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Indian Delegation Visits Uganda Over HIV/Aids

February 17, 1999

Kampala - An Indian delegation is in the country to study how Uganda has managed to reduce the rate of HIV infection. The delegation, led by the minister of health in the Indian state of Andhra Pradesh, Janardhan Reddy, includes 12 health professionals researching on Aids in India.

They want to learn from their Uganda counterparts. The Uganda Aids Commission Researcher, Prof. John Rwomushana, said Uganda has reduced the infection rate due to multi-sectoral approach.

"We have encouraged social, medical, religious, cultural and political interventions to reduce the infection rate," he said. He said researchers were able to commit the politicians to turn the Aids programme into a government policy and enabled Ugandans be sensitised.

The Indian high Commissioner, Mr. B. S. Prakash, said Uganda is in consultation with their Indian counterparts to facilitate cooperation within the health sector.

He said Uganda imports 70% of her drugs from India. The team includes Prof. Hira Subhash.

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New HIV Drugs Here

March 6, 1999

Kampala - The first batch of drugs for the prevention of vertical (mother to child) HIV transmission has arrived in Uganda. A UNICEF source said the drugs had arrived but did not name them nor say the quantities.

The commissioner for disease control, Dr. Elizabeth Madraa, last month said HIV positive mothers would get the treatment free.

She, however, said the beneficiaries have to accept to be tested and counselled, and not to get any more babies. This followed an announcement by the United Nations AIDS agency, UNAIDS, that an inexpensive course of drugs can reduce vertical HIV transmission by 50% when given to mothers for five weeks beginning one month before delivery. A subcommittee for the prevention of mother to child transmission yesterday afternoon met for three hours in Kampala but the participants were tight-lipped about the arrival of the drugs.

The chairman of the subcommittee, Prof. Francis Miro said the preparations "are moving on well," but denied that the drugs have arrived.

He said the first beneficiaries would be getting the treatment by mid this year. Professor Miro said, "We are preparing the grounds. We agreed (in the meeting) that the preparations must start now. We have to start sensitising our people."

Another source who attended the meeting said a "big meeting" on the project has been planned for next Friday. Professor Miro said lamivudine (3TC) and zidovudine (AZT), will be given to the mothers starting "very late pregnancy," and continued for one week after delivery. The drugs may save the baby from being infected, but the mother remains HIV positive. Thousands of children get the HIV virus from their mothers at birth.

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YOUNG TALK



Write to **Young Talk** if you have a question and your questions will be answered.

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young talk

Vol. 1 No.2 MARCH 1998

Get Copies For Your School

What teachers, pupils say

We thank you for publishing **Young Talk**. We hope it will be of much use not only for primary pupils and their teachers, but also to parents, L.E.S. and health workers.

Libollo Kithaganda and Ndyababo Christopher Mbarara

Young Talk is the first paper to give a chance to adolescent pupils to express themselves. Answers to their questions interested most pupils. **Young Talk** should be for P4, P5 pupils as well because most of them are already adolescents.

Musika Wamai, teacher, Kasana Jmea P/S, Luwero

I request **Young Talk** to keep me informed about issues concerning my health, my studies and my family. I would like to be advised on what to do as I grow up.

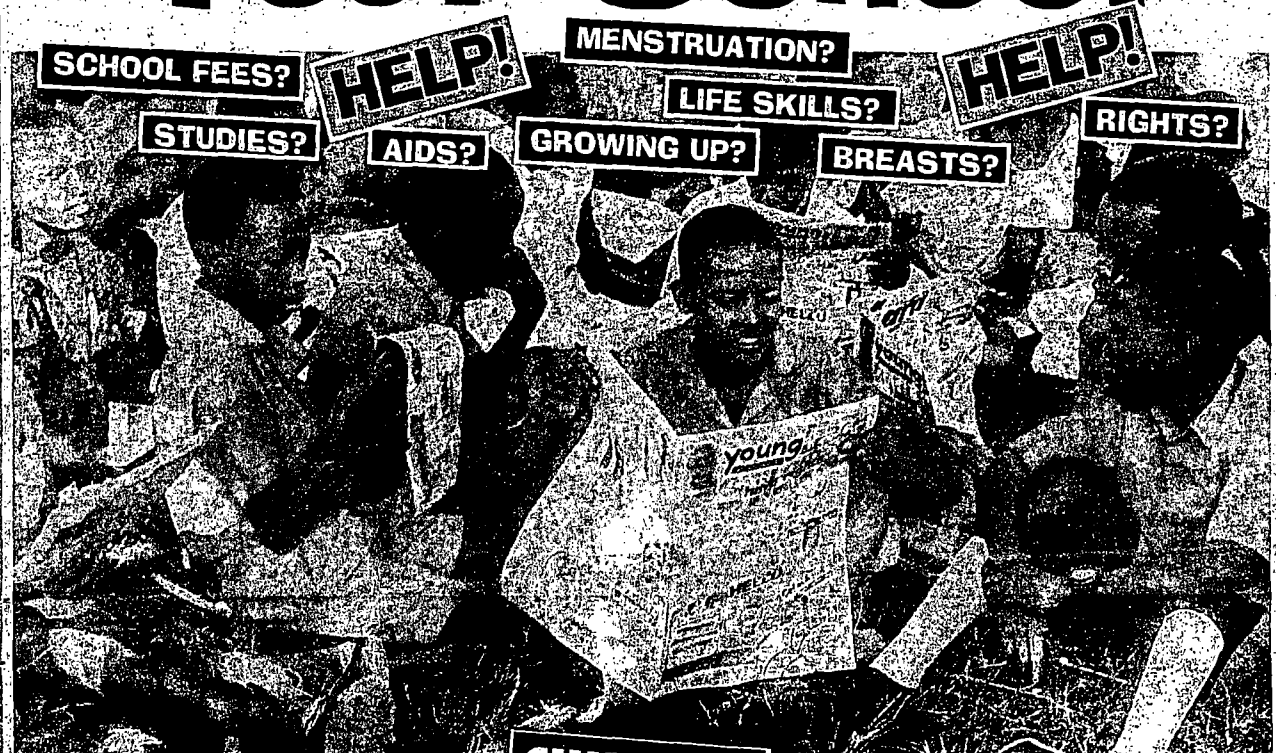
ackline Kagame 2, P6 Madvini P/S, Jinja

I liked the questions about children's physical changes.

akiwolo rothy Musisi, headmistress, Luwero Boys P/S



Kenneth Wacha, 13, P6 at Ireda P/S, Lira, wants to be a Bishop



CHILDREN HAVE RIGHTS

KEY MESSAGES FOR YOUNG ADOLESCENTS

Asking for help is wise

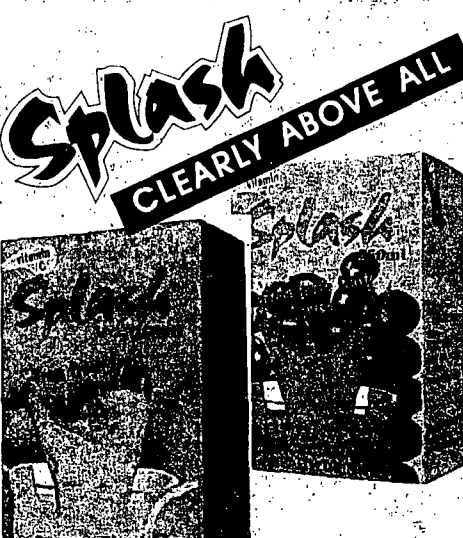
- If you have a problem ask for help
- People who can help you include parents, teachers, friends, health workers and religious leaders
- Children may also be able to help someone who has a problem.

Children's rights are just like your basic needs. Children need food, education, medical treatment, love, care, playing. You also need to be protected from bad things that make you unhappy like wars, diseases. Your needs are your rights.

But children's rights don't mean that you have the freedom to do whatever you want without parental guidance or correction.

Know your rights and be a responsible child.

Pupils of **Luwero Town Council P/S** reading **Young Talk** during the launch of the paper in Luwero on February 25. **Young Talk** is for P5, 6 and 7 pupils as part of health education or a co-curricular activity.



Splash
CLEARLY ABOVE ALL

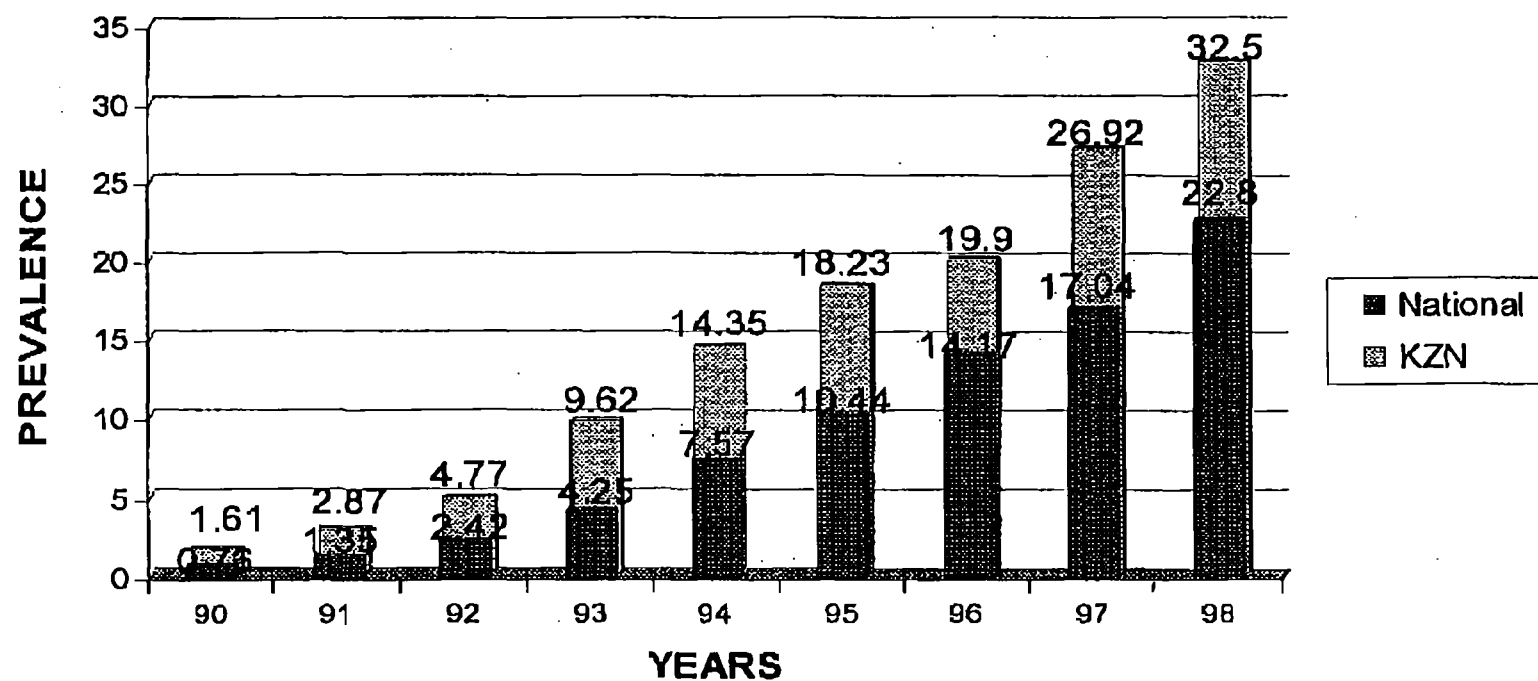
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NATIONAL & KZN HIV PREVALENCE ANTENATAL CLINICS



Professor A.N.Smith, Department of Virology, University of Natal

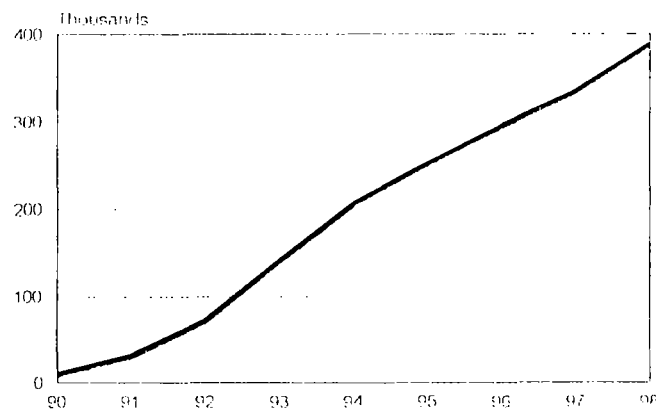
AIDS Information Centre Uganda 1990-1998

Trends in Service Delivery, Utilization and Outcomes

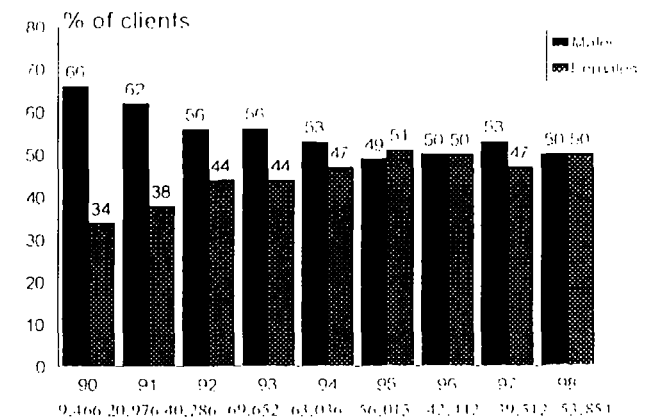
The AIDS Epidemic in Uganda

- AIDS or "slim" first recognized as a possible new disease in Uganda in 1982
- By the end of 1997, UNAIDS estimated that 1,800,000 Ugandans have already died with AIDS, out of a population of 20 million
- Currently, UNAIDS estimates that 9.5% of Uganda's adults are HIV infected
- UNAIDS now estimates that over 870,000 adults and over 65,000 children are living with HIV in Uganda

Cumulative Demand for VCT at AIC



VCT Demand by Gender at AIC

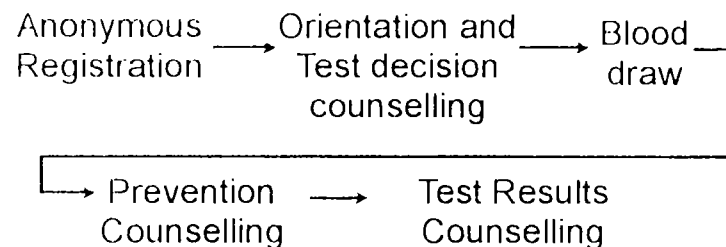


Services Now Offered at AIC

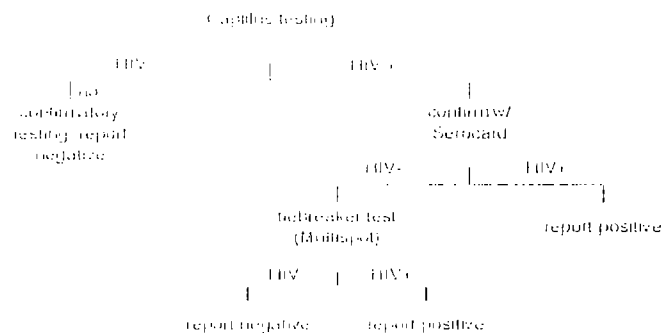
- Syphilis treatment if RPR+, counseling for partner notification
- Syndromic management of other STDs
- Free condoms offered to every client
- FP education in every counseling session
- FP services provided when desired
- TB information and referral
- Post Test Club for ongoing counseling and social support
- Couple counseling and specialized services for discordant and high risk but still negative couples
- Same day test results for both HIV and syphilis

Current Counselling Protocol for Same Day Results with Rapid HIV Tests

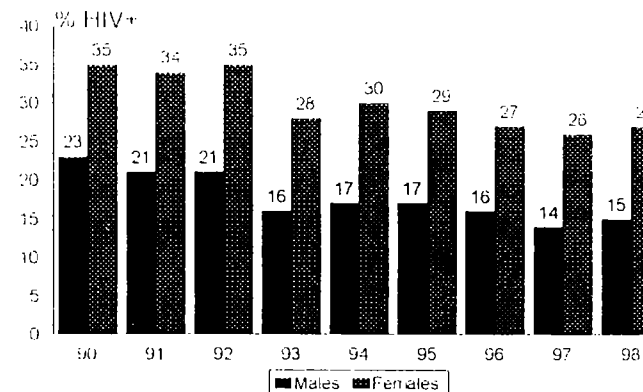
One Visit



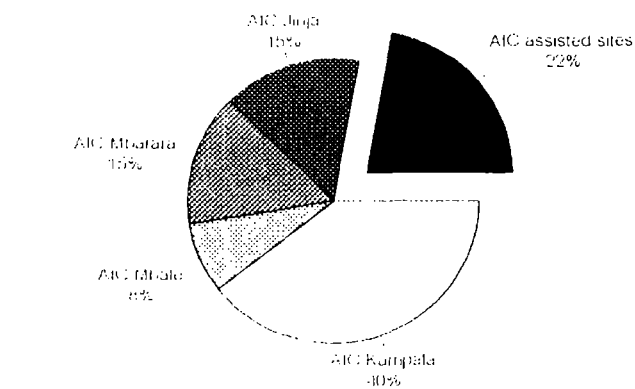
Current Testing Protocol for Same Day Results using Rapid Tests



Seropositivity among AIC clients



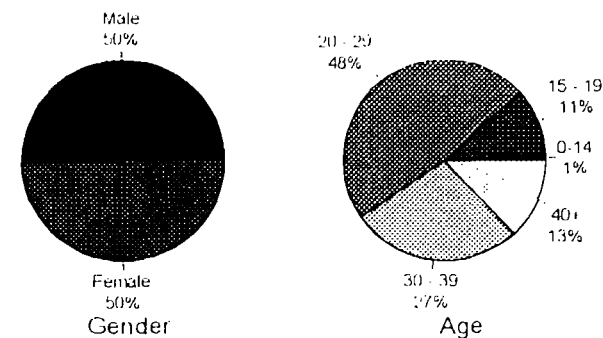
Location of VCT Clients in 1998



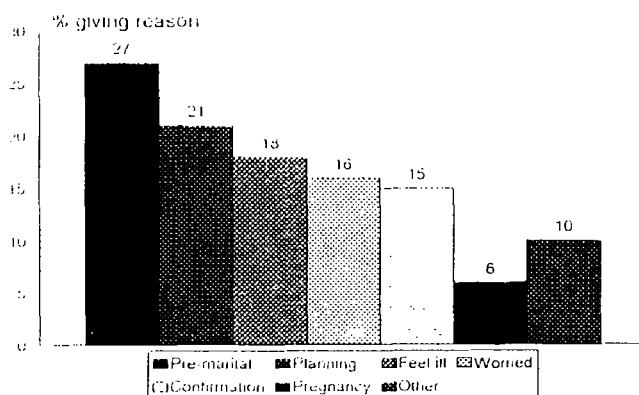
Total number = 53,854

VCT Clients Served by AIC and AIC assisted sites in 1998

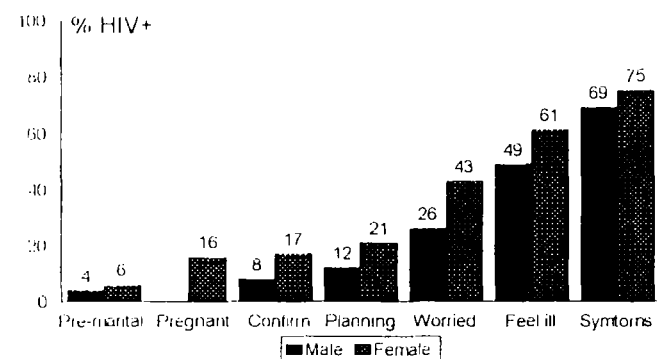
53,854 served at Forty Sites in 18 Districts



