

STUDENT GUIDE: KAMPALA

ACCOMMODATIONS (Short-term)

Makerere Guest House

Box 7062

Kampala

phone 256-77-462-311

256-41 534169

\$21 per day (2001 rates)

You can arrange to have them pick you up from the airport. Costs \$25 one way.

Fairway Hotel

1 Kafu Road, P. O. Box 4595, Kampala, Uganda

Tel: (+256 41) 259571/4, 257171/2, 259175, 257169

Fax: (+256 41) 234160

Email: fairway@starcom.co.ug

<http://www.euroyellowpages.com/exhibitn/trade/fairway.html>

MISR flats

These flats are fully furnished and have bedroom, living room, dining area, kitchen, long bath and toilet. They also have a TV, two desks, iron and ironing board. Hot water. Filter for boiled water (but you may need to change the "candle" in the filter). Will need to pick up food and cleaning supplies on way from airport. \$30 per day. (\$20 per day if one month or more)

Namirembe Guest House

Very nice. 25,000 sh per night for a single room if one stays a bit longer;
30,000 sh normal price (2002 rates)

ART GALLERIES

Cassava Republic , 8 Bukoto St. (also restaurant)

Gallery Cafe , Masaka Road (is not what it used to be but nice cafe)

Gallery Okapi, Ggaba Road

Makerere School of Fine Art

Nommo Gallery, 4 Victoria Avenue, Nakasero (Access Princess Ave.)

Nyanzi Art Studio, 54/56 House 30, Dewinton Rd.

Tulifanya Art Gallery , 28 Hannington Road. (Opposite Crested Towers)

BAKERIES near campus

Hot Loaf Bakery (Bombo road) wonderful breads and pastries!

Luisun (Bombo Road)

COFFEE

Best coffee is found at **Bancafe** on Kyagwe road near where it intersects with Kampala road, near Cyberworld

Another bigger **Bancafe** downtown on Buganda road behind Imperial Hotel.

Pause Cafe (Metropole Arcade) Entebbe Road

EMAILING

- Before leaving home, find out how to access your account from the web. If this is not possible, then open a hotmail, yahoo or some other account and have your mail temporarily forwarded to this account.

Cybercafes closest to campus:

- Club 5 on campus across from MISR
- Cyberworld Cafe on Kampala road

take minibus from campus and get off around Kyagwe road. Go upstairs to left to Cyberworld. (Across from Fidodidos). Can pay for a chunk of time and use what you need, logout and reuse the number they give you to log on again another day and finish the time. They also give money back for time unused.

Phone: 340-492, 077-503-281

Other cybercafes

- Globenet Cafe, Radio One Building, Kampala Road
- Frans.com, Shop 2, Pioneer Mall, Kampala Road
- Kiatec, 3 Cooper Road, Kisementi
- Microskills, 9 Grand Imperial
- Niagra Falls, 4 Pilkington Road
- The Source, 20 Main Street, **Jinja**
- Web City Cafe, 5 Kimathi Avenue.
- Gateway Resource Center – Cybercafe, Plot 44 High Street
- Kool Surfing, Plot 76, Ben Kiwanuka Street
- Can use MISR email in a pinch but it is a real bother to the librarian. Don't do it.
- If you have access to a phone line, go to Infocom (Plot 2 Clement Hill Road), purchase a one-month internet service. Then you may take a laptop down to the MISR telephone switchboard, plug in directly to infocom and draw up your email address. They can also be reached at sales@infocom.co.ug or call Infocom at 258361. Make sure you pay for your phone time. See "supplies" for info on wires
- Emailing from outside of Kampala: Telephone service upcountry is iffy. The trick is to do it at midnight when there is no competition for the four outgoing lines to Kampala. The baud speed can be terribly slow, so we one might need to advise friend and colleagues to keep the email messages brief since downloading can be slow, tedious and expensive.

FAXING

Most reliable place to send and receive faxes if you are at Makerere is Wandegeya post office (trust me!)

256-41-530412

GIFTS

Banana Boat (23 Cooper Road, Kisementi, near Crocodile) (loved this place!)

