



GLOBAL ENGAGEMENT STUDIES INSTITUTE

GESI PRE-DEPARTURE PACKET

SUMMER 2019 | UGANDA



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Welcome

Dear GESI Student,

Welcome to the 13th annual Global Engagement Studies Institute (GESI)! GESI began with the idea and perseverance of an undergraduate like you. It has since grown from a small experiential-learning program in Uganda exclusively for Northwestern students, into a nationally recognized model that has trained and sent over 650 students from almost 100 colleges and universities to 13 countries for community development work.

GESI offers students the unique opportunity to apply their classroom learning toward addressing global challenges. Students will spend their time abroad working with, and learning from, our community partners across the world. Northwestern University provides students with comprehensive preparatory coursework and training, ensures a structured and supported in-country field experience, and facilitates critical post-program reflection.

This program will challenge you to think and act differently. To create change you will need to listen, ask questions, and build relationships, not merely provide solutions. We trust you'll approach GESI with the respect, curiosity, and humility requisite to understanding people, their talents and challenges, and the role you can play to support positive social change.

GESI is one step on a path toward your personal, professional, and leadership development, as well as your understanding of complex issues of consequence to the planet and its people. Throughout the program, our professors and student instructors will be in contact with feedback and encouragement; during Final Summit, they will help debrief what you've learned. Even after GESI, our staff will be a strong support system as you use your own unique skills and passions to live lives of global social change.

We have seen this program make a tremendous impact on students' academic pursuits, career paths, and worldview, as well as their skills in cross-cultural communication, project management, and collaboration. We are excited to join you on this journey and to see where it leads. Get excited!

Best of luck,

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Program Information

The Global Engagement Studies Institute (GESI) is a study abroad program that provides undergraduates with the knowledge, tools, and experiences to confront shared global challenges. Through service-learning in Bolivia, Costa Rica, Ghana, Guatemala, Uganda, or Vietnam, teams of students join the efforts of local organizations to advance community-driven change.

GESI was created in response to undergraduates' desires to understand global challenges through an academic lens, and then put that learning into action. The result is an interconnected set of initiatives across several key areas: community-engaged scholarship, project and research funding, and professional development. Learn about the full history of GESI on our website: gesi.northwestern.edu/about/history

Who does what in GESI?

GESI is a program, not a physical institute. Whether or not you are a Northwestern student, the "acronym soup" that surrounds GESI is often confusing. It is important for you to understand the difference between each organization that helps make GESI happen so that you can communicate it effectively to your friends and family, and so you know where to turn for support (now and in the future). There are numerous partners who make important contributions to your academic, cultural, and personal experience in GESI.

Global Engagement at the Buffett Institute

At Northwestern, the Buffett Institute is the office that runs GESI. We include people you've met or spoken with when applying to the GESI program, and others that you'll be meeting along the way:

- Diego Arispe-Bazan and Paul Arntson, GESI Instructors
- Patrick Eccles, Corey Portell, Jessica Smith Soto, and Hà Nguyen, GESI Staff

The GESI team supports you before, during, and after your trip, in the following ways:

- **Program Arrangement and Logistics:** GESI works with the on-site teams to make arrangements for your trip. We also provide you with lots of information and support you during the program application phase.
- **Pre-Departure Orientation and Materials:** GESI provides you with important information about your program to help you prepare for your experience. This includes resources, such as this packet, and in-person meetings related to health, safety, budgeting, travel, and academics, as well as Canvas resources and assignments.
- **Academic Coursework and Credit:** GESI is responsible for organizing all Northwestern coursework.
- **In-Country Support:** Your on-site team will provide support for you while abroad and should be your primary resource, but if you need additional assistance or would feel more comfortable approaching GESI staff with any matters experienced in-country, please do not hesitate to contact Meghan Ozaroski, Assistant Director, or Patrick Eccles, Associate Director.
- **Reintegration Support:** Upon your return, we will provide you with resources to help you transition back into campus life, as well as connect you with other returnees and opportunities.

Changing our worldview is an implicit goal of most service-learning programs. Unless we understand how political, economic, and judicial systems tend to favor one group over another, we will be unable to truly assist those in need.

Learning Through Serving: A Student Guidebook for Service-Learning Across the Disciplines. Ed. Christine M. Cress, Peter J. Collier, Vicki L. Reitenauer and Associates. Stylus, 2005: Sterling, VA.

Program Partners

In addition to Northwestern staff, GESI works with a variety of people to run the program. All GESI partners have unique offerings based on their networks and development models. They each have a commitment to community-led development, provide exemplary health, safety, and logistical support to our students, and are well respected locally and internationally, including by our peer universities.

The GESI team works directly with the global headquarters of five partner organizations in six locations in order to manage the logistics and coordination of the program. These organizations have a long-standing history of preparing and hosting students in communities abroad. Our partners include:

- **Amizade** in Ghana
- **Foundation for Sustainable Development (FSD)** in Bolivia and Uganda
- **Institute for Central American Development Studies (ICADS)** in Costa Rica
- **Kaya Responsible Travel** in Vietnam
- **Social Entrepreneur Corps (SEC)** in Guatemala

Each partner has a **site team** that consists of one to two local people who act as both your 24/7 on-the-ground student support, as well as the long-term relationship builders with their organization and/or an organization where you will work. These staff members will assist you in everything from in-country orientation to homestay placements, from work plan advising to community development consulting. Some site teams hire international coordinators who are not from the local community specifically for the summer to act as cultural liaisons.

In each location, regardless of partner organization, you will have a **supervisor** for the duration of your summer. This supervisor is employed by your **host organization** and will work directly with you and your team to learn about, plan, and develop your summer work. Your supervisor is most often a local person, though sometimes they can be individuals from other countries who have worked with the organization for a long time. More often than not, GESI teams will also work with other individuals who also work at the host organization.

Another key partner in your time abroad are your **homestay families!** While they may not contribute directly to your work, your homestay family relationships are integral to your success. Families offer invaluable perspectives on culture, tradition, history, and life experience in your host location and community.

We would be remiss if we did not include **members of the community** as partners in GESI. Community is a complex and multifaceted word you will consistently hear throughout the program. Who this includes (and excludes) depends upon the situation. We encourage you to think about this word and phrase broadly; in any given site, there are a wide variety of communities with whom you will interact. Sometimes who “they” are will be clear, sometimes it will be very murky. Remember that organizations and your supervisors are members of the community at large, as are the community members the organizations serve. Relationships are at the core of GESI partnerships; understanding, building, and maintaining them are how GESI defines success.

Learn more about GESI’s partners on our website at gesi.northwestern.edu/about/partners



Pre-Departure Academic Information

The core of GESI is the collaboration and relationship building that takes place through students' in-country work and experience. What makes GESI unique is how these interactions are shaped and understood through the rigorous preparation and reflection which provides an academic foundation for their fieldwork. Furthermore, students develop the analytical and interpersonal tools to engage, critique, and understand the challenges of community development at an international level. View program syllabi for GESI's required coursework, **Doing Development: The Theory and Practice of Community Engagement** and **Development in the Global Context: Participation, Power, and Social Change**, on our website at gesi.northwestern.edu/logistics/academics

What is experiential learning?

The following are definitions of various types of experiential-learning. GESI fits most closely into the "service learning" category, though the program incorporates elements of all of the below:

- **Volunteerism:** Students engage in activities where the emphasis is on service for the sake of the beneficiary or recipient (client, partner)
- **Internship:** Students engage in activities to enhance their own vocational or career development
- **Practicum:** Students work in a discipline-based venue in place of an in-class course experience
- **Community Service:** Students engage in activities addressing mutually defined community needs (as a collaboration between community partners, faculty, and students) as a vehicle for achieving academic goals and course objectives
- **Service Learning:** Students engage in community service activities with intentional academic and learning goals and opportunities for reflection that connect to their academic disciplines

Adapted from Cress, Christine et al. Learning Through Serving: A Student Guidebook for Service-Learning Across the Disciplines. Sterling, VA: Stylus Publishing, 2005.

What to expect at GESI Pre-Departure Coursework

The GESI pre-departure coursework at Northwestern University is an intense eight days of class. During Pre-Departure, you will often be in class from 9 a.m. to 7:30 p.m. with breaks for meals. GESI alums will serve as student instructors, facilitating class activities and discussions. We will also have many guest speakers supplementing class lectures; **it is vital that you complete all course readings before arrival**. Some nights, we will assign additional (short) readings. You will need to discipline yourself so that you are able to complete these assignments and be alert and engaged for long days of class.

Below is a sample day of class. A detailed schedule will be provided upon arrival on campus.

9:00 - 12 p.m.	Lecture by Diego Arispe-Bazan on Intl. Development
12:00 - 1:00 p.m.	Lunch
1:00 - 2:00 p.m.	Language lesson
2:00 - 2:30 p.m.	Break
2:30 - 5:30 p.m.	Lecture and group activities with Paul Arntson
5:30 - 6:30 p.m.	Guest speaker on your host country
6:30 - 7:30 p.m.	Dinner with group with discussion or on your own
7:30 p.m.	Back to hostel for evening reading and sleep

In-Country Academic Information

In-Country Assignments

We feel strongly that in a foreign context you should look to your local hosts for expert advice. Your interaction with GESI staff and faculty while abroad will be limited. Occasionally, GESI staff, faculty, or student instructors will reply to your weekly updates (and/or other deliverables, as outlined below) with comments, questions, cautions, or feedback. However, given that they are not in-country with you, their written feedback will be limited. Only you, your site team, and community colleagues can truly understand your situation and challenges in-country. Please note that GESI staff are always available to discuss any program, health, safety or other concerns you have.

You will be evaluated based on satisfactory submission of the following (through Canvas):

- 1. Work proposal:** This should be a maximum of two pages; initial proposals are due within the first few weeks abroad.
- 2. External work plan:** These are due at the same time you submit your work proposal. These should be a maximum of two pages and conform to the template provided. Many students will also be required to submit a budget along with their proposal and work plan, while others will have no budget, only proposal and work plan.
- 3. Weekly group reports:** These are due on each of the seven Fridays while abroad. Submit these online on your group's Canvas discussion board. Entries should be a maximum of one page and should answer the following questions:
 - What you accomplished the previous week
 - What you plan to accomplish in the week ahead and who is responsible for these goals
 - What are the barriers/challenges that you are dealing with in terms of accomplishing the work plan, and interacting with your organization, community and your team
- 4. Field notes:** You will be given a spiral-bound notebook upon arrival to campus. It is your responsibility to complete the essays and reflection activities outlined in the notebook each week. You will be assigned some prompts and be able to choose others from a variety of reflection topics outlined in field notebook. While we will collect these from you at the conclusion of Final Summit, you can choose to fold any page you do not want us to read and we will honor your request. We will mail the notebooks back to you after we are done reviewing them.
- 5. Final Reflection Summit Summary:** In order to share your work with your fellow GESI colleagues, you will complete a summary of your work, including your rationale, process, and assessment. This will be shared with all students at the Final Summit to guide discussions.
- 6. Evaluations:** Before you return to the US, the country site teams will complete a two to three page evaluation with you. You will also be required to submit a comprehensive GESI program evaluation electronically shortly after returning from GESI (date will be specified during Final Summit). Failure to complete the electronic evaluation will result in an "in-complete" grade appearing on your transcript until we receive your completed evaluation.

