



# International Medical Relief

PROVIDING COMMUNITY HEALTH  
TO POPULATIONS MOST IN NEED

## UGANDA



## PRE-FIELD BRIEFING PACKET

## UGANDA



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## ABOUT THIS PACKET

This packet has been created to serve as a resource for the UGANDA Medical and Dental Team.

This packet is information about the country and can be read at your leisure or on the airplane. The first section of this booklet is specific to the areas we will be working near (however, not the actual clinic locations) and contains information you may want to know before the trip.

The contents herein are not for distributional purposes and are intended for the use of the team and their families. Sources of the information all come from public record and documentation. You may access any of the information and more updates directly from the World Wide Web and other public sources.



## BACKGROUND

Uganda, officially the **Republic of Uganda**, is a landlocked country in East Africa. It is bordered to the east by Kenya, to the north by South Sudan, to the west by the Democratic Republic of the Congo, to the southwest by Rwanda, and to the south by Tanzania. Uganda is the world's second most populous landlocked country after Ethiopia. The southern part of the country includes a substantial portion of Lake Victoria, shared with Kenya and Tanzania. Uganda is in the African Great Lakes region. Uganda also lies within the Nile basin, and has a varied but generally a modified equatorial climate.

Uganda takes its name from the Buganda kingdom, which encompasses a large portion of the south of the country, including the capital Kampala. The people of Uganda were hunter-gatherers until 1,700 to 2,300 years ago, when Bantu-speaking populations migrated to the southern parts of the country.

Beginning in 1894, the area was ruled as a protectorate by the British, who established administrative law across the territory. Uganda gained independence from Britain on 9 October 1962. The colonial boundaries created by Britain to delimit Uganda grouped together a wide range of ethnic groups with different political systems and cultures. These differences prevented the establishment of a working political community after independence was achieved in 1962. The period since then has been marked by intermittent conflicts, most recently a lengthy civil war against the Lord's Resistance Army, which has caused tens of thousands of casualties and displaced more than a million people.

The official languages are Swahili and English. Luganda, a central language, is widely spoken across the country, and multiple other languages are also spoken including Runyoro, Runyankole Rukiga, Langi and many others. The president of Uganda is Yoweri Museveni, who came to power in January 1986 after a protracted six-year guerrilla war.





## PUBLIC HEALTH OVERVIEW

### OVERVIEW

Health services deteriorated in the 1970s and 1980s, as a result of government neglect, violence, and civil war. In the 1990s, measles, respiratory tract infections, and gastro enteritis caused one-half of all deaths attributed to illness, and malaria, AIDS, anemia, tetanus, whooping cough, and respiratory tract infections also claimed many lives. Infant mortality was often caused by low birth weight, premature birth, or neonatal tetanus. The entire health care system was served by less than a thousand doctors in the 1990s.

Care facilities included community health centers, maternity clinics, dispensaries, leprosy centers, and aid posts. Today there is at least one hospital in each district except the southern district of Rakai. In the sparsely populated northern districts, people sometimes travel long distances to receive medical care, and facilities are inferior to those in the south. Those who live far from or cannot afford modern health care depend on traditional care. Women are prominent among traditional healers.

<http://www.everyculture.com/To-Z/Uganda.html#ixzz4763ropEB>

### BASIC STATISTICS

#### Basic statistics

Indicators	Statistics	Year
Population (thousands)	37579	2013
Population aged under 15 (%)	48	2013
Population aged over 60 (%)	4	2013
Median age (years)	16	2013
Population living in urban areas (%)	15	2013
Total fertility rate (per woman)	5.9	2013
Number of live births (thousands)	1625.7	2013
Number of deaths (thousands)	344.2	2013
Birth registration coverage (%)	30	2011
Cause-of-death registration coverage (%)	...	
Gross national income per capita (PPP int \$)	1370	2013
WHO region	African	2013
World Bank income classification	Low	2013

... Data from 2007 onwards not available.

