



# UGANDA

2012

THE 410 BRIDGE STARTS WORKING IN UGANDA



## Climate

SEMIARID IN NORTHEAST  
TROPICAL GENERALLY RAINY



Population: 40,853,749



(JULY 2018, WORLD FACTBOOK)

## Time Zone



7-8 HOURS  
AHEAD OF EST

less than



AREA  
241,038 KM<sup>2</sup>



Capital  
KAMPALA

## Language

ENGLISH, LUGANDA, RUTOORO,  
& MULTIPLE INDIGENOUS

## Literacy

78.4%

(age 15 and over can read and write)

## Life EXPECTANCY

56.3 YEARS

## Economics

\$89.19 BILLION

GDP (2017 estimate)



Cotton



Gold



Horticultural



Tea



Coffee



Fish

# COMMUNITY MAP



## *Communities*

1. Kaitiaki

## *Provinces*

- a. Northern
- b. Western
- c. Central
- d. Eastern

# Contact Information

## U.S. Embassy Kampala

Plot 1577 Ggaba Road  
P.O. Box 7007  
Kampala, Uganda  
256-0312-306-001

## The 410 Bridge East Africa

P.O. Box 62535-00200  
Ridgeway Springs, off Kiambu Road  
Nairobi, Kenya

## The 410 Bridge U.S.

3955 Marconi Drive, Suite 205  
Alpharetta, GA 30005  
770-664-4949

# Telephone Use

## Mobile Phone Usage & Service

Your 410 Bridge Team Leader will have access to a mobile phone for making and receiving emergency phone calls. If you decide to bring a phone, check with your local provider on compatibility and rates, as rates can be excessive.

There will be a 410 Bridge staff member available 24/7 while your team is traveling. In the event of an emergency, please call our **Emergency Trips Phone at 404-710-3293**.

You may also call The 410 Bridge office during weekday business hours at 770-664-4949.

### How to call a Uganda land line from the U.S.

Dial: 011 +256 (Country code for Uganda) + area code (2-3 digits) + local number (6-7 digits)

### How to call a Uganda mobile phone from the U.S.

Dial: 011 +256 (Country code for Uganda) + 9 digit number (mobile numbers will start with a 7)

### How to call the U.S. from Uganda

Dial: 001 + area code + 7 digit number

Service: Mobile phones from the U.S. will work in Uganda with an unlocked international quad mobile phone and a Ugandan SIM card, which can be purchased upon arrival.

**IN CASE OF AN EMERGENCY, PLEASE CALL:  
404-710-3293**

# Language Guide

## Rutooro Pronunciation - Vowels

a- ah	like "a" in "father"
e- eh	like "a" in "say"
i- ee	like "ee" in "see"
o- oh	like "o" in "cone"
u- oo	like "oo" in "doom"

English	Rutooro	English	Rutooro
Hello	Oliyo	God bless you	Ruhanga akuhe omugisa
Good morning	Oraire ota	God is good	Ruhanga murungi
Good afternoon	Osiibire ota	Are you a Christian?	Oli mukurisitaayo?
Good evening	Oiriirwe ota	I am a Christian	Ndi mukurisitaayo
Good night / sleep well	Oraale kurungi	May I pray for you?	Nkusabire?
Goodbye	Ogoroobe	May I take a picture?	Nteere ekisani?
What is your name?	Ibara lyawe niwe oha?	Do you speak English?	obaza orujungu?
My name is ...	Ibara lyange ninyowe.....	I understand	Ninyetegeresa
Nice to meet you	Kirungi kukutangaana	I don't understand	Tinkwetegeresa
How are you?	Oliyo ota?	Where is the toilet?	Toyi erinkaha?
Fine	Kurungi	How do you say ___?	Nokigamba ota
I'm happy to see you	Nsemeriirwe kukurora	How much is this?	Kyazingaha kinu?
How old are you?	Oine emyaka ingaha?	Yes	Eego
Are you married?	Oine omukazi/oli mufumbo?	No	Nangwa
How many children do you have?	Oine abaana baingaha?	Ok	Nukwo
I have children	Nyine abaana	Friend	Omunywani
boy	Omwoojo	Today	Kiro kinu
girl	Omwisiki	Tomorrow	Nyenkyä
Where are you from?	Noruga nkaha?	Yesterday	Ijo
I am from ...	Ninduga.....	Now	Hati
Thank you very much	Webale muno	Later	Iraho
No thank you	Nangwa Webale	Now	Sasa
You're welcome	Otangiriirwe	Later	Baadaye
Welcome	Kaiije	Yesterday	Yè
Please	Bambi	Now	Kounye a
Excuse me (to get past)	Oranganyiraho	Later	Pita
Sorry or excuse me	Mpora		
May I help you?	Nyambe?		
Can you help me?	Nosobora kunyamba?		