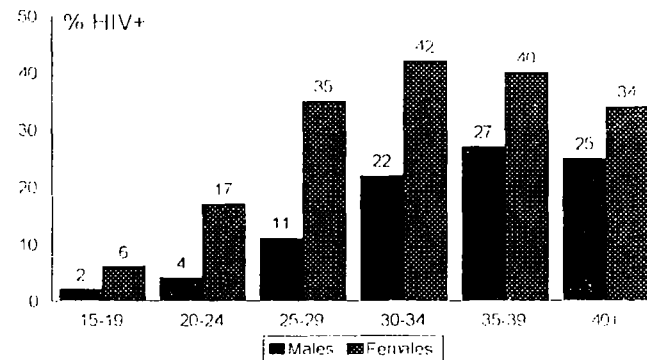
Reasons for seeking VCT, 1998



HIV Rates by Reasons for Requesting VCT -- 1998



Women who request VCT in Uganda are more likely to be HIV+ than men in all ages



source: 1998 data, the AIDS Information Centre, n=53,497

Benefits of VCT for HIV- Clients

- Encourages behaviour change based on HIV test results
- Marriage decisions
- Pregnancy decisions
- Couple counselling
- Opportunity for STD detection and treatment
- Reduction of fear, anxiety, and sense of hopelessness and futility
- Increased sense of hope, empowerment, and self-efficacy

Benefits of VCT for HIV+ Clients

- referral for AIDS care and support
- better management of opportunistic infections and other STDs
- informed decisions about marriage, pregnancy, sexual relationships
- client can inform and prepare family members and children
- TB screening; TB preventive therapy
- short course AZT treatment in pregnancy, when available
- possible reduced length of breastfeeding and/or alternate feedings
- anti-retroviral drugs if accessible, affordable

Conclusions

- VCT is an essential component of a comprehensive response to the AIDS epidemic
- Use of rapid test kits for same day results is feasible, more efficient, and is preferred by clients and counsellors
- Integrated services for VCT, FP, and STD are feasible and beneficial
- VCT is beneficial for both HIV+ and HIV- clients
- Adoption of risk reduction behaviors based on HIV test results has great personal and public health benefits

EVALUATION OF THE EFFECTIVENESS OF AIDS HEALTH EDUCATION INTERVENTIONS IN THE MUSLIM COMMUNITY IN UGANDA

Magid Kagimu, Elizabeth Marum, Fred Wabwire-Mangen,
Neema Nakyanjo, Yusuf Walakira, and Janice Hogle

In 1992 the Islamic Medical Association of Uganda designed an AIDS prevention project and conducted a baseline survey prior to community level activities. Results of that baseline were previously reported in this journal. During 2 years of prevention activities in local Muslim communities, 23 trainers educated over 3,000 religious leaders and their assistants, who in turn educated their communities on AIDS during home visits and at religious gatherings. After 2 years, there was a significant increase in correct knowledge of HIV transmission, methods of preventing HIV infection and the risk associated with ablation of the dead and unsterile circumcision ($p < 0.001$). There was a significant reduction in self-reported sexual partners among the young respondents less than 45 years. In addition there was a significant increase in self-reported condom use among males in urban areas ($p < 0.001$). Collaboration between health professionals and religious leaders can be achieved and can contribute to the success of AIDS prevention efforts.

Health education interventions to reduce risky behaviour are at present among the major strategies available to limit the spread of HIV infection (Heymann & Edstrom, 1991; Oakley, Fullerton, & Holland, 1995; Potts, Anderson, & Borly, 1991). The Islamic Medical Association of Uganda (IMAU) is a nongovernmental organization working closely with the Muslim community for health promotion. It is estimated that as many as 25% of Ugandans are Muslims. In 1992 the IMAU designed a project called Family AIDS Education and Prevention Through Imams (FAEPTI). This project was based on the assumption that in the Muslim community, the imam (mosque leader) is the usual teacher of family values and behavior, including those related to

Magid Kagimu is the chairman of the Islamic Medical Association of Uganda and lecturer, Department of Medicine, Makerere University. Elizabeth Marum is with the Centers for Disease Control and Prevention, posted to the U.S. Agency for International Development, Kampala, Uganda. Fred Wabwire-Mangen is head of the Institute of Public Health, Makerere University. Neema Nakyanjo and Yusuf Walakira are on the staff of the Islamic Medical Association of Uganda. Janice Hogle is with Family Health International. The authors express their appreciation for the work done by Rashid Munyagwa and his team at the Islamic Medical Association of Uganda, including Imam Kasozi and Hadija Miiro. They are grateful to the leadership of the Uganda Muslim Supreme Council, the Imams, and the Family AIDS Workers and their communities for their cooperation and support for carrying out this project and the evaluation. This research and this intervention project were supported by a grant from World Learning Inc. with funding from the U.S. Agency for International Development. Address correspondence to Magid Kagimu, M.D., Islamic Medical Association of Uganda, P.O. Box 2773, Kampala, Uganda.

households to educate repeatedly, so that every month one or two new topics or issues were discussed and old topics revisited to encourage the family to put them into practice. The imam introduced the FAW to the household and made periodic visits to encourage the family. In addition, the imam was encouraged to give talks about AIDS during religious gatherings. The imams were given bicycles to assist them in transport for home visits. The FAWs were provided with two local hens for rearing so that they could generate some income to compensate partially for their voluntary work in the community. Between workshop sessions, the IMAU trainers made periodic field visits every quarter, to support the Imams and their assistants and assist them in dealing with some of the problems they were experiencing in training the community. The visits included both impromptu on-site checks and prearranged group discussions with the Imams and FAWs.

EVALUATION METHODS

BASELINE SURVEY

A cross-sectional survey was done in March 1992 where respondents living around randomly selected mosques were interviewed. The details of the methodology for the baseline survey were reported elsewhere (Kagimu et al., 1995). The results of the baseline survey were used to identify areas where intensive education was needed. For example, the baseline survey found that very few respondents were aware of the potential for HIV positive mothers to pass the infection to their infants. Similarly, the risks associated with using one razor to circumcise many male infants during the same occasion and the risks associated with ritual washing of the dead (ablution) were also not well known. These were some of the areas targeted for intensive education.

MAIN OUTCOME MEASURES

The baseline survey findings were used to define the main outcome measures to be used in the subsequent evaluation. These included correct knowledge of HIV transmission and prevention, self-reported use of condoms, number of self reported sexual partners, and risk perception to risky practices common in the Muslim community such as ablution of the dead and circumcision.

FOLLOW UP EVALUATION

ROUTINE PROJECT DATA

Reporting forms from trainers, imams, and FAWs were used to monitor the activities of the project. These were tabulated every 3 months and analyzed to assess the overall process of implementation during the 2 years of the project.

FOLLOW-UP COMMUNITY SURVEY

A questionnaire was designed which included the same questions as those in the baseline survey and additional questions to get more informative data. For instance, we learned during the analysis of the baseline survey data that, given the high rates of polygamy in these communities, it was difficult to determine the frequency of extra-

Imam talk about AIDS. Not directly exposed to the project was defined as a respondent who did not recall talking with a FAW and also did not recall talking with or listening to a trained imam talk about AIDS. This somewhat conservative definition of "exposure to the project" may have made the differences between the exposed and nonexposed less impressive, as some of those we categorized as nonexposed may in fact have been exposed, either directly but without specific memory of the exposure, or were exposed indirectly through contact with community members who were exposed and recalled this exposure. Thus, our results regarding differences between these two groups are probably a conservative estimate of the impact of the project. It is likely that some of the improvements in knowledge, attitudes, and behavior between baseline and follow-up in both groups are partially the result of national level AIDS education efforts. The observed differences between those exposed and those nonexposed are likely to be associated with activities of the project. Significant differences between districts were not observed, and therefore results from both districts were combined.

FOCUS GROUP DISCUSSIONS

The quantitative data were supplemented with qualitative data obtained through focus group discussions and key informant interviews. This was not done during the baseline survey but rather was a study methodology added during the final evaluation. Nine focus group discussions with about 75 participants were conducted, 3 from Mpigi district, 3 from Iganga FAEPTI area and 3 from Iganga non-FAEPTI area. The first of the three focus groups in each area consisted of adult married males between 25 and 40 years, the second group comprised adult married females between 20 and 29 years, and the third group was composed of unmarried female youth between 15 and 19 years. The age and gender structure was selected in this way because these categories are thought to represent those groups at the highest risk of HIV infection in Uganda. All participants were selected from rural areas to assess the changes in these areas where the majority of the Ugandan population lives. The focus group discussions for male participants were conducted by male moderators whereas those for females were done by female moderators. The guiding questions used in these discussions were derived from a story. The moderator read out a story thought to be similar to the experiences of the participants. Questions were then read out regarding this story and the participants gave their responses. Notes and transcripts of these sessions were analyzed individually, and the major themes, trends, and patterns were categorized.

KEY INFORMANT INTERVIEWS

A total of 25 key informant interviews were held with community peer educators who included FAWs, imams, imams assistants, county sheikhs, and district kadhis. They were asked about how the community responded to the project, the strengths and weaknesses of the project, and the anticipated response to a community-based condom distribution and sales program.

RESULTS

The findings from our evaluation exercise are presented in three sections. First we describe the survey sample population, and next we present quantitative findings related to changes in knowledge, attitudes, and behavior based on the survey sample.

Table 2. Knowledge of Modes of HIV Transmission, Prevention, and Risk Perception

Characteristic	Baseline		Non-Exposed (Follow-Up)		Exposed (Follow-Up)		p
	n	%	n	%	n	%	
Correct modes of transmission							
Sexual intercourse	1636	(86)	507	(90)	1220	(97)	< 0.001
Vertical	22	(01)	13	(02)	126	(10)	< 0.001
Unsterile objects ^a	695	(36)	286	(51)	1012	(80)	< 0.001
Correct modes of prevention							
Abstinence	735	(39)	321	(57)	892	(71)	< 0.001
Faithfulness	1278	(67)	351	(62)	981	(78)	< 0.001
Condoms (prompted)	1185	(64)	340	(60)	1027	(82)	< 0.001
Condoms (unprompted)	189	(10)	129	(23)	439	(35)	< 0.001
Sterile practices ^b	552	(29)	233	(41)	807	(64)	< 0.001
Risk perception							
Ablution of dead	501	(27)	137	(24)	756	(60)	< 0.001
Circumcision ^c	843	(45)	253	(45)	979	(78)	< 0.001

Note. ^aIncludes dental instruments, razor blades, needles and other skin-piercing instruments.

^bIncludes use of gloves by medical practitioners and avoidance of unsterile injections and unscreened transfusions.

^cRisk associated with use of common or unsterile razor blades during circumcision.

marital status, but unfortunately during the analysis we found that respondents were not consistent in responding. In general in Uganda, there is a high prevalence of long-term relationships that are functionally marriages but have not yet been sanctioned legally or in the mosque or church. Some people in these situations consider themselves to be married; some do not, and there are no local terms that are universally interpreted in the same way. Thus, we are uncertain of the comparability of data on marital status between baseline and follow-up, and these data are not presented.

CHANGES IN KNOWLEDGE, ATTITUDES, AND BEHAVIOR

There were statistically significant increases in correct knowledge of sexual transmission of HIV, of mother-to-child transmission, and of the risk of unsterile skin-piercing instruments, as shown in Table 2. Persons in these communities who had contact with the project were much more likely to understand that there are ways, such as abstinence and marital faithfulness, which may help to protect oneself from HIV infection.

Knowledge of the protective value of condom use increased at a rate that is statistically significant. However, it appears that survey respondents were reluctant to volunteer without prompting that they knew that condoms could help prevent HIV transmission, though many more responded positively after prompting. Among those exposed to the program, only 35% spontaneously volunteered that condoms can prevent HIV transmission, though 82% knew this when they were asked a direct question.

These quantitative results regarding increases in knowledge of AIDS and protective behaviors were supported by comments made during interviews with the key informants. Most of these key informants believed that the knowledge and understanding of many AIDS-related issues had increased as a result of the educational efforts of the FAWs and imams. Areas of increased knowledge mentioned by these key informants included how to avoid HIV infection, how to care for those with AIDS, and modes of HIV transmission.

Table 3. Number and Type of Sexual Partners Reported in Last 12 Months Among Those Sexually Active

Characteristic	Baseline		Non-Exposed (Follow-Up)		Exposed (Follow-Up)		p
	n	%	n	%	n	%	
Two or more partners							
Males							
15-24	72	(45)	23	(59)	36	(32)	0.007
25-34	69	(48)	24	(51)	36	(30)	0.006
35-44	45	(59)	23	(88)	23	(47)	0.002
45+	58	(48)	14	(61)	46	(49)	0.517
Females							
15-24	49	(13)	22	(16)	12	(6)	0.004
25-34	11	(5)	17	(20)	8	(4)	< 0.001
35-44	2	(2)	5	(18)	4	(5)	0.006
45+	1	(4)	2	(13)	1	(2)	0.232
Extra-marital Partners (married respondents)							
Males	NA	NA	68	(45)	93	(24)	< 0.001
Females	NA	NA	61	(20)	61	(10)	< 0.001

Note. NA = Not available.

and women under age 45 were less likely to have more than one partner if they were exposed to the project. In focus group discussions, it was not uncommon for participants to express the belief that "Young people have not changed behaviour." Our quantitative findings do not support this belief.

Although reduction in the number of sexual partners is an appropriate public health message, it had to be modified to suit the Muslim communities in these districts. Many in the target audience were already in polygamous marriages and the project had no intention to disrupt these families. Therefore, another important message of the project was to discourage extramarital sexual relations. At follow-up, all sexually active respondents were asked a series of questions about their sexual partners. This exact series of questions was not asked during the baseline survey, so comparisons can only be made between those exposed and unexposed to the project. By combining responses to this series of questions regarding marital status and number and types of partners, it is possible to determine the percentage of persons reporting an extramarital relationship in the last 12 months. The term extra-marital was defined in our analysis based on persons who clearly reported that they were married but had sexual partners in addition to their spouses. As seen in Table 3, there are statistically significant differences between those unexposed and those exposed, with those exposed less likely to report extramarital relationships.

These results were supported by key informant interviews. One imam from Mpigi mentioned that marital stability has increased as "husbands and wives settle issues that may arise there and then. Divorce and separating is dying out." "Decrease in promiscuity" and "decrease in girlfriend/boyfriend relationships" are additional phrases used to describe reductions both in number of sexual partners and in the number of extramarital relationships. These changes also came out during key informant interviews. Comments were made such as "People nowadays have fewer sexual partners," and "Sexual behavior has changed for the better. People no longer go out."

Condom education was one of the strategies that was used in the FAEPTI Project

use for AIDS prevention, one participant replied, "Nothing (is known). People are just protecting themselves by sticking to partners but for the condom, no." They added that it was only the FAWs who knew how to use condoms. The situation was even worse in the non-project areas. Most of the female focus group participants had never seen a condom and did not know who uses one. One participant wondered "You mean to say both me and him wear it?" Other participants seemed to confuse a balloon with a condom saying "Children often play with them" and "I see children buy them." Most of the female focus group participants were not sure about where condoms were sold or how much they cost. A focus group participant from a project area said "For us we have not seen anyone selling them....Those who teach us about AIDS show them to us but we have not seen anyone selling them." These women thought that the FAWs could sell condoms in their homes or "they could move to people's homes as they have been doing while teaching."

The change in attitude towards condoms was supported by key informant interviews. One leader said, "Initially I was totally against condoms on religious grounds in that distributing condoms would promote sex outside marriage. However, when I learned of the medical point of view that condoms have a role to play in saving the community from AIDS, I now think they have a place for some people in my community."

The issue of making condoms available in the community was also supported by key informant interviews. One female FAW readily said that, "The community in general would be very pleased about it. Selling them countrywide on village basis would still be a very good thing. There should be one depot in each area, that is where whoever wants to buy can buy them." One Imam said that the youth would welcome increased availability of condoms while the adults and the old people would not, but that, "It would be a good thing if they were sold at the village level because, it would save so many peoples' lives." Another Imam said "the youth will welcome the idea and will support it because they have failed to avoid sexual contact."

HOW THE RESULTS WERE ACHIEVED

Respondents who were exposed to the project were more likely to have higher levels of correct knowledge of HIV transmission and prevention, they were more likely to understand the risk of ablation of the dead and circumcision, they were less likely to report multiple partners and extramarital partners, and they were more likely to report condom use. We believe that the combination of successful project implementation, providing correct education and information to these communities, actual contact with change agents, and changes in social norms encouraged by imams and their assistants contributed to these positive results. To explore this relationship, data on project outputs were compiled based on project records, and, in addition, survey respondents were asked questions about their contact with the project. Table 5 shows the planned project achievements at the time of project design and the actual achievements after approximately two years of project implementation.

With the exception of FAWs, all other training targets were essentially achieved or exceeded. The number of FAWs needed could not be predicted accurately before the project began. On the ground it was found that there were on average 75 households per mosque instead of the initially estimated average of 150 households.

Table 5. Planned and Actual Persons trained and Served

Category	Planned	Achieved
MAU trainer sheikhs	2	2
IMAU trainers	18	21
District kadhis	2	2
District kadhi assistants	4	4
County sheikhs	12	13
County sheikh assistants	24	26
Imams	400	396
Imam assistants	800	792
Family AIDS workers	4,000	1,774
Household visits	60,000	114,634 ^a
Sexually active persons	300,000	584,994 ^a

Note. IMAU = the Islamic Medical Association of Uganda.

^aThese figures refer to education contacts and include some repeat visits.

2-year project. General knowledge regarding AIDS is high in Uganda, and even at baseline or among those unexposed to the project, the sexual transmission of HIV infection is well known. Increases in knowledge of sexual transmission were observed among those exposed to the project, but these changes were modest, given the preexisting high level of knowledge.

We have also found that such an intense community level education project can result in changes in behavior. Numbers of sexual partners reported in the last 12 months were much lower in those exposed to the project; younger males and females were less likely to report multiple partners if they were exposed to project interventions. This suggests that young people may be more receptive to HIV and AIDS prevention messages than those who are older and have long-standing patterns of sexual behaviour. Further, those persons exposed to the project were much less likely to report extramarital sexual relations during the last twelve months.

Condom-use rates increased only slightly, though knowledge of condoms increased to over 80% of those exposed to the project. This confirms the general observation that it remains difficult for individuals in Muslim communities to openly recommend or acknowledge condom use as a protective option. There continues to be a public campaign, primarily sponsored by some religious groups, to discourage condom use in Uganda. These groups assert that condoms are not 100% effective in preventing HIV transmission and that condom use encourages promiscuity. This alleged association between condom use and promiscuity may have resulted in a reluctance on the part of respondents to acknowledge condom use openly. Qualitative data also suggest that another reason condom-use rates increased only slightly may have been inadequate supply of condoms in rural areas.

Our findings also document that a strategy of training both religious leaders and community-level lay volunteers contributed to the impact of the project. Community residents reported high rates of knowing about the project and having contact with the Family AIDS Workers and imams. An important factor contributing to the success of the project was the opportunity for repeated contacts with these trained workers. Imams have the opportunity at religious services to discuss AIDS and family behavior; these opportunities recur on a regular basis. We believe this opportunity for ongoing education, counseling, and community support for reduced risk behavior was an essential element in the success of this project. It is therefore, concluded that a cadre

UGANDA

06/01/00

Socio-Economic Data

Total population (thousands), 1997	20,791	UNPOP
% of population urbanized, 1996	13	UNPOP
Annual population growth rate, 1980-1995	3.2	UNPOP
Infant mortality rate (per 1,000 live births), 1996	82	UNICEF/UNPOP
Maternal mortality rate (per 100,000 births), 1990	1200	WHO/UNICEF
Life expectancy, 1996	41	UNPOP
Adult literacy rate, 1995	M 74, F 50	UNESCO
Per capita GNP (US\$), 1995	240	World Bank
Human Poverty Index Value (HPI)	41.3	UNDP

Status of the Epidemic

Prevalence – Year	Trend
9.51 – 97	Evidence that prevalence has dropped overall in the last 5 years. Among 15-19 years olds, prevalence has dropped from 32.2 in 92 to 10.3 in 97. Excellent surveillance system.

