000 farmers and cooperative members trained and participating in improving technology and yields. Micro finance and enterprise development activities have resulted in 27,000 new savings accounts being opened in 1998 alone, bringing the national figure to 83,163 savers.

2. Conserving bio-diversity and Uganda's natural resource base.

Uganda contains unique ecosystems critical to the conservation of globally important bio-diversity. However, population pressures, poverty, unsustainable natural resource management practices, and continued conflict pose substantial environmental hazards. USAID's assistance addresses these constraints through support for national level policy development that promotes rational management and conservation of Uganda's natural resources. USAID focuses on capacity building in environmental management, promotion of improved technologies and systems to increase agricultural and fishery productivity while preventing degradation, management and use of bio-diversity, environmental education, and environmental health and pollution management.

Through USAID's assistance, Uganda has improved its management of ten critical areas/ecosystems at risk of irreversible degradation. Among the parks benefiting from USAID's resources are Queen Elizabeth and Murchison Falls National Parks, both of which are demonstrating a continued recovery of elephant populations, an indicator for savannah ecosystem health. Ecotourism growth is hampered, however, by ongoing internal and regional conflict - - the most recent incident being the deaths of eight foreign tourists in Bwindi Impenetrable National Park, one of the last homes of the endangered mountain gorilla.

3. Improving Basic Education.

Uganda's ability to build a free democratic society relies on the knowledge, attitudes and skills of its citizens. This ability is severely constrained by the poor quality of basic education, the product of a system left in shambles after decades of civil strife. USAID's assistance helps build the basic educational skills necessary to raise productivity and create an informed and responsible electorate.

Primary education reform is one of the top priorities of the GOU. In 1996 President Museveni announced a new policy of Universal Primary Education allowing free education for four children in every family. Overnight, the primary school population doubled to 5.2

million students. USAID's policy dialogue program has served as a catalyst to open the textbook market to competition, improve teachers' terms and conditions of service, construct hundreds of classrooms, and train over 21,000 teachers. Ongoing activities focus on a massive, innovative teacher training program, the development of a national teachers' credit union, improving girls' participation and achievement in primary school, and mobilizing parents and community leaders to address such issues as nutrition, girls' education and parental responsibilities.

4. Reducing family size and the transmission of STDs and AIDS, and increasing child survival.

Despite improvements in a number of health indices in recent years, Uganda continues to suffer from high rates of fertility and mortality. Total fertility is 6.9 children per woman, constituting a fundamental constraint to development across all sectors. Nearly one in seven of these children will not live to see his or her fifth birthday, and maternal mortality is also high. A substantial portion of the adult population is infected with HIV, and Uganda may have one of the lowest life expectancies in the world as a result of AIDS.

USAID assistance has played a pivotal role in reversing some of these trends. The use of modern contraception increased nationally from 2.5 percent of married women in 1989 to 7.8 percent in 1995 resulting in a decline of fertility to its current rate of 6.9 children per woman from 7.3 in 1989. In districts where USAID is most active, contraceptive prevalence increased from about 12 percent in 1995 to nearly 20 percent in 1997. Although AIDS continues to be a major problem, HIV incidence (new infections) seems to be declining, and individuals seeking voluntary HIV counseling and testing has increased. USAID resources support aggressive information, education and communication mass media campaigns raising awareness of family planning and maternal and child health services; and HIV/AIDS prevention and testing and counseling. Also, USAID's social marketing program has become a major source of condoms and oral and injectable contraceptives (sales of oral and injectable contraceptives have increased 23% and 167% respectively in USAID active districts). Training of health care providers is also a significant element of USAID's program efforts.

5. Improving public sector accountability and citizen participation in government decision making.

Uganda is closer to becoming a stable and participatory government. However, major obstacles still exist. In 1996 Uganda held non-party presidential and parliamentary elections, completing the country's return to democratically-elected civilian rule. Members of Parliament recognize that to expand Parliament's influence, it needs to improve its institutional capacity to legislate, to oversee the executive, and to represent the people of Uganda. USAID's support to Parliament has assisted it to become increasingly active, investigating allegations of executive branch corruption and mismanagement, and initiating

legislation (a role previously confined to the executive).

In 1997, Uganda devolved nearly all central government responsibilities and functions to 45 newly-created districts, a process completed with the holding of local council elections in May 1998 to fill five levels of local governments in each district. Capacity at the district level is weak and ineffective, although legally the districts have many new and broad powers. USAID's assistance is aimed improving the capacity of local government officials, such as the newly elected local government counselors, to perform public sector functions in an accountable and transparent fashion. USAID also supports the development of effective non-governmental organizations engaged in advocacy, public policy development and government oversight at the local level. For the past three years, USAID has also supported the GOU efforts to re-codify the laws of Uganda which will lay the foundation for improvements in the judicial system, and to improve legal education in Uganda.

6. Providing rapid emergency assistance to Northern Uganda.

Political instability has plagued the North for decades. The protracted conflict has disrupted farms, communities and civil institutions. There are roughly 350,000 internally displaced persons, 160,000 Sudanese refugees, and 1,500 returned abducted children and their families in Northern Uganda. The vast majority of rural household savings -- 300,000 cattle and most other livestock—have been killed or stolen from the pastoral communities. Economic and social indicators, while reflecting some improvement, show that the North has not participated in the growth occurring in the other regions. USAID's newly developed program of assistance to the North helping residents of these communities to rebuild their lives includes: (1) meeting critical emergency needs related to food security and assisting formerly abducted children to return to their communities; (2) generating employment through labor-intensive improvement of local infrastructure; and (3) building awareness and capacity to resolve and prevent disputes.



UNITED STATES AGENCY FOR INTERNATIONAL
DEVELOPMENT

UGANDA PROGRAM



USAID/UGANDA HEALTH SECTOR PROGRAM

I. OVERVIEW OF UGANDA'S HEALTH SECTOR

Despite improvements in the number of health indices in recent years, Uganda continues to suffer from high rates of fertility and mortality. Fertility is 6.9 births per woman; modern contraceptive prevalence, though increasing nationally, is only about 7.8 percent of married women (in the 15 districts where USAID is working, the contraceptive prevalence rate is up to 20%); and 71 percent of women 15-19 years old have either already had a child or are pregnant. Infant mortality is between 81 and 97 per 1,000 births, and maternal mortality is 506 per 100,000 births, a figure widely thought to be under-estimated. Although new HIV cases are declining among younger age groups, AIDS is still a serious problem. TB and malaria are also major problems. In addition, only 47 percent of children under the age of two have been fully immunized, and 38 percent of children under the age of four are short for their age (i.e. stunted, a measure of chronic under-nutrition, often accompanied by frequent illness).

Virtually devastated prior to 1986, public-sector health services are, as in most sub-Saharan African countries, of poor quality. Most physicians are located in urban areas, and most rural people, the majority of Ugandans, are cared for primarily by nurses, midwives and paramedical staff (i.e. physician assistants). Generally, health staff are poorly trained, poorly supervised, poorly supplied with drugs and other supplies, and often not paid on time. Many health facilities are dilapidated, and public confidence in public-sector services is low.

In Uganda's decentralized government structure, health services and staffing, are the responsibility of the district. The central government provides districts with funds earmarked for health, and the Ministry of Health makes policy, sets standards and provides limited technical support to districts. Government budget allocations to districts for health are low, but are increasing (budgets increased by a factor of 3.75 this past fiscal year).

However, private expenditures on health care, including care from traditional healers, pharmacies and drug shops, and other private practitioners are estimated to be 58 percent of the total (i.e. government, donor, and private) health expenditures, a significant resource base which could be applied to cost-effective and quality services. In addition, most health facilities in Uganda, including government facilities, charge fees for service (user fees). Although not a large proportion, these fees are retained by the facilities and complement official budget allocations.

While a number of missionary hospitals, to which the government has recently begun to provide small amounts of money, give good care to significant numbers of people, the private-health sector is under-developed outside urban areas and largely unregulated. Nonetheless, although unofficial, many government health workers are operating private practices in addition to their official duties.

II. USAID/UGANDA HEALTH STRATEGY

USAID's strategy is to increase the utilization of basic health services and change health-related behaviors by (a) increasing the availability of quality services and (b) encouraging the public to utilize improved services and educating them about key health issues. USAID/Uganda has substantial investments in training, supervision, and information-education-and-communication (IE&C) activities. In addition, a health-care-financing program is focused on improving quality and sustainability.

Family planning is approached as a basic maternal-and-child-health service, rather than a population activity. Spacing births at least two years apart can substantially reduce infant and child mortality, and reducing the number of births per woman, especially among women too young or too old, reduces maternal mortality.