Crafts market behind National Theatre, many small kiosks in a protected area, good crafts and local materials, including imports from Kenya and West Africa

Many clothes stores for women on Kampala road both sides of road.

Uganda Craft, Bat Valley, 28-30 Bombo Road

Cassava Republic, 8 Bukoto St. Kisementi

Chintu Gift Shop, Jinja Road, Kampala Craft Village

Feel of Africa, 26 Hannington Road.

The Creations LTD, Plot 4, Victoria Ave.

JIT Crafts LTD. (Goldsmith & Jewellers), Grand Imperial Hotel

My favorite crafts market is on Buganda Road, Plot 15 next to Daisy's Arcade called The Marketing Outlet

GROCERY STORES near campus

Luisun (Italian) on Bombo road (has bakery, deli, meats, frozen food, great cheeses and lots more)

Star Supermarket, Bombo Road

Millenium Supermarket, Kisementi, near Crocodile and Banana Boat

Umoja supermarket on Kyagwe road near Ban Cafe

lots of little shops in Wandegeya

Use Wandegeya market for fresh fruits and vegetables, some items are seasonal and at cheaper prices when in season

HOURS OF BUSINESS

Business and Offices : Monday-Friday, 8am-12:45 pm and 2 pm-5pm

Banks: Monday-Friday, 8:30am-3pm (bureau de change close later, and all major hotels have forex desks).

Shops: generally Monday-Saturday, 8am-5/6pm

MONEY

2004 rates: \$1 = 1,719/- shillings

- You can change money at forex bureaus, but I suggest the Sheraton Speedbird because it is safer. People can get robbed more easily changing in the forex bureaus. If you go to a forex bureau, Jiminao on Kampala avenue is fairly safe. Rates do not differ much any more from place to place.
 - If you want to shop for the best rate with no or low commission, some have found the Crane Bank on Kampala Road gave the best rate but this may change. The rates are listed in the newspapers. As the currency has stabilized, these rate differences have become less important.
 - Almost no establishments in Kampala take Visa or Amex credit cards Haamdi's restaurant, Banana Boat and others do and this is changing fast, but don't count on it.
 - Credit card cash advances at Barkclays. There is a 10,000/- security fee because they have to call England to approve withdrawals, so plan to withdraw larger amounts if you do this.
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RADIO STATIONS

BBC World Service 101.1

Capital Radio 91.3

Central Broadcasting Service 88.8/89.2

Power Radio 104.1

Radio One 90.0

Radio West 100.2/94.3/106.6/95.2

Sanyu FM 2000 88.2

Simba 97.3

Greater Africa Radio 98.3

Monitor FM 93.3

Radio France International 93.7

Radio Paidha 87.8

Radio Uganda Green Channel 98.0

Top Radio 89.6/99.6

Voice of Teso 88.4

Voice of Toro 101

Television Stations

Channel Television

Lighthouse Television

Sanyu Television/TV Africa

Uganda Television

WBS Television

Top Television

RESTAURANTS

Makerere Guest House food is not that great but it is the closest place to eat and is a good place to have a beer and meet academics from all over the world and Africa. Lunch and evening meals can be purchased (served as a huge buffet, but you can also order off the snack menu). Great samosas. Can purchase sodas and beers from the Guest House and return the bottles later.

Relatively Near University:

[add pizza on Kampala road]

Indian

Haandi (Indian) Hotel Equatoria

Khana Khazana, 20 Acacia Ave, Kololo (closed Mondays)

Khyber Pass (Speke Hotel) 7/9 Nile Ave.

Masala Chaat House, 3b De Winton Road

Sam's Restaurant, 78 Kampala Rd.

Taj Mahal, 64 Kitante Rd.

Chinese

Chopsticks (excellent Chinese food but not snacks, burgers) Hotel Equatoria

Fang Fang, 3rd floor, Greenland Towers, Kampala Rd.

Shanghai, 8/10 Ternan Ave (behind Sheraton)

The China Palace, 3 Pilkington Rd.