National Response

National AIDS Control Programme

- **Uganda AIDS Commission** is the co-ordinating body for the HIV/AIDS prevention and control activities.

National Strategic Planning

- A National Strategic Framework, which involves many sectors, covering 1998 – 2002 has been prepared. A multisectoral Plan of Action has been developed and a budget for it is now being prepared.

Political Commitment

- National response to the epidemic has been very positive with high level political commitment. High level commitment also shown by community and non-governmental organisations. The enabling environment has permitted people living with HIV/AIDS to be actively involved in planning and implementation of programme activities.

Multisectoral involvement

- Line ministries (12) have agreed to formulate a joint, national and multisectoral response to the epidemic; Ministry of Health being one of them.
- NGOs and communities are very active and they are leading forces within the National AIDS Programme. They deliver good quality work, which have been cited as best practice nationally and internationally. Organisations of people living with AIDS are visible and active. Many Protestants, Catholic and Muslim organisations are also active and contribute valuably to the national response.

Country Brief

Other issues

- A National AIDS Vaccine Plan was developed in 1992 and activities have continued with UNAIDS and NIH support.
- The country is one of the sites of the drug access initiative, with a strong Government involvement.
- Uganda was involved in the joint UNAIDS/WHO District Response Initiative (DRI) supported by GTZ. A 'key' finding was that the Local Councils can play a strategic role in the implementation of HIV/AIDS activities in the districts.

UN Theme Group on HIV/AIDS

Chair: WHO Representative

Members: UNICEF, UNDP, UNFPA, UNESCO, WHO and World Bank, SIDA, the Government, NGOs, People living with Aids and bilateral donors

UNAIDS Personnel: Country Programme Advisor, Mrs A. Lawson
Junior Professional Officer Ms. Malene Mikkelsen

Support from UN System Agencies for HIV/AIDS activities in 1996-97

<i>Organisation</i>	<i>Amount US\$</i>
WHO	60,000
UNDP	10,000,000
UNICEF	7,300,000
UNFPA	5,800,000
WB	16,000,000
UNESCO	6,000
UNAIDS	1,208,611
Total	40,374,611

Support from bilateral organizations for HIV/AIDS activities in 1996-1997

<i>Organization</i>	<i>Amount US\$</i>
DFID	5,184,000
USAID	12,160,000
SWISS	3,175,000
DANIDA	2,136,410
Germany	1,200,000
EU	1,536,700
Norway	2,800,000
Italy	1,900,000
Japan	64,000
Total	30,156,110

HIV/AIDS in Uganda: Sustaining Success

Rebecca Bunnell, PhD, MEd
HIV/AIDS Technical Advisor
USAID/Centers for Disease Control and Prevention
Kampala, Uganda

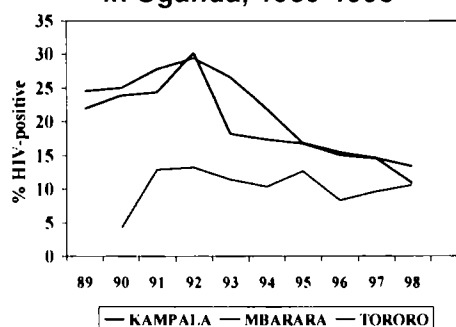
HIV/AIDS in Uganda: 1982-1992

- First cases of "Slim" disease reported in 1982
- President Museveni initiated 1st National AIDS Control Program in Africa in 1986
- The AIDS Support Organization founded in 1987; many other NGOs in following years
- In 1988, first and only national HIV seroprevalence survey in world found 8% of adults infected
- By 1992, 30% of pregnant women infected and Uganda seen as epicenter of AIDS epidemic in world

HIV in Uganda 1992- 2000: Signs of Success

- HIV prevalence peaked in 1992, then steadily declined in young pregnant women, army recruits and STD clinic attendees
- Significant Behaviour Change documented:
 - Condom use increased
 - Age of sexual debut increased
 - Numbers of casual sex partners decreased
- Uganda now seen as a model for Africa

HIV Infection in Pregnant Women in Uganda, 1989-1998



Uganda-Pioneer in HIV/AIDS

- 1st national leader to take candid and aggressive stance
- 1st national AIDS Control Programme in Africa
- 1st indigenous AIDS organization--TASO
- 1st voluntary HIV counseling and testing program--AIC

Reasons for Uganda's Success--1

- Strong political will and leadership
 - All levels
 - Multi-sectoral approach
- Openness
 - Persons living with AIDS going public
 - Openness to AIDS Research and donors

Reasons for Uganda's Success--2

- Innovative Responses
 - Numerous indigenous interventions
 - Community level involvement
- Highly sensitized population
- Strong Donor support--\$180m since 1988

Response of the US Government

- **USAID** has been major bilateral donor-- (\$48 m of ~\$180 m in total donor support)
- **NIH** funding for numerous research projects
- **CDC** technical assistance, research

USAID Funded Activities

- AIDS education in the workplace, military, local communities, religious groups, and mass media
- Condom promotion and distribution
- Voluntary counseling and testing
- AIDS care and support
- Detection and treatment of other STDs
- Capacity building and technical training

CDC Technical Assistance

- Long term advisors
- Assessment and implementation of rapid testing algorithm
- Evaluation of voluntary counseling and testing
- Computerized Management Information Systems
- Cost and willingness to pay for VCT
- AIDS Education materials development
- Support for STD services
- Viral sub-typing and laboratory work

NIH/DOD Research Activities

- Mother to child transmission (Nevirapine)
- Pediatric AIDS
- HIV and TB
- STDs and community epidemiology
- Preparation for HIV vaccine trials
- Social and anthropological aspects of the epidemic

RESULTS OF USG EFFORTS

- Feasibility of projects demonstrated:
 - over 55,000 PLWHA served by TASO
 - over 400,000 clients for HIV VCT
- Behavioral impact of interventions documented
- Thousands of Ugandan professionals and volunteers have been trained
- Discovery of therapeutic interventions--MTCT
- Greater understanding of epidemic in Africa

WHAT NEXT?

SUSTAINING SUCCESS IN “LIFE”

Uganda's Vulnerable Success

- 10% of population is HIV-positive
- AIDS is leading cause of death
- 1.7 million orphans; increase to 3.5 m by 2010
- AIDS programs in rural areas still very limited
- 25,000 infants are infected with HIV every year
- Dynamic epidemic; needs on-going innovation

What will be different in “LIFE”?

- Rigorous evaluation of programs to identify effective components
- Enhanced programs for orphans
- Operationalize research findings for prevention and care
- Identification and targeting of current high risk groups and behaviors
- Improved surveillance

Inter-Agency Collaboration under LIFE

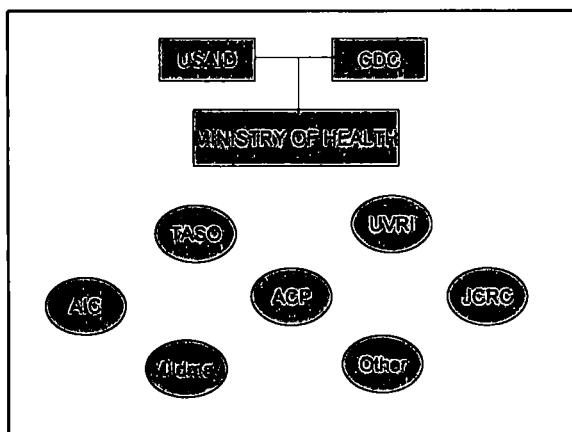
USAID

Funding for Core Program Activities
Institutional Capacity Strengthening
Funding and TA for orphan program

TASO

CDC

Technical Assistance for MIS system
Improved Care for PLWHAs
(Evaluation of Cotrimoxazole)
Infrastructure--laboratory support, training



Uganda's Success

- Remarkable but relative
- Vulnerable
- Sustainable
- Evaluate and Share



BUREAU OF THE CENSUS
INTERNATIONAL PROGRAMS CENTER

March 23, 1999

~~February 20, 1998~~

TO:

PAUL R. DELAY
POMODZI HOTEL, ROOM 220
LUSAKA, ZAMBIA

PHONE: 260-1-254-455

FAX: 260-1-254-005

FROM:

KAREN A. STANECKI
CHIEF, HEALTH STUDIES BRANCH

PHONE: (301) 457-1406

FAX: (301) 457-3034

PER YOUR REQUEST: Article on AIDS in Uganda from The Washington Post Magazine,
March 28, 1999.

Chair arrived this morning at 8:30. Looks good, not the same impact as the leather love
seat. Guess I'll just have to get used to it. However, I can curl up in it!

Taped X-files, but I didn't watch. It.

TTNF-Karen

TOTAL PAGES:

6 8, INCLUDING COVER SHEET

A family, a village, a generation, a continent and the epidemic that laid waste to them all

Photographs by Radhika Chalasani

Text by Karl Vick

On the north

shore of Lake Victoria is a road, and on the north side of the road is a sign.

FAITHFULNESS

ABSTINENCE

CONDOMS

it says, in letters only barely legible through the rust. Uganda got the message long ago.

AIDS arrived here not long after Idi Amin Dada was driven out, and no one doubts which did more damage. When the plague was still new, and fear washed over the planet, the epicenter of infection was this very green, very sunny country in the heart of Africa. The standard measure of infection would become blood tests of pregnant women, and in one Uganda clinic 25 percent of women carrying life within them also carried death.

This was 10 years ago. A decade. In Africa, a good part of a generation.

Today, when the news is so bad—when the United Nations computes that the continent with only 13 percent of the world's people has 80 percent of the world's AIDS infections, when 12 million are dead and 5,500 more are dying each day—Uganda remains a kind of centerpiece. Alone in Africa, it has clawed its way to the downslope of the epidemic. New infections have dropped by as much as half. This, of course, cannot save the millions already infected, but it means hope for the next generation, and on the rest of the continent, hope remains a wistful thing.

Much of the credit has gone to President Yoweri Museveni, who by championing a frank, urgent public education and prevention campaign has brought Uganda first to the place that Zimbabwe, Botswana, South Africa—all the nations of the epidemic's new southern locus—sooner or later will have to go. It is Africa's future. This is what it looks like.

Miriam Ndagire now finds herself responsible for more than a dozen of the children of her son Ibrahim Sengoma, who died of AIDS at age 18. Here she shows photographs of him to some of those in her care.





In the Land of AIDS



A woman, bent by age, still towers over the crowd at her waist. The crowd is children. Grandchildren. Miriam Ndagire had a son named Ibrahim Sengoma. The son had many wives. The wives had many children. And then the son died of AIDS.

Ibrahim Sengoma wanted his mother to take all 36 of his kids. She could not, but as the mothers die as well, or grow ill, or tired, more and more of the children make their way to her. Today she has 15, so many children she doesn't know what to do.

She smiles.

"Beds," Miriam says. There aren't any. The children sleep on skimpy mats laid on the floor of a room with no front door. The youngest ones she covers with her dress, which in her tribe, the Baganda, always has two things: puffy shoulders and a high sheen. In the cool morning hours, the best time to go for water, the roads of central Uganda appear to be lined with bridesmaids.

"He was sick for a long time, and he died in the hospital," Miriam says of her son Ibrahim. He was 46, and had worked as a butcher in Kampala, the capital. His mother has a photo of him, a man in a shirt with stripes that look like suspenders. He is seated with three other men. "All of them are dead now," says his half brother Rajabu Kiwtoka, with a kind of laugh.

Large families run in the extended family, Rajabu says. The father he shared with Ibrahim left 60 children of his own. Today 26 remain alive. "Some AIDS, some accidents," Rajabu says. "But most of them died of AIDS."

There are statistics that shade the truth. Uganda estimates that 1.3 million children have been orphaned by AIDS. But "orphan" is defined as a child

Above left: Caroline Nantamu and her son Patrick, 12, watch Mary, 6, and Joseph, 3, at play. Caroline learned she had AIDS when she was pregnant with Joseph. Top: Patrick with her in the hospital. Opposite, clockwise from top right: Patrick, acting as head of household, takes care of Joseph, he heads off to fetch water with a borrowed bike, Justine, 10, Mary. Patrick and Joseph in their one-room house. Caroline worries most about what will happen to them when she dies.

who has lost one parent. Perhaps a quarter of that number are children who have lost both parents; these are called "double orphans."

"I tell them the facts," the grandmother says. "That he died from AIDS. Then I tell them the date when he died and where he was buried."

The grave is just down the dirt road in Buloba, a village where a girl named Justine recently stayed while her mother was in a Kampala hospital. At the time, Justine was only an orphan, but that will change. Caroline Nantamu has been failing since the day she collapsed at the stand where she sold used clothing.

This was three years after burying her husband, in the village where he had gone to die surrounded by his family. Caroline has remained in Kampala, where she expects to die, not with the help of the extended family that has not visited her in the hospital, but only with the children she will leave behind: solemn, chubby Joseph, 3; Mary, 6; Justine, 10; and Patrick, a gentle, poised child who, at age 12, is the man of the family.

"Patrick, you'll have to make a small wheelbarrow so you can haul me around the corner," Caroline says, joking. She is on the concrete apron of the one-room row house on the outskirts of Kampala. Around the corner is the privy she reaches on thin legs she would rather keep folded under her. Her head aches and her throat is sore. She takes pills for the headaches, other pills for what may be TB, and speaks in a rasping whisper that comes out both thin and low. Her smile is shy.

continued on page 30



COMING up

SUNDAY, APRIL 11
Education Review

SUNDAY, APRIL 25
**Spring Home
and Design**

SUNDAY, MAY 2
**Weekend
Getaways Feature**

SUNDAY, MAY 16
Education Review

SUNDAY, MAY 23
Golf Cover Story

For more information,
call your
Washington Post
sales representative or
Kathleen Rothenburg,
Magazine sales
representative, at
202.334.5224

The Washington Post Magazine

AIDS

continued from page 19

"All the money is eaten," she says, meaning the hospital stays took what savings she managed to scrounge from the used clothing stand. Her plan had been to buy a piece of land in the countryside; \$200 might buy a parcel large enough to support the kids after she was gone. Now they are surviving on the generosity of neighbors, and Patrick's efforts.

He earns a few pennies peddling charcoal from door to door. He also claws red dirt from the ground, stuffs it into a bag the size of an army duffel, and stacks the bag on a creek bank that needs reinforcing. After he does this 20 times, he gets a dollar.

"I want to keep the family together," he says.

At the time of their father's death, Patrick, Justine, Mary and Joseph were scattered, living with various relatives. "There was a lot of pain at that time. In my heart," says Patrick, who made it to his father's funeral. "He was loving me so much."

They splintered again when Caroline was hospitalized. While taking care of the youngest two, Patrick visited his mother every day after school. Now that she's home, he minds all of them. He hikes the two miles to the drugstore for medicine that does not seem to help her. And cooks. And cleans up what needs cleaning in a sick room.

The role reversal of child caring for parent—and all that comes with it, the sacrifice, the forced intimacy, the impatience, the resentment, the guilt, the long drumroll of loss—is one of the great and elemental challenges of life, usually not encountered until middle age. Patrick has found it on the near side of adolescence, and responded with a forbearance that is both deeply stirring and extraordinarily sad.

"When we were in our season, at the age of these," says Miriam Ndagire, with the smallest nod toward the five children at her feet, "it was very rare to see the dead. But these children, even now, they know what the dead look like."

She says this and falls silent, seated on the floor in the cool of the room where they all sleep. Outside, the noon sun warms the clothes on the line. A child shifts her hip, uncrosses her ankles, sighs. And a moment later Grandmother is leaning forward, bent so deeply at the waist that her head is just above the floor, stock-still, listening.

The moment passes. Nothing. Only her and the children. ■

Karl Vick is The Post's East Africa correspondent. Radhika Chalasani is a Sipa photographer based in New York and Nairobi. Two AIDS organizations active in Uganda are AIDS Widows and Orphans Family Support (P.O. Box 7146) and the AIDS Support Organization (P.O. Box 10443), both in Kampala.

SHOW TIME

continued from page 22

and, straining against the weariness of reciting it all for the two hundredth time, began to tick off the bountiful spinoffs that Celeste would bring to earth: glorious advances in—you name it—machinery lubricants, long-distance telephone networks, sewage treatment, robotic wheelchairs, insulin pumps, pacemakers, research on cures for osteoporosis, diabetes, uh, radiation-blocking sunglasses, energy-conserving air conditioning . . . too numerous to mention, really.

Banion listened to this life-enhancing litany with the chin-quivering air of a man at pains to stifle a yawn. Sensing that he had better come up with something more millennial than Celeste's contribution to the field of ultrasound scanning, the president gave a gripping description of what the AOR—at-

mospheric ozone replenishment—module, part of the launch package, would accomplish once it became operational, namely squirting ozone back into the atmosphere to cover the O-Hole, which now stretched from the Falklands to Madagascar, wreaking havoc on plankton and emperor penguins alike.

Still Banion looked faint from boredom. The president dragged out the LAWSI module, the ultimate—if slippery—argument for Celeste's relevance. If in doubt, refer to the large asteroid warning system indicator, which theoretically could detect whether some astral death star this way was heading. The top people at NASA and the Pentagon had been cautioning him from becoming too evangelical on this particular aspect of Celeste. It was tricky business, getting the citizenry in a lather over the prospect of death-by-gigantic-meteor, especially this close to the millennium, when every fruitcake in the pantry was screaming Apocalypse.

"But what," Banion said, "are we supposed to do if we find out that there is an asteroid coming our way?"

"Well, in the unlikely event . . . we'd want some sort of warning."

"I wouldn't. If the world's about to end, I don't want any warning."

"No one is saying the world is going to end," said the president, trying to smile. "This is about beginnings, not endings."

When he began to extol the racial and cultural diversity of the astronauts being

**Banion
listened to
this life-
enhancing
litany with
the chin-
quivering
air of a
man at pains
to stifle
a yawn.**

**HEALTH TIPS
FOR
TRAVELLERS,
TDY,
VISITORS.
2000**

HEALTH RISKS IN UGANDA

TRAFFIC ACCIDENTS

Traffic accidents are a 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). Wash hands frequently 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 peel has been removed. Care should also be taken in eating milk products such as ice cream or unpasteurized milk.

HIV / AIDS

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

SCHISTOSOMIASIS

This is a parasitic disease with a wide range of clinical manifestations. Flukes, which use a specific fresh water snail species as the host, are the cause. 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 immunized, you will need additional post exposure treatment on the day you were bitten or scratched, and again three days later.

MALARIA PROPHYLAXIS / TREATMENT

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, and avoidance of mosquito bites. These medications should be started before entering a malaria area.

WHAT TO DO IN AN EMERGENCY

During working hours:

Health Unit: 234-142/257-297
Chancery: 259-792/3/5, 245-422

POST I MARINE ON DUTY: CALL SIGN 11

After Working Hours:

Health Unit Provider on call: (077) 200-508

<u>Health Unit Staff</u>	<u>Home Phone</u>	<u>Call Sign</u>
Irene Miller, PA	221-699	07
Laura Black, RN	268228	85

PA OR RN ON CALL 24 HOURS DAILY: 077 200-508

<u>Post Medical Advisor</u>	<u>Work Phone</u>	<u>Home Phone</u>	<u>Call Sign</u>
Dr. R. Stockley	256-003	266770	53B

AFTER HOURS: 075-756-003 (cellular phone)

Kololo Hospital 231-935. 077-409-074
Dr. Magara – Superintendent
Pediatrician

Nsambya Hospital 267012/3

AFTER WORKING HOURS:

1. Call the after hours-cellular phone number: (077) 200-508
2. If unable to reach, Contact Post One: 259-792
or Call on Radio 11
3. If unable to reach either:
Emergency cases should be taken directly to Kololo Hospital.