Health activities are implemented through the bilateral project "Delivery of Improved Services for Health" (DISH) and several AID/Washington projects, largely in 15 of Uganda's 45 districts covering about 35 percent of the total population. Total funding level for FY98 was \$17,00,000. Areas of emphasis are (i) maternal health, including pre-natal care, safe deliveries, obstetric emergencies and post-natal care; (ii) maternal and infant nutrition, including breast-feeding, weaning, vitamin-A capsule distribution, and growth monitoring; (iii) family planning; (iv) HIV prevention and STD diagnosis and treatment; (v) and health-care financing, including the generation and use of user fees and a recent effort to set up small group health-insurance plans. USAID/Uganda plans to add activities beginning in FY99 focusing on child illnesses, including malaria, respiratory infections, diarrheal diseases, and malnutrition.

II. RESULTS

Overall, within the 15 districts which USAID/Uganda is working, improved health care provider skills, better counseling and expanded services have increased access to services to meet the needs of women in all phases of their reproductive life. Modern contraceptive prevalence has increased from 12 percent in 1995 to currently nearly 20 percent. In 1998, antenatal visits increased to 214,000 visits, and 62% of mothers had an assisted delivery by trained staff, up from 53% in 1995. The greatest success has been the slowing of the rate of HIV transmission. HIV prevalence rates declined in 1998 by 7% and 11% respectively among 15-19 year old and 20-24 year old women attending antenatal clinics.

III. OTHER DONORS

USAID is the major donor in reproductive health in Uganda. UNFPA and DfID also support reproductive health, but in different districts. The World Bank is the largest



UNITED STATES AGENCY FOR INTERNATIONAL
DEVELOPMENT

UGANDA PROGRAM



FACT SHEET

**THE AIDS SUPPORT ORGANIZATION (TASO) CLINIC
MULAGO HOSPITAL**

The AIDS Support Organization (TASO) is a non-governmental organization founded to respond to a growing need to care for people with AIDS. Sixteen people, some with AIDS and some with family members with AIDS, began meeting in 1986 to support each other and organize for better services. TASO was incorporated in 1987, and by the end of 1998, TASO had served over 50,000 clients in seven major urban areas of Uganda.

TASO's services for individuals and their families include supportive counseling, educational counseling about how to prevent further spread of HIV infection, basic medical care for opportunistic infections, treatment of other sexually transmitted diseases, TB treatment and referral, and family planning services. In addition, TASO clients can receive food supplements, skills training for income generating activities, and mutual support through a day treatment program.

TASO's approach has been to support the entire family affected by AIDS. To respond to the special problems of the orphans of their clients, TASO established a program called to Child Support Program which provides child counseling, some supervision of the guardians caring for orphans, and school fees for selected orphans. To date, 413 children have been assisted by the program.

TASO has also had an active program of advocacy for persons living with AIDS, to decrease stigma and discrimination, and to help the government develop policies and programs to assist persons with AIDS. TASO has had a very active program of community education for prevention of new HIV infections and mobilization of community level resources for support for families affected by the disease and its social and economic impact. TASO also has a very active training department which has trained over 600 AIDS counselors, and thousands of community level volunteers, and helps local groups in six USAID supported districts to develop and maintain "TASO-like" services.

A review of TASO's history and services conducted in 1998 has documented several trends. In the ten years from 1989 to 98, the percentage of TASO clients who are women has increased from 58% in 1989 to 63% in 1997. The family characteristics of these clients are quite different, as in 1997, 66% of male clients were still in a marital union, while only 33% of female clients were married when they registered for TASO care. Among women TASO clients, 6 in 10 were either widowed, divorced, or separated, and thus may have very fragile home systems to help them deal with the long chronic illness and death associated with AIDS. Almost all TASO clients have children, with an average of 3.5 children per TASO client. Many of the older children are the primary care giver at home for TASO clients.

Evaluation studies have documented that most TASO clients have adopted behaviors to help prevent further HIV transmission. A majority of TASO clients (55% of males and 73% of females) report that they are not sexually active with any partner, and among those sexually active, 49% of males and 61% of females report that they are using condoms to prevent HIV spread and unwanted pregnancies.

USAID and the U.S. Centers for Disease Control and Prevention have been active partners with TASO from the beginning. USAID has supported TASO with funding since 1988, and now contributes about 30% of TASO's US\$2.2 million annual budget. CDC has provided technical assistance in designing, monitoring, and evaluating TASO programs, and has helped TASO develop a computerized database on all services which has enabled TASO to understand better the needs of their clients, and design more effective strategies

You will visit the TASO clinic at Mulago Hospital, Uganda's national reference hospital, and the medical school teaching hospital. Thursday morning is a "clinic" day, and many TASO clients (all of whom have AIDS) will be there to see their counselors and doctor. (Photographs are discouraged at the clinic.) Clinical services include basic medical care for opportunistic infections; family planning; treatment for other sexually transmitted diseases (STDs); and TB referral and treatment. In addition, clients can receive food supplements, training for income generating activities, and mutual support.

You will be in the "Day Treatment Room" which also serves as a waiting room on clinic days. Sophia Mukasa Monico, Director of TASO, and other TASO representatives will brief you on TASO services and the Child Support Program. You will also have an opportunity to meet some of TASO clients and hear their stories. (Photos permitted.)

The TASO drama group, composed of TASO clients, will perform a sampling of the songs which they present when they conduct AIDS education sessions in local communities. At the end of the program, you will have an opportunity to briefly tour the clinic.



UNITED STATES AGENCY FOR INTERNATIONAL
DEVELOPMENT

UGANDA PROGRAM



FACT SHEET

**THE AIDS INFORMATION CENTRE
Kampala**

In 1987, the Government of Uganda began responding to the emerging AIDS epidemic, and with USAID, WHO, and other donor support, instituted an aggressive information and education campaign. Before long this resulted in high rates of knowledge of AIDS, its symptoms, and how HIV is transmitted. Soon there was a notable public demand for HIV testing, and by 1989 a group of Ugandan and international AIDS activists organized an effort to provide HIV testing, accompanied by counseling.

The AIDS Information Centre (AIC) initiated services in Kampala in early 1990, and demand elsewhere led to the opening of branches in three other cities by 1993. Studies in Uganda, Kenya, Tanzania, Rwanda and Zambia have documented the important role of HIV counseling and testing in helping people adopt and maintain risk-reduction behaviors to prevent further spread of HIV infection.

AIC clients now receive not only HIV testing and counseling, but also syphilis testing and treatment, diagnosis and treatment for other sexually transmitted diseases, family planning services, and education and referral for tuberculosis testing and treatment. Long term support for behavior change and coping with HIV infection is offered through "Post Test Clubs" at all sites where clients, both those infected and those not, receive on-going counseling, provide mutual support, and conduct AIDS-education activities in various community settings.

In 1997, AIC became the first large program in the world to use new rapid tests to provide on-site, same day results. This elimination of a one or two week waiting period has been popular with both clients and staff, and is now being emulated in other African countries.

By the end of 1998, almost 400,000 clients had been served by AIC. In 1998, over 55,000 persons were served. When AIC first opened, many more men than women came for VCT, but since 1995, about half of AIC's clients have been women. Since 1990, however, female clients have been consistently more likely to be HIV infected than men, though rates in both have steadily declined. In 1990, 35 percent of female clients and 23 percent of male clients were HIV infected; by 1997, this had declined to 26 percent in female clients and 14 percent in males. Over the years, about half of AIC's clients have been people in their twenties, and these young clients have rates of infection lower than clients over 30. The differential in rates of HIV infection between males and females is particularly acute in younger people, as only 3.5 percent of males 20 to 24 are infected but 17 percent of women in this age group already HIV positive.

Since 1997, AIC has engaged in an active program of training lab technicians and counselors in rural health facilities in DISH districts to expand the availability of testing and counseling. With USAID assistance, voluntary counseling and testing is now available in 12 districts; DFID supports expansion activities in 5 districts, and UNFPA supports this service in two districts

USAID currently funds about 70 percent of AIC's annual budget of \$1.5 million with the remainder coming from DFID, UNICEF, the German agency DED and from the approximately \$2.50 user fee paid by AIC clients. In addition, USAID has funded substantial amounts of technical assistance from the U.S. Centers for Disease Control and Prevention (CDC).

During your visit to AIC, you will be briefed by the Acting Director Jane Harriet Namwebya and Dr. Elizabeth Marum of CDC, USAID's AIDS advisor, hear testimonials from clients who have benefited from the program, attend a short example of educational songs presented by the post-test club members, and tour the facilities.

HEALTH TIPS FOR TRAVELLERS/TDY/VISITORS

1/19/99

EMERGENCY CONTACT NUMBERS:

CONTACT MARINES AT POST ONE
(They will contact the health personnel)

Tel: 259-792/3/4
Radio: 11

Medical Personnel

Embassy Health Unit (8a.m. - 4.30p.m.)
Embassy Health Unit Cellphone No. 24 Hours
Irene Miller, FSPA
Margaret Odoyi, RN
Office of Drs. Gibbons & Stockley (post medical advisors)
(After office hours)

Tel: 234-142
077-200-508
Tel: 221-699 (home)
Tel: 223-131 (home)
Tel: 256-003 (office)
075-756-003

- If you are injured in a traffic accident or have any severe injury or illness, are having chills and fever, or uncontrolled diarrhea, please contact the medical staff or the marine Guards, post 1, for assistance. Do Not go to the hospital without contacting one of the medical staff first. The hospitals are often closed at night and medical attention is not readily available.