Note: There may be times when you do not have access to Internet or communications. If you are unable to submit any of the aforementioned assignments due to communications issue, do not worry. GESI staff and faculty are accustomed to technological delays and this will not be held against you as long as you submit any missing deliverables once your internet access allows for it.

Final Summit Academic Information

What to expect at the Final Reflection Summit

Upon returning from their host countries, students meet back on campus for a three-day Final Reflection Summit where we will reflect on some of the program's learning outcomes, including but not limited to:

- Understanding ethical, historical, political, economic, and/or social issues in relation to community development
- Analyzing multiple perspectives of the social issues at hand
- Taking responsibility for your own actions as they have an effect on society
- Contributing to society through the application of new field knowledge
- Appreciating ends as well as means
- Appreciating cultural pluralism and global connectedness, as well as their challenges and opportunities

In addition, GESI participants from all sites share and compare geographical experiences while processing their immersion and what it has taught them about global development challenges, culture, and themselves. Students will also consider how to respond to the GESI experience by networking with professionals who are creating social change in a range of fields.

What happens after GESI?

As the program closes, GESI transitions into the role of alum support. GESI aspires to help students lead lives committed to international social justice. For us, this means helping our alums find internships, jobs, or project support opportunities that allow them to continue engaging with the issues they care about most. You may always contact the GESI team for guidance and support.



Cultural Adjustment

Cultural norms and adjustment

Students will experience cultural differences and react to these differences (commonly referred to as “culture shock”) in a variety of ways. There is a lot of helpful literature related to the cultural adjustment process, including common themes and experiences, representing phases of highs (comfort and excitement) and lows (discomfort and anxiety).

It is also helpful to keep in mind that, just as you enter into a new place and experience adjustment, so too do your host organizations, host families, and host communities; be aware that your actions, habits, and words can impact those around you as much as those around you can impact you.

Your on-site teams will be the most important resources for helping you to navigate cultural differences and adjustment, but just keep in mind a few things:

- Culture shock is normal and however you experience it is normal.
- Intercultural adjustment not only varies by individual, but also by program. You may find that some of the traditional “low” phases may correspond with program excursions and produce a “high.”
- Culture shock can exacerbate other mental health challenges or conditions. If you have seen a therapist or psychiatrist for any mental health conditions within the past three years, be sure to indicate this on the required NU Health Assessment Form and meet with your doctor to discuss your condition in light of study abroad. If you require any special accommodations, be sure to discuss your situation with GESI well before departure, so that we can work with on-site staff to determine what—if any—provisions can be made.
- Be aware of what you are experiencing. If you encounter any difficulties or discomfort, which prevent you from participating and being successful, discuss this with your on-site team or GESI staff ASAP.

Encountering culture

For many GESI students, witnessing extreme poverty first-hand causes a great deal of culture shock. Encounters with beggars, for example, can be a deeply unsettling experience. Richard Slimbach offers the following advice:

“Begging may be a deeply flawed method of redistributing wealth, but letting ourselves lapse into callous indifference only injures our moral sensibilities. Whether to give or not to give ultimately must be decided case by case, because much depends on our knowledge of the particular beggar and the larger social context. We simply cannot give to all beggars but neither must we refuse all. Over time, our giving probably will be selective, biased in favor of those who provide some service. Instead of our “gift” reinforcing the notion that poor folk are simply welfare wards of wealthy westerners, it can become a legitimate and dignifying form of payment for services rendered” (Slimbach , p. 188).

Bargaining is another cultural experience that can sometimes overwhelm students. Yet bargaining can be the most enjoyable of experiences abroad and we hope you’ll learn to have fun with it! Remember that if you really want something, you should plan to pay fair price, not the lowest possible price. Bargaining can be a fun way to form relationships with community members. Just be careful not to pay high prices for basic goods because it may harm local people. If merchants can get premium prices for their goods and services from foreigners, they may be less likely to sell to their neighbors at lower, fairer rates. Your host family and site team are great resources from which you can learn what may be a fair cost for you.

Food for Thought

You are passionate about making a positive impact while abroad, yet short-term study abroad can have long-term negative impacts if the traveler and program provider are not thoughtful and reflective about their engagements abroad. These questions are meant to help you think about the unintended consequences of study abroad and foreign travel. Many GESI sites are located in areas frequented by general tourists throughout the year. We encourage you to reflect with your GESI groups, in your personal writing reflections, and whenever you travel abroad again. These questions can help us continue to develop programming that does not harm local communities.

Economic and Environmental Impact

- Upon arrival, figure out where your food/water/housing comes from. Do foreigners/tourists impose any hardship on local people, such as water shortages? What about garbage disposal and pollution? Is land being used for visitors rather than local needs?
- Does the economic impact of study abroad or tourism create economic inequality in the community? Do foreigners or local elites own or manage the hotels that students/tourists frequent? Are guides and drivers outsiders or wealthier members of the community? Do local prices go up as a result of the student visit? The giving of gifts can contribute to similar questions, however well intentioned—can nonmaterial gifts be given instead, or gifts to the community as a whole?
- Do student/tourist visits contribute to economies of dependency on outsiders, orienting those economies to pleasing or providing pleasure for wealthy foreigners rather than to local needs?
- Is there a season for foreign visitors to come to the area, such that student visits contribute to a boom and bust cycle in the local economy? Is there any way to mitigate this effect?

Cultural Impact

- Do outsiders' patterns of consumption contribute to problems in the community? The "demonstration effect" of students bringing high-end travel gear, lots of clothes, spending money easily on restaurants, giving gifts, etc. may create resentment, the perception of American students as wealthy consumers with no responsibilities at home (McLaren 2006), or the desire in local people (especially youth) to leave the community so they can make money to buy similar goods and services. Even traveling on an airplane or traveling away from home can create these problems among people who do not have that option.
- Are local people excluded from any of the areas where foreigners are encouraged or allowed to go?
- Are foreign visitors well-behaved and respectful in terms of the local culture? Do they dress in culturally appropriate clothing, or otherwise commit cultural offenses that will anger, distress, or shock people in the local community? Do outsiders see culture and the "authenticity" of local people as commodities to be consumed? What other cultural impacts result from outsiders' visits? Cultural differences in themselves are likely sources of confusion and conflict in unanticipated ways.
- Do foreigners smoke, drink, or do drugs during their visit? The effect of these behaviors can range from being poor role models for local youth to bringing new addictions to the community.
- Do students/tourists demonstrate other expressions of privilege during their visit, such as doing things "our" way, eating "our" food, playing "our" music, requiring things to be done on "our" schedule?

Identity Impact

- How well are students prepared to understand the community they are visiting? Do they bring damaging stereotypes that can be countered throughout the program? These might be as narrow as "Bolivians" but for most students are more likely to be broader such as "poor people", "indigenous people", or "people in developing countries", as well as racist and exoticizing images of people in other countries.
- Are there human rights issues already present that are exacerbated by the presence of foreigners?
- Does anything about the students' presence or activities reinforce a negative self-image for local people, for example that Americans are smarter, more competent, more attractive? Is there any way their presence could promote a positive self-image instead?

Make the Most of Your Experience

To mitigate potentially negative impacts, we encourage you to honor the host community's independence and encourage self-reliance; to never impose your personal agenda when working with the community; to respect local people's visions and opinions above your own; and to be vigilant of any cultural impacts you might be having and adjust your behaviors and actions as necessary. Here are some additional tips to make the most of your time abroad and to leave a positive impact:

Be Present

- Engage in every activity fully, remaining mentally and emotionally present. Consider going unplugged, leaving technology like laptops aside as often as possible. While technology can be helpful to keep us connected to our world and people at home, many times it ends up restricting our ability to immerse ourselves in the local community or interferes with our ability to make ourselves available to the people right in front of us. Think about ways you will travel abroad with technology and still remember to look up.
- Recognize the value of play and lightheartedness in cultivating friendships.
- Observe, listen, and inquire rather than criticize, rationalize, or withdraw.
- Risk making mistakes.

Own the Power of Your Words and Actions

- Question your and your peers' use of words like "authentic", "real", "rural", "indigenous", and "traditional". ("To suggest the life of a rural citizen is any more or less "real" than that of an urban citizen of the same culture is condescending and can indicate a disturbingly colonial nostalgia for a cultural experience laden with pre-development realities") (Johnson, 184).
- Practice culturally sensitive photography: always ask first. Be especially mindful of children, who are often readily photogenic. Photos of children are sometimes easily taken as we seek to document memorable experiences in the community, but be careful and considerate when taking kids' photos.
- When confronted with a language barrier, speak English as little as possible. Expand your vocabulary, if necessary, actively engaging community members with nonverbal communication.

Keep an Open Heart, an Open Mind

- Take advantage of opportunities to interact with people who are different from you.
- Keep an open mind and heart but avoid romanticizing your experiences in host communities. Remember that below the surface of a seemingly homogenous social structure are power hierarchies, conflicting interests, and patterns of discrimination and exclusion.
- Be a listener, more than talker; a learner more than teacher; a facilitator more than leader.
- "Go slow. Respect People. Practice humility, and don't condescend with your good intentions. Make friends. Ask questions. Know that you are visitor. Keep promises even if that means mailing a photograph a few weeks later. Be a personal ambassador of your home culture, and take your new perspectives home so that you can share them with your neighbor" (Potts, 2008).

Stay Flexible, Mindful, and Adaptable

- Do not try to replicate the U.S. in your host community; avoid demanding the services you would expect at home. Observe the way things are done locally, refrain from judgment, and when you feel yourself getting irritated or judgmental, take a step back and try to understand why the local people do things differently from the way you are accustomed. Speak with local people to understand their viewpoints, listen to be surprised so that your own assumptions are challenged.
- Avoid the "theme park" experience, the places that were clearly designed for foreigners' amusement.
- As you meet people and form strong relationships with your hosts, remain curious about the larger global, national and local structures that exist, that recreate the poverty and inequality you are trying to grasp. Global learning must reach in both directions—toward persons and structures.

When Things Get Tough

Stop complaining and start reflecting!

When you catch yourself complaining, ask yourself: Can we—both hosts and guests—learn to adapt to each other? Can our differences be a source of mutual enrichment rather than separation? When we discover that things abroad are profoundly different from things at home, our natural tendency is to flee away from them. Instead of seeking to understand why certain practices irritate us, our immediate impulse is to simply spurn them as primitive and uncivilized, even immoral...