POISON CONTROL CENTER, WASH, D.C. 202-625-3333
(Open 24 hours a day)

MEDICAL SERVICES

KAMPALA, UGANDA

DOCTORS

	<u>OFFICE</u>	<u>AFTER HOURS</u>
R. Stockley, General Practice	256003	075-756-003
I. Clark, General Practice	341291	077-741-291
P. Okongo, Ob/Gyn Private practice	230612	
Dr. Shirazi, Orthopaedic Private Practice	231254	075-731-254

DENTISTS

Dr. M Ahmad	256880
Dr. P Alier	254858

HOSPITALS

Kololo Hospital (Dr. Magara, Peds and Medical Director)	231935
Nsambya Hospital (Dr. P. Kizza, Superintendent)	267012

X - RAY

Pan World Center	245644/5
------------------	----------

PHARMACIES

Eximphar Pharmacy	347216, 250664
Victoria Pharmacy	243663

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.

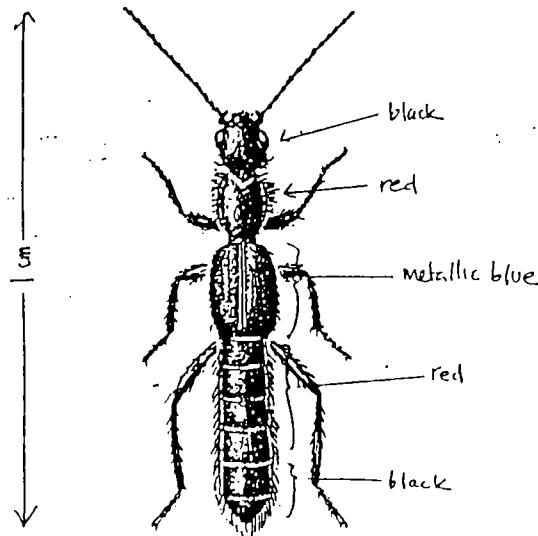
The disease, in East Africa, is called Nairobi fly or Nairobi eye. It should be called Beetle dermatitis. It is caused by an insect mistakenly called a fly. It is actually a type of red beetle and could be easily be mistaken for an ant.

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.



Where to Eat in Kampala

7 Cooper's Road (Continental)

Closed Sundays

Kisementi Shopping Center, Kololo

Tel: 235-134

Andy the Greeks (Greek)

Closed Sundays

30 Windsor Crescent, Kololo

Tel: 077-403-486

Crocodile Restaurant (Continental)

Closed Mondays

Kisementi Shopping Center, Kololo

Tel: 254-593

Dominoes Pizza (delivery possible)

Corner of Entebbe and Kampala Road

Tel: 251-513

Fang Fang Restaurant (Chinese)

Greenland Bank Building

Tel: 344-806

Fasika Restaurant (Ethiopian)

Kabagala, off Gaba Road

Tel: 268-571

Haandi Indian Restautrant (Indian)

Equatoria Hotel

Tel: 250-780/9 ext. 235

Krua Thai Restaurant (Thai)

62 Lumumba Ave., Nakesero

Tel: 075-777-433

Le Chateau (French)

Closed Mondays

Gaba Road at Quality Cuts

Tel: 268-215

Maharaja Restaurant (Indian)

Speke Hotel

Tel: 343-244

Mamba Point (Italian)

22a Akii Bua Road

Tel: 343-225

Masala Chaat House (Indian)

3 de Winton Road

Tel: 236-487

Rock Garden Café (American)

7/9 Nile Ave. Speke Hotel

Tel: 075-789-987

Sam's Restaurant (Indian and Continental)

Bomba Road at Farmer's Choice

Tel: 251-694

Shanghai Restaurant (Chinese)

Up the Hill from the Sheraton

Tel: 236-213

Trattoria Restaurant (Italian)

Equatoria Hotel

Tel: 250-780/9 ext. 859





Shopping in Kampala

Uganda Crafts is a small 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. Ugandan Crafts, which also has a small outdoor eating area serving a local lunch, is located on Bomba Road, north of the Luisun Deli.

Craft 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 book at shop number 30. Attractive purchases can include chief’s chairs, which disassemble for packing. You’ll find batiks, jewelry, baskets, carvings, soapstone, etc

The Gallery Café is located a few kilometers off the Kibuye Roundabout on Masaka Road. They have travelling 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 Café 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.

The Modern Art Shop has unique gifts from Africa and abroad. 18 Buganda Road, Open Monday – Friday 9-6, Saturday 9-4:30

Makula is located on Elizabeth Ave. 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 345-616.

RSU Textile Shop is on Kampala Road near Biplous. Look for the yellow door. You can find woven kikois, 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.

Tulufanya Gallery sells gallery quality gifts, local and from other parts of Africa, and does custom framing. Located on 28 Hannington Road (opposite Crested Towers) Open on Tues- Sat. with a coffeehouse during gallery hours. Tel: 254-183



Embassy of the United States of America

Office of the Ambassador
Kampala, Uganda

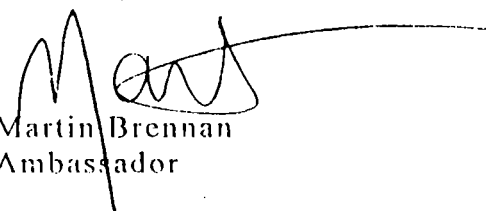
Welcome to Kampala

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 black ink, appearing to read 'Martin Brennan', with a long horizontal line extending to the right.

Martin Brennan
Ambassador

Clinton Presidential Records Digital Records Marker

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background notes

No. 1, 1998

Uganda

March 1998

Note: This updated version replaces the Uganda Background Note dated January 1998.



Official Name:
Republic of Uganda

PROFILE

Geography

Area: 241,040 sq. km. (93,070 sq. mi.); about the size of Oregon.

Cities: *Capital*—Kampala (1991 pop. 774,214). *Other cities*—Jinja, Mbale, Mbarara.

Terrain: 18% inland water and swamp; 12% national parks, forest, and game reserves; 70% forest, woodland, grassland.

Climate: In the northeast, semi-arid—rainfall less than 50 cm. (20 in.); in southwest, rainfall 130 cm. (50 in.) or more. Two dry seasons: Dec.-Feb. and June-July.

People

Nationality: *Noun and adjective*—Ugandan(s).

Population (1995): 19 million.

Annual growth rate (1994): 2.9%.

Ethnic groups: African 99%, European, Asian, Arab 1%.

Religions: Christian 66%, Muslim 16%, traditional and other 18%.

Languages: English (official); Luganda and Swahili widely used; other Bantu and Nilotic languages.

Education: *Attendance* (1995, primary school enrollment, public and private)—56%. *Literacy* (1993)—62%.

Health: *Infant mortality rate*—81/1,000. *Life expectancy*—37 yrs.

Government

Type: No-party "Movement" system.

Constitution: The new Constitution was ratified on July 12, 1995, and promulgated on October 8, 1995. Uganda held its first presidential election under the 1995 Constitution on May 9, 1996, followed by parliamentary elections on June 27, 1996. The Constitution provides for an executive president, to be elected every five years, but with significant requirements for parliamentary approval of presidential actions.

Independence: October 9, 1962.

Branches: *Executive*—president, vice president, prime minister, cabinet.

Legislative—parliament. There are 214 directly elected representatives and special indirectly elected seats for representatives of women (39), youth (5), workers (3), disabled (5), and the army (10). *Judiciary*—magistrates courts, High Court, Court of Appeals, Supreme Court.

Administrative subdivisions: 45 districts (6 recently authorized).

Political parties (political party activity is largely suspended): Uganda People's Congress (UPC), Democratic Party (DP), Conservative Party (CP).

Suffrage: Universal adult.

National holiday: Independence Day, Oct. 9.

Flag: Six horizontal stripes—black, yellow, red, black, yellow, red with the national emblem, the crested crane, in a centered white circle.

Economy

GDP (1994): \$5.155 billion.

Inflation rate (December 1996): Approx. 4.4%.

Natural resources: Copper, cobalt, limestone.

Agriculture: *Cash crops*—coffee, tea, cotton, tobacco, sugarcane, cut flowers, vanilla. *Food crops*—bananas, corn, cassava, potatoes, millet, pulses (largely self-sufficient in food). Livestock and fisheries—beef, goat meat, milk, Nile perch, tilapia.

Industry: *Types*—processing of agricultural products (cotton ginning, coffee curing), cement production, light consumer goods, textiles.

Trade (1995-96): *Exports*—\$624.5 million: coffee, cotton, tobacco, tea. *Major market*—EU. *Imports* (1994-95)—\$1.193 billion: petroleum products, machinery, cotton, textiles, metals, transportation equipment. *Major suppliers*—OPEC countries, EU.

Exchange rate (March 1998): Uganda shillings 1,155=US\$1.

Fiscal year: July 1-June 30. ■



United States Department of State
Bureau of Public Affairs
Office of Public Communication

The most current *Background Notes* information can be found on the Department of State's World Wide Web site at <http://www.state.gov>

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-Adhulha-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 Diplomat	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 Crescent, 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



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/iasa.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.

Unaffiliated



United States Department of State

Uganda

CENTRAL
AFRICAN REPUBLIC

SUDAN

ETHIOPIA

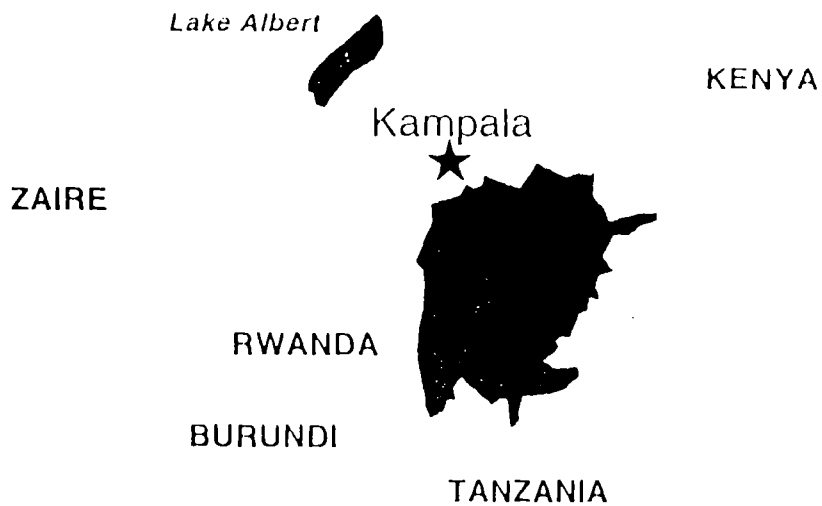


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This is the official post report prepared by the post. The information contained herein is directed to official U.S. Government employees and their families. Any other information concerning the facts herein is to be regarded as unofficial information.

Preface

Uganda, roughly the size of the State of Oregon, lies across the equator and is located in the center of the African Continent. The country is divided into three principal geographic areas - a fertile plateau, lowland swamps and a desert region. Lake Victoria forms part of the southern border.

Uganda has an estimated population of 20 million and Africans of four ethnic and linguistic groups - Bantu, Nilotic, Nilo-Hamitic, and Sudanic constitute most of the populace. Christianity is the main religion (British missionaries arrived in 1877), and English is the official language.

The National Resistance Movement (NRM) Government came to power in 1986 after many years of political instability. Government and private businesses, with foreign assistance are making progress rebuilding the industrial sector. Currently, agriculture represents almost 100% of all exports.

Uganda's tourist industry, once an important source of foreign exchange earnings, is slowly rebuilding, and hotels and lodges are being renovated.

Uganda has seven national parks that are rich in flora and fauna including the Impenetrable Forest National Park, containing slightly more than half of the world's gorilla population.

The Host Country

Area, Geography and Climate

Uganda is located on a fertile plateau in the center of Africa at an average altitude of 4,000 feet. The plateau is bordered on the east by Kenya highlands and Mount Elgon (14,178 feet) and on the west by the Rwenzori Mountains (16,791 feet). It is crossed diagonally from southeast to northwest by the Nile River, which begins its journey to the Mediterranean near the town of Jinja on Lake Victoria, about 50 miles from the capital, Kampala. With an area of 91,000 square miles, Uganda is roughly the size of Oregon.

Kampala has almost a million residents and lies near the shores of Lake Victoria about 20 miles north of the Equator. Its altitude ranges from 3,622 to 4,500 feet. Built on a number of low-lying hills, the city is surrounded by green rolling countryside dotted with small farms. These farms grow mostly matooke bananas, cassava, and maize, the main staple foods of Uganda.

The average temperature in Kampala ranges from a high of 85°F at noon to a low of 60°F at night. The temperature changes more during the course of each day than it does from season to season. The hottest weather occurs from October through March.

Kampala has an annual rainfall of about 63 inches. During the rainy seasons - March to April and September to October - the weather is cooler. Frequent, heavy thunderstorms last from 30 minutes to 1 hour. It seldom rains an entire day, even during the so-called rainy seasons. Wind gusts that accompany downpours are sometimes strong enough to knock down tree limbs and even an occasional tree. Red murrum dust, which can be a particular problem during dry periods, effects Kampala dwellers when venturing beyond the main

asphalt roads. Computer and other electronic equipment can suffer if not protected from the dust and power fluctuations.

Population

Before the Europeans arrived, much of Uganda was divided into four kingdoms. Bunyoro Kingdom, in western Uganda was ruled by the "Omukama." The son of the Omukama broke away and formed his own kingdom, which was known as the Kingdom of Toro. Its ruler was also known as the Omukama. The "Omukama" also ruled the Ankole Kingdom, situated in the southwest.

When Europeans first came to Uganda in 1862, they found the northern shores of Lake Victoria controlled by the Baganda, a people who had developed a complex agricultural society ruled by an absolute monarch called the "Kabaka."

Responding to an appeal by the explorer Henry Stanley, who visited Uganda in 1875, missionaries began working there in 1877. Today 83% of the population is Christian, including Protestants and Catholics. The rest of the population is Moslem (12%) and animist (5%). British hegemony was established in this area in 1893 through a series of protective treaties with the Kabaka and other local rulers.

The decision by the early British administrators to govern the country indirectly through African chiefs and rulers resulted in the country's original development as an African territory. Land ownership was reserved for African chiefs at an early date so that almost no European or Asian rural settlements existed.

The population is estimated at 20 million. Africans of four ethnic and linguistic groups - Bantu, Nilotic, Nilo-Hamitic and Sudanic - constitute most of the populace. The Bantu, the most numerous of the four groups,

includes the more than 3.5 million members of the Baganda, the largest single ethnic group. Ugandan society includes more than 30 individual groups. At one time, the Indo-Pakistanis comprised a large part of the population; however, most were expelled during Amin's rule. Some have returned as skilled laborers, office workers, and traders. Most Europeans also fled during Amin's rule and after the Liberation War.

Almost the entire European community, most of the Asian community and all of the educated Africans in Kampala speak English, the official language. Elementary Swahili is sometimes useful around Kampala for talking to servants, African traders, and members of the security service. Outside of Kampala and Buganda, many people who do not speak English in addition to their mother tongue, speak some Swahili. Most members of the Baganda tribe, however, prefer not to speak Swahili. They prefer their own language, Luganda, which at least 4 million people speak or understand.

Public Institutions

The National Resistance Movement (NRM) Government came to power on January 26, 1986, when the troops of the National Resistance Army (NRA) gained control of Kampala. The political organization of Uganda is a single-party democracy, but will vote on a multi-party system in 2000. Government ministries headed by ministers conduct day-to-day government business. The NRM Government, renamed the "Movement," has appointed a broad-based cabinet.

Uganda's Parliament was established by the 1995 Constitution. Its members are directly elected, as are local councils at the district, sub-district, parish and village level.

Uganda's independent judiciary, like the whole legal system, is based on the British model.

A number of philanthropic and non-governmental organizations thrive here. The YMCA, YWCA, Salvation Army, Lions, and Rotary Clubs are very active and play an important role in charity affairs. Also active are the Human Rights Activists, the Uganda Red Cross, which has ties to International Red Cross groups. Both the National Council of Sports and the school system organize youth programs. Other NGOs represented in Kampala are: Action Aid, World Vision International, Freidrich Ebert Foundation, InterAid International, Quaker Service Norway, World Learning Inc., Lutheran World Federation, Save the Children Fund, African Medical Research Foundation, OXFAM, Irish Aid, CARE, Konran Adenauer Foundation, Foundation for Human Rights Initiatives, Foundation for African Development, SNV/NOVIB, Redd Barna, Red Barnet, Plan 2000, and Mission Aviation Fellowship.

Arts, Science, and Education

The National Theatre is flourishing: drama groups from all over Uganda come to Kampala weekly to give performances in dance and music throughout the year. Several popular music groups entertain regularly. Although radio and TV have some technical problems, they do a commendable job presenting news and interviews. BBC World Service broadcasts on the FM band. Satellite and cable TV subscription services are available in addition to the local News channels. The Uganda Museum can provide some insight to the area's history. The Nommo Gallery, Gallery Café, Tulifanya and several other small galleries display a variety of art forms. There are many artists in the country.

There are a large number of public and secondary schools throughout Uganda, but as many as one half of all school age children do not attend school regularly. In an attempt to change this situation, the government has initiated a primary education reform program with the goal of universal primary education by 2003.

The Lincoln International School is accredited both in the U.S. and Europe. Over 295 students are enrolled in pre-kindergarten through grade 10 and come from 43 countries. There are a number of good neighborhood preschools available. Kabira School, a new British-oriented school offers an alternative curriculum and has begun the accreditation process.

Makerere University, once the premier institution of higher learning in East Africa, is on the rise again but faces many difficulties because of lack of sufficient funding. The senior faculty is at half strength, and shortages range from lack of residence housing for faculty and students to insufficient textbooks, scientific journals, and laboratory equipment. Despite these problems, Makerere University continues to strive to educate a student body of over 15,000 in various disciplines. A number of organizations have begun to assist the university, including the U.S. Government, private American Universities, and other NGOs.

Other institutions of higher learning in the country are the Mbarara University of Science and Technology, the Institute of Teacher Education, Kyambogo (ITEK), the Uganda Polytechnic Institute, Uganda Martyrs University, Makerere University Business School and Uganda Management House.

Commerce and Industry

Agriculture, the most important sector of the Ugandan economy, is primarily a smallholder. It represents 50% of

gross national product, over 80% of employment, and almost 100% of exports. Coffee accounts for over 90% of export earnings. Cotton, tea, beans and corn are other important exports.

Domestic manufacturing industries based on the processing of agricultural raw materials, include refined sugar, soap, textiles, and processed foods. Little heavy industry exists here. Civil strife and lack of foreign exchange over the last 20 years seriously disrupted commerce and industry, and industrial sector operates at 40% or less of capacity. Government and private businesses, with foreign assistance, are making progress rebuilding the industrial sector.

The tourist industry, an important source of foreign exchange earnings in the 1960's is slowing rebuilding. Hotels and lodges are being renovated, new facilities are opening and game parks show a variety of returning wildlife.

Transportation

Automobiles

Employees will have to ship or purchase locally a privately owned vehicle, as there is no acceptable public transportation in Kampala, and the Embassy does not provide transportation for personal use.