HEALTH RISKS IN UGANDA

Traffic Accidents

Traffic accidents are great health risk, due to the lack of emergency medical services in the country. Please always wear a seat belt.

Diarrhea

The most common cause of traveler's diarrhea, a self-limiting illness lasting several days, is infection with E.Coli Salmonella, Shigella or Campylobacter. You are advised to avoid uncooked foods, unpeeled fruit, and tap water, including ice. Frequent hand washing with soap and running water!

Water

The tap water in Uganda is unsafe to drink (even in good hotels). Travelers should drink bottled water, or request boiled, filtered water. Do not use ice unless you know it has been made from safe water.

Food

Contaminated food is a common source of illness in Uganda. When selecting foods at restaurants, be sure the food is hot, well cooked and has a clean appearance. Uncooked vegetables and salads are best avoided. Fresh fruit is safe if the peels have been removed. Care should also be taken in eating milk products such as ice cream or unpasteurized milk.

AIDS

In Uganda, there is a high risk of acquiring HIV from unprotected sex, nonsterile injections and blood transfusions. About 20% of the local population are HIV positive and the percentages increasing in high risk groups.

Schistosomiasis

Schistosomiasis is a parasitic disease with a wide range of clinical manifestations. Flukes that use specific fresh water snail species as the host cause it. Infected snails release large numbers of minute free-swimming larvae which are capable of penetrating the unbroken skin of the human host. Even BRIEF exposures to contaminated water can result in infection. The greatest risk is wading or swimming in fresh water areas where snails are present. Bathing in contaminated water can also transmit infection. Human schistosomiasis cannot be acquired by wading or swimming in salt water or in adequately chlorinated swimming pools.

Rabies

Do not pet or feed any stray cat or dog. If scratched or bitten, wash immediately with copious amounts of soap and running water. Even if already immunised you need additional post exposure treatment on days 0 and 3.

Malaria Prophylaxis/Prevention

Malaria is a constant threat in Uganda, and all travelers should take precautions to prevent contracting this life threatening disease. The most important preventive treatment is the taking of malaria prophylaxis medications. These medications should be started before entering a malaria area. The choices are as follows:

1. **Mefloquine (Larium)**

This is the drug of choice for travelers to Uganda (92%) effective. The tablets are taken once a week, and continued for four weeks after returning to a non-malarial area.

2. **Doxycycline**

This is a tetracycline drug, taken once a day, and continued for four weeks after leaving a malarial area. It is very safe, but those taking it should be diligent in the use of sunscreens due to occasional photosensitivity from the drug. It must be taken with food, and makes women more susceptible to yeast infections. It cannot be used by pregnant women or children under 8 years of age.

2. **Paludrine/Chloroquine Combination**

This combination is generally well tolerated, but provides only about 65% protection. These drugs are considered safe in pregnancy and for children. Paludrine is taken daily and chloroquine weekly. It should be continued for four weeks after returning to a non-malarial area.

Prevention of Mosquito bites is most essential, since no prophylaxis is 100% effective.

Other Protective measures:

1. Remain in well-screened areas at night.
2. Use mosquito nets enclosing the bed while sleeping.
3. Use insect repellents containing deet.
4. Spray clothing with pyrethrum repellent.
5. Wear long sleeves, and long pants after dusk.
6. Use a flying insect spray containing pyrethrum in living and sleeping areas.

MEDICAL SERVICES
KAMPALA, UGANDA

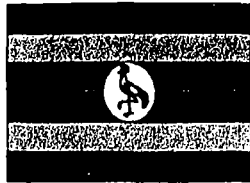
<u>DOCTORS</u>	<u>OFFICE</u>	<u>AFTER HRS</u>
Dr. R. Stockley, General Practice	256-003	075-756-003
Dr. E. R. Gibbons, General Practice	256-003	075-756-003
Dr. I. Clark, General Practice	241-291	075-741-291
Dr. S. J. Mattas, Ophthalmologist (Mengo Hospital Eye Clinic)	270-222	-
Dr. Pius Okongo, Ob/Gyn (Private practice)	230-612	
Dr. Shirazi, Orthopedist (private practice) (Mulago Hospital Clinic)	231-254 531-817	075-731-254

<u>DENTISTS</u>	<u>OFFICE</u>	<u>AFTER HRS</u>
Dr. Paul Alicker	254-858	-

<u>HOSPITALS</u>	<u>OFFICE</u>	<u>AFTER HRS</u>
Nsambya Hospital	267-012	-
Dr. Paul Kizza, Superintendent	266-998	-
Kevin Bonner, Pharmacist	266-998	-
Kololo Hospital	231-935	
Dr. Magara, Superintendent		

<u>X-RAYS</u>	<u>OFFICE</u>	<u>AFTER HRS</u>
Pan World Center	245-644/5	-
KADIC Family Clinic	530-046	-

<u>PHARMACIES</u>	<u>PHONE</u>	<u>LOCATION</u>
Exemphar Pharmacy	250-644/5	by Curry Pot Kampala Rd.
Victoria Pharmacy	243-663/235-498	Parliament Avenue
Star Pharmacy	232-863/245-173	Kiira Road
Lily Pharmacy	258-704	U.C.B. Building
Equator Pharmacy Ltd.	242-487	Johnstone Street



UGANDA

The Pearl of Africa



GEOGRAPHY

Uganda is a land-locked country on the northern shore of Lake Victoria in the center of Africa. The country is bordered by Sudan, Kenya, Tanzania, Rwanda and Zaire. The land varies from semi-desert in the north-east, to the lush and fertile shores of Lake Victoria, to the Ruwenzori Mountains in the west, and the beautiful, mountainous south-west. The equator runs through Uganda, but the equatorial heat is tempered by the altitude which averages over 3,500 feet above sea level.

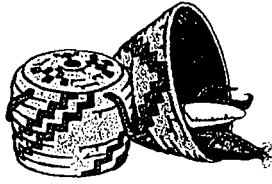
PEOPLE

Uganda has a population of over 14 million people made up of a complex and diverse range of tribes. Lake Kyoga forms the northern boundary for the Bantu-speaking peoples who dominate much of east, central and Southern Africa, and, in Uganda, include the Bagandans and a number of other tribes. The Baganda people are the largest group in Uganda making up approximately 16% of the total. The Nilotic-speaking peoples, the Lango (near Lake Kyoga) and Acholi (near the Sudan border), live in the north. To the east are the Teso and Karamohong who are related to the Masai and also speak Nilotic languages. There are Pygmies who live in the forests of the south-west. Prior to their expulsion in 1972 the Asians comprised about 2% of the population.

THE CITY OF KAMPALA

The name Kampala came from a Bantu word Mpala meaning a type of antelope which, it is said, the Buganda chiefs used to keep on the slope of a hill near Mengo Palace. The name Hill of the Mpala was given specifically to the hill on which Captain Fredrick Lord Lugard, a British Administrator, established his fort in December 1890. At the fort, which was also an administrative post, Lugard hoisted the Imperial British East African Company flag in 1890. The fort at Kampala Hill (now known as Old Kampala Hill) attracted several hundred people and a small town developed.

Kampala grew and the town spread over the surrounding hills until it became known, like the city of Rome, to be built on seven hills. These historical hills are Rubaga, Namirembe (Mengo), Makerere, Kololo, Kibuli, Kampala and Mulago. On top of three of these hills - Rubaga, Namirembe and Kibuli - places of worship were built - Catholic, Protestant and Muslim respectively. In 1906 Kampala was declared a township. The railway joining Kampala with the coast reached Kampala in 1915. The city continued to grow and now covers 23 hills over an area of 100 square miles.



PLACES OF INTEREST IN THE KAMPALA AREA

Kasubi Tombs are situated a few kilometers out of Kampala on Nabulagala Hill on the Kampala-Hoima Road. They are the site of the tombs of the Kings known as the Kabakas of Buganda. The tombs are open from 0900 to 1800 throughout the week and there is a small charge. The largest building, which is the tomb house, is called Muzibu-Azaala-Mpanga. It is a large thatched round house which reflects traditional Ganda architecture. Just outside the main tomb to the right is a small cannon which was presented to the Kabaka Muteesa I as a gift by Grant and Speke in 1862. Be prepared to remove your shoes when you enter the tomb. The descendants of the wives of the Kabakas live in huts around the main tomb and look after it. They are usually inside making mats. Visitors are expected to leave a tip for them in the small bowls provided.

The Uganda Museum is located on the edge of the Kitante Valley with an entrance on Kamwokya Road. Displays include a number of items from archaeological sites from around the country. There is also a collection of musical instruments including many drums.