Golden Fish, Spring Rd., Bugolobi, Ave.

Hotel Equatoria has a snacks and burger place on the main floor and an Italian Restaurant.

Continental

7 Cooper Road, Kisementi (closed Sunday)

Cassava Republic 8 Bukoto St.

Crocodile, 21 Cooper Road, Kisementi

La Fontaine, 6 Bukoto St. (next to Cassava Republic)

Mango Shade, Kabira Club, Bukoto

Rock Garden Cafe (next to Speke Hotel) 7/9 Nile Ave.

Kampala Casino, 1st floor, Pan Africa Hse, 3 Kimathi Ave.

Mango Grove, Old Kira Rd., Bukoto

Mateo's Restaurant, 13 Parliament Ave.

Pause Café, Metropole House

Rhino Pub, Sheraton Hotel

Sizzler's Restaurant & Club, Nakasero Rd.

Victoria Restaurant, Sheraton Hotel

Italian

Mamba Point Italian Restaurant, 22a Akii Bua Road, Nakasero

Mama Mia pizzeria at Speke Hotel

Café Roma, Tank Hill Parade, Muyenga

Villa Flora, plot 62, Lumumba Ave. (041-347273)

Pizza take-away (041 232651)

Mondays to Saturdays noon to 10:30 pm

Lebanese

Al Tarboush, Park Royal Shopping Arc, 76 Bombo Rd. (no alcohol, reasonably priced)

Thai

Krua Thai, Windsor Crescent (closed Sunday)

Ugandan

Ekitoobero Restaurant, 21 Kitante Road (terrific food! prices good)

Greek

Andy the Greek's, 30 Windsor Crescent, Kololo

Fast Food

Dominos Pizza, 14 Kampala Rd.

Food Court, Kamapal Rd.

Steers Food Court, Entebbe Rd.

Shell Select, at Shell Bukoto and Shell Bugolobi

Further out:

Fasika (Ethiopian), off Ggaba Road at Kabalagala

Hotel Diplomate (spectacular view of city from hill)

The Gallery Cafe, Masaka road opposite Railway corporation, 2 km from Makindi roundabout, Rubaga, very nice art gallery but very unlikely location

Le Chateau, Ggaba road, Kabalagala (closed Monday)

Kampala Carnivore at Half London (Ggaba road)

Le Petit Bistro (French), Ggaba Rd., Kabalagala

SIGHTSEEING

- Kasubi tombs
- Art openings go on all the time at the Makerere Faculty of Fine Arts (just behind the Law School). Excellent chance to mingle with the diplomatic and arts groups in Kampala - and often great food!
- Entebbe Zoo is also nearby though they have moved the chimps out to an island in Lake Victoria.
- Entebbe Botanical gardens are a great place to drive through. Do not go alone and look out for thieves.

USEFUL NUMBERS

Ambulance, Fire, Police 999

Doctor emergency (Int'l Medical Centre) 077-741291

Doctor: The Surgery, Emergency 075-756003

Electrical failure 254071/7, 231-770

Kampala Central Police Station 254-561

Operator 0900

Talking Pages

Celtel 800

MTN 133

UTL 343888

Uganda Telecom 256-151, 258-855

WEB SITES

General info on Uganda:

<http://www.ugandaweb.com/>

<http://www.uganda.co.ug/>

<http://imul.com/uganda/index.html>

Kampala info:

http://cityguide.lycos.com/africa/east_africa/UGAKampala.html

New Vision:

www.newvision.co.ug

Women of Uganda Network

<http://www.wougnet.org/>

Traveling and Transportation AIRLINES

Always reconfirm flights before you return.