Kampala is a widely spread out city, and there is as much as 6 miles between some residences. The Chancery, GSO (General Services Office), Administration, USIS, USAID, and Peace Corps building are all in different locations. Getting to work, visiting, and shopping require dependable private transport. Although road conditions have improved substantially within and outside of Kampala, many streets and roads remain full of potholes. Ship or purchase a four-wheel-drive vehicle if planning to do much local sightseeing or camping.

Local reputable dealers sell new vehicles duty free. With

limited stock on hand, the dealer may have to import the vehicle, which can take 4-6 months. Buying a used vehicle within the diplomatic community is sometimes possible, but do not depend on it. Although traffic moves on the left in Uganda, many people drive left-hand-drive vehicles. Most people are comfortable with either model and the law permits both, but the Embassy strongly recommends right-hand-drive vehicles for your own safety and protection.

It is a good idea to have your automobile equipped with reliable car alarm. Of late, vehicle thefts are on the rise, with new and expensive models being the main targets.

It is difficult to find firms in Kampala that can repair American cars. Repair facilities exist for the following makes: Toyota, Nissan, Fiat, Mazda, Mercedes, Peugeot, Mitsubishi, Land Rover and European made Fords. Be aware that vehicle parts made for the American market are often unique to that market. Spare parts cannot be found in East Africa for a Toyota made for the American market. Bring U.S. spares if possible. In general, original quality spare parts are hard to find.

Local

Public transportation consists of 10 to 15 passenger vans called "matatus" that are used as taxis, and are fairly reliable yet safety is sometimes questionable. They should only be used along familiar set routes and only during daylight. They are usually overcrowded, poorly maintained, and do not travel through the main diplomatic residential area. Mission personnel are not encouraged to use public transportation in Uganda. The Embassy will try to provide transportation for official personnel to work while awaiting delivery of a personal vehicle. Due to a severe lack of vehicles, other travel needs cannot always be accommodated.

Regional

Kenya Airway and Uganda Airways have daily flights between Entebbe and Nairobi. Several weekly flights serving Uganda are available on Sabena and British Airways. Weekly flights are on Air Tanzania to Dar Es Salaam, Ethiopian Air to Addis Ababa and Dubai, Royal Swazi to Johannesburg, Egypt Air to Cairo, and Uganda Airways to Johannesburg.

Buses travel direct to Nairobi. The Uganda Railways Corporation has suspended all rail passenger service in Uganda.

Communications

Telephone and Telegraph

Local telephone service is improving due to cellular phone companies starting services. Installation of new phones is slow, as are repairs on existing lines. International calls to the U.S. and Europe are sometimes difficult to place; at other times, one can direct dial immediately. Reception is generally good due to a satellite station in Kenya. Rates are very high, and there is no AT&T, MCI, or Sprint connection except for one line and Uganda Telecom Ltd. Service is expected to improve with the installation of a new satellite communications facility outside Kampala. Overseas telegraph and FAX facilities are available and are usually reliable.

Mail and Pouch

APO facilities are not available in Kampala. Air Pouches arrive by plane via London (usually) twice a week and are dispatched once a week. Transmit time between the U.S. and Uganda for pouch mail varies from 21 to 28 days.

Because of automation at the Department's main pouch facility at Dulles Airport, it is imperative that the pouch address be limited to three lines only.

The pouch address for letters is as follows:

Direct Hire Americans

(Name)
Embassy Kampala - DOS or
(AID/USIS/PC)
Washington, D.C. 20521-2190

Contractors

(Name)
Followed by C (Contractor) or
G (Grant)
Name of Post
United States Agency for
International Development
(USAID)
Washington, D.C. 20523

Fulbright Grantees

(Category B Posts)
(Name)
American Embassy (City)
C/o USIA Mailroom (E/AEA)
400 C. Street, SW
Washington, D.C.

For sending packages through the pouch use the above address with ZIP Code. Packages should be no longer than 24 inches, and length and girth combined should not exceed 62 inches. Maximum weight is 49 pounds. Over the last couple of years security of the pouch has declined. It is advisable not to send very valuable or hard to replace items through the pouch.

International airmail from the U.S. should be address as follows:

(Name)
American Embassy
(USAID/USIS)
P.O. Box 7007
Kampala, Uganda

International airmail to and from the U.S. takes 10-15 days, and delivery is reliable for letters. Mission personnel do not generally send or receive packages through the local post office.

Radio and TV

The government-operated radio system *Radio Uganda*, broadcasts in several African languages and in English. English language news is broadcast six times daily. Ordinary radios in Kampala pick up the local stations on the FM

band. To receive a variety of short-wave broadcasts, such as the VOA and BBC, you need a good short-wave radio.

Uganda Television (UTV) broadcasts a mixture of foreign and locally produced programs daily from approximately 6am to 11pm. Shows cover the full range of local and international news plus sports, musical entertainment, locally produced plays, educational broadcasts, movies, and some American TV shows. Most programming is in English, except for several vernacular news programs early in the evening. CableSat Television (CTV) transmits CNN programs as well as a variety of cartoons. TV Sanyu carries a mix of sitcoms, dramas, etc. There also is the Multichoice TV (subscription cable TV) which needs a decoder (approx. \$280) and a monthly subscription fee (approx. \$32). Multichoice gives you the choice of K-TV, ESPN, M-net, BBC World, Supersport along with many others.

It is sometimes possible, depending on the location of one's home, to pull in CNN directly with the use of a booster antenna. TV is transmitted by the 625 PAL British and European systems, which can be picked up with a multi-system receiver. One can purchase TV sets in the PAL system in Kampala, though the variety and brands are limited. Occasionally multi-system televisions can be found in a duty-free shop.

There are a number of video rental shops in Kampala with the stock in VHS for use with 625 PAL system equipment. The Video Club at the American Recreation Association (ARA) has a growing collection of commercial videotapes with the VHS format on the NTSC (American) system.

Newspapers, Magazines and Technical Journals

Uganda has free press that has given rise to several daily and weekly newspapers in both English and Luganda. For the

most part, these newspapers concentrate on locally important political issues but do not carry many international news items. *New Vision*, *Monitor* and *The East African* are some of the major editions. An average of eight newspapers appear in any given week, including the Luganda language editions. This number fluctuates as some fail to publish and others start up.

Sidewalk vendors sell three major Nairobi dailies - *The Nation*, *The Standard* and *The Kenya Times* - as well as international editions of *Time* and *Newsweek* brought in from Nairobi. Some local magazines are available (*Exposure*, *Africa Now*). The European editions of the *Herald Tribune*, *USA Today*, and some British newspapers are generally sold at the Sheraton Hotel. Subscriptions to U.S. newspapers received through the pouch are a good choice; expect them to arrive 2-3 weeks late. One can also order the *Stars and Stripes* or the international edition of *USA Today* and have them sent through the international mail to the box number at the Embassy. They usually arrive within 10 days. The weekly edition of the *Washington Post* is quite useful in lieu of daily newspapers.

Bookstores carry a fair selection of academic books but have a very limited fiction inventory. Although most of the books are written in English, a number are written in Luganda. Bring a supply of your favorite types of books or develop an ongoing source in the U.S.

There are no public lending libraries in Uganda.

USIS maintains a small library that is open to the public. It includes over 2,500 volumes of reference works, over 70 periodicals, and it receives the *International Herald Tribune* on a daily basis. USIS also maintains a collection of guides to higher education in the U.S. including many college catalogues. USIS receives the *ABC Weekly News Highlights* and screens it for the public. The Community Liaison

Office (CLO) maintains a lending (mostly paperback) library through numerous donations.

Most book clubs (Book of the Month, Library Guild, Doubleday, Mystery Guild, etc.) have an "on-order" system if requested by someone living overseas. This means they will not send books unless you specifically order them. This has proven to be quite satisfactory for those who wish to join the book clubs. Columbia Video Club also offers this option, calling it "preferred member."

Health and Medicine

Medical Facilities

The Embassy Health Unit is staffed with a Physician Assistant, 2 part-time Registered Nurses, laboratory technician and a secretary. The Health Unit includes an in-house blood donor program. The Regional Medical Officer (RMO), based in Nairobi and responsible for most of the East African countries, visits Kampala 2-4 times each year and will see post personnel during these visits. Employees who travel to Nairobi may want to consult with the RMO. Kampala Health Unit will make an appointment before arriving in Nairobi.

The American Embassy in Kampala contracts with a local British Physician group as post medical advisors. They treat American personnel and their dependents on a fee for service basis and run a competent private practice. They have a small laboratory and use local x-ray facilities when needed. They are available at night, on weekends and to make house calls.

The Health Unit maintains a small supply of basic medication that is available when prescribed by the Physician Assistant. You should have a source in the U.S. for drugs required on a long-term basis. Items such as high blood pressure medications, thyroid preparations, long-term cardiac drugs, and long-term antibiotics all fall into this category. Bring

a supply of commonly used over-the-counter drugs such as Tylenol, Sinutab, cough syrup, Visine, Milk of Magnesia, contact lens solution etc.

Some health insurance plans have prescription-by-mail services. Below is a list of pharmacies that will fill prescriptions as well as send any other products they carry. It will be billed to your charge card and mailed via pouch.

CVS
2125 E Street, N.W.
Washington, D.C. 20007

Columbia Plaza Pharmacy
516 23rd Street, N.W.
Washington, D.C. 20037
Fax: (202)452-7820

Morgan Pharmacy
3001 P Street, N.W.
Washington, D.C. 20007

Kololo Hospital is the recommended hospital for use by the Embassy personnel. There are no ventilators or resuscitative equipment.

It is recommended that personnel get all routine check-ups done before coming to post. Extensive dental care such as crowns and root canals can be taken care of in Nairobi via dentevac. There is also a Ugandan dentist who was trained in the U.S. There are no recommended ophthalmologists or obstetricians.

Community Health

The general level of sanitation in residential areas of the city is fair. Waterborne sewage disposal for the municipal area meets acceptable standards. Areas immediately outside the municipal boundary, however, often lack sanitation.

There have been occasional outbreaks of fish poisoning, and it is recommended that you do not buy fish from the roadside vendors but from trustworthy shops in town.

A large portion of local population is afflicted with intestinal parasites; health

inspections of food are nonexistent. The city sporadically collects garbage around some market area. AIDS and Tuberculosis are widespread in Uganda.

Preventive Measures

Boil and filter drinking water and carefully clean all fresh fruits and vegetables. Use only boiled or treated water for brushing teeth and making ice. A chemical compound that releases chlorine or iodine into the water can be used instead of boiling. A soaking solution of household bleach or iodine in water will purify fresh fruits and vegetables. Many Embassy personnel use a disinfectant called "Milton" that is sold on the local market. The Embassy provides each official residence with in-line water filters, which remove most of the visible sediment, but boiling and filtering is still the recommended method of water purification.

Embassy personnel are not at risk for contracting HIV/AIDS as long as they do not participate in high-risk activities. Contracting TB is a risk if one is exposed over a lengthy period. For this reason, household help should obtain pre-employment medical examination. Periodic follow up tests for parasites every 6 months, and chest x-rays every 2 years are also recommended.

Malaria is endemic in Uganda. In fact, Uganda has the second highest rate of infection in the world. Four different parasites of plasmodia cause four types of malaria. The type of malaria most common in Uganda is falciparum, which the old textbooks called "malignant malaria" since its frequent complications involve the brain and kidneys and often cause death. All official personnel are required to take malaria prophylaxis while in Uganda. Begin an anti-malarial regimen 2 weeks before arriving and continue for 4 weeks after leaving the area.

No drug regimen guarantees complete protection against

malaria. Mefloquine is now the drug of choice for Uganda with Chloroquine-resistant malaria. Avoidance of perfumes and colognes, and use of sprays, nets, screens, clothing with long sleeves, long pants, and insect repellants containing at least 30% DEET are recommended, especially after dark.

Every employee has the responsibility to maintain his/her (and dependents) immunization status. The following immunizations are recommended for American personnel living in Uganda: typhoid, yellow fever, rabies (pre-exposure) polio, diphtheria-pertussis-tetanus (DPT), measles/mumps/rubella (MMR), hemophilus B conjugate vaccine (HIB), Hepatitis A/B and a tuberculosis skin test.

Employment for Spouses and Dependents

Employment on the local economy is not practical, but spouses can sometimes find jobs teaching at Makerere University or other educational institutions such as the Lincoln International School and Kabira International school. Although finding employment with private organizations is difficult, the increasing number of development assistance projects, international NGOs, and research projects, have resulted in some jobs for people with skills in nursing, social work, project managing and evaluation. The Embassy has a limited number of part-time intermittent, temporary (PTI) and full-time positions that are periodically available e.g., community liaison officer, GSO Assistant, administrative assistant, and self-help coordinator. Subject to funding, a summer youth employment program may hire dependent children of Mission employees during their summer vacations in Uganda. Occasionally, consular assistant positions may be available.

Artists will find a good market for business here though

one must bring all necessary
supplies and materials.

Request information on
specific employment
opportunities before arriving at
post.

American Embassy

Kampala

Kampala began as a settlement near the Kabaka's palace at Mengo. In the 20th century, it has developed into the largest city in Uganda, dominating the country's political and economic life. Kampala was granted the status of a city during Uganda's independence celebration in October 1962.

Along Kampala's main streets, modern office buildings mix with old style shops. Along roads near the main market are many small shops that trade in a variety of goods. Large businesses and bank buildings line the main street called Bombo, Kampala or Jinja Road, along various sections of its length. The Parliament and Independence Arch are situated on Parliament Ave. where the U.S. Chancery is located.

Before March 1962, the administrative capital of Uganda was Entebbe. Most government offices have moved to Kampala, but State House, the residence and office of the President is still in Entebbe.

The Post and Its Administration

The American Embassy is located in the rear of the British High Commission Building at 10/12 Parliament Avenue. The telephone numbers are 259792/3/5; Fax 259794. A Marine Security Guard is on duty 24 hours daily, as well as contract security guards and Ugandan Police. There will be a new chancery built in a different location. Breaking ground starts January 2000 and will be completed in 2002. The Administrative Annex is approximately 2 miles from the chancery on Kololo Hill at 12 Malcolm X Avenue (tel:234142/257297/257287/fax:241 863). The Budget & Fiscal Office, Medical unit, Personnel and the CIO are located in the administrative Annex. The General Services/warehouse complex is

located at 63/67 Spring Road in the industrial area (tel: 245123/245023/245129; fax: 259304).

The USAID Mission is located 2 miles from the Chancery at 42 Nakesero Road, (tel: 235879/241521; fax: 233417). The USAID Administrative Unit is located at 6 Spring Road (tel: 243317/242402; fax 233308).

The USIS complex is located at 21 Makinnon Road (tel: 233231/230507; fax: 250314).

Working hours are from 8:00 - 4:30 Monday through Friday.

Most Americans enter Uganda by air, connecting through Europe and/or Nairobi. Entebbe Airport is 22 miles southwest of Kampala over a good asphalt road. There is limited public or private transportation from the airport to Kampala, and phone service is often out of order. It is important that all personnel notify the Embassy of their exact travel plans so that they may be met at the airport.

Housing

Employees usually move directly into their quarters upon arrival. If housing is not ready, new employees are either assigned temporary housing or accommodated in the Sheraton or furnished hotel apartments. GSO provides a Welcome Kit that provides basic needs such as towels, bedding, tableware, cooking items and supplies to meet immediate cleaning needs until household effects (HHE) arrive.

Permanent Housing

All employees are provided with fully furnished quarters with lawns and gardens. Given Kampala's climate, gardens grow all year. The Embassy supplies basic lawn and garden tools, but employees must maintain the lawn, garden and shrubbery. For the gardening enthusiast, this is one of the best opportunities in the Foreign

Service to have a beautiful garden. Houses approach American standards; most have a living room, dining room, kitchen, sufficient bedrooms and baths, storage space, garage and staff quarters. Many also have patios and porches.

The Ambassador's residence and DCM's residence have swimming pools. There are tennis courts and a community pool at the American Recreation Association.

Furnishings

Houses are furnished with carpeting and draperies in addition to the regular complement of sofas, tables, chairs etc. Master bedrooms have queen-size beds, and all other bedrooms are furnished with twin beds. The Embassy provides some garden furniture.

Employees must supply their own table linens, bedding, cooking utensils, small kitchen appliances, tableware, wall decorations, towels and other bathroom items.

Utilities and Equipment

The Embassy supplies every house with an American model refrigerator, freezer, electric stove, microwave, washer, dryer, vacuum cleaner, water heaters, distillers and some step-down transformers. Air-conditioners are not usually needed, but most houses have one in the master bedroom. Many of the bedrooms have ceiling fans. Every house has a generator capable of powering the entire property.

The electrical current in Kampala is officially 240v, 50 cycles. The voltage can fluctuate wildly, from 100v to 400v for prolonged periods. It would be wise to invest in protective voltage regulators or cutoff switches for any valuable electrical items such as stereo components and computers.

Food

Fresh fruits and vegetables abound in the markets in and around Kampala. Fresh vegetables such as green beans, peppers, lettuce, carrots, potatoes, yams, cabbage, tomatoes, eggplant and cucumbers are always in stock. Most tropical fruits such as passion fruit, pineapple, papaya, mangoes and bananas are also plentiful, as are avocados. Lemons and limes are plentiful, but oranges, peaches, grapes, apples and pears are not generally found in the market, but are increasingly available in selected shops at higher prices. Fresh beef, pork, poultry, mutton, goat and eggs are plentiful. Good quality freshwater fish (Tilapia and Nile Perch) is available. Lamb, pork-sausages, bacon, ham and frozen/smoked fish can usually be found in butcher shops.

Milk and milk products are readily available in Uganda. Many are imported from Kenya and many are processed in Uganda. Among these are: pasteurized milk (fresh, long life, evaporated or dried) ice cream, cheese (cheddar, jack, mozzarella and cream) butter (fresh or canned), margarine (canned) and baby formula.

Good quality Ugandan and Kenyan coffee and tea are in plentiful supply. There is also flour, salt, sugar, cooking oil, spices and a variety of Asian foods and condiments. Baby foods are not sold in local stores.

Some specialty markets import fruits (sweet oranges, grapes and nectarines) cheeses (brie, blue cheese, ricotta etc.) and cold cuts (salami, pate, mortadella etc.) that are not regularly available in Kampala. The prices are usually quite high. Several bakeries make bread and a variety of pastries.

A small commissary at the American Recreation Association currently stocks spirits, wines, butter and cheese as well as snack items.

Clothing

Lightweight summer apparel is suitable dress for Kampala.

Clothing and shoes for the entire family can sometimes be bought in local shops, but the selection and size range is poor. Bring a complete wardrobe. Local shops carry an assortment of cloth such as Kitenge designs and beautiful cotton prints. A sewing machine with accessories and patterns would be a good item to bring. Some women have had success with local seamstresses.

Men usually wear summer suits and ties to work and to semiformal occasions. Short-sleeved safari suits are also popular for work and for casual wear. A light sports jacket is suitable for eveningwear. Bring comfortable natural fiber clothing for general wear.

For women, a sweater, shawl or light jacket is sometimes needed for cool evenings and rainy days. Bring slacks, jeans, cotton skirts and blouses for day wear; cocktail dresses and a few formal dresses for eveningwear; and raincoats, boots and umbrellas for rainy days.

Weather in Nairobi is much cooler than in Kampala, especially during the winter when it can get quite cold. Most Embassy staff make a few trips to Nairobi, so bring warm clothing if you are planning a side trip during that season.

Supplies and Services

Supplies

Ship a large supply of toilet articles to post. Most medicines as well as toiletries, such as hair treatments, nail polish lotions and cosmetics are expensive and your favorite may not be available. Bring feminine personal supplies. Bring an ample supply of whatever over-the-counter medicines you may need, such as antihistamines, nose drops or contact lens solutions, or arrange for a pharmacist to send them to you through the pouch. Bring toys for children, books, gifts, greeting cards, playing cards and ample supplies for entertaining such as party favors, paper napkins and towels and paper plates.