Nommo Gallery is sandwiched between the Nakasero Presidential Lodge and UNDP Village. Art work by local artists and other artists from East Africa is displayed. The gallery has a gift shop selling artworks and crafts.

The National Theatre and the African Craft Village behind it. The National Theatre is located on Dewinton Avenue. It was built in the 1950s and first opened in 1959. There is something presented most weekends - dances, drama and music. The African Craft Village behind the Theatre has a good selection of crafts and curios from all over the country.

Religious Buildings include the Kibuli Mosque dominating Kibuli Hill on the other side of the railway station from Nakasero Hill; the huge Roman Catholic Rubaga Cathedral on Rubaga Hill; The Anglican Namirembe Cathedral where the congregation is called to worship by the beating of drums; the enormous Sikh Temple right in the center of the city; the Baha'i Temple at Kanyana. It is the only Temple of the Bahai religion that is found in Africa. From the temple itself there are wonderful views of the city of Kampala and the surrounding countryside.

Kisingiri House is home to three tortoises estimated to be about 200 years old. They were carried back from Mauritius by King Mwanga when he returned from exile in the 1890s. Kisingiri House is located in Mengo just outside Kampala.

The Independence Monument is mounted against the white wall between The Sheraton, Speke and Grand-Imperial Hotels.

The Parliament Buildings complex is located on Parliament Avenue. The archway at the entrance is the symbol of Uganda's independence and on it there are often perched what must be one of the world's ugliest birds -- the marabou stork. On the metal gates at the entrance are the emblems of the original districts of Uganda. Inside, at the entrance to the main Chambers (which is as far as visitors can go) are engravings representing the different modes of life in all the districts.

Gallery Cafe is eight kilometers from the city center on the Kibuye - Nateete Road. In addition to serving excellent food the Gallery Cafe has an exhibition area showing the work of local and East African artists. There is a small, but well-stocked crafts shop. Closed on Mondays.

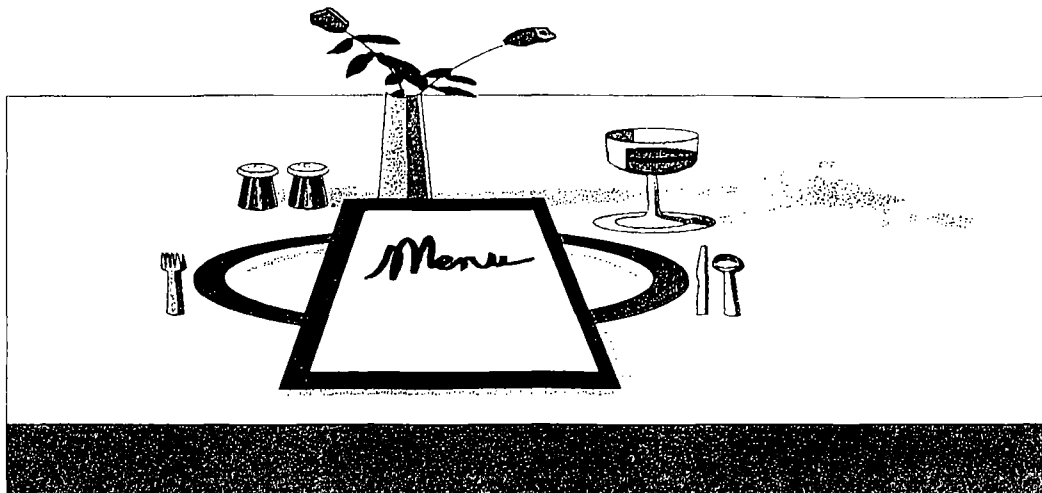
Botanical Gardens are outside of Kampala at Entebbe. They are well worth a half day visit. The gardens are situated along the side of Lake Victoria (The second largest Fresh water lake in the world. Lake Superior in the USA is first.) between the Sailing Club and the center of Entebbe town. They were laid out in 1901. The Entebbe Wildlife Education Centre is nearby. It started as a small animal orphanage and gradually developed into a zoo.

Source of the Nile at Jinja is 80 kms from Kampala. The source of the Nile was actually at the site of the Rippon Falls. These were submerged during the construction of the Owen Falls Dam. However, ripples from the submerged Rippon Falls can still be seen from the picnic area. The picnic area is a well-maintained grassy area with shade trees. There are many birds. There is a plaque marking the spot where the Nile begins its journey through Uganda, Sudan and Egypt.

Bujagali Falls is downstream from the Owen Falls Dam. They can be reached by crossing the Owen Falls Dam (coming from Kampala) and turning northwards at the Kyabazinga roundabout. It is a beautiful area without one kilometer of raging water. There is a legend that says that the ghost of a man called Mr. Bujagali sometimes sits on the river on a bark cloth mat.

Uganda Equator is a one hour's drive southwest on the Masaka Road on the way to Lake Nabugabo. A good place for photos, there are also gift shops and refreshment stands. Along the way you will find local market stalls with fruit, baskets, mats, stools, drums and loofah sponges.

In 1862, John Hanning Speke was the first European to see the source of the Nile. He described the moment like this: "Most beautiful was the scene, nothing could surpass it! It was the very perfection of the kind of effect aimed at in a highly-kept park; with a magnificent stream from 600 to 700 yards wide, dotted with islets and rocks the former occupied by fishermen's huts, the latter by terns and crocodiles basking in the sun, flowing between fine high grassy banks, with rich trees and plantains in the background. The expedition had now performed its functions; old Father Nile without any doubt rises in the Victoria Nyanza."



Restaurants in Kampala

City Center

Fang Fang Restaurant

Located on 3rd Floor of Greenland Bank Building on Kampala Road. Excellent Chinese food. Open for lunch and dinner. TEL: 244806

Shanghai Restaurant

Across the street from the Sheraton Hotel in the Uganda Club buildings. Well-prepared and presented Chinese food. Indoor and balcony dining. TEL: 236213

Haandi Indian Restaurant

Located in Equatoria Hotel near main lobby entrance. Excellent Indian food. Book for weekends and for large groups. Service is leisurely. Open for lunch and dinner. TEL: 250780/9 Ext. 806.

TRATTORIA RESTAURANT

Authentic Italian and continental, satisfying food and service. Located in Equatoria Hotel on lower level by the swimming pool. TEL: 250780 Ext. 859

DOMINOS PIZZA

An American pizza clone. While not the real thing, close enough to satisfy a craving. Delivery available; small eat-in area. Corner of Entebbe and Kampala Road near Barclay's Bank. TEL: 251513

Sam's Restaurant

Continental and Tandoori, open for breakfast, lunch, teatime and dinner. Opposite Sure House at 78 Kampala Road. Good variety to satisfy a crowd. Pleasant outdoor dining. TEL: 251694.

Maharaja Restaurant

Indian and western food. Located in the Speke Hotel in downtown Kampala. Well-prepared food. Extensive menu. Indoor and outdoor dining. TEL: 254553.

Kisementi Area

Catch the lunch crowd or the night life at the following places in this shopping center located just off Acacia Avenue in Kololo.

CROCODILE RESTAURANT

Indoors or out, you'll like the continental food and the excellent service. Try the ice cream for tea time. Closed Mondays. TEL: 254596.

7 Cooper Road Continental with pleasant bar or outdoor seating. Limited vegetarian food, open for lunch and dinner. Closed Sundays. TEL: 235134

Just Kicking Sports Bar

Relax and hear a good one, or tell your own.

(View sample menus in the Hotel Hospitality Room)



Shopping in Kampala

Uganda Crafts is a cooperative of handicapped workers which has a good selection of local crafts. They also have a small section of “antique” carvings, weavings and artifacts from the region. Uganda Crafts, which also has a small outdoor eating area serving a local lunch, is located on Bomba Road, north of the Luisun Italian Deli.

Crafts Market at the National Theatre. This market is located behind the National Theatre (and near the Masala Chaat House Restaurant). This large market has local and imported wares from the region. You can sign this cooperative’s visitor’s book at shop number 30. Attractive purchases can include carved chief’s chairs which disassemble for packing. You’ll find batiks, jewelry, baskets, carvings, soapstone, etc.

The Gallery Cafe is located a few kilometers off the Kibuye Roundabout on Masaka Road. They have traveling exhibits by Ugandan and other African artists and a small but select craft shop. Meals are both tasty and beautifully presented (try the “Death by Chocolate Brownie” presented with a passion fruit flower!). The Gallery Cafe is outside the city center in a rather out of the way spot. Allow extra time to visit.

The Nyanzi Art Gallery is on Parliament Avenue in an arcade just across the street from the British High Commission building (which also houses the American Embassy). This gallery sells works by local artists (paintings, batiks, etc.) The Gallery is next door to Parrots Cafe, another pleasant lunch spot.

Makula is located near the Embassy Admin Annex on Kasozi Road in Kololo. Watch for the pink hippo sign. Makula is a cottage industry using Ugandan woven fabric to make upscale items such as women and children’s clothing, men’s shirts and ties, table linens, lined picnic baskets, etc. They also have straw hats and bags. Makula will take special orders and ship them to you. Phone first to 245616.