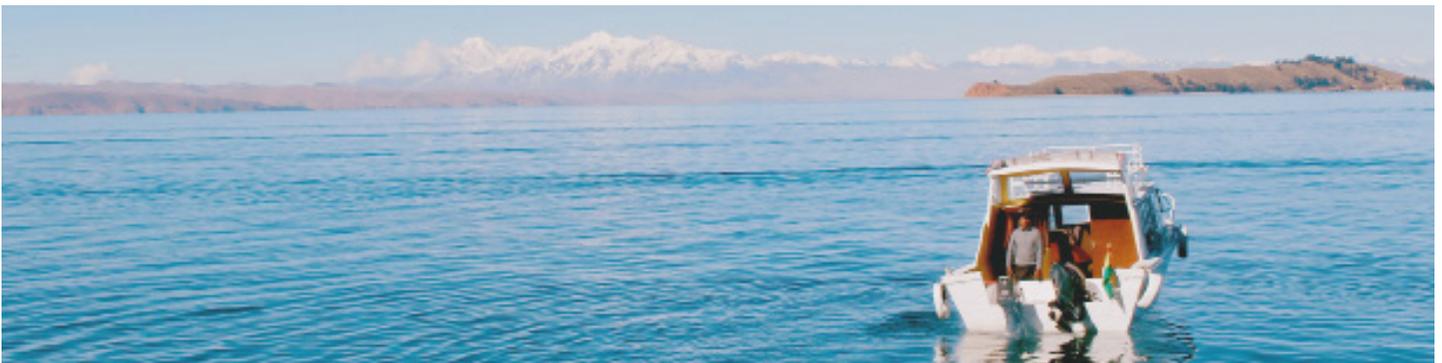
"Doing so justifies our escape from the culturally disagreeable environment into behaviors where we can feel protected and affirmed: calling home frequently, sleeping either too much or too little, reading romance novels, blogging or listening to music for hours, movies...We may not 'return home' in a physical sense, but psychologically we're a world away." (Slimbach, 158-160)

Get out your journal

Writing in an analytic mode helps us to calm down, gain some objectivity, and ask the critical questions: What provoked this reaction from me? How do local people interpret this act or event? And what does my reaction tell me about myself? Especially as we learn to put personal experiences and reactions into a larger social and theoretical context, our writing takes on a distinctive character—one that joins personal expression with cultural analysis—and encourages a more rigorous cognitive process than is common in conversation. Use Open Letters to channel some thoughts, they're designed to provide an analytical space. If you have other thoughts you don't want to share, use a personal journal.

Think About the Six Skills of Intercultural Communication

1. Cultivating curiosity about another culture and empathy toward its members
2. Realizing that effective communication requires discovering the culturally conditioned images that are evoked in the minds of the people when they think, act and react to the world around them
3. Recognizing that role expectations and other social variables such as age, sex, social and economic class, religion, ethnicity, and place of residence affect the way a people act and behave
4. Recognizing that situational variables and convention shape behavior in important ways
5. Understanding that people generally act the way they do because they are using options that their society allows for satisfying basic physical and psychological needs
6. Developing the ability to evaluate the strength of a generalization about the target culture (from the evidence substantiating the statements) and to locate and organize information about the target culture from the library, internet, mass media, people, and personal observation and reflection



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PART II

JINJA, UGANDA



Letter from FSD

Congratulations again on your acceptance to the Foundation for Sustainable Development's program! For many of you this experience will spark a lifelong interest in development. For others, it will be a chance to gain insights into other cultures that can only be obtained through direct experience. For all of you it will be a chance to make a lasting impact on people and communities in your host country, and an opportunity that will make a lasting impression on your life.

Many challenges await you. It is likely that the most difficult obstacles you face will not be the ones that test your technical skills or knowledge. More often it will be the difficulty of gaining the cultural competencies necessary to do successful work in a community. It will be learning to see the problems facing a region from the eyes of a community member rather than through the eyes of an outsider. Remember that culture, community, and language should guide your work as much as your own knowledge.

During your program you will represent both yourself and FSD in your community. Many people in Uganda –East Africa have had very little experience with people from outside their country. As such they will develop opinions of you and the work of FSD through their interactions with you or what they hear about you. We ask that you take your visibility into consideration when you make decisions about your actions in your host country.

It is the intention of FSD to provide you with a broad support network to best position you for success, but at the end of the day, it is your effort that will most influence the success of your experience with FSD. You will need to take initiative and put yourself in situations that stretch your comfort levels. You will have to work within cultural contexts that can cause extreme frustration. Many other challenges await, but at the same time you face these challenges you also have an incredible set of opportunities.

Go into the experience with the willingness to listen and learn. You will find that through this willingness you will increase your ability to give to your community. This guide has been developed to help make clear what FSD expects of our interns and volunteers and what you can expect of us. We look at your internship or volunteer program as a partnership. It is our hope and belief that clear expectations are the foundation for a solid working relationship. Please read this guide thoroughly; it contains information that is crucial to the success of your experience and our partnership.

Above all, you should feel comfortable contacting us in Uganda if you need any additional support or have any questions.

Good luck!

Margaret, Jonan, and Samantha



About FSD

At the center of the internship experience are the core values, vision, and mission that make FSD the organization that it is. We ask that as an FSD participant, you understand and remember these tenets throughout your time abroad, in order to make your program a meaningful experience for both you and the communities in which you serve.

Vision

FSD supports the efforts of grassroots development organizations in Uganda that are working to better their communities, environments, and the economic opportunities around them. We believe economic development begins with community development and this development is only sustainable if it comes from; and is supported by the members of these communities. Through our programs, we aim to raise international awareness of the social economic challenges in the local communities of Uganda and support cross-cultural service learning in finding more effective solutions to development issues.

Mission

FSD envisions a world where global educational service exchange engagement promotes the achievement of sustainable community-driven development outcomes. A world where all people have the opportunity and capacity to direct economic, social, and environmental resources toward sustainable outcomes that improve lives and communities.

Core Values

- 1. Prioritizes the Asset based approach to development work:** We begin by listening to the priorities set by our community-based partners. We then identify and utilize existing assets and capacity to address those priorities.
- 2. Build Capacity:** We strengthen the skills, competencies, and abilities of the leaders at our community-based partners and of our student and professional volunteers to amicably work together for a common good. Our program is structured and tailored to ethical development principles. Program participants are oriented in the local culture, language, and local concerns; and are trained in basic development technical skills of community assessment, program design and management, monitoring and evaluation and project reporting. Community members are oriented in skills of supporting volunteers and Interns and trained in best practices of doing development work.
- 3. Promote community ownership:** We partner with leaders, organizations, and stakeholders committed to change, action, and social justice. We stress community ownership and participation before launching initiatives. Community ownership empowers underserved communities to voice their needs and participate in the implementation of locally managed solutions. We adhere to the binding truth that development solutions are only sustainable when they come from an empowered community base.
- 4. Emphasize learning and Reflections:** We emphasize the application of critical thinking for the volunteers and interns as a way to understand the logical connections between ideas, theory and practice of change, action, and social justice. We support continuous reflections on technical and cross-cultural experiences and their implications on both personal and community growth. We share our experiences and learning about the complexities of development with friends, family, and colleagues. We promote cultural exchange and sensitivity, encouraging a reflective approach to navigating cross-cultural issues, confusions, and tensions.
- 5. Generate enduring results and impact:** We ensure the outcomes of our support have long-lasting benefits for the community partners, program participants, the Interns and Volunteers by using effective and appropriate participatory approaches so that our initiatives outlast our involvement.
- 6. Lobby and advocate for development:** We relentlessly build a network of students, professionals, and passionate development advocates and community partners to advocate and lobby for the advancement of professional learning in the context of promoting community-based development.
- 7. Promote Reciprocity:** We operate on our founding principle that producing strong community outcomes and impacting participants with trans-formative learning experience must be the priority. We bring together communities and development participants to building the understanding and inter-national/cultural relationships as a foundation for a stronger social and developmental agenda. We base all partnerships, strategies, and decisions on the Fair Trade Learning concept that we must be ethical and reciprocal in our planning, implementation, and outcomes.

About FSD

Web of Support

FSD is a key partner in your experience in Uganda. FSD work with you and with the organizations that host you. Below are the two main players on FSD's team, with a description of exactly how they will support you.

Site Team Roles

Program Director

FSD's program directors are local experts in the field of community development. Their experience and strong community ties make them a great resource to support you in your in-country project work. The program director develops and maintains FSD's relationships with our host organizations and is heavily involved in the process from the time you apply to FSD to the end of your term of service.

Program Coordinators

Your program coordinator(s) provides ongoing support to you, FSD's host families and our partner organizations. During the application process, they advise the program director about your placement. Once you're in the field, they serve as a bridge to the local culture and language and as lifeline when culture shock inevitably sets in. They are also available to advise you as you develop your program workplan. One of the Coordinators is from a developed country to support technical and psycho – social issues of cross-cultural nature.



About FSD

Jinja Site Team

Margaret Nassozi Amanyire | Program Director

Margaret is a development worker with more than a decade of experience working with communities to cause social development. She began her career as a Government Civil Servant with Ministry of Gender and Community Development in Uganda, where she worked on issues of culture, women and gender, as well as youth and development. She later worked as District Community Development Officer in Western Uganda, before joining the Civil Society fraternity in 1998. She has since been working as Coordinator for a Civil Society networks, and has done consultancy work with European Union and CARE International. She has facilitated the design, implementation, monitoring and evaluation of both strategic and action plans for several Organizations. She has experience in supporting volunteers to do development work in Uganda. Margaret holds a Bachelors of Development Studies, the Commonwealth Diploma in Youth and Development and a Diploma in Performing Art. She has passion for children and young adults.



Jonan Nandolo | Local Program Coordinator

Jonan holds a Bachelor's in Social Sciences and a major in Public Administration and Management from Nkumba University Uganda. Before joining FSD as a program Coordinator, Jonan worked with Apas Consultancy Firm as a Research Assistant in health insurance policies, youth and education. This experience helped him develop a love for community work. He also worked with VEDCO (Volunteer Effort for Development Concerns) in the sustainable agriculture farming and produce sector. Jonan loves entrepreneurship, media production (especially radio voicing), meeting people from different walks of life, traveling and trying out different recipes.



Samantha Balungi | Program Coordinator

Balungi Samantha is a Marketing and Sales Professional. She joined FSD in 2017 as a Volunteer. Previously, Samantha worked as a Trade Ambassador at Nile Breweries Limited Sales Department. She graduated from Makerere University Business School with a degree in Marketing. In her free time, Samantha loves to spend time with family and friends; she also enjoys Music and Movies, making friends and travelling.



Health Preparations

GESI and FSD are deeply committed to student health, safety, and well-being. Our experience in risk assessment and emergency response has enabled us to maximize safety and security for GESI students. We arrange medical insurance with full coverage abroad and emergency evacuation services, and we actively monitor international events that may affect students. We work in cooperation with a team of risk management and legal professionals to ensure comprehensive measures address potential health and safety issues while providing students with 24/7 in-country support. Learn more about health and safety during GESI at gesi.northwestern.edu/logistics/health-safety

As a GESI student, it is your full responsibility to identify and take all necessary health precautions prior to, during, and following the program. Please start your health preparations early, as some vaccinations must be administered as far as eight weeks or more before departure. Providing detailed medical advice is beyond the expertise of FSD or GESI staff so it is very important to consult the resources below as well as medical professionals such as your doctor or local travel health clinic.