Basic Services

A dry-cleaning service is open to the public at the Sheraton Hotel and several others are located downtown. All are expensive. It is best to bring as many washable clothes as possible since most of the laundry is done at home.

A few reputable hair salons in Kampala serve both men and women, but bring perms or hair color for individual needs for the technician to use.

Special order through a U.S. electronics dealer a repair manual (or schematic) for your video equipment. These run about \$35 to \$40 each. A number of technicians can repair TV's and VCR's but they are not familiar with American equipment or replacement parts. Repair is better, and replacement parts are easier to order if you can provide a schematic diagram with part numbers.

A number of nurseries in town sell seedlings and young trees. Among the many tropical plants available are bougainvilleas, frangipani, dahlias, gardenias, canna lilies, and garden flowers such as marigolds, geraniums and impatiens. For a better selection of seeds for garden flowers or vegetables make a trip to a local nursery in the U.S. or plan to order from the seed catalogues.

Computers and other electronic equipment are often damaged due to power surges. To prevent a complete loss of equipment it is wise to use a voltage stabilizer and uninterruptible power supply (UPS) for each item. Sometimes several items can be put on one power strip, depending on the voltage requirements of the equipment and output of the stabilizer and UPS. Several computer repair and supply facilities service Wang, IBM, Apple, Tandy and others. Most facilities have a limited stock of diskettes and ribbons. Other supplies and repair parts can be ordered from Nairobi, Dubai or the U.S.

Parking

Parking at post is convenient and at no charge. Around town,

parking is available and there is a small fee for street parking.

Domestic Help

Household help should be supervised to ensure that work is done to be expected standards. Some china and glassware breakage is to be expected, and food may disappear. Both male and female Ugandan servants will cook and clean house. Nannies or nursemaids can be found to care for small children. Mission employees seem to pay their employees more than the minimum wage prescribed by the Ugandan government. Individual allowances concerning transportation fees, housing, health benefits etc. are open to negotiation.

The average household employs a combination cook/housekeeper, a gardener and a nanny if small children are present. Most of the domestic help lives in semidetached or detached staff quarters. The Embassy provides day and night guards for all homes.

Religious Activities

Many religions are represented in Kampala: Baha'i, Islam, Hindu, Christian and animist. The Christian churches include Anglican, Roman Catholic, Greek Orthodox, Baptist, Seventh-day Adventist, the Church of God, the Church of Jesus Christ of Latter-day Saints (Mormons), and International Christian Fellowship. English services are scheduled at specific times during the days of worship.

Education

Dependent Education

At Post. The Lincoln International School, a private coeducational institution assisted by the Department of State's Overseas Schools Program, provides an academic program for children from pre-kindergarten through grade 11 (to be expanded in 1996-97 to grade 12). The school's instruction is similar to that of the U.S. public schools. All

basic subjects are taught, following an international curriculum. In addition, athletics, social studies, science and French are taught by part-time staff; classes in art and local music are also offered. A total of 28 full-time qualified teachers serve the needs of the almost 3000 children. The school is several buildings on Plot 49 Kira Road but has planned to move in the future.

The Kabira International School follows a British curriculum. Kabira currently offers classes from pre-kindergarten through grade 6. While the majority of the Embassy children attend IIS, there are Mission children currently enrolled at Kabira.

A Montessori School is open for 2 1/2 to 5 year olds. Initial reports from the parents of the children attending are good.

There is also a French School, run by the French Embassy.

Away from post. Some children of employees are enrolled in schools away from the post in the U.S., Europe and in Kenya. There is an educational allowance, which is provided such as, provisions for holiday periods.

Special Education Opportunities

There is the opportunity for adult-education at the Makerere University, which offers single courses and degree programs.

Post Orientation Program

The CLO coordinates the post orientation program for new arrivals. Each person has a sponsor and receives a Welcome packet containing information about places of interest - restaurants, churches, common health hazards, precautions to take while in Uganda, map of Kampala and brief background notes about Uganda. In addition, all new employees take a tour to learn about all the agencies within the Mission. The CLO also sponsors orientation shopping trips around town.

Recreation and Social Life

Sports

Several sports clubs welcome American as members. The American Recreation Association has tennis, squash, workout room and swimming facilities as well as Ping-Pong and darts. A small commissary, video club and a restaurant with catering capabilities are also located there; sports lessons and some services like massage are also offered. The ARA sponsors several tennis tournaments each year, occasional squash tournaments and other special monthly functions.

Other popular clubs include the Kampala Club and the Uganda Golf Club. The Golf Club has 18-hole golf course and dart facilities with an outdoor restaurant. Memberships in sports clubs in Kampala are relatively inexpensive. Bring golf clubs, rackets, balls, swimming gear and other sports equipment needed.

The Embassy has a 21-foot fiberglass sloop moored on Lake Victoria. All safety-qualified Mission personnel are welcome to use this boat on a rotating basis and are also expected to share expenses and labor for annual and periodic maintenance. Some employees go fishing on Lake Victoria in Gaba and Jinja, approximately 8 and 50 miles respectively from Kampala.

Two sailing clubs, whose members are primarily British, offer sailing and boating activities on Lake Victoria. One offers instructional courses several times a year and holds organized races each Sunday with laser class boats. Boats can be bought outright, or ownership can be shared with the club. Camping is also available there.

The Embassy has Friday evening basketball, Saturday morning softball and Sunday afternoon flag football. Lively young ex-patriots have even organized Sunday evening Frisbee games. The British High Commission sponsors the Hash House Harriers (running) every Monday evening. Soccer, Rugby and Cricket are also played

locally (and regionally) and welcome spectators, and when appropriate, participants.

A Scottish country dance group meets weekly and welcomes newcomers. Horseback riding is also available.

Touring and Outdoor Activities

The Kenya Highlands to the east and the Mountains of the Moon in the southwestern Uganda provide a change from Kampala's weather. Cold weather gear for an extended trek to the higher altitudes may be useful. An 8 to 10 hour drive takes you to either place. Accommodations in Uganda are basic but improving.

Uganda has seven national parks rich in flora and fauna. Lake Mburo National Park is 3 ½ hours south of Kampala on an excellent tarmac road and offers views of impala, zebra, topi, hippo and buffalo. Further south is Queen Elizabeth National Park, located on the western edge of the Great Rift Valley. It has large mammals such as elephant, hippo, buffalo, Uganda kob, topi and is also well known for its profusion of bird life.

Northwest of the Queen Elizabeth park, and sometimes visible on a clear day, are the Rwenzori Mountains or, as they are better known internationally, the Mountains of the Moon. The Rwenzori National Park is one of the few places on the planet where glaciers can be found on the Equator. Trained guides and porters are available to take hikers on 3-to-10 day climbs into the mountains.

The Impenetrable Forest National Park south of Queen Elizabeth National Park, is the richest forest in Ugandan in terms of plant, mammal, bird and butterfly species. It has about 320 mountain gorillas or slightly more than ½ the world's population. Guides are trained to lead gorilla tour hikes.

South, on the Uganda/Zaire/Rwanda border is the Mgahinga National Park. It comprises the northern slopes of three Virunga volcanoes. It is

quite scenic and is an important sanctuary for the Mountain Gorilla and the Golden Monkey.

To the northwest lies Murchison Falls National Park, with its renowned waterfall. The big game population there is returning, and elephant hippo, lion, giraffe and waterbuck are seen in increasing numbers.

Kidepo National Park, to the northeast is available by air and features some of the most scenic views in Uganda. Unfortunately, from time to time security in these lovely areas is unpredictable or poor.

Occasionally members of the community or the embassy help organize group visits to these parks. All are accessible by high-clearance, if not 4x4 wheel drive vehicles and numerous tour companies in Kampala can also put together trips both within Uganda and its neighboring countries. Virtually all of the parks offer a range of first-class hotels, lodges with restaurant, simple bandas (circular houses with beds) to campgrounds. If you are a keen camper, bring the gear you most like to use.

Of the 9000 bird species in Africa, 1000 are found in Uganda, making it a bird-watchers paradise. Even those not previously interested in this activity find themselves drawn in by the profusion of the marvelous birds in all of these locales.

Mombassa, on the Indian Ocean in Kenya is 2 days away by car or several hours by air, as are many of the fine game parks in Kenya and Tanzania. It has many pleasant beach accommodations and tourist attractions. The islands of Madagascar, Lamu, Zanzibar, Mauritius and the Seychelles are also pleasant places to visit. Frequent air service from Nairobi reaches the coastal resorts, as well as the islands. Uganda Airlines offers twice a week flights to Mombassa via Nairobi and to Harare and Johannesburg.

The designated R&R point for Kampala is London or New York if you spend more than 50% of your leave in the U.S.

Entertainment

While there are now several cinemas in Kampala showing first-run films, other entertainment opportunities come irregularly. The National Theater offers performances in drama, dance and song in both English and vernacular every weekend. The Alliance Francaise show French films with English subtitles on Fridays, and the French Cultural Center sponsors events from time to time. Movies are also generally a regular feature of the Marine House and a weekly video showing at the ARA, both with accompanying refreshments.

The Uganda Society has monthly lectures, and other social groups also meet regularly, with interests varying from food and drink to architectural preservation to hiking to wildlife. The Friends of the National Museum is a group dedicated to partnership activities with the museum and also offers a valuable orientation class in October and other events during the year. KADS (Kampala Amateur Dramatic Society) puts on a Christmas pantomime, various play readings and smaller productions throughout the year.

Duplicate bridge is played every Thursday at the Masonic Lodge. All bridge players are welcome.

In addition to a growing number of restaurants offering cuisine from almost anywhere you wish, there are a number of sports bars/restaurants, which have proven popular with the younger set and which often feature entertainment.

Social Activities

The growing expatriate community brings with it many possibilities for social contacts, as do professional and personal relationships with Ugandans. Dinner parties, art exhibits in homes, cocktail parties - all are present, as well as numerous opportunities to dine out. The ARA has frequent barbecues as well as special events. In addition to the Marine Corps Ball and the 4th of July Celebration, there are also opportunities to celebrate other national events, with St. Andrew's

and St. George's' balls among them.

The International Women's Organization, now numbering about 150, provides the opportunity to meet both Ugandan and other expatriate women. The focus of the organization is monthly meetings, usually with a speaker, augmented by a wide variety of other activities: craft group, mahjong, cooking group, book club, a bazaar and other money-raising events, as well as a social service committee that provides opportunities to know and work with groups concerned especially with women and children in the country. Events are held on a regular basis that includes husbands; there is also an adjunct evening group for working women.

Membership in the Uganda Society and the International Wildlife Society also offer a wide range of activities and international contacts. There are also other international service clubs including: Lions, Rotary, Zonta, Masons etc. which affords you additional opportunities to associate with a variety of people.

Official Functions

The Chief of Mission and the DCM are routinely invited to other embassies for national day festivities. Officers of second secretary rank and above are usually invited to mixed Embassy functions primarily for social purposes.

Special Information

Uganda carries a high threat for terrorist activities. The most current information available places the majority of terrorist acts and political instability in northern Uganda, near the Sudanese border, the Bwindi Impenetrable Forest and western Uganda near the Congolese Border. There have also been armed incursions into Mgahinga Gorilla national Park in southwestern Uganda.

Notes for Travelers

Getting to the Post

Sabena operates two direct flights each week from Brussels. British Airway has two flights a week from London. Currently, no American carrier connects from Europe to Entebbe. Daily flights to and from Nairobi are available on Kenya Airways of Uganda Airlines.

Unaccompanied baggage should be sent via Brussels or London and addressed to:

American Ambassador
(Employee's initials)
Kampala, Uganda
Via Entebbe

HHE and vehicles should be shipped via the European Logistical Support office (ELSO) Antwerp unless direct shipment via Mombassa is more practical (from nearby locations). HHE will be sent by airfreight to Entebbe; expect 2 months delay. Vehicles will be shipped to Mombassa, Kenya, then trucked to Kampala.

Customs, Duties and Passage

Direct-hire employees assigned to the Embassy, USIS and USAID-direct hire are entitled to full, duty-free privileges before arrival and for the duration of their tour. Since the duty-free privileges do not extend to members of the family, all items must be consigned to the employee.

Passage

Persons assigned to Kampala need an entry visa. Incoming travelers must possess valid cholera and yellow fever immunization certificates on the World Health Organizations standard form. If you pass through Nairobi and leave the airport, you must also have a valid visa for Kenya. These may be purchased in the Nairobi Airport. The Embassy will handle all necessary paperwork upon arrival in Kampala.

All incoming employees will be met at Entebbe Airport if they have cabled their itinerary to the Embassy. If one is not met and cannot immediately contact the Embassy, hire a taxi and go directly to the American Embassy in Kampala. A Marine Security Guard is on duty 24 hours at the Embassy.

Pets

Housing assignments are not made to accommodate pets. The keeping of pets in Government held units is a privilege and not a right. Employees are reminded they are financially responsible for all damages caused to the U.S. Government-owned or leased property by their pets and are also responsible for ensuring that their pets do not become neighborhood nuisances.

Dogs or cats brought to post must have valid health and up-to-date rabies vaccination certificates. Please notify GSO well in advance if pets will travel as accompanied or unaccompanied airfreight baggage. Pets will not be quarantined if they are accompanied by the rabies and health certificate issued not more than thirty days before arrival.

At the moment there is at least one veterinarian at Makerere University who specializes in small animals and is quite good. He will neuter or spay animals if desired. Medicines are generally available, but supplies such as flea collars, must be ordered from the U.S. Filaria is endemic for Uganda, so bring a 2-year supply of heartworm pills. These are obtainable only through a veterinarian. They cannot be ordered from a pet supply house, and are not available locally.

Firearms and Ammunition

Post discourages the importation of any personally owned weapons. However, any employee who wishes to import a firearm must submit a

written request to the Ambassador through the Regional Security Office. This request must be submitted and approved before the shipment of any firearms to post. Each request will be reviewed on the basis of an employee's need for a firearm, training in handling and safety with the firearm, and the employee's ability to secure the firearm while at post. Should you require further information concerning the importation of personally owned firearms, please contact the Regional Security Office.

Currency, Banking and Weights & Measures

Uganda uses a decimal currency of Shillings. The largest denomination note is US\$10,000/= there is also the 5,000/= and 1,000/= There are coins for 500, 200, 100 and 50 shillings. The current (subject to change) official rate is about \$1 = US\$1,350 Foreign Exchange (FOREX) rates are readily available at all banks and exchange offices around town. The FOREX rate runs somewhat higher and is freely used by Embassy personnel. Uganda uses the metric system of weights and measures.

Taxes, Exchange and Sale of Property

Diplomatic personnel are exempt from taxes; gasoline prices, however, include a tax unless purchased at one specified location. All personal goods and consumables may enter Uganda exempt from duties and taxes.

All official disbursements for the Embassy, except petty cash, are made by the U.S. disbursing officer at the Regional Administrative Management Center in Paris. Petty cash is handled by the Embassy cashier. Checks cashed or personal funds must be taken to one of the local banks. Travelers' checks may

be purchased at any of the local banks.

Personnel may sell personal property only during their last ninety days at post and only after the administrative officer approves an application for the sale. The exchange accommodation of proceeds from goods sold in Ugandan shillings and approved by the administrative officer will be processed through RAMC Paris up to the maximum limit established by post policy.

Recommended Reading

These titles are provided as a general indication of the material published on this country. The Department of State does not endorse unofficial publications.

American University. *Area Handbook for Uganda*. U.S. Government Printing Office: Washington, D.C., 1969.

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Avrigan, Tony and Martha Honey. *War in Uganda. The Legacy of Idi Amin*. Lawrence Hill & Co. Inc. Westport, 1981.

Burke, Fred G. *Local Government and Politics in Uganda*. Syracuse University Press: Syracuse, 1964.

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H.B. Hansen and M. Twaddle eds. *Changing Uganda*. Ohio University Press: Athens, 1991.

Ingham, Kenneth, *The Making of Modern Uganda*. Allen and Unwin: London, 1958.

Ingham, Kenneth, *The Making of Modern Uganda*. Allen and Unwin: London, 1958.

Jorgensen, Jan Jelmet. *Uganda: A*

Modern History. St. Martin's Press: New York, 1981.

Mamdani, Mahmood. *Imperialism and Fascism in Uganda*. Heinemann Educational Books: Nairobi, 1983.

Mamdani, Mahmood. *Politics and Class Formation in Uganda*. Monthly Review Press: New York, 1976.

Mazrui, Ali. *Soldiers and Kinsmen in Uganda*. Sage: Beverly Hills, 1975.

Mittleman, James H. *Ideology and Politics in Uganda*. Cornell University Press: Ithaca, 1975.

Moorehead, Alan. *The White Nile*. Harper & Row: New York, 1960.

Museveni, Yoweri. *Sowing the Mustard Seed*.

P. Mutibwa, *Uganda Since Independence*. Africa World Press: Trenton, 1992.

Nabudere, D. Wadada, *Imperialism and Revolution in Uganda*. Humanities Press: Atlantic Highlands, 1980.

Sathyamaurthy, T.V. *The Political Development of Uganda*. Gower: Aldershot, 1986.

Local Holidays

The following local holidays are observed:

New Year's Day	Jan 1
Liberation Day	Jan 26
Good Friday	Variable
Easter Monday	Variable
Labor Day	May 1
Martyr's Day	June 3 *
Independence Day	Oct 9
Eid El Fitr	Variable
Christmas Day	Dec 25
Boxing Day	Dec 26

*subject to change/announcement



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.

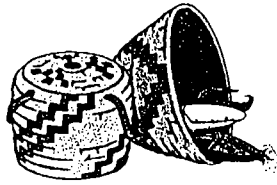
PEOPLE

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.

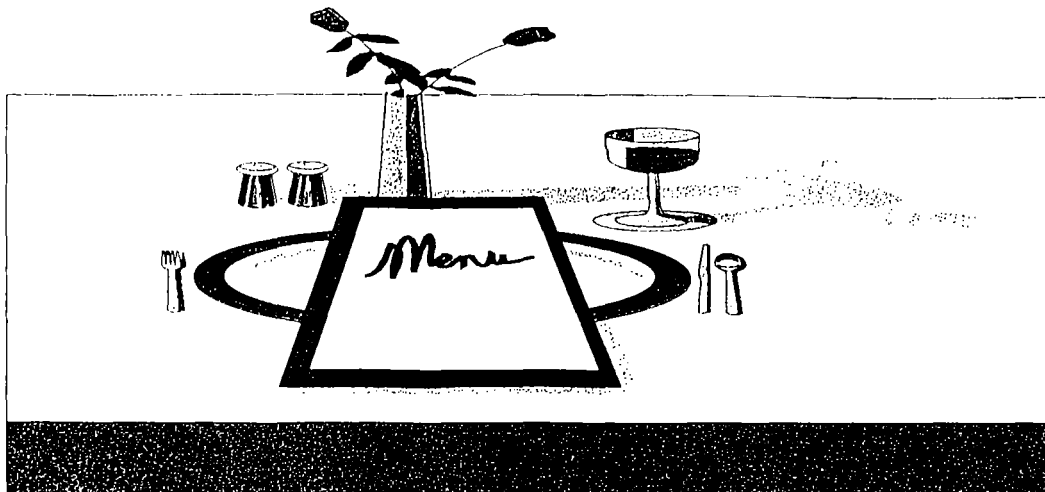
Botanical Gardens are outside of Kampala at Entebbe. They are well worth a half day visit. The gardens are situated along the side of Lake Victoria (The second largest Fresh water lake in the world. Lake Superior in the USA is first.) between the Sailing Club and the center of Entebbe town. They were 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 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.