RSU Textile Shop is on Kampala Road near Biplous. Look for the yellow door. You can find woven kikoi’s, table cloths and bed covers in the bright colors of Africa. The cotton is grown in Uganda and woven at the RSU Vocational Training Institute near Nakulabye Market (also an interesting place to visit). The downtown shop has some shirts and children’s dresses made from the weavings, or you can order to your specifications.

Nairobi fly

Recently there has been a scare of a 'new' skin disease that causes blisters. It is said to be caused by an insect or fly. It is not a 'new' disease, we have been seeing it in Uganda for many years. It tends to be seasonal.

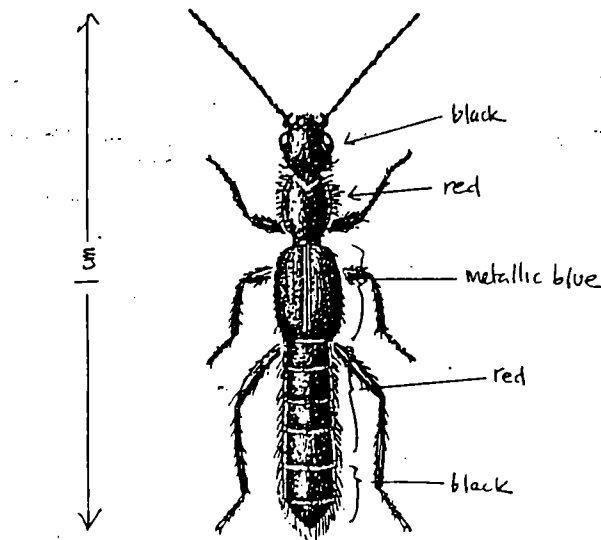
The disease, in East Africa, is called Nairobi fly or Nairobi eye. It should be called Beetle dermatitis. It is caused by an insect mistakenly called a fly. It is actually a type of red beetle and could be easily be mistaken for an ant.

The insect (beetle) does not sting or bite but contains in its body, a toxic substance known as 'cantharidin'. This substance is only released when the insect is crushed. This is usually done when an individual squeezes the insect, many times accidentally, when it creeps on the body. This tends to happen at night.

The substance (cantharidin) causes burn-like blisters on the skin which usually form in lines. This may cause itching, burning and even some pain in the affected areas of the skin. Bacteria may be introduced by scratching leading to infection and sores. Generally, however, the blister does not require antibiotic treatment.

Prevention of beetle dermatitis involves avoiding crushing the insect on the skin. If you see the insect on your body, remove it by shaking it off. Do not touch with your bare hands.

The heavy rains brought by *El Nino* have increased the population of these insects.



163. The blistering rove beetle, *Paederus sabaeus*, which causes painful irritation if crushed on the skin.

Mukisa Mpewo clay works project is in partnership and located in Kyotera Town, Rakai District. Rakai District is rich in good clay and kaolin which are used to make very beautiful traditional products. Jane Nabyonga, chairman of the project, is a member of the Uganda Small Scale Industries Association. She has made many study visits abroad, specially in Peru where she explored, for 4 years, the very rich native clay works tradition.



Le projet de poterie artisanale de Mukisa Mpewo est situé à Kyotera, district de Rakai. Rakai est riche en argile et kaolin de très bonne qualité, utilisés pour la fabrication de beaux articles de poterie traditionnelle. Jane Nabyonga, initiatrice du projet, est membre de l'Association des Petites Entreprises d'Ouganda. Elle a effectué de nombreux voyages d'étude à l'étranger, et notamment au Pérou où, pendant 4 ans, elle a exploré la très riche tradition potière indigène.

The objectives of the project are the following:

- to promote traditional art and design,
- to optimize the use of the products,
- to strengthen pottery and ceramics production in Rakai District,
- to train women and upgrade production skills,
- to create pottery as a sure income generating activity,
- to introduce and strengthen appropriate technology in order to reduce human energy and environmental degradation.

Les objectifs du projet sont:

- promouvoir l'art et le design traditionnels tout en leur donnant une utilisation plus large et mieux adaptée,
- structurer la production de poterie et de céramique dans le district de Rakai,
- former les femmes de Kyotera à de meilleures techniques de production,
- rendre cette production plus rentable et participer ainsi à l'amélioration du niveau de vie des habitants du district,
- introduire de nouveaux procédés de fabrication qui réduiront la dépense d'énergie humaine et la dégradation de l'environnement.

This self-sponsored project has been conceived and realized by women as a way to improve their social status. On behalf of Mukisa Mpewo clay works team, we sincerely thank all our clients as well as all the people who have helped us to promote our project.

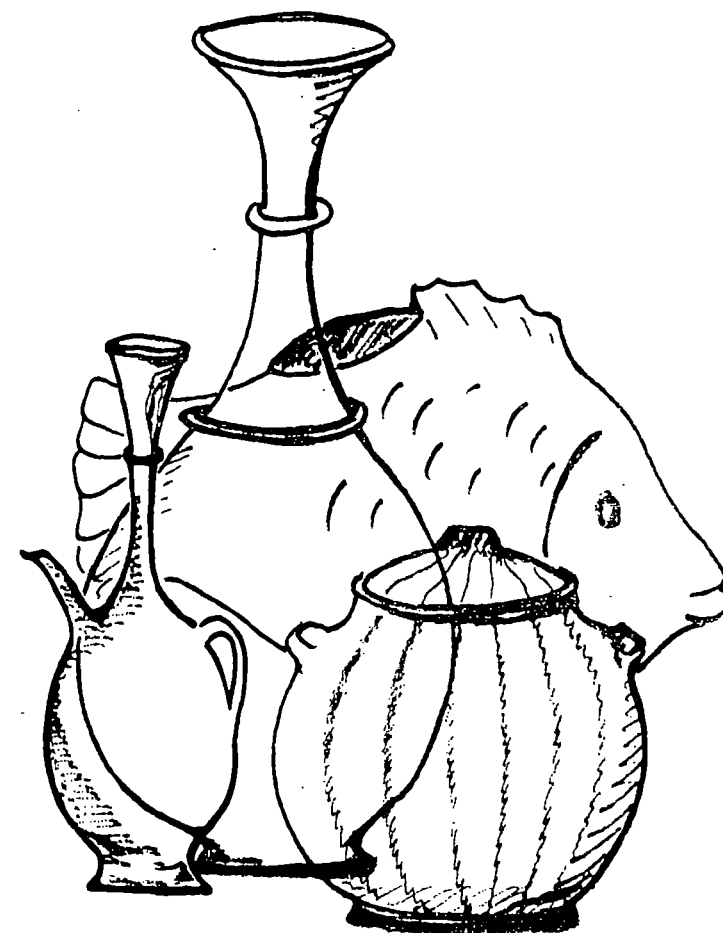
Ce projet, autofinancé, est conçu et réalisé par des femmes dans le but d'améliorer leur statut social. Nous remercions sincèrement nos clients et tous ceux qui nous aident à en assurer la promotion.

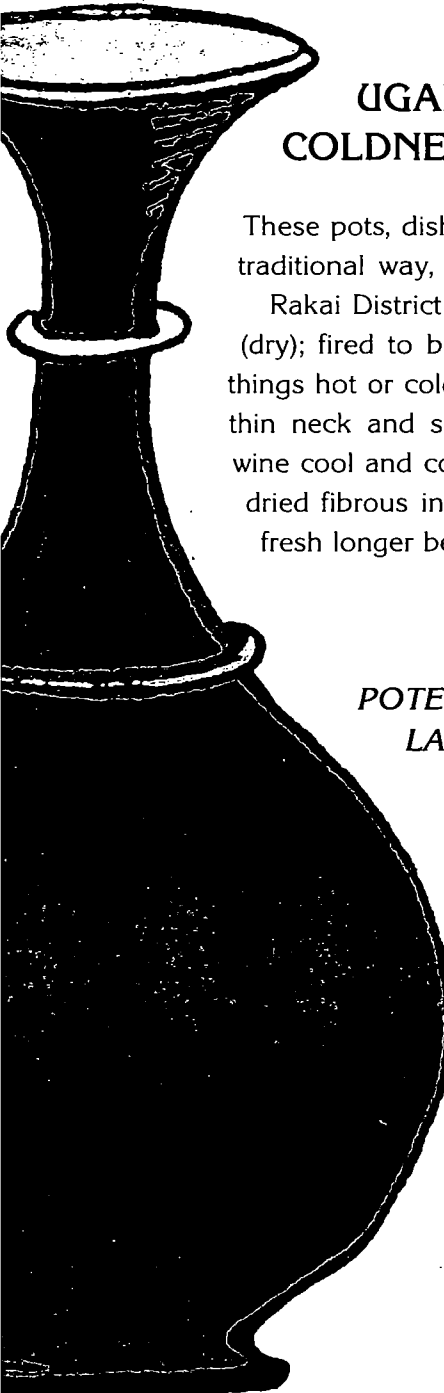
P.O. Box 138 - Kyotera, Uganda

Kampala contact - Tel. (25641) 25 78 17
Cultural Village - National Theatre - Stall n° 19