British Airways

Behind Sheraton Hotel
Centre Court, 4 Ternan Avenue.
Phone: 257-414, 257-416
Fax: 259-181, 257-508
Email: sales@britishairways.co.ug

Sabena Belgian World Airlines

Rwenzori House, Lumumba Avenue
Phone: 234 200/1/2
Fax: 342-790

Kenya Airways

United Assurance Bldg.
1 Kimathi Avenue.
Phone: 233-068, 320-234

Tanzania Airways

United Assurance Bldg.
1 Kimathi Avenue.
Phone: 234-631, 234-673

Uganda Airways

6 Colville St.
Phone: 232-990

Ethiopian Airlines

Phone: 321-130, 320-570

Air France

Phone: 342-907, 342-908

Gulf Air

Phone: 230-524, 230-529

Egypt Air

Phone: 233-960, 341-276

United Airlines

Phone: 349-841/2

Eagle Uganda

Phone: 344-292

Emirates Airlines

Phone: 349-942/3/4

SECURITY

Kampala is relatively safe during the day but it is not advisable to go out walking alone at night anywhere. Even early in the morning before 5 am. Always use taxis (called "special hires") or other vehicles at night when going to restaurants or clubs.

Changing money at forex bureaus in town and on Kampala and Bombo Roads is mostly safe, but be sure you have pre-arranged a car ride home – don't walk around town with a lot of cash after leaving the forex bureau. The forex inside the Sheraton hotel is very safe or use a bank. We will give you more information on ATM cards later.

Watch your bag at all times, especially when riding in a public vehicle. Mobile phones are a common item for theft. Lock car doors when driving. Be careful about wearing expensive looking necklaces and bracelets that can be grabbed through a car window.

Don't leave things in car unattended even if the car door is locked.
Don't bring heirlooms or anything else you would miss if it were lost or stolen.

Previously, especially during political election years, there were demonstrations and occasion violent clashes between the demonstrators and the police. The next election is 2011 and there has been no recent violence.

The Director of the Makerere School of Public Health and his assistant will give a detailed (90 minute) health and safety presentation on the day after you arrive in Kampala.

SIGHTSEEING

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TRANSPORT

- Minibuses, called taxis
- Taxis, called special hires, can be picked up at Wandegeya. 3,000 sh around town.
- Car rental with driver: Best bet if you are with the university is to ask MISR to help arrange for a car rental (not MISR cars). Going rate is about 30,000 sh per day.
- Are other car rental services available from major hotels. Avis, Hertz etc. all operate in Kampala.
- Can find Ugandan academics who might rent a vehicle while you are in Kampala. Bring license and International drivers license with you.

TRAVELLING OUT OF KAMPALA

Many researchers prefer large buses to small minibuses, not only because they are cheaper, but also because they are a lot safer and you can carry more luggage (just keep your eyes on it at all times of course!)

US EMBASSY

Small building along Gaba Road 259 791 2/3/4/5, 259-795

Go to the US Embassy within the first few days to register your presence in the country. They will ask you to complete a form that includes a map of where you are staying. If your passport is lost or stolen it can be replaced fairly easily otherwise it could take several weeks.

VISA

You need a visa to enter Uganda. Visas can be obtained from Embassy of Uganda in Washington DC.

5911 16th St. N.W.
Washington, DC 20011

Phone: (202) 726-7100
Fax number: (202) 726-1727
E-mail: ugembassy@aol.com

Visa application forms available:

<http://ugandaweb.com/ugaembassy/>

Don't forget to send a self addressed and paid for Fedex form with your application otherwise you can wait some time to have it returned to you.

or via a visa service like

Perry International
100 West Monroe PO Box 2637
Chicago, IL 60690
phone: (312) 372-2703

Visitors can import 200 cigarettes, 1 litre of wines and spirits, 1 litre of eau de toilette, 1 litre of perfume, and equipment for personal use.

OTHER TOWNS

Soroti

The best place to stay is Silent Night for Ush 15,000 with shower (no hot water) toilet, and fan.

Research

AFFILIATIONS

Makerere Institute for Social Research

You might consider affiliation with Makerere Institute for Social Research. \$300 affiliation fee. Can get research clearance once you are affiliated, plus access to Makerere library. And when cashing checks can use MISR address. Important to have an affiliation for one's research clearance plus it gives credibility, legitimacy.