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.

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RUEHPH/CDC ATLANTA 0960

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UNCLAS SECTION 01 OF 05 STATE 172889

INFORM CONSULS

E.O. 12958: N/A

TAGS: CASC, ASEC, EAIR, KY2K, UG

SUBJECT: CONSULAR INFORMATION SHEET - UGANDA

1. COUNTRY DESCRIPTION: UGANDA IS A DEVELOPING EAST AFRICAN NATION. TOURISM FACILITIES ARE ADEQUATE IN KAMPALA, THE CAPITAL, BUT ARE LIMITED IN OTHER AREAS.

2. ENTRY REQUIREMENTS: A PASSPORT AND VISA ARE REQUIRED. UGANDAN AUTHORITIES ARE TEMPORARILY ISSUING VISAS UPON ARRIVAL AT ENTEBBE AIRPORT, NEAR KAMPALA. HOWEVER, UGANDAN OFFICIALS HAVE STATED THAT VISA ISSUANCE AT THE PORT OF ENTRY MAY NOT BE AVAILABLE AT A

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LATER DATE. ALL TRAVELERS TO UGANDA ARE URGED TO PROCURE A VISA FROM THE NEAREST UGANDAN EMBASSY OR CONSULATE AT THEIR EARLIEST CONVENIENCE AS PROCESSING DELAYS ARE POSSIBLE AS UGANDAN MISSIONS EXPAND THEIR

VISA ISSUING-INFRASTRUCTURE.

FURTHER 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.

3. SAFETY/SECURITY: U.S. CITIZENS 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, PARTICULARLY IN NORTHERN AND WESTERN UGANDA. THEY HAVE AT TIMES SPECIFICALLY TARGETED U.S. CITIZENS. THESE GROUPS HAVE ENGAGED IN MURDER, ARMED ATTACKS, KIDNAPPING AND THE PLACEMENT OF LAND MINES. IN MARCH 1999, ONE OF THESE GROUPS MURDERED EIGHT FOREIGN NATIONALS, INCLUDING TWO U.S. CITIZENS. INCIDENTS OCCUR AT RANDOM WITH LITTLE OR NO WARNING. ONGOING HOSTILITIES BETWEEN THE GOVERNMENT OF THE DEMOCRATIC REPUBLIC OF CONGO (DROC) AND REBELS IN THAT COUNTRY COULD PROMPT MILITARY ATTACKS IN UGANDA, A SUPPORTER OF THE REBELS IN THE DROC. ALSO, SEVERAL INCIDENTS OF BANDITRY AND ARMED ROBBERY HAVE OCCURRED IN THE NORTHERN AND WESTERN DISTRICTS OF UGANDA.

TRAVELERS WHO TRACK GORILLAS AT BWINDI IMPENETRABLE FOREST REMAIN SUBJECT TO THE RISK OF CONTINUED REBEL ATTACKS, SUCH AS THE ONE IN MARCH 1999. THOSE WHO TRACK GORILLAS IN BWINDI ARE ADVISED NOT TO STAY OVERNIGHT IN THE PARK DESPITE THE INCREASED PRESENCE IN THE PARK OF THE UGANDAN ARMY, WHO OFTEN ACCOMPANY TOURISTS ON GORILLA TRACKING.

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, NEBBI, ADJUMANI, BUNDIBUGIYO, AND KABAROLE. CURRENTLY, THERE ARE DISTRICTS NOT ON THE PRECEDING LIST WHICH BORDER OR ARE NEAR THE BORDER WITH THE DEMOCRATIC REPUBLIC OF CONGO. TRAVELERS ARE REMINDED THAT ALTHOUGH REBEL ACTIVITY FROM THE DROC IS OFTEN UNPREDICTABLE, SAFETY IS USUALLY ENHANCED BY INCREASED DISTANCE FROM THAT BORDER. THIS LIST INCLUDES DISTRICTS CONTAINING ALL OR PART OF SEVERAL NATIONAL PARKS AND IS SUBJECT TO CHANGE AT ANY

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SECSTATE 172889

TIME. TOURISTS CONTEMPLATING TRAVEL IN ANY OF THESE

DISTRICTS ARE ADVISED TO CONTACT THE U.S. EMBASSY IN KAMPALA FOR THE LATEST SECURITY INFORMATION.

4. POLITICAL VIOLENCE: GRENADE ATTACKS HAVE OCCURRED OCCASIONALLY AT VARIOUS PUBLIC PLACES IN KAMPALA SINCE JULY 1998. IN ADDITION, BOMBINGS WITH FATALITIES OCCURRED IN OUTDOOR RESTAURANTS IN APRIL 1998, JULY 1998, AND FEBRUARY 1999. U.S. CITIZENS IN KAMPALA ARE URGED TO EXERCISE EXTREME CAUTION WHEN VISITING BOTH INDOOR AND OUTDOOR PUBLIC FACILITIES, INCLUDING BUT NOT LIMITED TO BARS, RESTAURANTS, HOTELS, AND MARKETS. 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.

DUE IN PART TO THE VIOLENCE DESCRIBED IN THIS SECTION AND AN ASSESSMENT OF THE SPECIFIC SAFETY REQUIREMENTS OF PEACE CORPS VOLUNTEERS, THE PEACE CORPS SUSPENDED OPERATIONS IN UGANDA IN MAY 1999. IN ADDITION, MOST OF THE PERSONS CONDUCTING PRIMATE RESEARCH IN KIBALE FOREST, KABAROLE DISTRICT, TEMPORARILY DEPARTED THE FOREST IN MAY 1999 DUE TO CONTINUED REBEL ACTIVITY IN THE AREA.

THERE HAS BEEN NO WITHDRAWAL OF U.S. EMBASSY PERSONNEL FROM UGANDA.

5. REGIONAL TERRORISM: ONE OF THE MANY REBEL FACTIONS IN THE GREAT LAKES REGION HAS COMMITTED, AND CONTINUES TO THREATEN, VIOLENCE AGAINST U.S. CITIZENS AND INTERESTS. THIS FACTION WAS RESPONSIBLE FOR THE MARCH 1999 KIDNAPPING AND MURDER OF SEVERAL WESTERN TOURISTS IN UGANDA. A REBEL FACTION WAS RESPONSIBLE FOR THE KIDNAPPING OF FOUR FOREIGN NATIONALS IN AUGUST 1998 IN A REGION OF THE DEMOCRATIC REPUBLIC OF CONGO THAT BORDERS UGANDA. REBEL FACTIONS ARE KNOWN TO OPERATE IN NORTHEASTERN DEMOCRATIC REPUBLIC OF CONGO AND THE SURROUNDING AREAS, INCLUDING SECTIONS OF UGANDA, RWANDA, TANZANIA, AND BURUNDI.

6. CRIME INFORMATION: 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. IN OCTOBER 1998, U.S. EMBASSY EMPLOYEES WERE ADVISED AGAINST USING BACK ROADS AT NIGHT IN

KAMPALA AFTER A SERIES OF INCIDENTS ON SECONDARY ROADS IN WHICH VEHICLES WERE FIRED UPON WITHOUT WARNING OR PROVOCATION. FEMALES TRAVELING ALONE ARE PARTICULARLY SUSCEPTIBLE TO CRIME, AS AN AMERICAN WOMAN WAS MURDERED IN 1998 IN A FOUR-STAR KAMPALA HOTEL. SEVERAL VIOLENT ATTACKS 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 A VICTIM AND FACILITATE A ROBBERY.

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](http://travel.state.gov), AND FROM THE SUPERINTENDENT OF DOCUMENTS, U.S. GOVERNMENT PRINTING OFFICE, WASHINGTON, D.C. 20402 OR VIA THE INTERNET AT [HTTP://WWW.ACCESS.GPO.GOV/SUUDocs](http://www.access.gpo.gov/suudocs).

7. MEDICAL FACILITIES: MEDICAL FACILITIES IN UGANDA, INCLUDING KAMPALA, ARE EXTREMELY LIMITED AND NOT EQUIPPED TO HANDLE MOST EMERGENCIES, ESPECIALLY THOSE REQUIRING SURGERY. HOSPITALS ARE SCARCE AND EXTREMELY BASIC OUTSIDE OF KAMPALA. EQUIPMENT AND MEDICINES ARE OFTEN IN SHORT SUPPLY OR UNAVAILABLE.

8. MEDICAL INSURANCE: DOCTORS AND HOSPITALS OFTEN EXPECT IMMEDIATE CASH PAYMENT FOR HEALTH SERVICES, AND 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. CHECK WITH YOUR OWN INSURANCE COMPANY TO CONFIRM WHETHER YOUR POLICY APPLIES OVERSEAS, INCLUDING A PROVISION FOR MEDICAL EVACUATION. ASCERTAIN WHETHER PAYMENT WILL BE MADE TO THE OVERSEAS HOSPITAL OR DOCTOR, OR WHETHER YOU WILL BE REIMBURSED LATER FOR EXPENSES YOU INCUR. SOME INSURANCE POLICIES ALSO INCLUDE COVERAGE FOR PSYCHIATRIC TREATMENT AND FOR DISPOSITION OF REMAINS IN THE EVENT OF DEATH. TRAVELERS TO UGANDA ARE STRONGLY URGED TO CONSIDER SUPPLEMENTAL MEDICAL/TRAVELERS' INSURANCE, WITH SPECIFIC COVERAGE FOR MEDICAL EVACUATION FROM OVERSEAS AND FOR DISPOSITION OF REMAINS IN CASE OF DEATH, AS THESE POLICIES ARE INEXPENSIVE WHEN COMPARED TO THE COSTS OF A MEDICAL EVACUATION.

USEFUL INFORMATION ON MEDICAL EMERGENCIES ABROAD, INCLUDING OVERSEAS INSURANCE PROGRAMS, IS PROVIDED IN THE DEPARTMENT OF STATE, BUREAU OF CONSULAR AFFAIRS BROCHURE, "MEDICAL INFORMATION FOR AMERICANS TRAVELING ABROAD," AVAILABLE VIA ITS HOME PAGE AT [HTTP://TRAVEL.STATE.GOV](http://TRAVEL.STATE.GOV) AND AUTOFAX AT (202) 647-3000.

9. OTHER MEDICAL INFORMATION: INFORMATION ON VACCINATIONS AND OTHER HEALTH PRECAUTIONS MAY BE OBTAINED FROM THE CENTERS FOR DISEASE CONTROL AND PREVENTION'S INTERNATIONAL TRAVELER'S HOTLINE AT TELEPHONE: 1-877-FYI-TRIP (1-877-394-8747); FAX: 1-888-CDC-FAXX (1-888-232-3299), OR BY VISITING THE CDC INTERNET HOME PAGE AT [HTTP://WWW.CDC.GOV](http://WWW.CDC.GOV).

10. ROAD SAFETY CONDITIONS AND DOMESTIC TRAVEL HAZARDS: WHILE IN A FOREIGN COUNTRY, U.S. CITIZENS MAY ENCOUNTER ROAD CONDITIONS WHICH DIFFER SIGNIFICANTLY FROM THOSE IN THE UNITED STATES. THE INFORMATION BELOW CONCERNING UGANDA IS PROVIDED FOR GENERAL REFERENCE ONLY AND MAY NOT BE TOTALLY ACCURATE IN A PARTICULAR LOCATION OR CIRCUMSTANCE.

SAFETY OF PUBLIC TRANSPORTATION: POOR
URBAN ROAD CONDITIONS/MAINTENANCE: POOR
RURAL ROAD CONDITIONS/MAINTENANCE: POOR
AVAILABILITY OF ROADSIDE ASSISTANCE: POOR

BANDIT ACTIVITY IN SOME AREAS IS BOTH FREQUENT AND UNPREDICTABLE. ACCIDENTS ARE COMMON AND OFTEN FATAL. HIGHWAY TRAVEL AT NIGHT IS PARTICULARLY DANGEROUS.

11. AVIATION SAFETY OVERSIGHT: AS THERE IS NO DIRECT COMMERCIAL AIR SERVICE BY LOCAL CARRIERS AT PRESENT, OR ECONOMIC AUTHORITY 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/IASA/INDEX.HTM](http://WWW.FAA.GOV/AVR/IASA/INDEX.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.

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12. CRIMINAL PENALTIES: WHILE IN A FOREIGN COUNTRY, A U.S. CITIZEN IS SUBJECT TO THAT COUNTRY'S LAWS AND REGULATIONS, WHICH SOMETIMES DIFFER SIGNIFICANTLY FROM THOSE IN THE UNITED STATES AND MAY NOT AFFORD THE PROTECTIONS AVAILABLE TO THE INDIVIDUAL UNDER U.S. LAW. PENALTIES FOR BREAKING THE LAW CAN BE MORE SEVERE THAN IN THE UNITED STATES FOR SIMILAR OFFENSES. PERSONS VIOLATING UGANDAN LAWS, EVEN UNKNOWINGLY, MAY BE EXPELLED, ARRESTED, OR IMPRISONED. PENALTIES FOR POSSESSION, USE, OR TRAFFICKING IN ILLEGAL DRUGS IN UGANDA ARE STRICT AND CONVICTED OFFENDERS CAN EXPECT JAIL SENTENCES AND HEAVY FINES.

13. PHOTOGRAPHY PROHIBITION: PHOTOGRAPHY IN TOURIST LOCATIONS IS WELCOME. IT IS INADVISABLE, HOWEVER, 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.

14. CHILDREN'S ISSUES: FOR INFORMATION ON INTERNATIONAL ADOPTION OF CHILDREN, INTERNATIONAL PARENTAL CHILD ABDUCTION, AND INTERNATIONAL CHILD SUPPORT ENFORCEMENT ISSUES PLEASE REFER TO OUR INTERNET SITE AT [HTTP://TRAVEL.STATE.GOV/CHILDREN'S_ISSUES.HTML](http://TRAVEL.STATE.GOV/CHILDREN'S_ISSUES.HTML) OR TELEPHONE (202) 736-7000.

15. Y2K INFORMATION: AS A CONSEQUENCE OF THE SO-CALLED Y2K "BUG", ON OR ABOUT JANUARY 1, 2000, SOME AUTOMATED SYSTEMS THROUGHOUT THE WORLD MAY EXPERIENCE PROBLEMS, INCLUDING UNPREDICTABLE SYSTEM MALFUNCTIONS. IN COUNTRIES THAT ARE NOT PREPARED, THE Y2K PROBLEM COULD AFFECT FINANCIAL SERVICES, UTILITIES, HEALTH SERVICES, TELECOMMUNICATIONS, ENERGY, TRANSPORTATION AND OTHER VITAL SERVICES. U.S. CITIZENS WHO ARE TRAVELING TO ANY COUNTRY DURING THIS TIME PERIOD SHOULD BE AWARE OF THE POTENTIAL FOR THE DISRUPTION OF NORMAL

MEDICAL SERVICES. TRAVELERS WITH SPECIAL MEDICAL NEEDS SHOULD CONSULT WITH THEIR PERSONAL PHYSICIAN AND TAKE APPROPRIATE PRECAUTIONS. WHILE TRAVELERS DO NOT NECESSARILY NEED TO ALTER THEIR TRAVEL PLANS, BEING INFORMED AND PREPARED FOR POSSIBLE DISRUPTIONS IS PRUDENT.

UGANDA IS WORKING WITH THE INTERNATIONAL COMMUNITY TO MINIMIZE ANY IMPACT AS A RESULT OF Y2K AND APPEARS TO BE GENERALLY PREPARED. ALTHOUGH UGANDA CONTINUES REMEDIATION EFFORTS AND CONTINGENCY PLANNING, AT THE PRESENT TIME, IT APPEARS THAT THERE MAY BE A RISK OF POTENTIAL DISRUPTIONS IN THE KEY SECTOR OF TELECOMMUNICATIONS, AS WELL AS THE

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DISTRIBUTION OF ELECTRICITY AND WATER. U.S. CITIZENS TRAVELING TO OR RESIDING IN UGANDA IN LATE 1999 OR EARLY 2000 SHOULD BE AWARE OF POTENTIAL DIFFICULTIES.

IT IS DIFFICULT TO PREDICT THE SEVERITY OR DURATION OF Y2K-RELATED DISRUPTIONS THAT MIGHT OCCUR. U.S. CITIZENS IN UGANDA SHOULD TAKE PRACTICAL PRECAUTIONS, ANTICIPATE THE POTENTIAL FOR DISRUPTION TO THEIR DAILY ACTIVITIES, AND BE PREPARED TO COPE WITH THE IMPACT OF SUCH DISRUPTIONS. INFORMATION ABOUT PERSONAL PREPAREDNESS AND Y2K IS AVAILABLE IN THE DEPARTMENT OF STATE WORLDWIDE PUBLIC ANNOUNCEMENT OF JULY 26, 1999 WHICH IS ACCESSIBLE ON THE DEPARTMENT OF STATE, BUREAU OF CONSULAR AFFAIRS HOME PAGE AT [HTTP://TRAVEL.STATE.GOV/Y2KCA.HTML](http://TRAVEL.STATE.GOV/Y2KCA.HTML).

AVIATION AND Y2K: THE DEPARTMENT OF TRANSPORTATION IS HEADING AN INTERNATIONAL YEAR 2000 CIVIL AVIATION EVALUATION PROCESS TO REVIEW INFORMATION ON Y2K READINESS IN AVIATION BASED ON REPORTS TO THE INTERNATIONAL CIVIL AVIATION ORGANIZATION AND OTHER AVAILABLE SOURCES. THE FEDERAL AVIATION ADMINISTRATION IS WORKING WITH THE INDUSTRY AND ITS INTERNATIONAL PARTNERS TO ENCOURAGE SHARING OF Y2K READINESS AND CONTINGENCY PLANNING INFORMATION SO THAT AIR CARRIERS WILL BE ABLE TO MAKE APPROPRIATE DECISIONS. CONSULT YOUR AIRLINE ABOUT CONTINGENCY PLANS IN THE EVENT OF UNFORESEEN Y2K-RELATED DELAYS, CANCELLATIONS, OR DISRUPTIONS. SEE THE DEPARTMENT OF TRANSPORTATION Y2K HOME PAGE AT [HTTP://WWW.DOT.GOV/FLY2K](http://WWW.DOT.GOV/FLY2K) FOR UPDATED INFORMATION ON Y2K AND AVIATION ISSUES.

AS JANUARY 1, 2000 DRAWS NEARER, WE WILL PROVIDE UPDATED INFORMATION AVAILABLE TO US ABOUT IMPORTANT Y2K ISSUES IN UGANDA ON THE CONSULAR AFFAIRS HOME PAGE AT [HTTP://TRAVEL.STATE.GOV/Y2KCA.HTML](http://TRAVEL.STATE.GOV/Y2KCA.HTML).

16. 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-A1-259-792/3/5.

17. THIS REPLACES THE CONSULAR INFORMATION SHEET DATED JULY 1, 1999 TO INCLUDE INFORMATION ON Y2K ISSUES.

ALBRIGHT

BT

#2889

NNNN

UGANDA

INFORMATION SHEET

General Information:

- Area** : 241,136 sq. Km.
- Location** : Astride the Equator
- Climate** : • Maximum 28 degrees C
Minimum 16 degrees C
- Cooler towards the Rwenzori Mountains in the West.
Warmer in Murchison Falls National Park in the North.
Generally a temperate climate all the year round.
- Rainfall** : Main rains are in April and May and then in November.
In the lake basin rain can be expected all the year round.
- Borders with** : Kenya in the East
Sudan in the North
Tanzania and Rwanda in the South
Zaire to the West
- Government** : Republic within the Commonwealth with fair and freely elected
Executive President and Single Chamber Parliament.
- Language** : English is the official language.
Kiswahili is widely spoken and understood along with other dialects
such as Luganda and Luo.
- Currency** : Uganda Shilling
Notes are in denominations of Ug. Sh. 10,000/=, 5,000/=, 1,000/=,
500/=, 200/=, 100/=, 50/= and 20/=. Rate of exchange is
approximately US\$ 1,000/= per US Dollar.