Resources

- Center for Disease Control and Prevention (CDC): Recorded information about health risks and precautions for international travelers: 1-877-FYI-TRIP (1-877-394-8747)
- Country-specific traveler's health Info: wwwnc.cdc.gov/travel/
- Malaria Hotline: 404-332-4555

Topics to talk to your doctor or local health clinic about:

- Any pre-existing conditions. Please note that pre-existing conditions--even those that don't impact you on a regular basis in the United States--can flare up while in a new environment due to altitude, allergens, new food, etc.
- Symptoms of the most common illnesses contracted by travelers and appropriate treatment
- Medicines and supplies for preventing and treating common illnesses and maladies (diarrhea, dehydration, sunburn, food poisoning)
- Medicines and supplies for pre-existing conditions (especially important if you need a specific brand or dosage which are not always available abroad, i.e. anti-anxiety or depression medication)
- Yellow fever and typhoid fever
- Malaria (if participants plan to travel to at-risk areas)
- Rabies
- Food and water-borne diseases

What happens if I get sick?

For serious illness that may occur during your program, there are public and private clinics and hospitals available in most areas. If you should become sick, please alert the site team and your host family immediately and they will ensure that you receive appropriate medical care. Don't be embarrassed to speak to your host family or site team about your medical issues; they are there to support you (and have seen worse!), so do not postpone the conversation.

GESI's cost includes comprehensive medical coverage through GeoBlue; your enrollment will be completed for you, and your member number will be provided to you at the start of the program. The illnesses and medical issues you are more likely to encounter may require medical consultations and prescriptions that will generally incur an out-of-pocket cost between \$25 and \$100; these types of expenses are reimbursable through GeoBlue. Please plan for emergency medical expenses and seek reimbursement directly from GeoBlue. FSD and GESI are not responsible for up-front costs or cash-related medical fees.

Safety & Security

FSD and GESI never anticipate significant issues related to safety and security during the program, but we understand that emergencies sometimes occur. We have had experience dealing with a variety of issues for which we can prepare and respond to appropriately. During local orientation, students will hear from program staff about pertinent safety and security precautions specific to the area.

All of our sites are in safe areas. However, similar to any location in the US, certain common-sense safety measures must be taken (i.e. not walking alone at night or wearing expensive/flashy jewelry or clothing). We emphasize that the most important ways to stay safe are to exercise good judgment, to have a strong network of local contacts, and to have a strong awareness of the potential for harm.

FSD will do its utmost to provide a safe environment and a responsive support system to you throughout your experience. We depend upon our staff to serve as a barometer of the local political, social, and economic climates. We depend on our participants to act prudently and to be receptive of instructions and suggestions regarding safety and security.

FSD's responsibilities:

- A safe and secure host community. FSD is run by staff and trusted colleagues who live locally and have years of experience with international students. While the political climate varies, we feel that our extensive local networks of host families and partner organizations provide us with a good barometer of the climate in relation to the safety of foreign volunteers.
- Inform you about safety and security in your host community through materials like this pre-departure guide. We equip you with the information and tools to be aware of the realities of your host community, to avoid situations that would put you at risk, and to manage these situations should they arise.
- Take you to a preferred medical facility in the case of an emergency.
- Support you logistically and emotionally through any emergency situation.

Your responsibilities

- Follow the guidelines and rules your site team and host family provide; they exist to help keep you safe!
- Learn about the history and current events of your host country and community.
- Secure all recommended vaccinations.
- If you are a US citizen, GESI will register your travel with the State Department. If you are not a US citizen, you should register your travel with your home country's equivalent.
- Avoid volatile or risky situations (especially protests, demonstrations, or politically motivated gatherings).
- Travel with someone you know, and avoid being out alone after dark.
- Be aware of your surroundings. Walk purposefully and act as though you know where you are going.
- Notify your site team of any incidents of harassment, illness, accident, or any other serious event as soon as possible.

The safety and security of our program participants and staff is our first priority. We have rigorous and conservative safety and security procedures, including triaged security measures for students (such as restricted travel, curfews, and buddy systems) should any emergent or potentially emergent event occur. Every site has an emergency evacuation plan (supported by our travel insurance partner) that identifies safe houses, identifies on-call transportation, and provides a variety of options for moving participants out of unsafe area via land and air routes. The vast majority of safety and security incidents are those of petty crime, such as leaving a bag on the table and returning to find it missing and of street harassment, which will be discussed during Pre-Departure and at your on-site orientation.

Visa Info

The recommendations provided here are subject to change at any time. As a GESI student, it is your full responsibility to secure the appropriate visa and ensure the full legality of your stay in the host country during the program. To do so requires consultation of the following resources beyond the information provided by FSD and GESI.

U.S. State Department: Information for U.S. travelers to Uganda:
http://travel.state.gov/travel/cis_pa_tw/cis/cis_1051.html

Embassy of Uganda
5911 16th Street NW Washington, DC 20011
Telephone: 202-726-7100 | Fax: 202-726-1727
info@ugandaembassy.com | www.ugandaembassy.com

Guidance (subject to change at any time)

The recommendations provided here are subject to change at any time. As an FSD participant, it is your full responsibility to secure the appropriate visa and ensure the full legality of your stay in the host country during the program. To do so requires consultation of resources above and beyond the information provided by FSD. Please check with a Ugandan consulate or embassy for the most current information.

It is recommended that you apply and obtain a visa online at <https://visas.immigration.go.ug/>. You can apply for a Uganda Ordinary/Tourist Visa. Single entry is USD \$50 and all online payments are subject to a 30% surcharge fee. Please note that FSD processes a "Students' Pass" that you will need to secure your visa. This information will be shared with you as soon as the process is complete. Required documents for your visa application include (but are not limited to):

- Passport copy (bio-data page)
- Passport-sized photograph
- Vaccination Certificate (Yellow Fever)

Once the application is submitted it will be studied by immigration office. Please note that during the approval process, additional information may be required. The new required information can be submitted electronically through "Manage your applications" The decision taken on the application will be sent electronically through the mail provided by the applicant. If approved, an approval letter will be sent as an attachment to the mail provided. You will have to click on the link to download it. You will have to present a valid travel document of not less than 6 months validity to the immigration officer at the port of entry at Entebbe Airport.



Packing List

Clothes:

- A warm jacket and/or sweater
- 2-3 pairs of pants/jeans
- 3 dress shirts for women or men
- 1-2 long-sleeved warmer shirts/tops
- 1 nice outfit for special occasions
- 2-3 skirts knee-length or longer (for women, skirts are more acceptable than pants)
- 2-3 pairs dress pants/khakis for men who are working in an office environment
- 1 pair of comfortable sturdy shoes for work and/or special occasions
- 2 pairs of sandals; outdoors and indoors/slippers, a pair of close-toed dress shoes for work/special occasions
- A modest bathing suit, sarong, and other beach gear
- Sturdy cotton socks/nylons if needed for dressier outfit
- Underwear
- Modest sleepwear
- Sun hat
- Windbreaker or light waterproof jacket/umbrella

Health and hygiene:

- Anti-malarial pills
- Sunscreen/sunblock (high SPF)
- Strong insect repellent and itch-relief cream
- A pain reliever
- Antibiotics for travelers diarrhea
- Any medications you use (in their original containers) and a copy of your prescriptions
- A supply of hand wipes/wet wipes and anti-bacterial hand lotion such as Purell
- Vitamins (especially for those with special health or dietary needs)
- Personal hygiene products – shampoo, favorite tooth paste, tampons (which are difficult to find and expensive)
- Sunglasses/glasses (extra pair if you have a prescription or contacts), copy of prescription and saline solution

Practical supplies:

- Water bottle (steel/plastic)
- Travel alarm clock
- Batteries (for clock)
- Towel (quick dry or regular - Families may not have them and they are useful for beach days. Hostels will almost always have them.)
- Medium-sized backpack for day trips and weekend trips
- Flashlight or headlamp (headlamp is recommended as you will be without electricity a lot of the time and it's nice to have your hands free)
- Lock for your luggage
- Camera, memory cards, cord for uploading photos
- Notebooks, pens, paper
- Reading material
- Reusable shopping bag

Documents and money:

- Passport vaccination booklet
- Airline ticket
- Insurance card
- ATM card (must have PLUS sign on the back)
- Visa Card (Mastercard is NOT accepted here)
- Photocopies of all documents
- Cash (U.S. currency, 50's and 100's from 2006 or later); traveler's checks are not recommended
- Be sure to bring any documents needed for your entry/visa in your carry-on luggage!

Other:

- Pictures of your family, friends, school, neighborhood, or work to share with your host family (optional)
- Small gifts for your host family

Packing tips from past students:

"What I wish I brought to Uganda"

- Baby/wet wipes
- Tissues
- American snacks
- Feminine hygiene products

What are some items especially difficult to get in Uganda?

Tampons, batteries (can be found here but are very expensive), novels (only found in Kampala and are quite expensive), face wash, hand sanitizer, good shampoo and conditioner, good chocolate (chocolate here has anti-melting agents in it that diminish the taste). You can find almost anything in Jinja and if it is not available here then you can go to Kampala. However, western products tend to be really expensive so it is better to bring necessities from home.

Packing & Clothes

What kind of luggage should I bring?

Don't overdo it – pack lightly so you can travel more easily and store your bag in small places. Think in terms of a backpack, duffel bag, or moderate-sized suitcase and a daypack. Bags with shoulder straps are preferable to suitcases because they're easier to carry. Check the airline luggage limit to avoid baggage fees!

What should I bring in my carry-on luggage?

We recommend that you carry all valuables (money, credit card, passport, identification, immunization booklet, insurance card, etc) and a complete set of clothes (change of shorts, pants/skirt, underwear) in your carry-on luggage in case your checked bag is temporarily lost or delayed.

What documents should I bring?

You should bring your passport, vaccination booklet (the Yellow Fever vaccination booklet), insurance card and list of FSD contacts in Uganda. Bring two copies of each. During the program, keep the originals and one copy safe in your suitcase and keep the other copy on you at all times.

Should I bring donations?

Donations are not required. If you choose to bring donations, please think about the practicality, sustainability, and durability of those items. Email your Site Team to find out the best types of donations to bring with you.

How are clothes washed?

Your host family will wash your clothes (except your underwear and socks). Washing machines will not be available – your clothes will be hand washed and line dried. You will wash your personal items by first soaking them in powdered detergent and then washing them by hand. Please note that hand washing is much rougher on clothing than the “normal” cycle on a washing machine therefore, your clothes will endure a lot more wear and tear. Also, there is a common stigma surrounding ladies underwear being aired outside. After women wash their underwear they hang them to dry inside their room (preferably in a closet or behind a door out of sight).

What should I wear?

The rule of thumb (for men and women) is to dress conservatively.