In order to do long-term research in Uganda you must be attached to an institution. If MISR will be your Institution then you need to do the following:

- Fill in MISR affiliation forms (obtain from Patrick Mulindwa)
- Attach most recent passport size photos
- Have at least two referee to support your application
- Read the Associates Agreement and eventually sign it
- Pay affiliation fees, US 300
- You must also have your research project cleared by the National Council for Science and Technology (UNCST).

Forms can be obtained from Patrick Mulindwa, Research Secretary at MISR, P.O. Box 16022, Kampala, Uganda

Tel. 256 41 554582

Fax: 256 41 532821

Mob. 256 77 490310

Email: diremisr@wiscmail.wisc.edu

The MISR library has little to offer in the way of research resources. Hit and miss. They have saved newspapers in recent years and have bound them up until most recent months (New Vision offices have their papers in high demand which makes them hard to use). Look at old dissertations and old MISR compilations of unpublished papers. Librarian: Ruth Nalumaga.

Makerere Institute for Social Research
PO Box 16022
Kampala
Uganda

fax: 256-41-532-821
fax: 256-41-530412 c/o Makerere Institute for Social Research, pick up
faxes at Wandegeya post office
phone: 256-41-554-582
256-41-532-830/7/8/9
email: misrlib@imul.com
website: <http://www.uganda.co.ug/misr>

Centre for Basic Research

Free for three days, \$150 or one year affiliation for graduate students, \$200 for post-graduate researchers and all others. Well worth affiliating. They have lots of resources there and good people to meet. Clippings from press since 1989 organized into categories and filed. Mahmood Mamdani originally started this center.

Centre for Basic Research
P.O. Box 9863
Kampala
UGANDA
Phone: 242987/231228/231228 phone
Fax: 235413 fax
Email: cbr@imul.com
Website: <http://www.cbr-ug.org/>

Take minibus or taxi there. Tell taxis driver to go to Baskerville Ave, plot 15 near City High School in Kololo, across from Save the Children.

BIRDS

Bird life is wonderful in Uganda - even on campus. One can see casqued hornbills, woodland kingfishers, pied crows, marabou storks, yellow-billed rollers, yellow-vented bulbuls, vultures, and other marvelous birds in Kampala. A spotting scope is worthwhile! Small binoculars are a must! (Dr. Christine Drazoa in the School of Veterinary Medicine, is a world class birding expert)

LISTSERVE

There is a Uganda Listserve for scholars of Uganda. Write to Holly E. Hanson <hhanson@MtHolyoke.edu> and identify yourself, asking to be put on the list.

It is useful for research contacts, logistical information, research queries etc.

NEWS

Daily newspapers in Uganda: *The Monitor* (independent paper) and *New Vision* (government paper but can take positions critical of government)

To access Uganda news in the US: <http://www.allafrica.com>

To access Uganda news that is older: Lexis Nexis at <http://www.library.wisc.edu/journals/> then under L go to Lexis Nexis Select a News Category: "World News" Select a News Source: "Middle East/Africa"

PUBLICATIONS

- Ministry of Planning office, top floor of Uganda House can find store that sells budget and other current government publications.
 - Government printers in Entebbe (opposite Lake Vic Hotel on Entebbe road).
 - Map office is in Entebbe. About \$5 per map. They are very helpful.
 - Archives in Entebbe probably not worth going to unless you are a historian, but if you have something specific in mind it is worth a try. They want to see your research permits, so make sure you have one by the time you want to access material. If you a historian you will have to get to know the librarian and make sure you get to go through the archives yourself. This requires a little finesse. If you are in Entebbe and want to treat yourself, go to Lake Vic hotel for lunch across from the government printers.
 - University Bookstore (near Guild canteen near Makerere Guest House). Has a great selection of books by Africans and about Africa. Cheaper than buying same books in the US.
 - Fountain Bookpoint, 6 Jinja Road
 - Aristoc in Diamond Trust building, 17/19 Kampala Road (great selection)
 - Uganda Bookshop, 4 Colville St.
 - Sheraton Hotel has some Fountain Books and touristy info
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RESEARCH ASSISTANTS

If you want a research assistant there is a ready supply at MISR. Only work with people who have been recommended by researchers already or by people you really trust. Make sure you get someone who speaks the language where you are going. Don't let anyone push someone on to you. If they do, be warned that they may be more interested in helping someone out and it probably isn't you. In other words you may not be getting the most qualified person. Pay assistants well (above the regular MISR rates) and be very kind and considerate of them. This goes without saying.

