Preparing for Your Mission Trip to Uganda

# Required Documents

**Up-to-date passport-** Your passport should be valid for a minimum of 6 months after your date of entry into Uganda.

**Tourist visa**- A tourist visa is required in order to enter Uganda. Online applications can be completed at: <https://visas.immigration.go.ug/> (GRHU will help you with your application). The cost for the visa is $50 US. To complete the application, you will need the following:

* A scanned image of the bio page of your passport
* A recent digital passport picture (Canadian or American passport photo requirements are acceptable). You can either take the picture using your phone, or find a photo studio that provides digital photos.
* A scanned image of your Yellow Fever Vaccination Certificate (front and back). See *Travel Vaccines and Preventive Treatment* section below.
* A return ticket

Once your visa application is approved, a pre-approval letter will be emailed to you. This letter is needed for check-in and boarding for some airlines. You will also need to present a printed copy of the pre-approval letter to immigration upon arrival to the airport in Uganda, where you will then be issued a visa in your passport.

# Travel Vaccines and Preventative Treatment

It is recommended that you discuss your travel plans with a health care provider to determine what vaccines and preventative treatment will be appropriate for you. Give yourself plenty of time (e.g., 6-8 weeks) before your trip, because some vaccines and treatment have specific timing/spacing requirements.

Yellow Fever vaccine is mandatory to enter Uganda. This vaccine must be obtained from a designated Yellow Fever Vaccination Centre, where you will be provided with an International Certificate of Vaccination (required for your tourist visa). Your proof of vaccine will not be valid until 10 days after you are vaccinated due to the time it takes for your body to build immunity.

Travel Costs

The mission trip fee of $1200 CD OR $1000 USD includes all accommodations, ground travel, and meals while in Uganda, and you will receive a tax receipt from GRHU. This fee does not include airfare or other travel costs, optional excursions, spending money for souvenirs, etc.

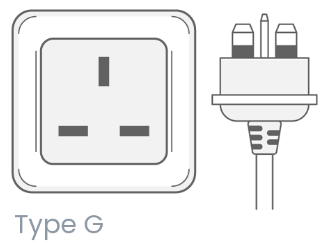
# Ugandan Currency

The official currency in Uganda is the Ugandan shilling (UGX). The UGX is a controlled currency and can only be obtained in East Africa. While in Uganda, you can use your debit and/or credit card to withdraw the local currency from an ATM machine. Visa is the most widely accepted credit card, but Mastercard is also accepted in some places. It is recommended that you advise your bank and/or credit card company of your travel plans to avoid a possible transaction denial.

# Electrical Outlets and Plugs

Type G power outlets and plugs are used in Uganda (see Image 1), and you will need a power adaptor in order to plug in your devices. In Uganda, all power outlets provide a standard voltage of 240V with a standard frequency of 50Hz. In Canada/the USA, the standard voltage is 120V with a standard frequency of 60Hz. Be sure to check if your devices (phones, tablets, hair tools, etc.) are dual voltage. If you see 100-240V 50/60Hz printed on the device or power adapter, it is dual voltage and will work with all voltages and frequencies used worldwide. If it is not, you will also need a power convertor, in addition to the adaptor, in order to use the device.

**Image 1.**



# Clothes and Shoes

Uganda can be hot and humid, so pack clothes that are loose and breathable. Be sure to also bring layers for cooler weather in the morning and evening. You may also want to pack something that is appropriate for church. Women should also bring clothing options that will cover the knees and shoulders for when visiting areas of the country that are more conservative. Parts of the trip will also involve walking over uneven and/or steep terrain, so also bring a sturdy pair of shoes.

# Other Things to Consider Packing

* Bug spray
* Sun block
* Ear plugs (some places can be quite noisy at night)
* Medication for headaches, stomach aches, diarrhea, allergies, etc.
* Hand sanitizer (very important)
* Disinfectant wipes
* Sun glasses
* Backpack/travel bag
* Lip balm
* Hat
* Small first aid kit

# Ideas of Things to Bring for Children

* Soccer balls and ball pumps
* Skipping ropes
* Small balls, stuffed animals, or other simple hand-held toys
* Lollipops or other small treats
* Tooth brushes and tooth paste
* Clothes
* Black socks
* Shoes