- **At work:** Women should plan on wearing skirts or nice pants (not jeans) most days at the office and every time you go to a village. Ugandans have little qualms about women showing skin above the waist but showing legs is considered inappropriate. Skirts should reach at least the bottom of the knees and the longer the better. Shirts should not be risqué, but sleeveless shirts are fine providing they are not spaghetti strapped and low cut. It is also a good idea to bring blouses, decent looking t-shirts and polo shirts. Men should plan on wearing pants or slacks and short-sleeve shirts during the day. It is uncommon for Ugandan men to wear jeans as they are quite hot to wear. If you are working in town then you should bring a decent looking pair of brown/black shoes. Ugandans will polish their shoes every morning before work so make sure that you are wearing something that suits. You should bring polo, collared, or button-up shirts (especially if you are working in town), and some decent looking t-shirts.
- **Around town after work or on the weekend:** In Jinja, and especially in Kampala, Ugandan's dress is typically similar to ours at home. Girls and boys alike wear jeans, t-shirts and shorts. You can wear casual clothes, but must make sure that you are clean and your clothes are free of wrinkles or holes. Ugandans are impeccable dressers and are always seen wearing freshly ironed clean clothing.
- **At home:** This is very dependent upon where you are living. If you are living in a village with a traditional family then it is best to remain conservative and neat. However, if you are in town pants and even shorts may be okay. The best thing to do is to observe those around you and see what your family wears and try to match them. Both men and women should bring one nicer outfit in case you are invited to events such as weddings or burials, or in the case that you give a presentation as part of your work. A pair of sturdy sandals that you can walk in is also essential, and a pair of close-toed shoes for cooler evenings during rainy seasons. You may wish to bring a bathing suit to use if you travel or at the pool in Jinja. You should also bring a raincoat or umbrella, as well as a hat for the sun and sunglasses.

Packing & Electronics

What type of clothes should I pack?

Bring some lightweight clothes and warm layer for varied temperatures. Keep in mind that darker colors are easier to keep clean, and that your clothes will endure a lot of wear and tear from being washed by hand. Also, consider clothes that will breathe in the heat and dry quickly.

What kind of weather should I expect?

Uganda has two rainy seasons and two wet seasons. Rainy seasons are April-June and October-December (generally, but this varies). The temperature during the wet seasons in Uganda is generally warm during the day and cool at night. Rains will come every couple of days and will last anywhere from 1-5 hours. The rains make the cities and especially the villages quite muddy. Therefore, expect to get dirty! Do not bring anything white that you like because it will not remain white for long. It is best to bring darker or patterned clothing that will hide dirt. Remember as well that it will get quite cool at night so bring long sleeved shirts or a hoodie. The dry seasons are named accordingly as they are dry with rain not being seen for months. The weather is generally much hotter than during the wet season and it is quite dry and dusty. The dust fills the air and will turn you orange. Again, it is not recommended to bring white clothing. Looser clothing is also better than tight fitting shirts or pants to allow for airflow.

Should I bring my laptop?

We highly recommend that you bring a laptop because you will need one for your project planning and reporting. Access to computers at your host organization will be limited and it is highly unlikely that your host family will have one.

You can also use a computer at certain internet cafes in Jinja. If you would like to avoid walking around with a laptop, you can save your work to a USB drive and email/print it at an internet café. If you do decide to bring your laptop, please take the necessary precautions! It should be in your carry-on bag to take on the plane and you should keep it at your host family's home. Taking a laptop is at your own risk, and entails the possibility that it could be lost, stolen or damaged. FSD is not responsible for your possessions.

Should I bring my smart phone?

Smart phones are becoming more common; however, you should generally not walk around with one in plain sight because this will draw attention to you and could put you at risk for theft. Keeping it secured and hidden on your person or at home and using it with your family is perfectly fine. You may not have a television or a radio, so it is nice to bring something that you can listen to your music on.

Voltage Converters:

If you do decide to bring your laptop or other American electronic devices, you will need voltage converters which convert to 230V-240V with a "g" plug. Converters can be bought in Uganda, however to be safe you may consider purchasing one before departure.



Food & Water

Can I drink the water?

NO. Do not drink the water. You are only to drink water that is bottled, has been treated or is boiled.

Where can I get safe water?

It is hot in Uganda, so please pay close attention to your hydration at all times and be sure you're getting plenty of (safe) water. Your host family will make purified water available to you. When visiting other families or communities; bring your own bottled water with you at all times, and when in doubt, drink a bottled beverage. Passion-fruit juice is quite common in Uganda and it will look tempting on a hot afternoon. Do not drink the juice unless you are positive that the water added to the juice has been boiled first. Never buy passion-fruit juice from a store or stall (no matter what the shop-keeper tells you). The most sustainable way to ensure that you always have a supply of purified water available is to bring a stainless steel water bottle and re-fill it each morning from your host family's supply. You may also consider bringing water treatment tablets for backup. Bottled water is available in any small shop or supermarket.

What is typical food?

The main staples in Uganda are rice, matooke (steamed, mashed banana), posho (maize meal cooked with water until it is thick enough to eat with your hands), sweet potatoes, Irish potatoes, cassava, ground nuts, fish, and maize. These foods are eaten with a sauce such as peanut (groundnut, or g-nut) sauce, beans, or occasionally fish or a small amount of meat (goat, chicken, or beef) in a large amount of stock. The Ugandan diet is based on fresh local produce. Fresh fruits and vegetables, such as pineapple, mango, papaya (paw paw), bananas, passion fruit, jackfruit, tomatoes, beans, carrots, cabbage, etc. are readily available. Most foods found in the country, especially in the restaurants, are rich in carbohydrates. Calcium is conspicuously missing from the Ugandan diet; if you are concerned about this you may bring calcium supplements or other multivitamins.

What do most people drink?

Most families drink tea, usually in the mornings and in the afternoon "teatime". Tea is usually served with milk, but you may request it without if you are lactose intolerant. Families also drink either water or passion fruit juice, or occasionally a soda to honor a visitor in the home.

How vegetarian/vegan friendly is the local cuisine?

Meat is not served often in most households and is reserved for big celebrations, so it should be easy for families to accommodate a vegetarian. Fresh fruit such as pineapple, mangoes, sour oranges, sweet bananas and jackfruit are readily found and cheap! Nonetheless, the concept of vegetarianism and veganism are foreign to Ugandans, and you may be asked about the reasons governing your choice to abstain from meat or other animal byproducts. It is important to let the FSD Site Team know about your dietary restrictions prior to your arrival so they can match you with a host family that will be able to accommodate. Please be specific as to your preferences (i.e. whether you eat chicken but no red meat, or no animals, no dairy, etc.) with your host family and Site Team. You may have to reiterate at some point during your stay what your preferences are, and if your host family is having difficulty preparing food for a vegetarian or vegan diet, please let the FSD Site Team know.

What foods should I avoid?

- Avoid uncooked food, street vendors and restaurants that have not been recommended by FSD Site Team.
- Do not eat fruits or vegetables that have been washed with water unless they are peeled or the water was treated.
- Other foods likely to be offered that you should avoid unless they are prepared by your host family are Mchomo (barbecued goat, generally served on a stick), passion fruit juice (and other fresh juices), milk or other dairy products (there is no refrigeration).
- Do not eat pork to avoid the risk of acquiring schistosomiasis.
- To prevent parasites and diarrhea, you will want to eat lightly upon arrival and stay away from milk and cheese that has not been pasteurized.

Can I eat fresh fruit from street stands, and trees?

In Uganda, you are likely to encounter an abundance of fresh fruit. As a rule, if you can peel it, you can eat it! Avoid pre-peeled fruit served on the street unless you watch the vendor peel it.

How should I express my preferences, or turn down unsafe food that is offered to me?

In many places food is an important form of hospitality and it is cultural practice to offer food and drink as a welcoming, friendly gesture. Never put yourself at risk, but please be diplomatic in expressing your needs. Take care not to offend your hosts with negative comments or facial expressions. Your host family will be notified of what you can and cannot eat or drink, but you should also be sure to tell your family what you do and do not like to eat. You should feel comfortable politely asking your family for food to be less oily or salty, to mention that you like fruits and vegetables, or to be given more or less food.

Are there any US-style restaurants?

Yes. There are many US style restaurants in Jinja where you can get things like sandwiches, pizza, pasta, salads, or steaks. There are also some good Indian food restaurants.

Communication FAQs

What is the best way for friends and family at home to reach me?

The best ways to communicate with your family and friends back home are through email, Skype or receiving calls on your Ugandan phone.

You will be provided with a cell phone to borrow once in-country with minimal credit for emergency purposes. However, you will have to purchase credit to cover personal calls you want to make. The network is fairly consistent in and around Jinja. It is recommended that your parents purchase a calling card or phone plan that will allow them to call you. It is very expensive to call from your cellphone and landlines are rare in Uganda.

Please notify your friends and family that reception is often quite poor on international calls and there will be a few moments delay when talking. Also, service may cut off at any time or you may lose your network so that your friends/family cannot contact you. Inquire with your home phone service provider about the best way to avoid the expensive charges of calls, internet data, or even when others leave you messages. You may want to keep your home cell phone off the entire time you are in Uganda. Please ensure that your friends and families are aware of this and understand that it is best not to schedule international calls at exact times. You can also call phones using Skype.

Are cell phones available?

You will be provided with a cell phone upon arrival by your Site Team. Network is fairly consistent in and around Jinja. It is recommended that your parents purchase a calling card or phone plan that will allow them to call you. It is very expensive to call from your cellphone and landlines are rare. Since calling people can be quite pricey, most people use texts which are much cheaper.

Please notify your friends and family that reception is often quite poor on international calls and there will be a few moments delay when talking. Also, service may cut off at any time or you may lose your network so that your friends/family cannot contact you. Please ensure that your friends and families are aware of this with the understanding that it is best not to schedule international calls at exact times.

Is there access to internet and email?

Yes. You can purchase an internet modem (\$30-\$40) which uses USB connection to connect local internet service to a computer. This can be used anywhere from urban areas and even rural villages. There are also several internet cafés in and around Jinja. Flavours, Source Café, and Space Café have wireless connections at various speeds. Customers with their own laptops are allowed to use this wireless as long as they are also making purchases in the restaurant. Cafes and restaurants with wireless generally close at about 9pm or 10pm and are cheap at up to \$1 per hour.

Can I make and receive phone calls at my host family's home?

No. Unfortunately, none of our host families have landline telephones. In fact, landlines are rare altogether in Uganda and are generally only found at places of business. That said, almost everybody has a cell phone. Cell phone airtime is expensive so it is not appropriate to ask to use someone's phone unless you will pay them for the time used.

How do I call the U.S.?

Calling the U.S. on a mobile phone is expensive. If you need to call someone it is recommended that you call them and tell them to ring you back. When people are calling you they will dial: +256 (which is the country code for Uganda) and then your cell number, but omitting the first 0. To call the US, dial 001, the area code, then the 7-digit number.

Money

How much cash should I bring with me?

