



UGANDA
Kampala GLT Site Profile

AZUSA PACIFIC UNIVERSITY
GLOBAL LEARNING TERM

TABLE OF CONTENTS

INTRODUCTION TO KAMPALA.....	3
GENERAL INFORMATION.....	4
CLIMATE AND GEOGRAPHY	4
DIET.....	4
MONEY	5
TRANSPORTATION.....	5
COMMUNICATION	6
GETTING THERE	6
VISA	7
IMMUNIZATIONS	7
LANGUAGE LEARNING.....	8
HOST FAMILY... ..	8
EXCURSIONS.....	9
VISITORS	9
SITE FACILITATOR- GLT UGANDA.....	10
RESOURCES.....	12

NOTE: Information is subject to change at any time, including policies and costs. Please contact GLT Coordinator for more information.



INTRODUCTION TO KAMPALA

Kampala, the capital of Uganda, has a population of about 1.8 million people by night, swelling to about 2.5 million by day as commuters come into the city from neighboring settlements. The city is situated 40 km north of Uganda's international airport at Entebbe on Lake Victoria. Kampala City occupies more than twenty-five hills that include Makerere Hill on which the country's biggest and oldest university is located. The hills have steep slopes separated by wide valleys. The city derives its name from the land of "Impala" (antelope) that roamed the area before it was taken over for human settlement.

More than 60 percent of the resident population lives in slums and poor quality housing. Slums such as Bwaise, Katwe, Kisenyi, Kibuli, Katanga, Nakulabye, Naguru II, Nsambya and many others have houses that lack basic necessities such as clean water, proper sanitation and planned structures.

<http://www.newvision.co.ug/news/636933-kampala-is-one-big-slum.html>

The vast majority are tenants, and many are highly transient. Most of the city has 24/7 water supplies, and network coverage is over 70 percent, but access for poor families is far lower. Most rely on communal standpipes and water vendors, who deliver water in jerry cans from taps or public springs, or they buy water from the small minority with private connections. The unprecedented population increase in Kampala City is responsible for increased demand for employment, land for housing, social services and infrastructure that have stimulated spatial urban development and industrialization. Though the current population increase can be seen as positive development since it could potentially cause an increase in employment opportunities, housing stock, social services and infrastructure expansion, such development is however occurring in a haphazard manner largely dominated by the urban informality in most of the sectors. Thus there is growth of unplanned informal housing, and challenges related to solid waste accumulation, wetland encroachment and destruction, water pollution and land use/cover change that are reducing the ecological services from the natural environment of the metropolitan area (NEMA 2009/10; Matagi 2001).



GENERAL INFORMATION

Home to the largest lake in Africa – Lake Victoria, source of the River Nile – Uganda is located in East Africa, with Kenya lying to the east, South Sudan to the north, the Democratic Republic of Congo to the west and Rwanda and Tanzania to the south. With a population of 37 million people [2015 World Fact book estimates], Uganda is becoming ever more densely populated. The country gained independence in 1962, became a republic in 1966 and had its first military coup in 1972. Between 1971 and 1985 Uganda had a total of five presidents. Since 1986, Uganda has had one president – President Yoweri Museveni.

CLIMATE AND GEOGRAPHY

Uganda lies astride the equator but due to inland elevations and winds coming off of Lake Victoria, the weather is strikingly similar to that of California. The climate is tropical, with high humidity, and moderate temperatures. There is usually a lot of rain, with the two dry periods from December to February and June to August.



Uganda holds five lakes and eight major rivers including the great Lake Victoria. The source of the Nile can also be found in Jinja, Uganda. The land in Uganda is very green and fertile, with lush forests, hills, plateaus and mountains.

DIET

Participating in the local food culture is a central aspect of daily life in Uganda. You should be willing to try the local cuisine and share in your host family’s mealtimes. Lunch and supper are usually eaten everyday, while breakfast is simply a cup of tea or porridge. Dinner doesn’t usually occur until later in the evenings, sometimes as late as 9pm. Meals consist of plantain (banana) dishes, stews, peanut sauces, rice and beans, and lots of fruits and vegetables. The most common Ugandan dish is matoke, which is a cooked plantain dish. Other common foods are meat or chicken stew, rice, chapatti, porridge, posho and cassava (Our Africa, Food & Daily life). Fruit is also very common including, mangoes, pineapple, watermelon, jackfruit, oranges and papayas. For beverages, many drink chai, which is tea usually made with milk rather than water, or soda.¹