MUKISA MPEWO CLAY WORKS

POTERIE ET CERAMIQUE



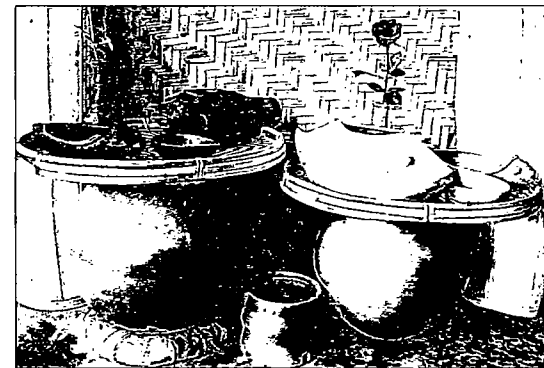
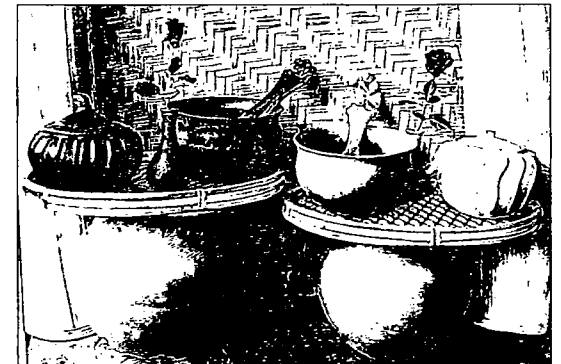
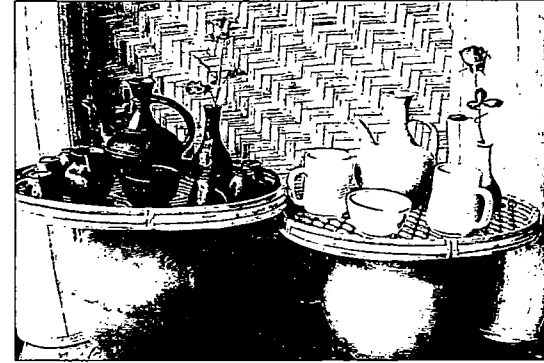


UGANDA'S TRADITIONAL CLAYPRODUCTS FOR COLDNESS, HOTNESS AND THE BEST TASTE

These pots, dishes, plates, cups, mugs, coffee or tea pots and flower vases are all made in the traditional way, by hand using only traditional tools with normal, best quality clay from the Rakai District of Southwest Uganda. They are first shaped and moulded in the "green" level (dry); fired to biscuit; and re-fired using a special technique. The finished pots will keep hot things hot or cold things cold for a long time. Large size pots with a big ball-shaped base, long thin neck and stopper are used as traditional refrigerators. Smaller size pots keep water or wine cool and coffee or tea hot. If the stopper is replaced by a natural "sponge" (a loofah - the dried fibrous interior of a type of gourd), this one will work as a strainer. Vases keep flowers fresh longer because the water stays cool and the flowers can breathe.

POTERIE TRADITIONNELLE EN OUGANDA POUR GARDER LA CHALEUR, LA FRAICHEUR ET LA MEILLEURE SAVEUR

Ces pots, plats, assiettes, tasses, cafetières, théières et vases sont tous fabriqués à la main, selon des procédés traditionnels, utilisant des outils traditionnels et de l'argile de première qualité provenant du district de Rakai dans le sud-ouest de l'Ouganda. Ils sont d'abord modelés, puis séchés, cuits une première fois au niveau biscuit et recuits en utilisant la technique traditionnelle pour obtenir une couleur noir brillant. Ils sont donc totalement biologiques. Les pots finis gardent la chaleur ou la fraîcheur très longtemps. Les pots de grande dimension, ronds à la base, à col long et fin avec un bouchon, sont utilisés comme des réfrigérateurs traditionnels. Les pots plus petits gardent la fraîcheur de l'eau ou du vin et la chaleur du thé ou du café. Si on remplace le bouchon par une "éponge" naturelle (un "loufah", qui est la partie interne fibreuse séchée d'une sorte de courge), celle-ci joue le rôle de passoire fine. Les vases gardent les fleurs fraîches plus longtemps puisque l'eau reste fraîche, permettant ainsi aux fleurs de respirer.



The most Exciting River trip on Earth



Discover Uganda's best kept secret. More than four thousand miles in length, the mighty Nile is the longest river on the planet. It roars to life as the White Nile (also known as the Victoria Nile) minutes after slipping quietly from Lake Victoria. Huge standing waves leap for the clear blue skies and rock walls vibrate from the power of the thundering rapids. For generations Acholi tribesman have leapt bravely from slippery rocks to secure the hands of the prettiest maidens. Explorers from Herodotus to Speke have sought to chart its course but no-one has dared to challenge the rapids. Be among the first to experience the breathtaking thrill and excitement of rafting the Nile.

*...give us one day,
we will give you the ride of your life*

World-wide River Journeys

Adrift offer canoe and raft journeys on the planet's finest wild rivers, in places as exotic as the rivers are free. Ask about our amazing 1-21 day challenges in Zambia/Zimbabwe (Zambezi river), Ethiopia (Omo river), Nepal (Sun Kosi and Karnali rivers), Ecuador (Rio Upano), Turkey (Coruh river) and on the White Nile in Murchison Falls National Park. Call for an International Brochure.



Explore your imagination

Your Agent:

Adrift (U) Ltd
P.O. Box 8643, Kampala
UGANDA
Tel: +256 (0)41 268 670
Fax: +256 (0)41 268 670
Back-up fax: +256 (0)41 341 245
Celtel: +256 (0)75 707 668
E-mail: adrift@starcom.co.ug
Web site: <http://www.adrift.co.ug/>

Adrift enjoys a world-wide reputation for safety and excellence. In the unlikely event of an emergency, our guides are comprehensively trained in Wilderness First Aid, CPR and Swift water rescue.



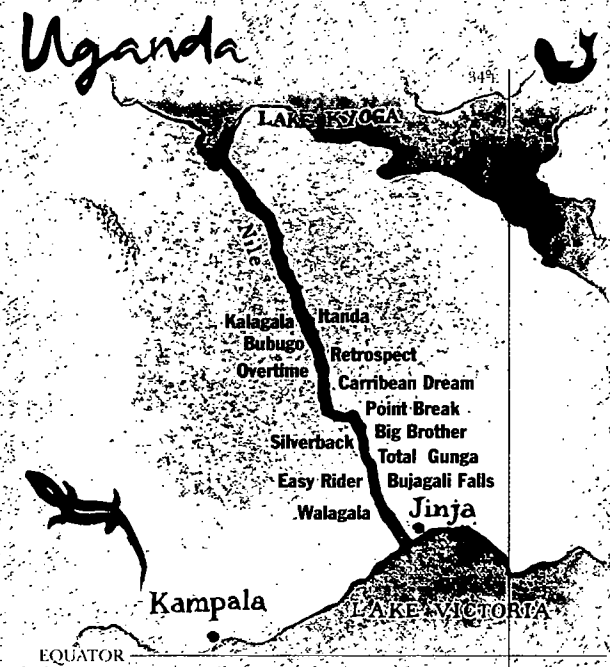


One and Two day whitewater rafting. Rafting float trips

The White Nile is up to seven times the volume of the Zambezi. It thunders between heavily forested islands and then leaps wildly into a series of spectacular drops. The roar of rapids drift upstream with the gentle breeze and wooden canoes laden with excited locals congregate in the calm waters anxious to see our rafts in action. To the amazement of our audience we plunge into the maelstrom and ride the mountainous waves downstream. Our rafts explode through huge walls of whitewater and drift through warm green pools in the equatorial sunshine. This is whitewater rafting at it's very best.

Multi-day rafting and canoeing in Murchison Falls National Park

Adrift closed the final chapter on the exploration of the Nile with an historic first descent of the Victoria Nile in July 1996. For over fifteen years our guides have explored every part of the globe in search of the ultimate whitewater challenge. Enjoy the thrill and exhilaration of whitewater rafting in the security of knowing that you are in the safest hands. Our depth of experience is second to none and our safety procedures are setting standards for the rest of the industry to follow. Each raft is captained by an internationally experienced guide and you will be instructed comprehensively on all aspects of your adventure before you begin. You need no previous rafting experience and have the option to paddle as part of a team or ride in an oar raft where the guide rows the boat. For the more adventurous, paddle rafting on the Nile is probably the most exciting thing you will ever do.