Plan on having US \$100 in cash when you arrive, as well as an ATM card and an emergency credit card. Remember to notify your bank ahead of time to let them know you will be using the card in another country, otherwise they may block it. Also, find out how much the international withdrawal fees are for your reference. You can exchange money when you arrive at the airport at Entebbe if necessary; however, you can get a better rate outside the airport, which the site team can facilitate. U.S. dollars are best, do not bring travelers checks as they are difficult to exchange and bring a lower rate. Please note: you should bring \$50 and \$100 bills minted after the year 2006 to be able to Exchange. Never carry a large sum of cash or your passport on public transportation; if you must, please do so with caution.

How can I get cash?

There are a few ATMs in Jinja and several in Kampala that will accept international ATM or Visa cards. There are several Foreign Exchange Bureaus in Jinja and Kampala if you want to exchange dollars. All banks in Jinja have ATMs. Withdraw enough that you do not have to make frequent withdrawals because chances are the bank machine will not be working when you need it to be. Traveler's checks are not recommended as they do not get a good exchange rate and are not widely accepted.

How much money should I plan on spending in country?

GESI covers all of your necessary expenses, including room and board, in-country transportation, orientation and debriefing sessions. You may want additional money, however, for entertainment, snacks, books, gifts, newspapers, weekend excursions, additional transportation and health emergencies. You should budget for about \$10 a day and about \$100 USD for a weekend trip. There is quite a bit of activity in and around Jinja. It is best to research the costs of activities that you would like to do in Uganda and budget accordingly. Please note that these are estimates and the costs are likely to vary. You are advised to do some research on Trip Advisor or in guidebooks ahead to estimate the cost of the activities. When in country, the Site Team can provide recommendations on some common activities in the area. For example, an average meal in a restaurant (the cheapest meal) in Uganda at a restaurant is about USD \$5.

Safari

On average, a simple 3-day safari to Bwindi Impenetrable Forest for a Mountain Gorillas Track Tour can range between \$1,200 - \$2,000 per person. A Uganda gorilla tour permit per person goes for \$600 as of 2017 and accommodation ranges from \$150 to \$900. Other destinations such as Murchison and Queen Elizabeth National Parks will cost about \$1,000 for budget safari travelers. If you are to travel with other people, the price is incredibly reduced. If there are 2 people, it's possible to save over \$300 on a 3-day trip. Please note that these prices vary each season.

Doctor's Visits

Interns should expect to pay not less than USD \$10 per visit which serves as a consultation fee. Additional charges vary and depend on the nature of sickness and the required medications. Medical charges in Uganda are much lower than in Europe and USA. GESI provides insurance for all participants, however, you will be required in some cases to pay out-of-pocket and be reimbursed.

What is the local attitude towards bargaining?

Bargaining is definitely part of the culture here and is expected at the local market. There is also a "Mzungu" price (foreigner price) that most taxi drivers and dealers will try and give you. In the beginning it will be difficult to know if you are getting cheated, but the Site Team will give you a breakdown of costs during in-country orientation.

Monetary Unit: Ugandan Shilling

Exchange rates fluctuate. Be sure to check them online before you leave, at websites like:
www.x-rate.com or www.xe.com

Arrival & Transportation

Arrival

• Your Arrival in Uganda:

The FSD Site Team will be waiting for you at the greeting area of the airport upon your arrival. They will have a sign with the letters "FSD" on it.

• Your Departure from Uganda:

The Site Team will work with you to arrange for your departure. They will accompany you to the airport as well.

Can I travel after dark?

It is not recommended to travel after dark. If you happen to be in town at night, make sure you are with people (preferably someone from your host family or another local) and call a Special Hire to take you home. You SHOULD NOT use a taxi, bus or boda at night.

Is it safe to go out at night?

As in most big towns around the world, it is not advisable to walk around at night. If you must, do not go alone and try to take a Special Hire. It is best to travel with a local who knows which places to avoid.

What kind of transportation is available?

Jinja is a relatively small town and most things are accessible by foot. However, should you need it there are other forms of transportation available as described below:

- **Buses:** Buses are often the most comfortable means of transportation in Uganda. Going to other towns and regions in Uganda leave from the bus park in Jinja, which is next to the taxi park. Many buses use a booking system and assign seats to passengers to ensure they are not overbooked. These buses will have designated stops along the predetermined route.
- **Special Hires:** Special hires are the same as taxis in the US, and are usually white sedan cars. They drive around town and will call out to potential customers although they are also found in groups at taxi ranks, called a stage. You can also book one by phone if you happen to know a drivers phone number. Fares are negotiable but are generally expensive.
- **The Post Bus:** The post buses, which take the mail from the main post office in Kampala to other towns in Uganda, also take passengers. The advantages of the post buses are that they are more comfortable, not over filled, road worthy and usually driven safely. They are also slightly cheaper than other bus companies. The disadvantage is that they take considerably longer than the other buses, partly because they don't drive like maniacs and because they stop at small towns and villages to drop off mail to the post offices. They are usually friendly and can be an interesting way of seeing the country.
- **Taxis (Matatus):** Matatus are small mini buses that carry 14 passengers (though frequently the driver will try to squeeze in 20), and travel in and out of central Jinja along the same routes. They are usually white with a blue stripe around them and are very distinctive. There is always a driver and a conductor who will hang out of the window calling for passengers or calling out where the taxi is traveling to if it is going out of Jinja. These taxis are the most common form of transportation to travel between 6 and 100 kilometers around Jinja.
- **Boda bodas:** Boda bodas, known as 'piki pikis' in some parts of the country, are bicycles or small mopeds or motorbikes with seats on the back to take 1 passenger (or 2 or 3 or 4), and Jinja is packed with them. They are probably the least safe form of transport, but are very quick for going short distances. The fares are definitely negotiable and the drivers will sometimes start quite high if they think you are new in town. Please know that riding on the moped or motorbike bodas is strictly prohibited while participating with FSD. Bicycle bodas are allowed but can also offer considerable risk.

Family Homestay

One of the most rewarding, challenging, and meaningful experiences during your time in Uganda is likely to be the time you spend living with your host family. Host families offer the rare opportunity to truly integrate yourself into the local culture and build meaningful relationships that will last long past your stay. The families who host GESI participants are carefully selected and offer their homes out of a genuine sense of generosity and the wish to learn about another culture. Your host family will view you as a member of the family and treat you as such. We hope that you will feel equally at home with your family but we ask that you never forget you are a guest in their home. Please always be respectful of their rules and help out the best you can.

A typical FSD host family in Jinja, Uganda:

The vast majority of Ugandan homes are square brick-and-concrete structures, although the poorest families have homes made of wooden planks and branches. Houses are constructed such that there is a space between the roof (generally comprising sheets of zinc metal) and the walls, which helps with ventilation and for heat/humidity to escape, but the temperature will generally still be high enough that most opt not to be indoors during the hottest hours of the day. A downside of this type of construction is that dust and insects make their way indoors much more easily, thus requiring a constant cleaning effort. Homes have no air conditioning and the heat of the tropics can at times be frustrating. There will probably be days when you spend most of your hours in front of a fan. Host family homes will have electricity although this service is occasionally interrupted. Ugandan homes have differing access to water; sometimes there is no running water so consequently, it is common to shower with buckets of water that are drawn up from a well. Other households need to bring in water from wells outside their property and therefore there is never running water. Most of our host families have both parents and 3- 5 children living with in the home. However, we do have a few large families that have up to 15 members and families that have no children. All the families are required to provide the intern their own room and a steady supply of safe drinking water. Many households keep livestock animals (pigs, chickens, goats and cows especially), and while they are not encouraged to get into the house, they often do. Be prepared to see “farm animals” roaming the dirt roads and hanging around the houses. Dogs are the most frequent “pet,” but they are considered useful for guarding the house and therefore are not often treated as “pets”.

What will my host family provide?

Your family is required to provide you with a private room, three meals a day, purified water and weekly hand-washing of your clothes. Toiletries and a towel are not provided; you must bring your own.

What are the living accommodations like?

Living accommodations may be basic by U.S. standards. Electricity often isn't available for short periods of time. Due to water shortages, bucket showers are the norm. You will become accustomed to a fair amount of night sound, including traffic, animals, and radios. Earplugs can help. Ants, mosquitoes, lizards and occasionally spiders and small rodents can creep into the house. Your family can help prevent these unfortunate visitors, so let them know if you see something. Your house in general will be cement walled and potentially inside of a family “compound”. The host family conditions vary considerably within Jinja.

How are families structured in Uganda?

Many Ugandan families consist of single mothers and their children, and it is not uncommon for several provide the students their own room and a steady supply generations to live in the same house together. Children in Uganda, like children anywhere, can be both adorable and annoying, but try to maintain your patience with them in order to integrate smoothly in the household. Polygamy is also common where the husband may have different wives in different villages or both wives living in the same “compound” but in different apartments.

Do I need to help out with chores?

We ask families to treat you as another member of the family, which means you will pick up after yourself, keep your area neat, and help out with the cooking and cleaning as appropriate.

Is it safe to bring/store valuables with my host family?

There is no need to bring many valuables. We require that you keep items of value locked in your luggage at all times. This is extremely important because friends and relatives are often in and out of the house. However, there have been incidents when a student thought something was stolen only to find that s/he had misplaced it. This kind of incident is hard on the host family who take great care to protect you and your things. If something unusual of this nature does happen, please speak with your host mother and/or the FSD Site Team immediately.

Family Homestay

What are standard meal times?

Meal times are scattered and irregular in Uganda. Most families tend to eat in “shifts” with the males eating first then the wives and children. Therefore, there is not usually a set meal time. Your family will probably provide you meals separately either in your room or by yourself. Do not take offense at this, but this is them showing their respect for you. If you feel uncomfortable eating alone, you may ask your host mother to eat when she does. Generally, Ugandan's take tea at about 10am, lunch at 2 or 3 and dinner around 8 or 9. If you feel that meal times are too late and you are feeling hungry, you may request to eat your meals earlier or buy some biscuits or fruit to tide you over.

How should I tell my family that I'd like less food, or different kinds of food?

Don't be shy about asking your family for particular foods or the amount of food you want to eat. You should tell your family what you do and do not like to eat. Vegetarian food is always available.

How much time should I spend with my host family?

One of the most rewarding, challenging, and meaningful experiences during your time in Uganda is likely to be the time you spend living with your host family. You will learn a great deal about Uganda through the people who live there, so cultivate a habit of listening and observing, rather than merely hearing and seeing. Ask questions and share your perspective. Be sensitive to the feelings of others and embrace the different viewpoints, lifestyles, experiences and company your family provides. Host families are eager to get to know you and learn about your American life so be ready to talk about your interests, culture, family and plans. We encourage you to share pictures and stories from your life at home.

How often should I check in with my family?

You are entrusted in the family's care and just like your own family they will worry about you if you don't check in. Please advise your family in advance if you do not plan to be home for a meal. Likewise, be sure to notify your family in advance of any weekend excursions you take other than those in the scheduled program.

Can I have visitors come over to the house?