RESEARCH CLEARANCE

http://www.uncst.go.ug/html/r_main.htm

- When you apply for your permit, make sure you ask for all possible places/districts you may be working in. They give you individual permits for various districts, and then you need to get a letter from the District Administrator in the district. This is not a big deal and is a great way to get an interview with him/her. I make sure to have letters even though no one asks, but if there is some kind of trouble, at least you have the right documentation.
- Good to bring a letter from your department chair in the US also when applying for the permit. Not required
- Need to have research proposal to apply for permit. Also 6 passport photos and \$200 charge (1999).

RESEARCH TIPS

- Africana section of main library at Makerere may be useful. A lot is in the catalog and is actually in their collection but not accessible. They will say it is not there. May need contacts to be able to access if you are determined.
 - Watch papers for public lectures. Can be very interesting.
 - Might want to check out the library at the Uganda National Museum if you are a historian. The Museum itself was under renovation in June 2001 (don't know until when).
 - Uganda Society publishes a journal of general social science and humanities interest (10,000 sh per issue) and holds a lecture on the last Thursday of each month at 5:30 pm. PO Box 4980, Kampala.
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SUPPLIES

Things to take along that you might not have considered:

telephone jacks and wires for your laptops - these items are expensive and difficult to find in Kampala -- a trip to Radio Shack will do the trick.

large and small ziploc bags (great for storing food and keeping bugs out)

business cards

small coffee filters & small plastic coffee filter holder

umbrella

swiss army knife

flashlight

good walking shoes

large tote bag for groceries & stuff or knapsack

letter of introduction from department chair

6 passport photos for research clearance

2 passport photos for research affiliation

photos to show people your life in US, relatives

large manila envelopes

jiffy bags

envelopes for mailing disks

letterhead from department & envelopes

needles for injections (especially if working in rural areas)

large bandaids

surge suppressor (a must for laptops)

mosquito net (nice light one available from Magellan)

Gifts for women: perfumes, jewelry, handkerchiefs, earrings, purses, sewing material, scarves, cookies from airport, hairpins, colorful vinyl tablecloth, flowerseed, calendar

Gifts for men: wallets, solar powered calculators, handkerchiefs, picture frames, magic eye book or calendar

Gifts for children: jewelry, hairpins, crayons, felt tip pens, colored pencils, maps of world, plastic animals, toy cars

Academics: appointment book, liquor (give advisedly, non-Muslims), latest book of interest in their field

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Health and Security

GYMS AND POOLS

- Club 5 on Makerere Campus near MISR has a gym.
- Hotel Equatoria has pool and gym, accessible by minibus. 5,000 sh per day; 10,000 sh weekends.
- Sheraton has round shallow pool and gym for 10,000 sh per day. Their monthly rate is \$200. Not worth it I don't think. 7am to 10 pm. Equatoria is better.
- Pool on Makerere Campus.
- Nicest pool is at Windsor Lake Vic hotel in Entebbe if you can get a ride out there for the day. 5,000 sh per day to swim. Excellent restaurant. View of Lake Victoria. Also Entebbe Botanical gardens and zoo nearby. Swimming also at Botanical Beach Hotel with large indoor swimming pool.
- Aerobics, yoga at 18 Nakasero Road
- Golf: Kampala Golf Club, Kitante Road or Entebbe Golf Club
- Racket ball: Kampala Club, Ternan Avenue, daily membership available

Horse riding, rugby, sailing, white water rafting, flying, paragliding also available.

HEALTH

You are required to have yellow fever, cholera and typhoid vaccinations. Start early with these shots because some require boosters. Hepatitis B is also highly recommended. They don't check your health cards when entering, but that is no excuse not to have them.