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# History of Uganda

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Uganda, officially the Republic of Uganda, is known as the “Pearl of Africa” because of its beautiful scenery, natural wildlife, and rich mosaic of tribes and cultures. It is home to the highest mountain range in Africa and is the source of the Nile River. Approximately half of the world’s population of gorillas resides in the country, along with a large population of lions, buffaloes, giraffes, and elephants.



- ★ CAPITAL - KAMPALA
- ✈ AIR PORT - ENTEBBE
- MAIN ROADS
- - - DIVISION BORDER

The country’s population includes a diverse range of ethnic groups including Bantu-speaking individuals. The people of Uganda were hunter-gatherers until 1,700 to 2,300 years ago when a population of Bantu-speaking individuals migrated to the southern part of the country.

Uganda was ruled by the British beginning in the late 1800s. The country gained independence from Britain on October 9, 1962. The first post-independence election, held in 1962, was won by an alliance between the Uganda People’s Congress (UPC) and Kabaka Yekka (KY). UPC and KY formed the first post-independence government with Milton Obote serving as executive Prime Minister and Kabaka (King) Edward Muteesa II serving as the President.

In 1966, following a power struggle between the Obote-led government and King Muteesa, the UPC-dominated Parliament changed the constitution and removed the president and vice president. A new constitution proclaimed Uganda a republic and abolished the traditional kingdoms in 1967. Without calling elections, Obote was declared the Executive President.

After a military coup in 1971, Obote was removed from power and Idi Amin, a dictator, seized control of the country. Amin ruled Uganda by military force for the next eight years and carried out mass killings within the country to maintain his rule. During the 1970s and 1980s Uganda was notorious for its human rights abuses, which existed under the military dictatorship of both Idi Amin and Milton Obote.

In 1986, Yoweri Kaguta Museveni came to power and remains the acting president today. Since the late 1980s, Uganda has rebounded from years of civil war and economic catastrophe to become relatively peaceful, stable, and prosperous

International attention was bought to the LRA, a terrorist organization, and Joseph Kony in 2012. Ugandan officials ended their search for Kony in April 2017. They stated that the LRA no longer posed a threat to Uganda.

## Climate Conditions

There are mild temperatures in Uganda. Often times, it can turn cooler in rainy conditions or in the evening. You may consider bringing a lightweight jacket and/or rain boots or shoes for walking.

Please keep in mind the “rains” of East Africa. The first rainy season falls between late April to early June, which is known as “long rains.” The second rainy season, which is known as “short rains,” lasts a few weeks in November and December.

## Language & Etiquette

English, Luganda, Ganda, and Rutooro are the main languages of Uganda.

Rutooro is spoken in The 410 Bridge community of Kaihura, but any of the above languages should be relatively understood.

A handshake is the most common form of greeting. If your hands are wet or dirty, you may offer your wrist instead of hand. Always use your right hand when shaking hands.

