

# TENNIS FOR ALL UGANDA

## VOLUNTEERS ORIENTATION

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We are so excited that you want to visit us in Uganda. If this is your first time, we know you have so many questions and we want to make sure you're prepared. Here's a short list of things you might be wondering about.

1. **VISA:** Unless you're from East Africa, you're going to need a visa to enter Uganda. Go to [immigration.go.ug](http://immigration.go.ug) to fill out an online visa. If you need help with this process just email us and we would be happy to walk you through the steps!
2. **TRANSPORTATION:** We walk to many places around Kampala and when we are in the village so don't forget good shoes! Other than walking, we take public transportation; this means taxis and boda bodas (motorcycle taxis). Most people don't feel safe on bodas so we stick to taxis most of the time when we can.
3. **FOOD:** Food in Uganda mostly consists of rice, beans, corn meal (we call it posho), plantains and sauces with one or two pieces of meat. You will probably be eating less protein than usual. There is plenty of fresh fruits and vegetables in all seasons and maybe some you have never tried! We encourage you to try everything but be cautious where you buy your food. We'd be happy to take you to local food joints so you can sample our local cuisine!
4. **CLOTHING:** It can get pretty warm in Uganda so T-shirts are a great idea. For guys, shorts and jeans are fine. Girls, most women here do not wear shorts. Shirts are fine but don't be afraid to bring pants and capris. If you're planning on going to church, please bring a nicer set of clothes for those days. Laundry here is hand wash. Your guest house will wash your clothes but you need to wash your underwear.
5. **TOILETS AND HYGIENE:** You will probably find the toilets here different from at home. Most toilets here are squat toilets and will not have toilet paper (so you'll want to carry your own). Wash your hands often, hand sanitizer is a great idea!
6. **VACCINATIONS AND MALARIA MEDICATION:** A yellow fever vaccination is required to enter Uganda so make sure you keep your yellow card when you get the vaccine! You may also be told to get boosters on other vaccines like polio and meningitis and hepatitis. Typhoid is recommended when coming to Uganda and is available in tablet or injection form. Your medical professional may also recommend malaria medication while in Africa. You don't want malaria, better safe than sorry! There are a few options so ask your health care professional which is best for you.

Make sure you have enough of all medications you need for your entire trip, while we may be able to get them here, there is no guarantee.

7. **MONEY:** You'll need to exchange money. If you're coming from the states, most banks will not exchange into Ugandan shillings so you'll need to get it here. The best way to exchange is with \$100 US bills dated after 2005. These will give you the best exchange rate. While you can use a debit card, the international fees from the ATM might cost you a lot in the long run.

8. **CULTURAL DIFFERENCES:** While you're here try to remember that the culture in Uganda is different. You will stick out, even if you try not to. Be respectful, follow cultural norms for Uganda, don't impose your country's ideals. You are a guest. Here are a few things to remember:

- Greet, greet, greet! – Ugandans greet all time. You don't need to know someone to greet them, it's just polite! On the road, entering a room and meeting new people are all times you will need to greet others.
- Finish your food- In Uganda, it is a sign of respect to finish the food that has been given to you. We don't like to waste so try not to take more than you can eat.
- Learn the Language!- We would love to teach you some Luganda while you're here and translate the things you don't know. Locals love when a foreigner can understand some of the language.
- Mzungu- If you are not African, you will probably be called a mzungu, a visitor, during your time here. Mostly small children will yell out this name. Don't take offense! They don't mean anything by it except to say hi.

9. **CHURCH:** If you would like to go to church during your time here, we would love to take you.

If you have any other questions feel free to email us!