Source:  
Country statistics and global health estimates  
by WHO and UN partners

For more information visit the Global Health Observatory  
(<http://www.who.int/gho/en/>)

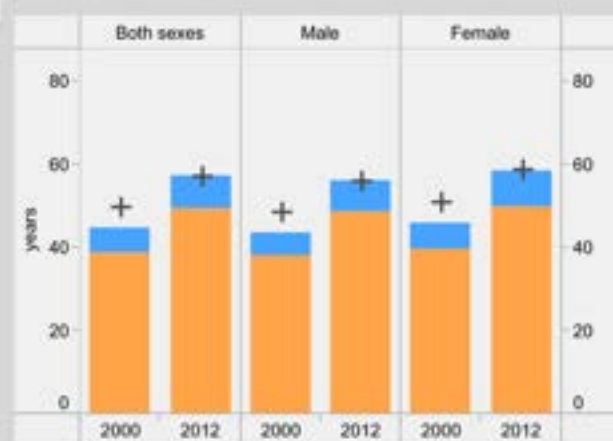
Last updated: January 2015

#### Life expectancy (years), 2012

		Country	WHO region	World Bank income group
Life expectancy	At birth	57	58	62
	At age 60	16	17	17
Healthy life expectancy	At birth	49	50	53

Life expectancy at birth for both sexes increased by 12 year(s) over the period of 2000-2012; the WHO region average increased by 7 year(s) in the same period.

In 2012, healthy expectancy in both sexes was 8 year(s) lower than overall life expectancy at birth. This lost healthy life expectancy represents 8 equivalent year(s) of full health lost through years lived with morbidity and disability.