Your price includes transportation from Kampala, a hearty lunch on a beautiful island, all rafting and safety equipment. You need to bring along a swimsuit, river sandals or trainers, a change of clothes, sunscreen and a smile. The river is very warm but in the wet season a light nylon jacket and thermal top is recommended to counter cooler air temperatures.

*If there is magic on this planet,
it is contained in water*
Loren Eisley

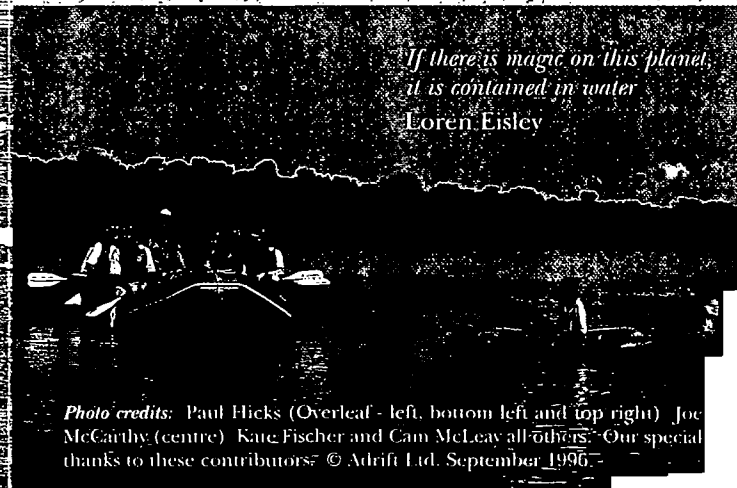
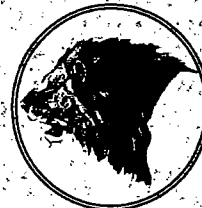


Photo credits: Paul Hicks (Overleaf - left, bottom left and top right) Joe McCarthy (centre) Kate Fischer and Cam McLeay all others. Our special thanks to these contributors. © Adrift Ltd. September 1996

The open fronted lodge allows a panoramic vista of hills as well as game and bird viewing along the Sambiya River and the adjacent grass covered flood plain.

For most of the year the Park is hot by day (a swimming pool offers a break from those hot African days) but cool at night. Floodlights illuminate the river area after dark so that one can see as well as listen to the sounds of the African night before retiring.



Sambiya

River Lodge & Tented Camp



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MURCHISON FALLS NATIONAL PARK
 UGANDA



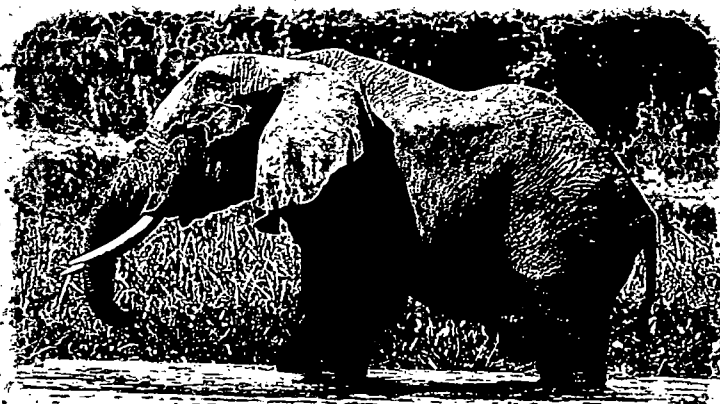
The Sambiya River Lodge, only 20 minutes from the top of the Falls, is centrally located in the famous Murchison Falls National Park. It is the perfect location for those who want to experience the unique ambiance of Africa. The surrounding leopard country is a mixture of savannah plain and riverine

forest that supports a variety of wildlife, untouched by mass tourism. The Park offers stupendous views of the dramatic waterfalls of the Nile River which plunge 45 meters through a narrow 6 meter canyon of boulders.

Sambiya River Lodge's unique charm is in the atmosphere of intimacy provided to the guests. The twenty thatched cottages include either one or two bedrooms with twin or double beds. Each of the 26 bedrooms has its own private bathroom facilities as well as a verandah from which guests can relax and enjoy the tranquility of Africa. Service is friendly and unobtrusive. The staff are proud of their skills and are pleased to be of service. Sambiya River Lodge looks forward to welcoming you for a magical African adventure!

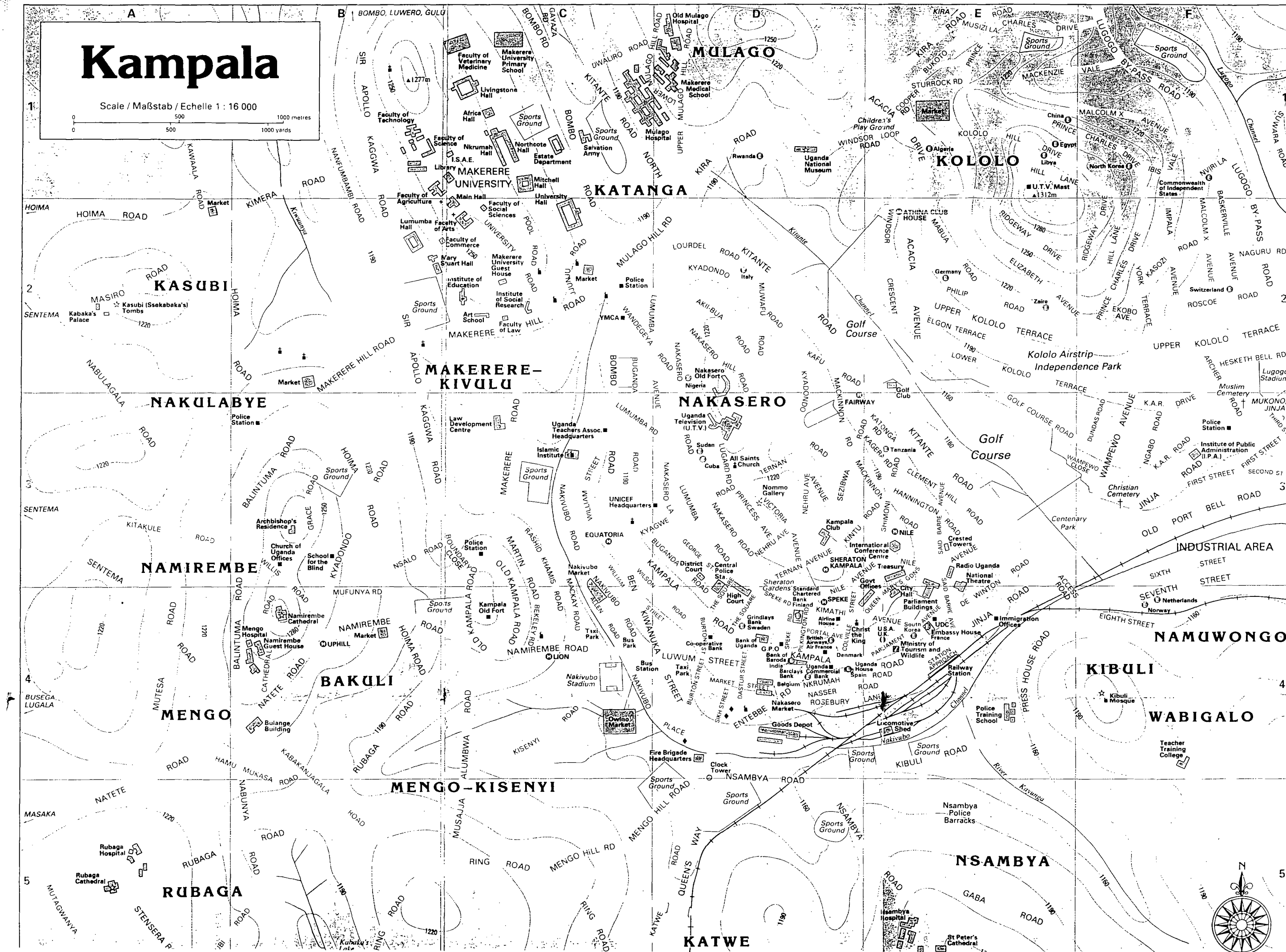


Make sure you allow enough time with us to make the most of your safari and experience the uniqueness of Murchison Falls National Park. The lodge can provide you with a comfortable four wheel drive vehicle to explore the area. Travel across the Nile to the North Bank for a game drive through the rare Borassus palm forest and across rolling savannah as well as visiting the dramatic Nyamsika Plateau view point. Take a cruise on the Nile to the renowned Falls and view the abundance of hippo, crocodile, Cape buffalo, elephant and rare species of birds, including the shoebill stork. Track chimpanzees on foot in the Robongo and Pabidi Forests or arrange a fishing expedition to the Nile.