[Return to Table of Contents](#)



MONEY

Currency used in Uganda is the Ugandan shilling (UGX). As of 03/15 \$1 = approx. 3,300 Ugandan shillings. ATMs are plentiful, but credit cards are accepted at very few businesses. Upon arrival you will have the opportunity, exchange money at a Forex Bureau or withdraw money at ATM's. Barclay's bank is a common bank for internationals and accepts Visa and debit cards. Be sure to bring large bills (US\$50 and US\$100), as they are better exchange rates than small bills. Travelers are encouraged to obtain dollar bills newer than 2003 for the best exchange rate. Older or torn bills will fetch lower value at all Forex Bureaus or may not be accepted outside Kampala. Small dollar bills in the denominations of \$20, \$10, \$5, \$1 and coins also fetch low value on Ugandan market. It's therefore important that you carry newer bills in the denominations of \$50 and \$100 for the best exchange rates in Uganda. ***Be sure to call your bank and let them know you are ²traveling out of country to Uganda and any other countries.** Check current exchange rates: <http://www.oanda.com/currency/converter>

TRANSPORTATION

In Kampala and some other towns, the boda-boda or matatu is a good way to get from place to place. These are small mopeds, motorcycles, bicycles or scooters with cushions on the back and are cheap transport as used by locals. If using a boda-boda, be extremely careful as they are frequently involved in accidents; however, in spite of this, they are a fun and fast way to get around. The best way to get around Kampala and the neighboring towns is by using minibus-type taxis called 'taxi'. This is the most efficient and cost-effective method of transportation in urban areas, but try not to get ripped off by the conductors as they sometimes try to overcharge tourists.



² [Return to Table of Contents](#)

COMMUNICATION

While you may want to be in regular communication with friends and family from home during the term abroad, please bear in mind that different time zones, unreliable phone lines, sometimes unreliable electricity. Past students have found it convenient to buy a cheap cell phone while in Uganda (no more than US\$50), which comes in handy when communicating with other students and with people in the United States. The cell phone will work in Uganda, after you have inserted a chip (typically no more than



US\$2 in each location) and purchased pay-as-you-go minutes. Text messaging is cheap and many students find this method affordable and convenient. You may choose to bring your cell phone from home if it can accommodate a chip, and is GSM or international compatible. However, be aware that it may be easily lost or stolen.³

GETTING THERE

When coming to Kampala by air, you will actually arrive in the city of Entebbe, 35km (22 mi) southwest of Kampala. US citizens are required to pay \$50 USD for the entry visa, so have the money ready in cash (USD or UGX) to pay at passport control; they do not accept credit cards. Also, be ready to show international vaccination certificate for Yellow Fever, however the rule doesn't seem to be strictly applied.

There are several options to get from the airport to Kampala: Via scheduled airport shuttle service: Airport Express (UGX30,000 one way). The shuttle drops you off at Garden City Shopping Mall, centrally located in Kampala. You can catch a taxi ride from the mall at any time or arrange to be picked up. The shuttle staff will also arrange a door-to-door service for you. Bookings can be made online at the

³ [Return to Table of Contents](#)

[entebbeairportexpress](#) website. Via taxi (approx. UGX70, 000 one way; any more is excessive).

Minibus (approx. UGX3,000 one way). This is a cheap and fairly comfortable option. The catch is you have to catch it from the town of Entebbe, about a 5-minute motorcycle (boda-boda) ride from the airport. And to ride a boda-boda, you have to be traveling light (i.e. a backpack and a small bag to put between you and the driver. To catch a boda-boda, walk out of the terminal, turn right and walk on the covered sidewalk until you reach the parking lot. Cross the parking and exit the gate in the fence. Take the footpath to the road exiting the airport. After a 5-minute walk you will come to the security booths/gate. On the other side of the gate is where boda-bodas drop off passengers from Entebbe; it is also where they pick up passengers going to Entebbe. Pay about 2,000 Shillings (about .75).