Only drink boiled water and if unsure, drink sodas or bottled water.

It is recommended that visitors to Uganda take anti malarial medication. The use of mosquito repellants and nets are recommended.

Avoid street food if at all possible. I have seen too many students eat this food and get seriously ill with worms and other unspeakable problems that can put you out of commission for a good week to ten days. It's not worth the hassle even if it does taste and smell good and is cheap.

Be sure that wet clothing is dried on a line and then ironed, even underwear. There are insects that embed themselves in wet laundry and then may migrate to the skin if not ironed well.

MEDICAL

Physicians

Dr. Ian Clarke, International Medical Centre, Old Norman Centre, Kampala Road
phone 341-291, fax 342-608, mobile 077-741291 (24 emergency service)
ambulance service: 077-200400/1

Dr. E. R. Gibbons, Dr. Stockley (US Embassy)
12a Parliament Avenue
phone 256-003

Dentists

Dr. Musawwir Ahmad
3 Entebbe Road
phone 256-880

Dr. Paul Okello Alliker
50 Lumumba Ave.
phone 254-858, 077-721511

Mengo hospital now has state of the art dental facilities.

Eye Care

Eye Care Centre provides free eye exams and glasses/contacts
Plot 3, Johnson St.
Phone: 257-759/ 344-712
Mobile: 077-786-400

SECURITY

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HOW TO AVOID BEING 'TAKEN FOR A RIDE'

- Make sure you don't confuse 1,000 sh notes with 10,000 sh notes. They look similar as do the 100 and 200 sh coins until you get used to them.
- Expect to pay somewhat more than Ugandans. Pricing has to do with who is buying even for Ugandans and realize that this is the way it is. At the same time, you don't want to be completely taken. So here are a few suggestions:
 - Always ask for receipts even if you don't need them. Have small cash on hand because people might say they don't have change and then you are stuck.
 - Ask Ugandan colleagues about prices of fruit and vegetables so you know the ballpark figure.
 - Ask Ugandan colleagues about taxi (special hire) and minibus prices for various distances.

- Make lots of Ugandan friends or a few close ones and consult with them about what is the proper way to do things, how to understand things and people.
- If you receive change for a purchase, check it.
- Count money when you have exchanged dollars unless you saw it go through the counter. Sometimes they slip in smaller denominations. Also make sure the counter is set on 0 before they start counting.
- If someone has cheated you never blow up. It may be an innocent mistake. Ugandans despise direct confrontations or any kind of direct accusation or inquiry. Find a roundabout way of asking.
- People will approach you for assistance. Carefully listen to the stories of individuals whom you meet, and make your own informed decision about who you are going to assist. This is a toughie . . . there are many needs.

Technology

ELECTRICITY

You will need a flashlight and a supply of candles and matches because the electricity goes out unpredictably, and fairly often.

Because of the power surges and electrical blackouts, make sure you have a surge protector for your laptop or it will blow out. Bright Ideas on Kampala Road, just before the Equatoria Hotel, is a good place to get a surge suppressor.

230/245 Volts at 50Hz in Uganda. British style plugs with three pins are used.

You can pick up converter plugs in London if you are stopping on your way to Uganda or you can get them from Magellan travel catalog among other places.

EMAILING

- Before leaving home, find out how to access your account from the web. If this is not possible, then open a hotmail, yahoo or some other account and have your mail temporarily forwarded to this account.

Cybercafes closest to campus:

- Club 5 on campus across from MISR
- Cyberworld Cafe on Kampala road

take minibus from campus and get off around Kyagwe road. Go upstairs to left to Cyberworld. (Across from Fidodidos). Can pay for a chunk of time and use what you need, logout and reuse the number they give you to log on again another day and finish the time. They also give money back for time unused.