Please advise your family before you invite anyone to the house, especially someone of the opposite sex. Overnight guests are NOT appropriate and are unacceptable during the program. Protect your family's safety and privacy. Do not give out their home number. Remember: Even though you will be treated as part of the family, you are still a guest in their home and must be respectful of their rules.

Will I receive my own set of keys?

You should receive your own set of keys to the house so that you are free to come and go as needed.

How do people spend their free time?

Families generally sit around at night talking and listening to the radio. Many families are keen on international football and they support various teams. This is a great time to get to know your family as you will find that during the day women are quite busy cooking, cleaning, washing, taking care of children, etc.

Can I go out at night?

Yes. If you do make plans to go out at night, please advise your family of your transportation, who will be accompanying you, your return time, and arrangements for getting home and into the house. Exercise good judgment: As anywhere, it is best to go out with family members, coworkers or friends that you meet. Simply being an American makes you more of a target for theft, harassment, etc. You should never be out alone at night past 8 p.m.

How should I handle requests for money?

FSD program fees cover all of your room and board expenses so there is no need for you to discuss money with your family. They should not ask you to borrow money and if this happens, tell them it is against your program rules to lend money. If children ask for money, gently remind them that it is against the rules, and let your Site Team know about the incident.

What types of gifts are appropriate to bring for my host family?

We suggest that you bring small and modest gifts for your host family as a token of goodwill and gratitude for their hospitality. Ideas: souvenirs of your home town or state, chocolates/candies, inexpensive solar calculators or watches, inexpensive jewelry, or school supplies for the children, etc. It is possible to purchase small gifts in Uganda too, but regional gifts are special. Use your imagination!

Personal Account

by Lisa Floran

To me, Uganda has been nothing like what I expected. What did I expect? I'd never admit it at the beginning, but now I have less shame: I thought I'd live in a hut. I thought monkeys would swing by on trees as I headed off to work. I thought the threat of lions would always loom, and I thought every bug was poisonous and deadly. How could I have possibly anticipated the Uganda that I eventually encountered during my time with FSD? It would have been impossible. I'd been spoon-fed Hollywood images of Africa, and besides that, what I found in Uganda could have never been conjured up by my imagination.

Jinja has paved roads and cars everywhere. Kampala is a bustling hub with soaring buildings and smog. And the countryside is covered with chicken, cattle, and goats, almost enough for me to mistake my surroundings for Indiana in moments of confusion. Someone always has a cell phone, even in the villages, and you can always find a Coke. When it comes to clothing, my peasant skirts and T-shirts made me culturally-appropriate, but far from fashionable—or as Ugandans say, “smart.” Collared shirts, sweaters, ironed clothes, and matching business suit sets are the key to success.

One of the best aspects of my internship experience was my host family. My host mother, Hajati Sarah—or as I called her, simply Hajat—was a local councilwoman who took in everyone from orphans to random wanderers in need of work. Consequently, I lived in a family of about 15. There was Mbala, a voracious reader with a passion for singing Phillip Bungalotyre songs at 6am; Margrata, a deeply religious woman who addressed me as “Maajaa;” Sam, a 12 year old soft spoken fan of WWF and Oprah; Jaja Maria, a tiny woman of 74 who would cheer me home from a mile down the road; Uncle Pi, an engineer with interests in Obama and the theological nature of love; so many people, each a character in his or her own right. And of course, the biggest character of them all was Hajat herself, prone to dancing at the drop of a pin. Hajat spoke limited English, and I spoke about 30 words in Luganda, but somehow, we managed to communicate.

One night, I had the honor of being escorted by Hajat and one of my brothers to a local wedding reception. There, we watched the bride and groom make their entrance to a chorus of jubilations (“eieieieieieieieieieie!!!”), indulged in a feast of matooke, chicken, rice, and beans, listened to numerous speeches (in Luganda, of course), and partook in traditional games. One game is kusensula or “Find the Bride:” the new bride hides somewhere in the reception crowd and the husband must find her before they leave the party.

The families had hired the local high school band to provide music, and traditional dancers were entertaining the crowd with a Mazira Maganda performance. At one point, a dancer caught my eye and started moving towards me. Before I knew what was happening, I was surrounded by the tribal dancers and being pulled up to dance myself. This dance basically involves isolating your entire body and shaking only your hips. Perhaps it was adrenaline or perhaps I am truly a Ugandan, but I was somehow able to dance this movement to the utter elation of the party guests. One of the dancers even dressed me up in his kisenso, a feathery wrap that ties around the waist. The Ugandans continued to laugh and shriek with jubilation throughout the whole ordeal, and the bride and groom videotaped my performance. When I was finished, I was asked to give a speech. I thanked the dancers for teaching me their dance, and congratulated the new couple.

At the end of the party, Hajat was in hysterics. When we returned home, Hajat reenacted the scene for the family, all of whom were equally fascinated and entertained. And once Hajat started dancing, she pulled in Uncle Pi, who pulled in Sam, who pulled in me, and soon a Ugandan dance party involving about half of the house residents had been sparked in our living room. In that moment, I knew that before I came to Uganda, I never could have anticipated that I would end up dancing with about 8 Ugandans in a rural living room to traditional music after giving a speech to 500 wedding guests. I've seen no monkeys or lions and had no poison bug scares, but what I've found in Uganda has been far more wild: I've been welcomed into a community, a workplace, a family, and a country with open-arms, and I've been surprised by what unfolds each and every day.

Cultural Practices & Beliefs

The following are designed to be a few notes on some of the issues that foreigners are most struck by when living in Uganda. Being aware of some of these issues before your arrival in Uganda should help you during your transition into Ugandan culture.

How important is punctuality in Ugandan culture?

The concept of time is very flexible in Uganda. Some Ugandans will be significantly late by western standards, and often there is no way to communicate when someone is running late or is unable to come. Participants must be prepared to be flexible with time and not expect things to happen as punctually as they may be accustomed to. However, it is important to strive to be on time yourself as much as possible, even while understanding that others may arrive later.

How do people in Uganda feel about privacy?

Privacy is not a value in Ugandan culture. You will often be surrounded by people or children, particularly if you live in a village. Many Ugandans are not shy about asking questions once they know you. There may also be many more people in a small house than you are accustomed to, but you should always be allowed privacy within your room.

How do people in Uganda greet and say goodbye to each other?

Extended greetings are very important to Ugandans, and you should at least learn the greetings and some other basic vocabulary in Luganda in order to appropriately converse with non-English speaking Ugandans. Hospitality is also very important to Ugandans, which they will often demonstrate through offering food or drink. It is polite to accept whatever they offer and thank the person who has cooked the meal. If you are not hungry or concerned about the safety of the food, you can politely decline the food or drink and explain that you are not hungry.

How do Ugandans feel about romantic relationships?

Polygamy is common in Uganda. In polygamous families, each wife lives separately with her own children and each family cooks their own food. The co-wives may live in different parts of the same "compound." Families, both polygamous and monogamous, also usually have many more children than in western countries. Many households include many more members than the nuclear family—they may also include grandparents, aunts, uncles, cousins, half-siblings, a "girl" that the family "keeps" (who cooks and cleans in exchange for room, board, and sometimes a very low monthly wage), and orphaned or vulnerable children (either related or unrelated) that the family has taken in.

What is religion like in Uganda?

Religion plays a major role in the lives of many Ugandans. 85 percent of Ugandans are Christian (roughly evenly divided between Protestants and Catholics), 11 percent are Muslim, and the remaining 4 percent are Hindu, Jewish, or animist. Many Ugandan Christians are very vocal about their faith, and may press you about your beliefs or ask you if you are "saved" or "born again." Religion, generally Christianity, also plays a major role in many community organizations and families, and prayers to begin gatherings are common.



Workplace

Working in Uganda will be a very rewarding and, at times, very frustrating experience. You will get the most out of the GESI program if you are able to balance patience, open-mindedness, to take advantages of unique learning situations, and show enthusiasm for your work. Your first week may seem like a month and you may feel unclear about many things, but by the time you leave you will have learned more than you thought possible, and will have made a contribution that will continue to improve the effectiveness of your organization.

What is the general perception of work in Uganda?

Work is valued in Uganda and you will always hear stories from people about their successful sons or siblings. In the villages, work is generally divided according to your gender. Women's work is cleaning, washing of clothes, cooking, raising the children and maintaining the gardens. Men's work is handling of the finances, controlling his household and doing the larger more strenuous jobs in the fields. In the cities there are gender roles in some job sectors; for example, taxi drivers are almost all men. However, in most job positions you can find both men and women.

What is a typical workday like?

Be aware that most organizations that have offices in urban areas also work in rural areas. You may be expected to travel distances to implement your project, while rarely working in the main office. This is a great opportunity to meet the community members your organization serves. The day-to-day work culture of Uganda is very different from most western countries. Work schedules are generally very flexible – it is more acceptable for work to be interrupted by issues such as lack of transportation, weather, family commitments, burials, planting or harvesting, etc, than in most western workplaces. Most organizations work 5 days a week, about 8 hours, and sometimes on Saturdays. Adherence to work schedules and work conditions varies considerably and is different in rural areas and in Jinja Town. Some organizations have an office in Jinja Town, which may or may not mean access to electricity, computers, and other such amenities. Meanwhile, more rural locations will often have an "office" housed in an unoccupied building in the community or in church building, and usually do not include access to amenities such as electricity.

How do people in Uganda view time and/or punctuality in the workplace?

Time and punctuality are generally not valued in Ugandan culture. Don't be surprised if you try to hold a meeting for 2pm and you are the only one sitting there at 3pm. Some people refer to this as "African Time," and it is a cultural facet you will have to adjust to. However, with that said, there are some people that do respect punctuality a lot. It is best that you always keep time (to avoid the situation that you are late for something) and just bring a good book along with you to read while you are waiting.



Relationships & Power Dynamics

Ugandans are generally a friendly people. However, Ugandan's relationships have strong attachment with the concept of authority whereby those who consider being superior to others expect the subordinates to respect the authority they hold over them. This is oftentimes an underlying dynamic and may or may not be directly communicated, but regardless, elders and superiors will expect respect. The FSD Site Team will discuss authority expectations during orientation. The best approach to this challenge is to ask questions whenever one is not sure of what to do.

Supervisors

Supervisors are generally friendly to interns because they feel a responsibility as mentors and educators. Interns are expected to be professional with their supervisors and are expected to consult their supervisors for work related issues in order to address community priorities. Any unclear concerns are referred to the site team.

Local Friends

Interns are free to mix and mingle with any community person as long as they are sure of whom this person is. This is possible after integrating well in the community through language immersion, family introductions, and a good sense of the community map. Interns should ask their families, supervisors and the site team about local friends to rule out individuals who may not be trustworthy.

Romantic Relationships

In Uganda, any person above 18 years of age is free to be in a romantic relationship BUT when it comes to interns, the Site Team cautions to be very careful since many people in the communities want to use romantic relations as their gateway to an American Visa. Secondly, interns are cautioned not to involve themselves in romantic relationships with members of the Host Family and those at their Host Organizations since this jeopardizes both their work and homestay.