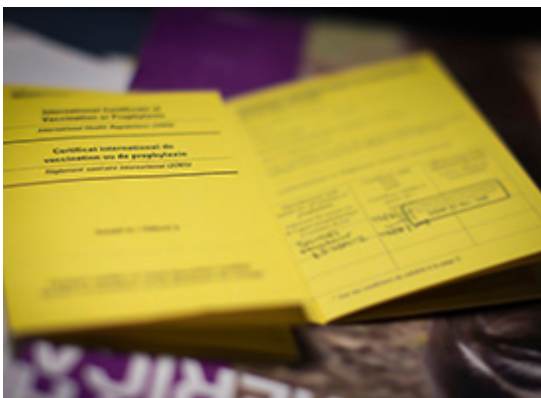
VISA

- Passport must have at least six months validity
- Yellow Fever - proof of vaccination required
- One blank passport page required for entry stamp

Visas are available at Entebbe Airport upon arrival or may be obtained from the Embassy of the Republic of Uganda. The current fee for a three-month tourist visa obtained upon arrival at Entebbe Airport is \$100.00 USD. It is recommended that travelers arriving by land obtain visas to Uganda in advance of travel. <http://washington.mofa.go.ug/data-smenu-53-Visa-Requirements.html>

If student wishes to obtain a visa prior to travel they will need to set up an appointment with the GLT Coordinator.

Ugandan immigration imposes a fine of up to \$100 per day for visa overstays and sometimes detains individuals who overstay their visas until the fine is paid. The Ugandan immigration officer at the port of entry will determine the length of authorized stay, which is generally from two weeks to three months as a tourist. Website: <http://travel.state.gov/content/passports/english/country/uganda.html>



IMMUNIZATIONS

To protect your health in Uganda, you need certain pre-departure immunizations followed by reasonable health precautions while in the country. It is important to follow the health recommendations from the US Centers for Disease Control and Prevention (www.cdc.gov/travel). It is also required for you to visit your physician to complete your health clearance forms.

http://wwwnc.cdc.gov/travel/destinations/traveler/extended_student/uganda?s_cid=ncezid-dgmq-travel-single-001

***Country entry requirement: The government of Uganda also *requires* proof of yellow fever vaccination.⁴**

LANGUAGE LEARNING

Luganda is the primary local lingua franca to best facilitate interactions and cross-cultural communication. A Luganda language course can be organized by a language coach or taught through a language school. Luganda study is reinforced through the homestay experience and various participatory and interactive assignments. The aim of study would be:

- To prepare students for daily social interactions in Luganda
- To acquire insights into Ugandan life and culture through the use of language
- To develop listening and comprehension skills in the learner
- To prepare students for the practicum period

Other languages spoken in Uganda include other English, Swahili and Arabic. If living in Uganda, it is helpful to learn both Swahili and Luganda phrases in order to be able to speak to the greatest amount to people.

- a. Wasuze Otya – Good Morning
- b. Bulungi - Fine (the response)
- c. Oli Otya – How are you
- d. Sula Bulungi – Good Night
- e. Tukasanyaukidde – Welcome
- f. Weeable – Thank you
- g. You're welcome – Kale

HOST FAMILY

Students are required to live with a host family for at least two months of their GLT. Host families support cultural integration and understanding, language learning, and local relationship formation. The role of the site facilitator is to assist student-host family placements. Once students have identified their host families, they are encouraged to communicate with their host families prior to departure in order to know the expectations their host family has for them. Room and board

⁴ [Return to Table of Contents](#)



payments are estimated to be \$250-\$300 a month, but will vary depending on the location and family.⁵



EXCURSIONS

All excursions and recreational travel should be postponed until after you have completed all academic work. Sites that may be visited include museums, Lake Victoria, Jinja Falls, ongoing development projects, the Kasubi Tombs, the Kabaka's palace, art galleries, theatre productions, the AIDS Support Organization (TASO), Mulago Hospital, Mwanamugimu Nutrition Unit, Concern Urban Program, Child Restoration Outreach (CRO), and Action Aid International, amongst other sites.

VISITORS

Parents or friends may wish to visit you while they are on GLT. This can be a wonderful experience; however, GLT strongly discourages and will not provide support for any visitors during the term, due to the rigorous nature of the program and the disruption that such visits cause in program flow and can interrupt your academic research process. You should be sure that relatives and friends are aware of this policy and you will not be excused from program components to attend to visitors. Visitors are also not allowed to stay with the host family that you are living with. Even if the host family seems ok with it, it is not allowed due to the fact that it could cause economic strain on the family, as well as it may violate cultural taboos within the community.⁶



⁶ [Return to Table of Contents](#)

SITE FACILITATOR- GLT UGANDA



Paul JB (John Baptist) Lukwago

Paul is a pastor at Streams of Life Church. He has been involved in church planting and leader training for the last 15 years. He currently works with the Urban Leadership Foundation under the oversight of Viv Grigg, Ph.D., associate professor at APU. Paul is the Urban Leadership Foundation co-coordinator in Uganda and a trainer of church leaders in the urban and slum regions of Kampala, Uganda.