Phone: 340-492, 077-503-281

Other cybercafes

- Globenet Cafe, Radio One Building, Kampala Road
- Frans.com, Shop 2, Pioneer Mall, Kampala Road
- Kiatec, 3 Cooper Road, Kisementi

- Microskills, 9 Grand Imperial
- Niagra Falls, 4 Pilkington Road
- The Source, 20 Main Street, **Jinja**
- Web City Cafe, 5 Kimathi Avenue.
- Gateway Resource Center – Cybercafe, Plot 44 High Street
- Kool Surfing, Plot 76, Ben Kiwanuka Street
- Can use MISR email in a pinch but it is a real bother to the librarian. Don't do it.
- If you have access to a phone line, go to Infocom (Plot 2 Clement Hill Road), purchase a one-month internet service. Then you may take a laptop down to the MISR telephone switchboard, plug in directly to infocom and draw up your email address. They can also be reached at sales@infocom.co.ug or call Infocom at 258361. Make sure you pay for your phone time. See "supplies" for info on wires
- Emailing from outside of Kampala: Telephone service upcountry is iffy. The trick is to do it at midnight when there is no competition for the four outgoing lines to Kampala. The baud speed can be terribly slow, so we one might need to advise friend and colleagues to keep the email messages brief since downloading can be slow, tedious and expensive.

FAXING

Most reliable place to send and receive faxes if you are at Makerere is Wandegeya post office (trust me!)

256-41-530412

HOURS OF BUSINESS

Business and Offices : Monday-Friday, 8am-12:45 pm and 2 pm-5pm

Banks: Monday-Friday, 8:30am-3pm (bureau de change close later, and all major hotels have forex desks).

Shops: generally Monday-Saturday, 8am-5/6pm

LISTSERVE

There is a Uganda Listserve for scholars of Uganda. Write to Holly E. Hanson" <hhanson@MtHolyoke.edu> and identify yourself, asking to be put on the list.

It is useful for research contacts, logistical information, research queries etc.

PHONING

The easiest is to rent a cell phone. Almost a necessity these days as it is not possible to call cell phones from all land lines and so many people have cell phones.

I found it easiest to rent from MTN at Sheraton. 6,000 shillings per day plus refundable deposit of \$133. Need to purchase phone cards as well to use with cells.

Can use cell phones to phone US easily.

Ari Greenberg found that "it is cheaper to rent phones from BCE Brothers Plot 38 William Street in Kampala. (It is on the lower West end in between the bus park and Mengo) You can speak with Edy (Edward Sendikaddiwa) at BCE Brothers. He charges Ush 2,500/day with a refundable 120,000 deposit. Although you do have to pay 5,000 for the SIM card. The phones work great and he will give you multiple batteries and a charger. His number is 077 430 000. He is a great guy and was educated in England came back to Kampala to start his own business."

Cell companies:

Celtel: 40 Wampewo Ave

MTN: 22 Hannington Road

UTL Telecel: Rwenzori Court, Lumumba Ave.

To phone the US from Kampala on a land line:

Go to Uganda Posts and Telecommunications on Entebbe Road.

To use ATT direct line, go to the back of the telephone office and pick up the black phone and wait for an ATT operator, then just dial calling card number and the number you are calling in the US.

Near College Inn on Bombo Road is another phone center in Wandegeya, related to Starcom. They also fax internationally. Call internationally with phone cards.

Can buy phone cards to call from Starcom on Ben Kiwanuka road (near where it intersects with with Kampala road/Kyagwe road.

Go to Uganda Posts and Telecommunications on Entebbe Road. Buy a phone card 50 units and call the US and tell whomever to call you at 256 41 232 793. Or arrange ahead of time for them to call you at that number (Uganda is 8 hours ahead of CST). Then go inside to the back through a grey door and wait for call.

- Telephone service upcountry is iffy. The trick is to do it at midnight when there is no competition for the four outgoing lines to Kampala. The baud speed can be terribly slow, so we one might need to advise friend and colleagues to keep the email messages brief since downloading can be slow, tedious and expensive.

PHOTOCOPYING

Can be done at MISR for a fee. Many copying centers all over campus.

Many business centers and xeroxes in shops all over town.

Going 2002 rate seems to be 50 sh per page.