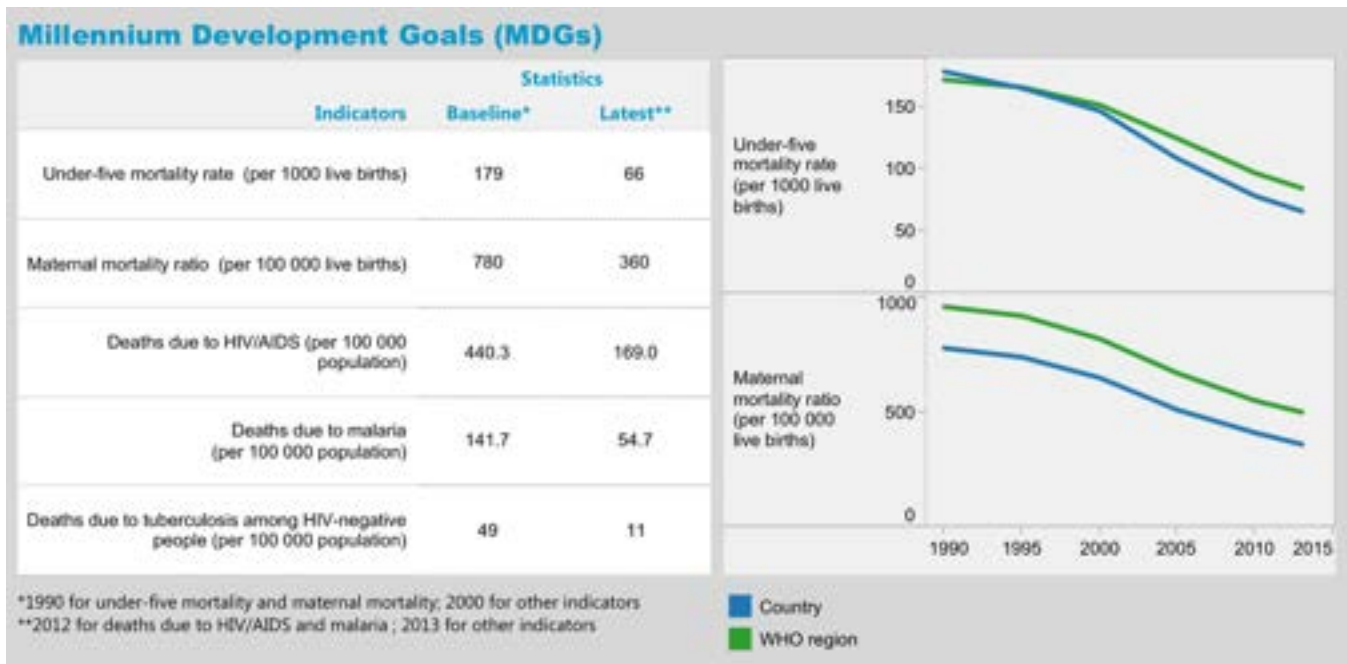


WHO regional life expectancy at birth

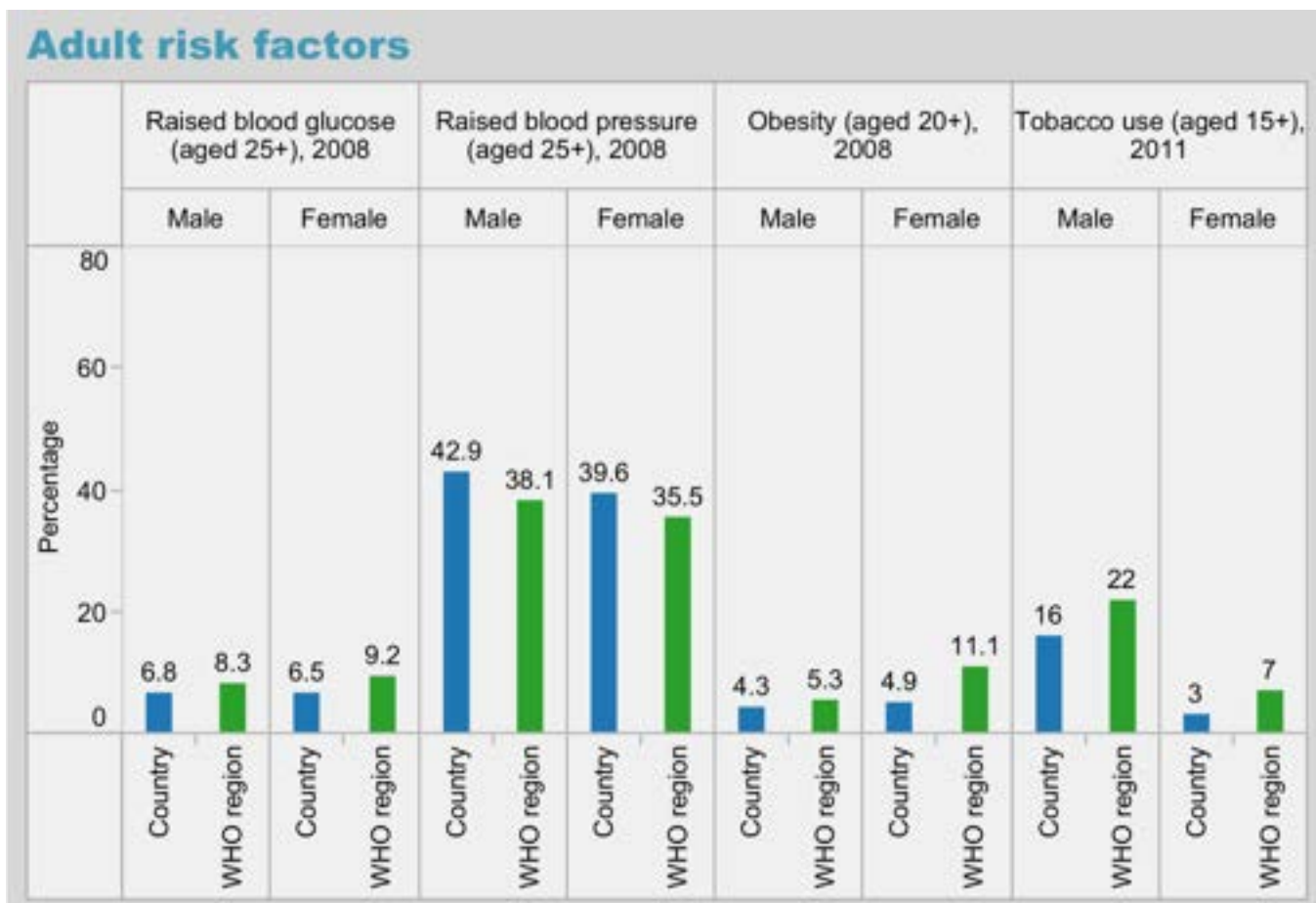