Race, Sexuality & Gender

How you interact with others will initially have a lot to do with preconceptions. You'll feel more comfortable once the inevitable "getting to know you" period is over, but keep some of these cultural norms in mind.

Race and Ethnicity

In Uganda, you may not encounter the same level and/or kind of awareness and sensitivity surrounding race relations and conceptualizations of heritage as you may be accustomed to finding in the U.S. If you have features associated with an Asian heritage, you may be referred to as "Chinese." If you have fair skin, kids and adults will shout out, call or greet you as "Muzungu" (meaning either European or someone who speaks English). Even persons with dark skin and an African heritage will sometimes be referred to as "Muzungu", in this case meaning any westerner or, often any person showing the appearance of wealth associated with western nations. On the other hand, they may just assume you are Ugandan, and you will be treated as a local. If you have features associated with an Indian or South Asian heritage, you may be referred to simply as "Mu-Indie." In most cases, these names are not necessarily derogatory terms; many people use them simply because your skin color or features are unusual or intriguing within that context. Please be patient and try to remember that, especially in more rural areas, your appearance is most likely very unusual and provokes curiosity in locals. In some cases, it may be valuable to engage the people you meet in a conversation about the specificity of your heritage.

LGBTQ and Sexuality Considerations

Sexual orientation and/or transgender identity are not topics that can be openly discussed safely. Same-gender relations are illegal in Uganda, and social norms around gender identity vary, and transgender individuals may be the victims of discrimination. As such, Please realize that homosexuality is not regarded with the same understanding or sensitivity in Uganda as in other places, especially in more Christian settings. In fact, it can be dangerous to disclose or openly express your sexual orientation and/or your transgender identity, and you need to take this into consideration while abroad. Uganda's Anti-Homosexuality Act of 2014 criminalized "attempts to commit homosexuality" and extended to other provisions, which included banning the "promotion of homosexuality." While the Constitutional Court of Uganda ruled the law invalid in August 2014, social and/or cultural perception may be varied.

To read the specifics of the law, see: www.scribd.com/doc/208880087/Anti-Homosexuality-Act-2014

Gender

Expect to get a lot of unwanted attention. If you are a woman, it is likely that men will talk to you in the street and attempt to engage you in conversation or even offer marriage proposals. Use your common sense. The best thing to do is to ignore them and to not take things too seriously or take offense. Do not give out your phone number to people you don't know. You can explain that you are living in someone else's house and are not allowed to receive calls or visitors.

Discrimination

The previous three sections are not written to validate or excuse discriminatory behavior. In Uganda, when someone refers to you as Mzungu, the majority of the time they are not doing so in a discriminatory fashion, but more out of lack of understanding regarding diversity. Not only is there a lack of awareness regarding diversity of race, gender, and sexuality, you may also find a lack of awareness in regard to religions, ethnicities, and nationalities. This lack of understanding/awareness does not always translate into discrimination. However, if at any time you feel discriminated against at your host family, host organization, or during your interactions within the community, please inform the FSD team immediately so we can help. We will work with you to ensure that you are able to enjoy your time with FSD to the fullest without worrying about discrimination.

A Note on Harassment

We would like to affirm that those who are harassed should not have to feel the responsibility to protect themselves against any type of harassment and that it is not considered their fault or responsibility to avoid it. It is important to note, especially when interacting across and between cultures, that facing harassment of any kind can be confusing. As such, site teams are well-suited to orient you to area norms (including safety precautions and local ways of being), offer a variety of responses (to harassment or other concerns), and are there to support you throughout your experience. Their suggestions come from a long-informed understanding of cross-cultural engagement and local information.

For more information and resources you can visit Northwestern's Undergraduate Learning Abroad Study Abroad Guide for online and in-person resources:

www.northwestern.edu/studyabroad/guide/identity-and-diversity/index.html

Language Guide

As a former British Colony, many Ugandan's speak English. English is the primary language used in schools and therefore most people within and around the cities speak fluent English. There are numerous local languages spoken throughout Uganda. In Jinja district, the local language is Luganda. It is very useful to know some vernacular when dealing with local taxi drivers and in the market to avoid being cheated and to show that you are not a tourist.

At work: All communication, both written and oral, will be in English. Staff may occasionally talk with each other in their local language. Do not take offense at this and know that it is just sometimes easier to use vernacular. If you feel it becomes a problem (i.e. you don't know what's happening at meetings, etc) then talk with your supervisor or site team.

In the community: In Jinja district, the main languages used are Lusoga (which is the local language) and Luganda which is mostly a business language and is widely spoken around the country. Someone in your host family will know how to speak English but it is very much appreciated by the community and your family if you learn some of the local language.

Kiswahili: Kiswahili is spoken throughout East Africa, however, in Uganda it is reminiscent of dirty politics and war. Most Ugandan's associate Swahili with soldiers and thieves (which in the past were often one and the same). Because of this, even though it is used in most neighboring countries, most Ugandans have been hesitant to learn it. This is slowly changing thanks to popular Kiswahili music videos played on East African TV but it is recommended you refrain from using Swahili and use Luganda.

Tutoring: If you are interested in tutoring upon arrival, please let your Site Team know. They will help you set up sessions. See the chart below for some phrases to get started.

English	Luganda	Pronunciation
Hello (Casual)	Jambo (actually Swahili)	jam-bo
How are you? (To a man, formal)	Osibye otya Ssebo	o-sib-ee-o-tee-a say-bo
How are you? (To a woman, formal)	Osibye otya Nyabo	o-sib-ee-o-tee-a nee-ah-bo
I am fine	Ndi Bulungi	Indi boo-loon-jee
How are you ? (Casual)	Oli otya	Oleeotia
I am Fine	Ndi Bulunji	Indi boo-loon-jee
Thank you	Webale	way-ba-lay
May I have?	Mpaako	Mpaako
How much is this?	Sente mekka	sente-ee-mekka
Okay	Kale	ka-lay
I understand	Ntegeela	entregeela
1	Emmu	ee-mu
2	Bbiri	beeree
3	Ssatu	sa-too
4	Nnya	nya
5	Ttano	taan-oo
6	Mukaaga	moo-kaa-gaa
7	Musanvu	moo-san-vo
8	Munaana	moo-naa-naa
9	Mwenda	moo-wen-da
10	Kkumi	koo-me

Film Guide

ABC Africa (2001) - At the request of the United Nations International Fund for Agricultural Development, Iranian filmmaker, Abbas Kiarostami traveled to Africa to make a film about the work of the Uganda Women's Effort to Save Orphans, a volunteer group established to provide food, shelter, and care for the more than one-and-a-half million children left to fend for themselves in a nation torn apart by war, poverty, and the AIDS epidemic.

General Idi Amin Dada (1974) - Ugandan dictator Idi Amin Dada was but a distant irritation to everyone but his own countrymen and the British Empire until his perfidy became headline material in the early '70s. The first director to provide an in-depth study of this gregarious madman was director Barbet Schroeder, with his *General Idi Amin Dada*. In this documentary, Schroeder and his crew travel to Uganda to spend several days with the despot, one-on-one.

War Dance (2006) - Set in civil war-ravaged Northern Uganda, this Best Documentary nominee for the 2008 Oscars follows the lives of three youngsters who attend school in a refugee camp and find hope through a rich tradition of song and dance. Coming from a world in which children are abducted from their families and forced to fight in the rebel army, these kids give it their all when they travel to the capital city to take part in the prestigious Kampala Music Festival.

Kassim the Dream (2008) - This is the story of World Champion Boxer, Kassim "The Dream" Ouma - born in Uganda, kidnapped by the rebel army and trained to be a child soldier at the age of 6. When the rebels took over the government, Kassim became an army soldier who was forced to commit many horrific atrocities, making him both a victim and perpetrator. He soon discovered the army's boxing team and realized the sport was his ticket to freedom. After 12 years of warfare, Kassim defected from Africa and arrived in the United States. Homeless and culture shocked, he quickly rose through the boxing ranks and became Junior Middle-weight Champion of the World.

Dr. Lucille (2000) - This made-for-TV drama is based on the true-life story of Dr. Lucille Teasdale (Marina Orsini), who was one of the first female surgeons to practice in Canada. After establishing a practice in Quebec, Teasdale was re-introduced to Dr. Piero Corti (Massimo Ghini), a fellow surgeon she first met while studying in Montreal. Corti persuaded Teasdale to join him as he traveled to Uganda, and they soon fell in love and got married. Corti and Teasdale dedicated themselves to helping heal the people of Uganda through poverty, plague, and bloody civil war; together they founded St. Mary's Hospital, which was regarded as one of the finest medical facilities in Africa.



Reading & Website Guide

White Pumpkin by Denis Hills

This book describes the life of Denis Hills, a lecturer in Makerere University, and Idi Amin the Ugandan dictator in the 1970s. Because of the criticisms about Amin found in this book, Hills was sentenced to death by a firing squad for treason but was saved by a personal appeal from the Queen.

Abyssian Chronicles by Moses Isegawa

At the center of this unforgettable tale is Mugezi, a young man who manages to make it through the hellish reign of Idi Amin and experiences firsthand the most crushing aspects of Ugandan society: he withstands his distant father's oppression and his mother's cruelty in the name of Catholic zeal, endures the ravages of war, rape, poverty, and AIDS, and yet he is able to keep a hopeful and even occasionally amusing outlook on life.

The Mountain People by Collin Turnbull

In 'The Mountain People', Colin M. Turnbull, the celebrated author of the classic 'The Forest People', describes the dehumanization of the Ik, African tribesmen who in less than three generations have deteriorated from being once-prosperous hunters to scattered bands of hostile, starving people whose only goal is individual survival.

The Lunatic Express: An Entertainment in Imperialism by Charles Miller

Entertainingly written nonfiction of what led to building a railway to an uncharted land, and the early consequences of it, until the beginning of WW1. The book shows how small events created the present day borders, locations of cities of East Africa. And how bureaucrats were busy slowing down everything with red tape 150 years ago.

Fong and the Indians by Paul Theroux

This is a comic-moral tale about an innocent Chinese store-keeper in East Africa. Although cheated and manipulated by those around him, Fong maintains his sorely-trying faith that "man is good".

Alumni Recommendations:

Uganda Since Independence: A Story of Unfulfilled Hopes by Mutibwa

Developing Uganda by Holger Bernt Hasen

Uganda at 50 **** This one was also recommended by our team this year.

Museveni's Uganda by Tripp

See the BBC's time line of key events in Uganda:

http://news.bbc.co.uk/1/hi/world/africa/country_profiles/1069181.stm

Stay up to date on current events by reading local articles featuring Uganda:

<http://allafrica.com>, <http://www.nation.co.ke/>, <http://www.nation.co.ke/>

Find archived articles from The New York Times:

<http://query.nytimes.com/search/query?query=Uganda&srchst=nyt>

Read a general overview of Uganda:

<https://www.cia.gov/library/publications/the-world-factbook/geos/ug.html>