Kampala

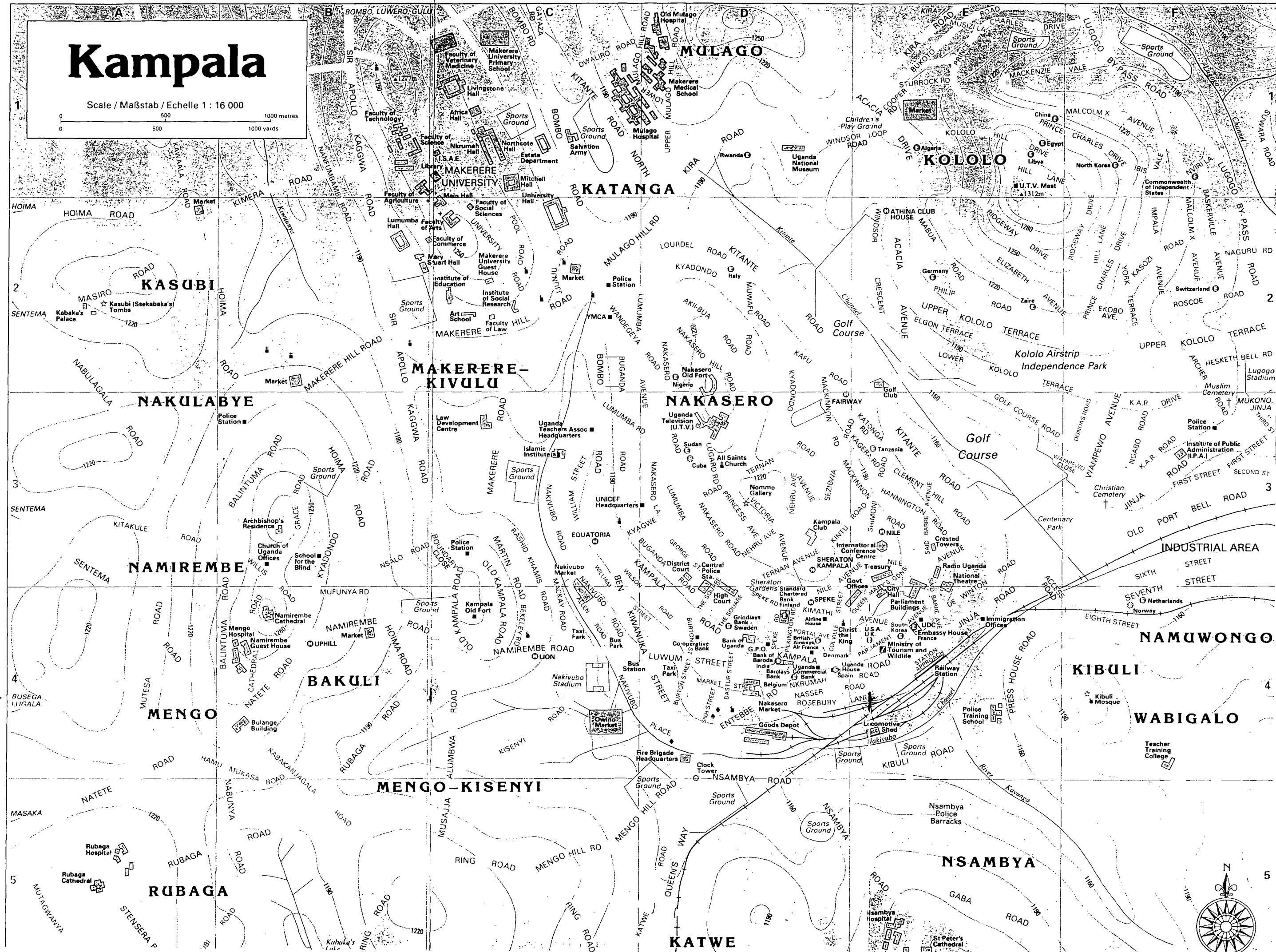
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Kampala

Scale / Maßstab / Echelle 1 : 16 000

0 500 1000 metres
0 500 1000 yards



DM Dry Cleaners & Coin Laundry

Manager: Raymond Wamala
Address: Plot 72 Kampala Rd (junction of Bomba Rd)
Telephone: 230-378
Hours of Operation: Monday thru Saturday 7:30 am to 7:30 pm
Sundays 9:00 am to 4:00 pm.

Coin Laundry

How much? You have to buy tokens from the manager; it cost 4,000 sh per machine, each coin is worth 2,000sh.

How many machines? 25 total, 14 washing machines, 11 dryers.

How long per machine? Washing normally 30 mins, Drying normally 20 mins.

Ironing

10 Shirts 6,000 sh or 500sh per shirt.
8 Trousers 8,000sh or 1,000 per trouser
700sh per bulk

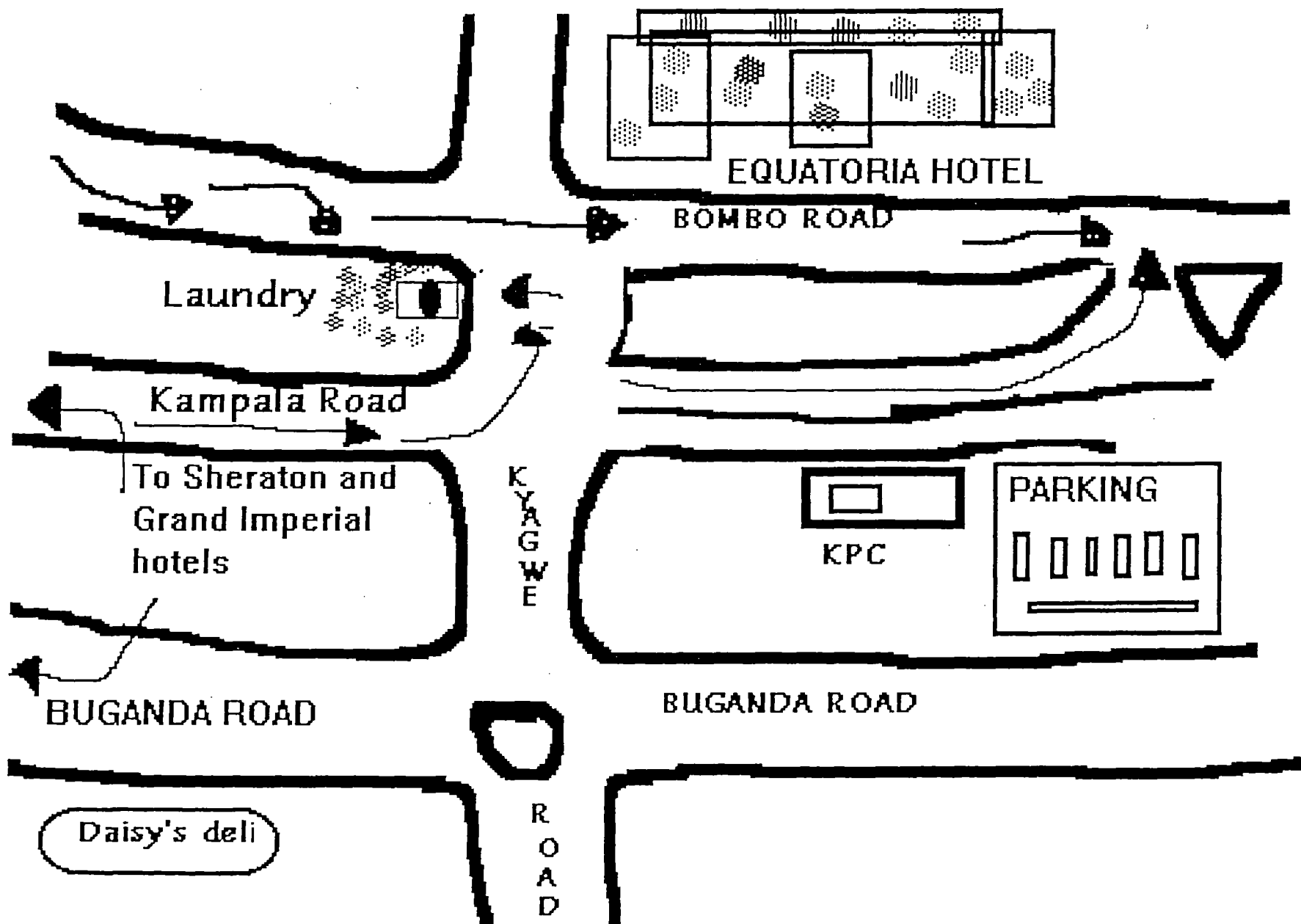
The manager will guarantee return by the end of each working day.

Dry Cleaning

Suit 9000sh	Trousers 3,000sh
Skirts plain 4,000sh	Dresses plain 6,000sh
Skirts pleats 8,000sh	Dresses pleat 10,000sh
Suit jacket 4,500sh	

The manager will guarantee return by the end of each working day.

D&M Laundry Services
Plot 57, Kampala Road



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Vice President	Kazibwe, Wandira Specioza, <i>M</i>
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First Dep. Prime Min.	Kategaya, Eriya
Second Dep. Prime Min.	Ali, Moses
Third Dep. Prime Min., Min. of Disaster Preparedness & Refugees	Etiang, Paul Orono
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