Public Holidays:	New Year's Day	1st January
	NRM day	26th January
	Womens Day	8th March
	Good Friday	-
	Easter Monday	-
	Labour Day	1st May
	Martyrs Day	3rd June
	Heroes Day	9th June
	Independence Day	9th October
	Christmas Day	25th December
	Boxing Day	26th December

Idd Ul Fitr is observed as a Public Holiday on the 31st day from the commencement of Ramadhan.

VISA REQUIREMENTS AND CUSTOMS FORMALITIES:

Passport/Visas:

Visas are no longer required for nationals of the European Union member countries, Japan, United States, Switzerland, Iceland and Sweden, as well as many other countries.

On arrival all visitors must have valid passports.

Visas can be obtained from any of Uganda's Diplomatic Missions abroad.

Types of Visas: Visitor's pass
Tourist or Business

Applications should be accompanied by a valid passport, two completed application forms, two photographs, visa fee and documentary evidence of business transactions, if travelling on business.

Applications should be made to the nearest Consulate or Consular Section at the Embassy or High Commission or the Commissioner for Immigration, P.O. Box 7165, Kampala.

CUSTOMS

At the airport there is a Green and Red exit Channels. Red for goods to be declared and Green for nothing to declare.

The following are allowed to be imported duty free per person over 10 years of age:

200 cigarettes or 225 g. tobacco

1 bottle of spirits or wine

1 pint of perfume or toilet water (not more than 0.25 pint being perfume)

CURRENCY

Uganda has a fully convertible currency. There are no restrictions on importing or exporting currencies.

In Foreign Exchange Bureaus and Commercial Banks you can change US Dollars, UK Pounds and German Marks very easily. Cash US Dollars or US Dollars travellers cheques are easiest to change.

While travelling around Uganda you are less likely to exchange money as there are not so many forex bureaus, except at Hotels which offer their own (less attractive) rate.

Do not exchange larger sums of money than you are likely to use. It is permitted to exchange Ugandan currency into foreign currency on departure at any bank or Forex Bureau.

Forex Bureaus are usually open till 5.00 p.m.

Banking hours: 08.30 - 14.00 Monday to Friday.

MEDICAL INFORMATION

	Special Precautions Advised	Certificate Required
Yellow Fever	Yes	1
Cholera	Yes	-
Typhoid	Yes	-
Malaria	Yes	-

YELLOW FEVER

A Yellow Fever vaccination certificate is required by travellers over one year of age travelling from endemic areas.

CHOLERA

Cholera is a risk and precautions need to be taken.
Medical advice should be sought.

MALARIA

Malaria risk exists throughout the country, including urban areas. Resistance to chloroquine has been reported. Medical advice should always be sought.

BILHARZIA (Schistosomiasis)

Bilharzia is present. Avoid swimming and paddling in fresh water. Swimming pools which are well chlorinated are safe.

WATER

All water should be regarded as a potential health risk. Water used for drinking or making ice should first have been boiled or otherwise sterilised. Milk which is unpasturised and should be boiled. Powdered or tinned milk is available but make sure it is reconstituted with pure water.

GENERAL

Travellers are advised to carry personal supplies of medicine that are likely to be needed.

Comprehensive health insurance is recommended and should include cover for emergency air repatriation. Screened blood is freely available.

SECURITY DO'S AND DON'TS IN UGANDA

Uganda had some turbulent years but now has regained security and is genuinely interested in encouraging foreign visitors. However visitors should bear in mind that it is a poor and developing country. One should guard against taking unnecessary risks with one's person and property.

- It is not advisable to walk in streets after dark. Taxis are widely available from all hotels and can take you anywhere in town and will cost between US\$3.= and US\$5.=.
- It is not advisable to carry valuables or large amounts of money or to wear valuable jewellery
- The nightlife in the night clubs entails risks and dangers as in similar establishments all over the world.
- Take good care of your money and valuables - do not leave them in your room.

PHOTOGRAPHY

Photographic film is scarce in Uganda.

- Taking photographs is allowed everywhere in Uganda
- Do not take pictures of people without their consent.

CURRENCY

- Do not mutilate Uganda currency notes
- Exchange your currency only with authorised dealers

TRAVEL

INTERNATIONAL TRAVEL

By Air

Uganda's national airline is Uganda Airlines. (QU).

Kenya Airways operate between Nairobi and Entebbe almost daily.

Flying time from Nairobi to Entebbe is 1 hour.

The flying time from London to Entebbe is 8 hours.

Entebbe airport is 40 Kms south of Kampala approximately 45 minutes drive.

Departure Tax

There is a departure tax of US\$20,= or US\$21,000/=, depending on the rate of exchange to the dollar. Transit passengers and children under two years are exempted.

By Rail

There is a weekly train service between Nairobi and Kampala departing every Tuesday at 10.00 hrs and arriving in Kampala on a Wednesday at 08.35 hrs. The train leaves Kampala every Wednesday at 16.00 hrs and arrives in Nairobi the following day at 14.25 hrs.

By Road

There are connections with all neighbouring countries. The road from Kenya is used by buses and tour company vehicles.

INTERNAL

By Air

There are scheduled internal flights as well as air charter services.

By Rail

There are more than 1000 Km of track, running in a single arc from Pakwach on Lake Albert near the border with Zaire, to Tororo on the Kenya border, on to Lake Victoria and finally to Kasese

There is no regular/reliable train timetable. Passenger facilities are limited.

By Road

Roads are of variable quality and radiate from Kampala although the network is sparse in the north.

Main trunk roads are bitumenised and in good condition.

Buses run between most centres in Uganda and are easily available.

Documentation

A national driving licence or international driving permit is required for driving in Uganda. The behaviour on the roads is less predictable than in most western countries and therefore it is better to leave the driving to others who are familiar with Ugandan driving.

GENERAL INFORMATION

Main Towns

Kampala

The capital city, set among hills with fine modern architecture, tree lined avenues, cathedrals, mosques and palaces of the Old Kingdom of Buganda. The Kabaka Tombs are on Kasubi Hill, 10 minutes from Town.

Entebbe

The major gateway to Uganda for air travellers, it has a fine botanical gardens, Wildlife Education Centre and a lakeside beach. Bathing is not recommended however, because of bilharzia.

Kasese

A good base for exploring the Rwenzori mountains and crater lakes of Edward and George.

Kisoro

The starting point for climbing expeditions to Mount Mahavura and Mgahinga for gorilla viewing. There are seven lakes in the vicinity, offering good fishing.

Kabale

A small town en route to Bwindi Impenetrable Forest and Kisoro, ideal for an overnight stop or for lunch.

Mbale

Set in fertile and lush country near Mount Elgon which is popular with hikers and mountaineers

Arua

Located in the North west of Uganda. Off the tourist trail.

Restaurants

There are restaurants in and around Kampala. A large variety of Chinese restaurants.

All hotels service local and international cuisine.

The food is generally locally produced, good and fresh.

Beverages

Local and imported beer and spirits are in good supply in all tourist centres. The local spirit is Uganda waragi, a banana gin. Bottled water is widely available.

Shopping

Shop hours are 08.30 - 17.00 Monday to Friday and 08.30 - 19.00 on Saturdays.

Good local purchases include wood carvings, basketry, tea, coffee, ceramics and locally made jewellery.

Visitors should be advised to carry their own torches and batteries and insect repellent (which are available for sale in Uganda) as well as any medication and toiletries required.

Clothing

Business

A suit and tie are best worn by men for business meetings.

Tourists

Lightweight safari clothing. Rainwear should be carried. The evenings in some resorts can be cool and a warm jumpers should be carried. Strong walking shoes are advisable.

Tipping

At your own discretion.

Recommended tips are

Drivers	US\$2,= per person per day
Camp staff	US\$2,= per person per day

Kampala

September, 1996

DURBIN CODEL		
THURMAN DELEGATION		
	CEL PHONE #	ROOM #
Senator Richard Durbin	077-221284	1210
Bill Harris	077-221285	721
Derrick Miller	077-221286	727
Christina Anderson	077-221287	610
Sandra Thurman	077-221288	1216
Mary Fisher	077-221289	702
Kathleen Carr	077-221290	710
Michael Isokowitz	077-221293	712
Thomas Niblock	077-221292	614
Ron Johnson	077-221294	623
Sheraton Hotel	041-344590	

ADMINISTRATIVE NOTES

- 1) Speedbird Forex Bureau, located in the hotel-shopping arcade, will be open at 6:45 AM on Monday to cash personal checks and travelers checks for Ugandan Shillings.
- 2) Do not drink the tap water. Drink bottled mineral water only. Water is provided in your hotel room and in the vehicles.
- 3) Baggage collection for the Thurman Delegation will be at 7:15 AM Wednesday morning. Please have your baggage ready outside your hotel rooms at that time.
- 4) Baggage collection for the Durbin CODEL will be at 5:00 PM Wednesday afternoon. Please have your baggage ready outside your hotel rooms at that time.
- 5) All calls on your cellular phone will be billed to you.
- 6) The pin number for all cellular phones is 00000#.
- 7) To place a call on your cellular phone dial 077 then the number
- 8) To call the US dial 0001-area code then the number.
- 9) Cellular phones will be collected at the airport upon departure.
- 10) All members of each delegation must settle their hotel bills before departure. The hotel front desk will forward copies of your hotel bills to you. (Members of the delegation who have provided fund cites will have the room rates charged to the fund cites.)
- 11) Have a pleasant stay.

EMERGENCY TELEPHONE NUMBERS

Police	999
Fire	999
Ambulance	999
Central Police Station	254-561/3 Emergency
Operations Room Police Hqs	256-366/7
Police Officer's Mess	243-474
Uganda Electricity Board (Emergencies)	234-801 233-430/5
Embassy Nairobi	254-02-211-672
Nairobi HU 566-229	254-02-751-613 (Chancery)
USAID Nairobi	02-751-613 working hours
Kampala Telephone Information	901

MEDICAL EMERGENCY

	OFFICE	HOME
AAR (Ambulance services-Membership)	258-527, 258-564, 258-409	
Dr. J. Suarez (RMO/P-Pretoria)	27-12-342-1048	
Dr. Gretchen McCoy (RMO-Nairobi)	254-02-56629	47198
Dr. L. Clarke, General Practice	341-291/342-608 075-741-291	267- 898
Ms. Irene Miller, Physician Assistant	234-142 257-287	227- 699/077-200- 508
After-Hours Emergencies	075-777-922	
Dr. E.R. Gibbons, General Practice	256-003	267-522
	(mobile) 075-756-003/075-737-300	
Case Clinic, Dr. Sebbaale Kato	250-362	
Dr. R. Stockley, General Practice	256-003	
	(mobile) 075-756-003/075-766-770	
Ms. Elizabeth Flowers (Peace Corps)	(mobile) 075-717-824 268-646	

HOSPITALS/LABS

Kololo Hospital	231-935
Mengo Hospital	270-233
Mulago Hospital	554-001/3 554-007/8
Nsambya Hospital	267-014
Ebenezer Laboratory	242-255
Rubaga Hospital	270-203/4

SCHOOLS

Lincoln International School	
Todd, Peter (Director)	254-900 075-754-906
P. O. Box 4200, Kampala	
Kabira International School	
Bell, Margaret (Director)	530-472 home: 223-038
Old Kira Road, Bukoto, P.O. Box 10829, Kampala	
Rainbow Academy	268-003
Heritage International School	266-041
Off Tank Hill	

NOTES

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 6, Mackinnon Road
P.O. Box 7007, Kampala

Country Code, Kampala - 00256-41-

	Telephone Numbers	FAX Number
Chancery	259-791/2/3/5	259-794
	345-422	
Admin Annex	234-14 2	341-863
	257-287, 257-297	
	346-842/3	
General Services Office	345-123, 345-129	259-304
	233-826, 233-058, 257-587	
USAID	235-879, 344-087	233-417
(Nakasero)	341-521, 342-896	258-981
	258-124, 258-983/7	
USAID Warehouse (XO)	343-317, 342-402	233-308
	251-906/7	
USIS	233-231, 230-507, 341-043	250-314
Peace Corps	348-506, 10 348-716	341-720

United Nations Fund for Population Activities (UNFPA)
c/o U.N.D.P. Office, Plot 15B, Clement Hill Road
P.O. Box 7184, Kampala
Telephone: 345-600/241-466 Fax: 236645

United Nations Office of the High Commissioner for Refugees (UNHCR)
Office of the UNHCR Representative
Plot 4B, Acacia Avenue
P.O. Box 3813, Kampala
Telephone: 231-231/231-229/230-011
Fax: 231-224

United Nations World Health Organization (WHO)
Office of WHO Representative
Plot 4, Nile Ave (E.A.D. Bank Bldg)
P.O. Box 24578
Telephone: 344-038/058 Fax: 321441

World Bank—See International Bank for Reconstruction and Development

World Food Programme (WFP)
Ground Floor, Ruth Towers, Plot 15A, Clement Hill Road
P.O. Box 7184, Kampala
Telephone: 245-050 Fax: 251-760

USEFUL TELEPHONE NUMBERS

AIRLINES

Air France	342-907/8/342-920
	Fax 342995
Alliance Airlines	344-011/ 344-015
Bel Air Charter	32085/32721
British Airways	257-414/15/16
Eagle Aviation	244-292/244-207
Egypt Air	236-910/233-690
Entebbe Airport	320516/320555
Reser./Info	(042) 20781/3

Ethiopian Airlines	254-796/7
Inter-Air	259-563/255-508
Kenya Airways	256-506 (reserv.)
	233-068/344-304
	259472 (fax)
MAF	267-462/268-388
Sabena Airlines	234-200/1/2
	259-880
Tanzania Airways	234-631/234-673

Uganda Airlines	232-990/1
Uga. Airlines (Ebb)	(042)-20516 ext.

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CAR RENTALS

Ex Tours & Travel Limited (Sheraton)	344-105 234180 (fax)
s Rent-A-Car	257-280/254-521 257277 (fax)

CHURCHES

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

i House of Worship, Kikaya Hill off Gayaza Road, 540-511

ala Baptist Church, Makerere Road, 530-899

olic

Christ The King Church, Colville Street, P.O. Box 2551, Kampala, Tel: 241-500

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

Our Lady of Africa, Boazman Road (Mbuya), P.O. Box 6562, Kampala Tel: 221-777

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

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

h of Uganda/Anglican

All Saints, Kyagwe at Akii-Bua Road, Nakasero, 342-128

St. Paul's Cathedral, Namirembe Hill, 272-274/270-212

nurch of Jesus Christ of Latter-Day Saints, Wampewo Avenue, Kololo

a Muslim Supreme Council, Namirembe Road, P.O. Box 1146,
Kampala, Tel: 232-791/255-656

Old Kampala Mosque, Namirembe Road, 236-364

Aakerere University Mosque, Nankulabye Road

holas Orthodox Church, Namungona, Hoima Rd., 542-461

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

Seventh Day Adventist Church, 38 Entebbe Road, 267-967

International Fellowship, Heritage International School, Tank Hill, 266-041

HOTELS

Equatoria Hotel	250-780/9
Fairway Hotel	257-171/2/259-571/4 (fax)234160
Grand Imperial Hotel	250-681/8
Holiday Hotel	231-298
Hotel Africana	348-080/6
Hotel Diplomat	267-625/655
Hotel International	266-924/950
Imperial Botanical Beach	(042)20826/21066
Nile Hotel	235-902/9/ 258-080/9
Reste Corner (apts)	267-938/267-910
Shanghai Hotel	250-366/250-372
Sheraton Hotel	344-590/8
Shires Hotel	267-145
Speke Hotel	259-221/235-332
Windsor Lake Victoria	(042)20644/5

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

MEDICAL SERVICES

DOCTORS

Dr. Johnson Acon	Veterinarian	540-642, 077-300-300 250-280 (home)
Dr. Martin Koma	Veterinarian, Makerere Univ.	545-385/531-672
Dr. Paul Alier	Dentist	254-858 075-721511
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	General	256-003/266-770 (home) 075-766-770
Gibbons/Stockley duty doctor		075-756-003

OSPITALS

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

X-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
Easika (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
Mamba Point		343-225
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 a few 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 Nakasero 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.

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 State 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	
The Place, Kisementi Shopping Center	

TRAVEL AGENCIES

Africa Travel Ltd.	341-330/2
African Pearl Safaris	233-566/7
Afri Tours	344-855/233-596 232307 (fax)

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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	
The Place, Kisementi Shopping Center	

TRAVEL AGENCIES

Africa Travel Ltd.	341-330/2
African Pearl Safaris	233-566/7
Afri Tours	344-855/233-596 232307 (fax)

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)
Spear Touring & Safari	259-950
Uganda Travel Bureau (After Office Hours) RADIO CALL	232-555/232-666/232-777/723-456 Ezra Bunyenyezi 075-723 456 122
Volcanoes	341-718/075-741-718

OTHER AMERICAN EMBASSY TELEPHONE NUMBERS (AFRICA)

(* Work Week - Sunday through Thursday)

Abidjan, Cote D'Ivoire	225-21-09-79 21-46-72	Accra, Ghana	233-21-775348
Antananarivo, Madagascar	261-2-212-57 200-89	Addis Ababa, Ethiopia	251-1-550-666
Bamako, Mali	223-225470	Kigali, Rwanda	250-75601/3
Bangui, CAR	236-61-02-00 61-02-10	Kinshasa, Dem. Repub. of Congo	011-243-12-21533 21534/5
Banjul, The Gambia	220-392-856 392-858	Lagos, Nigeria	234-1-261-0097
Bissau, Guinea-Bissau	245-25-2273/6	Libreville, Gabon	241-762003/4
Brazzaville, Congo	242-83-20-70	Lilongwe, Malawi	265-783-166
Bujumbura, Burundi	257-223-454 222-926 (fax)	Lome, Togo	228-21-77-17 21-29-91/4
Cape Town, South Africa	27-21-214-280	Lusaka, Zambia	260-1-250-955
Cairo, Egypt	20-2-355-7371	Maputo, Mozambique	258-1-49-27-97
Conakry, Guinea	224-41-15-20/23	Maseru, Lesotho	266-312-666
Cotonou, Benin	229-30-06-50 30-05-13	Mbabane, Swaziland	268-40-16-11
Dakar, Senegal	221-23-4296 23-3424	Monrovia, Liberia	231-226-370
Dar Es Salaam, Tanzania	051-666 010/5	N'djamena, Chad	235-51-70-09
Djibouti, Djibouti	253-35-39-95	Niamey, Niger	227-72-26-61/4
Freetown, Sierra Leone	232-22-226-481/5	Nouakchott, Mauritania	222-2-526-60/63
Gaborone, Botswana	267-353-982	Ouagadougou, Burkina Faso	226-30-67-23/25
Harare, Zimbabwe	263-4-794-521	Port Louis, Mauritius	230-208-9763/7
Khartoum, Sudan	249-11-774611	Praia, Cape Verde	238-61-56-16
		Pretoria, South Africa	27-12-342-1048
		Yaounde, Cameroon	237-23-40-14

STATE DEPARTMENT, WASHINGTON, D.C.

TELEX (202) 647-1298 and 647-4417 fax: 202- 647-6805
TELEPHONE (202) 647-9742

Consular Affairs-Emergency Center (202) 647-9018

Desk Officer (AF/E) (202) 647-6453

home: 703-339-6457

DS Coordination Center (202) 647-2412

Operations Center (202) 647-1512

USIA, Washington D.C. Operator Center (202) 485-8792/3