Don't be surprised if you see two men holding hands. This is not a sign of homosexuality (which is forbidden by law and is punishable), but rather a sign of friendship. Homosexuality is illegal in Uganda and attitudes towards such lifestyles are extremely hostile.

Greeting someone with a hand wave is appropriate and shows your friendliness in Africa. The African “hello” wave is an arm up, outstretched and holding your hand still. Americans sometimes say hello by putting their hand up, moving their fingers up and down vertically; to a Ugandan, this means “come” versus hello. The children will giggle at this gesture.

Africans tend to be less direct than Americans in the way they speak to one another. In developing new relationships, you will want to soften the direct way you ask questions and not ask too many personal questions right away.

When asking for help or to get a question answered, Africans may tend to tell you what you want to hear, instead of answering the questions. For example, if you ask,

“How long will it take us to reach our destination?” The response might be, “Oh, not very long. It’s not far.” When in reality, it might be very far. A better question to ask is something more specific, such as, “How many hours will it take to get there?” You will then get an answer that is specific.

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## Cash & Currency

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There are only a few instances where you may need to use cash. If you choose to purchase souvenirs or drinks other than water, you will need to exchange money.

Uganda’s currency is the Ugandan shilling (written as UGX). Bills in circulation are 1000; 2000; 5000; 10,000; 20,000; and 50,000 shillings. Shilling coins in use are 50, 100, 200, and 500. Other rarely used coins are 1, 5, and 10.

Currency can be exchanged at the Entebbe airport upon arrival. U.S. dollar denominations of \$50 or \$100 receive a better exchange rate. Significantly poorer rates are given when exchanging bills in denomination of \$20 or lower.

When exchanging currency into Ugandan shillings, request 2000 UGX and 1000 UGX, which can be used for smaller items. Smaller items, such as buying drinks or for the offering at church.

### Tipping:

Your U.S. team leader or 410 Bridge staff will handle most tips while you are in Africa. Your team leader or The 410 Bridge staff will have funds to tip the drivers at the end of your journey. **Please do not tip The 410 Bridge staff and do not give money to any other individuals you meet.**

### Tithing:

You will likely visit a local church during your trip. Providing an offering of U.S. \$1-2 is considered appropriate. The local currency equivalent is 3,600-7,200 UGX in Uganda.

### Souvenirs:

Locally made crafts will be available for purchase at various times during your trip. You will need cash in local currency if you plan to purchase items in the community. Uganda is primarily a cash-based society so it will be needed when purchasing items like snacks, beverages, souvenirs, etc.

# Internet & Electricity

Electricity can be sporadic in developing countries and is not guaranteed on your trip.

You may consider bring a battery powered flashlight or headlamp to ensure that you always have access to light in the evenings.

In Uganda, the power plugs and sockets are British three-pin or type G. The standard voltage is 240V and the standard frequency is 50Hz. You may need an electrical voltage converter depending on your electronic device.

Some teams may travel through Europe; European adaptors are handy to have as well for airport layovers. Power strips with multiple outlets are also a convenient way to charge multiple electronics, as wall outlets are typically few and far between.

Wireless internet access may be limited or completely unavailable due to location and schedule.

# Entry & Exit

A passport valid for six months beyond the date of entry, visa, and proof of yellow fever immunization is required. Proof of a polio vaccination for children younger than 5 years of age is also required for entry into Uganda.

## Visas:

Immigration authorities require two blank (unstamped) visa pages in the passport to enter the country. Travelers should make sure there are sufficient pages for visa and immigration stamps to enter the country.

Visas are required for entrance into Uganda.

eVisas are required and can be obtained at: <https://visas.immigration.go.ug/>

Please consult your team leader for further instructions, costs, and on when you should apply for your visa.

You should receive an entry/exit document to fill out with information to be provided to you on your flight to Uganda.

The address you will need to include on your entry/exit document is:

## **Tooro Royal Cottages**

Plot 19-33 Hoima Road

Kyenjojo, Uganda