

Uganda, Africa Mission Trip Information.

Mon. Jan. 15 – Sun. Jan. 28th, '24

Uganda, called the “Pearl of Africa” is a warm, friendly country and its people love to welcome visitors. While Luganda is widely spoken in the central part of the country, English is the official language. The population of around 30 million people has an average age of only 16. Millions have died due to the HIV/AIDS epidemic, but the country now has a strong abstinence program spearheaded by President Yoweri Museveni and the First Lady. In 2012, Uganda celebrated their 50th anniversary as a nation, and the government again dedicated their country to God and godly principles.

Following is a list of things in preparation for travel. If this is your first time to Uganda, please be sure to take a good look at this list; it will provide you with much valuable information.

- **Ministry:** Your involvement would include **medical clinics, prison ministry, children’s ministry, visiting schools and participating in church services.** You will be invited to help sing and give testimony. At the clinics you can help with crowd control, children’s ministry, skits, Bible stories, and praying for people.
- **Visa and Passport:** Make sure you have a valid passport. **You will need to get your UG visa online in the USA.** For any visa questions, contact Kaylene Mullet at recordings@gospelexpress.com or 828-859-7003. Before you leave, make a photocopy of your passport, and keep it with you while on the airplane and in the day-to-day activities in Uganda. This will allow you to leave your passport at the guesthouse.
- **Shots: A yellow fever shot is required (*Can be received at airport in Uganda - \$40 USD).** Not required but we do recommend a Hepatitis A vaccine.
- **Personal Expenses:** Lodging, food, and travel is more expensive due to the economic conditions.
 - **Lodging, food (2 meals/day), water, and tips:** approximately **\$550.00 USD** per person.
 - **Van rental and fuel: Each person is expected to pay \$150.00 toward the van rental and fuel expenses.**
 - **Flight arrangements** are made through Golden Rule Travel with Sharon Martin. Her email is sharon@goldenruletravel.com and phone number is 330-893-1556. Please let her know that you are with Nelson’s group when you book tickets.
- **Other Mission Expenses: Perhaps you have friends that would be interested to contribute toward the following:** (Note: receipts can be issued for proceeds sent to Gospel Express toward the following expenses or you can bring proceeds along). Gospel Express pays expenses not covered by the mission team.
 - The **medical clinics** cost is approximately \$3,200.00 per one-day clinic, which includes our Uganda medical team, medicine, vehicle rental, lodging, and food. Between 600-700 people are usually treated at a one-day clinic (3 clinics on this trip).
 - Skinner salve - \$1,900.00
 - Soap for prisoners - \$1,500.00
 - 250 mosquito nets - \$875.00, 500 blankets - \$3,500.00, 100 tarpaulin - \$500.00
 - Soccer balls – good leather – deflate – bring pumps and needles – size #5 soccer balls.
 - Candy - **not** round hard candies, chocolate, or smarties. **Lollipops/Suckers are GREAT!**
 - Balloons, bracelets, and yoyos.
 - Children and baby clothing to give out.
 - Matchbox toys for boys are great gifts (*make sure they look like real cars and trucks*). We have small baby dolls for the girls that we purchase from a dry goods store in PA (350 for \$1400.00).
- **Things to take along:**
 - We eat breakfast & supper at the guesthouse, and (snacks for lunch). Snack Suggestions: beef jerky, protein snacks, granola bars, nuts, and cracker packs (*Lance*); **not chocolate**; it may melt. We share our snacks among the group and with our Ugandan team members that travel with us.
 - 240v power converter – if you are charging a phone or laptop
 - Your Bible • Paper copy of your flight itinerary

- Passport and photocopy of passport
 - Camera (*unless you can use your phone for photos*)
 - Books, music, or some entertainment, neck pillow for the long flights
 - Insect repellent, sun block, & hat – *We are close to the equator.*
 - Small Flashlight (*electricity can go off at any time*)
 - **Several sets of clothes in your carry-on bag in case your check-in luggage doesn't arrive the same day you do 😊**
 - You will **not** need to take bedding and towels but **take washcloths!!**
 - Think of children's games to do in open areas
 - Teach children songs (*motion*)
- **Currency:** The Ugandan currency is the shilling. No credit cards are accepted. **It is important to have US dollars to take. Please take along CRISP \$100 or \$50 bills as they are easier to exchange. The bills should be year 2017 or newer (i.e., no wrinkles, tears, writing or marks on them).** Banks will give you newer bills upon request. If you would like to purchase souvenirs, \$75.00-\$150.00 will purchase a good number of them (*Note: We strongly discourage taking \$20.00 bills because they exchange at a considerably lower rate*).
 - **Climate:** Because of its location near the equator, the climate is warm but not necessarily humid. Temperatures are generally in the low 80's with nighttime lows in the 60 – 70's. A light jacket is recommended for cool evenings. Light summer clothing is fine during the day.
 - **Clothing:** Take comfortable clothes but please respect the following guidelines. Uganda Christian women dress in very modest apparel, usually wearing ankle length dresses or skirts. We encourage long skirts (*below knee when sitting*) for all public ministry and travels in Uganda. Men are expected to wear long pants in all mission outreach endeavors. Short sleeve shirts are acceptable for church and prison services and nice T-shirts during medical clinics. Ugandans are generally forgiving of visitors from other cultures but appreciate when their cultural standards are respected. We like to dress nicely for all our outreach activities to represent well the bride of Christ. Of course, work clothes for construction projects and athletic attire when playing soccer is acceptable but **no shorts**. We will probably play soccer in the men's prisons and the ladies would play net ball in the women's prisons. For men, capris are acceptable at the guesthouse in the evening. They will do your laundry at the guesthouse but keep it to a minimum; clothing is hand-washed, they use bleach, and you need to allow 2 days for washing.
 - **Time:** There is an 8-hour time difference from Eastern Standard Time. Example: 12:00 noon in NC is 8:00 PM in Uganda or 6:00 AM in Uganda is 10:00 PM the night before in PA, NC, FL, and OH etc.
 - **Luggage:**
 - **2 - 50lb** luggage (*large suitcases*): You may pack one personally and the ministry will pack your second luggage with mission items for you to take along – (it will be sent to you).
 - One carry-on roller bag/duffle bag
 - One personal item (*purse, backpack, etc. that fits under the seat*).

Remember: No more than 3.5 oz of any liquid and **no** aerosol cans like hair spray or bug spray in carry-on luggage. **We recommend putting all liquids in Ziplock bags just in case they expand and open during travel.** We also recommend that you use the maximum amount of luggage items you're allowed to take so we can take as many mission supplies as possible. We have lots of clothing and other medical items to send over from our supply room.

We expect God to do great and mighty things as He does His work through us for His glory!!

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