“My site facilitator Paul JB Lukwago played a huge role in providing country orientation, language teaching, translating, assisted me to the village and sat through hours of my questions day after day” (GLT Alumni 2015).

** GLT Student Development Mentor and GLT Alumni*

If you have any further questions, please contact your GLT coordinator for information on how to contact a GLT alumnus and get tips or advice in living in Uganda. There will also be a GLT representative available in the Center for Global Learning and Engagement (CGLE) office to answer questions relating to GLT and how to participate upon return from GLT in becoming an alumni mentor on APU campus.⁷



⁷ [Return to Table of Contents](#)



*Potential Global Study Project
Topics:*

- Education System
- Water Management
- Religious Identity
- Inter-Religious Relationships
- Population Growth
- Youth Unemployment
- Transportation Infrastructure
- Agricultural Trade
- Public Health
- Girl's Education and Hygiene
- International NGO Effectiveness

and/or Perceptions ⁸

- Tribal Identity in an Urban Setting
- Abuse Against Women

Potential Internship Sectors:

- Youth Development
- Education
- Girl's Empowerment
- Women's Empowerment
- Hygiene
- Micro-Finance
- Integrated Water Resources
Management (IWRM)

⁸ [Return to Table of Contents](#)

RESOURCES

Food & Daily life. <http://www.our-africa.org/uganda/food-daily-life>

Geography & Wildlife. <http://www.our-africa.org/uganda/geography-wildlife>

History of Uganda.
<http://www.historyworld.net/wrldhis/PlainTextHistories.asp?historyid=ad22>

Uganda. <http://www.everyculture.com/To-Z/Uganda.htm>

Uganda Food and Drink.
<http://www.worldtravelguide.net/uganda/food-and-drink>

Maranz, David E. (2001). African Friends and Money Matters: Observations from Africa

Tidwell, Mike. (1990). The Ponds of Kalambayi: An African Sojourn

Wikipedia: Kampala
<http://en.wikipedia.org/wiki/Kampala>

Wikitravel: Kampala
<http://wikitravel.org/en/Kampala>

History of Kampala:
<http://www.africanexecutive.com/modules/magazine/articles.php?article=714>

Marie Huchzermeyer, Cities with Slums: From Informal Settlement Eradication to a Right to the City in Africa

Philip Briggs & Andrew Roberts, Uganda (Bradt Travel Guide)

Ian Clarke, Uganda. Culture Smart! The Essential Guide to Customs & Culture. London: Kuperard Publishers 201

Rubongoya, J.B. (2007). Regime Hegemony in Museveni's Uganda: Pax Musevenica. New York: Palgrave Macmillian

Mwakikagile, Godfrey. (2012). Uganda: A Nation in Transition: Post-colonial Analysis. New Africa Press.

CIA World Fact Book: Uganda:
[https://www.cia.gov/library/publications/the-world-](https://www.cia.gov/library/publications/the-world-factbook/geos/ug.html)

[factbook/geos/ug.html](https://www.cia.gov/library/publications/the-world-factbook/geos/ug.html)

A Country Study: Uganda
<http://memory.loc.gov/frd/cs/ugtoc.html>

The Teeth May Smile But the Heart Does Not Forget: Murder and Memory in Uganda

Kibirige, D. (2006). The Hills of Kampala and their History. Tour Guide Publications. Kampala, Uganda.

UN Habitat strategies:
<http://ww2.unhabitat.org/programmes/ump/kampalacds.asp>

Situational analysis of Kampala slums:
<http://mirror.unhabitat.org/pmss/getElectronicVersion.aspx?nr=2335&alt=1>

Climate change assessment of Kampala:
http://unfccc.int/files/adaptation/knowledge_resources/databases/partners_action_pledges/application/pdf/un-habitat_furtherinfo5_060511.pdf

U.S. State Department Consular Information Sheet for Uganda:
<https://travel.state.gov/content/passports/en/country/uganda.html>

Ugandan Embassy in the U.S.:
<http://washington.mofa.go.ug/>

Ugandan Daily Monitor Newspaper:
<http://www.monitor.co.ug>

Ugandan New Vision Newspaper Online⁹ (Government-owned newspaper):
<http://www.newvision.co.ug/>



⁹ [Return to Table of Contents](#)