Healthy life expectancy at birth

Lost healthy life expectancy

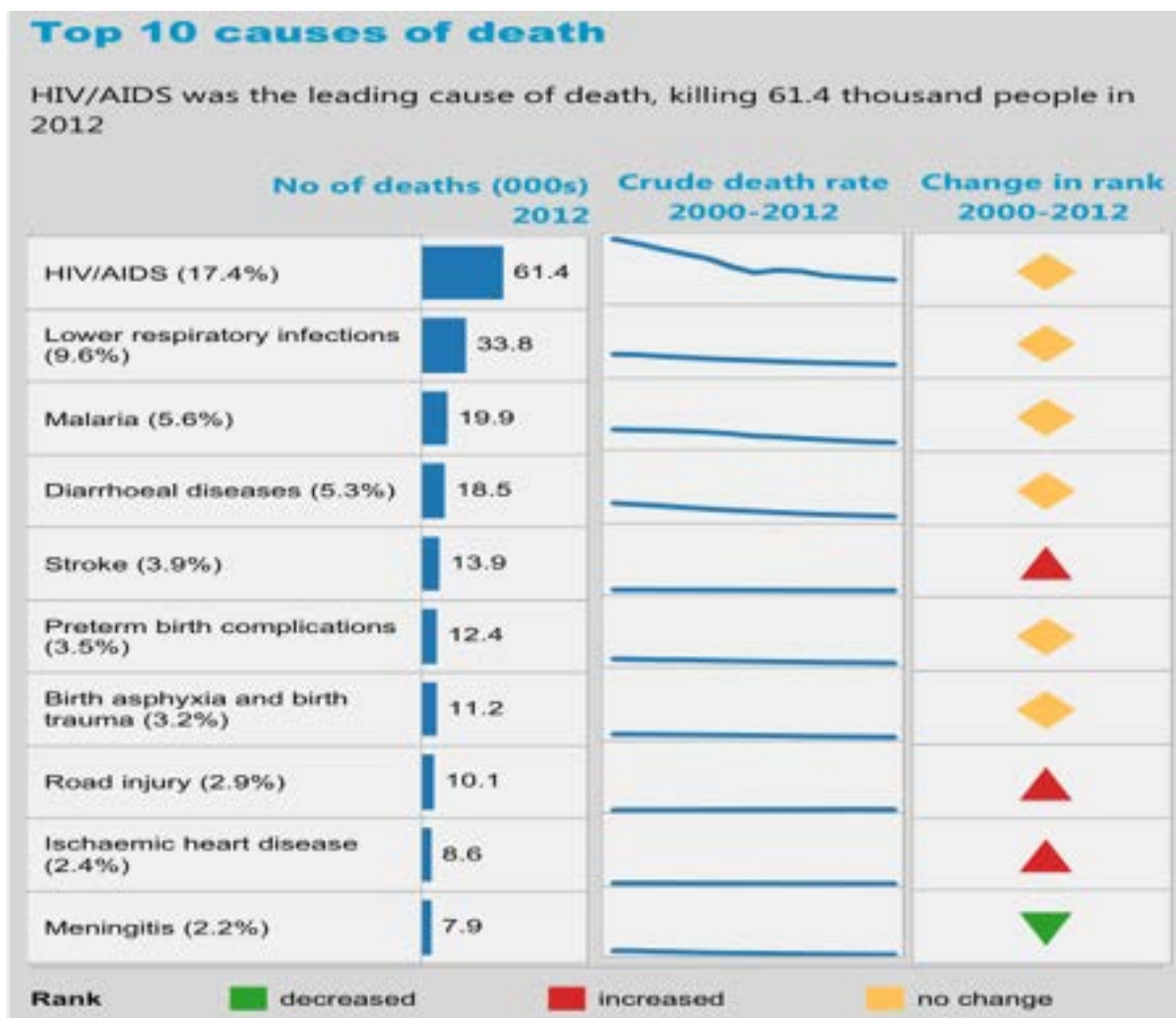
## MILLENNIUM DEVELOPMENT GOALS



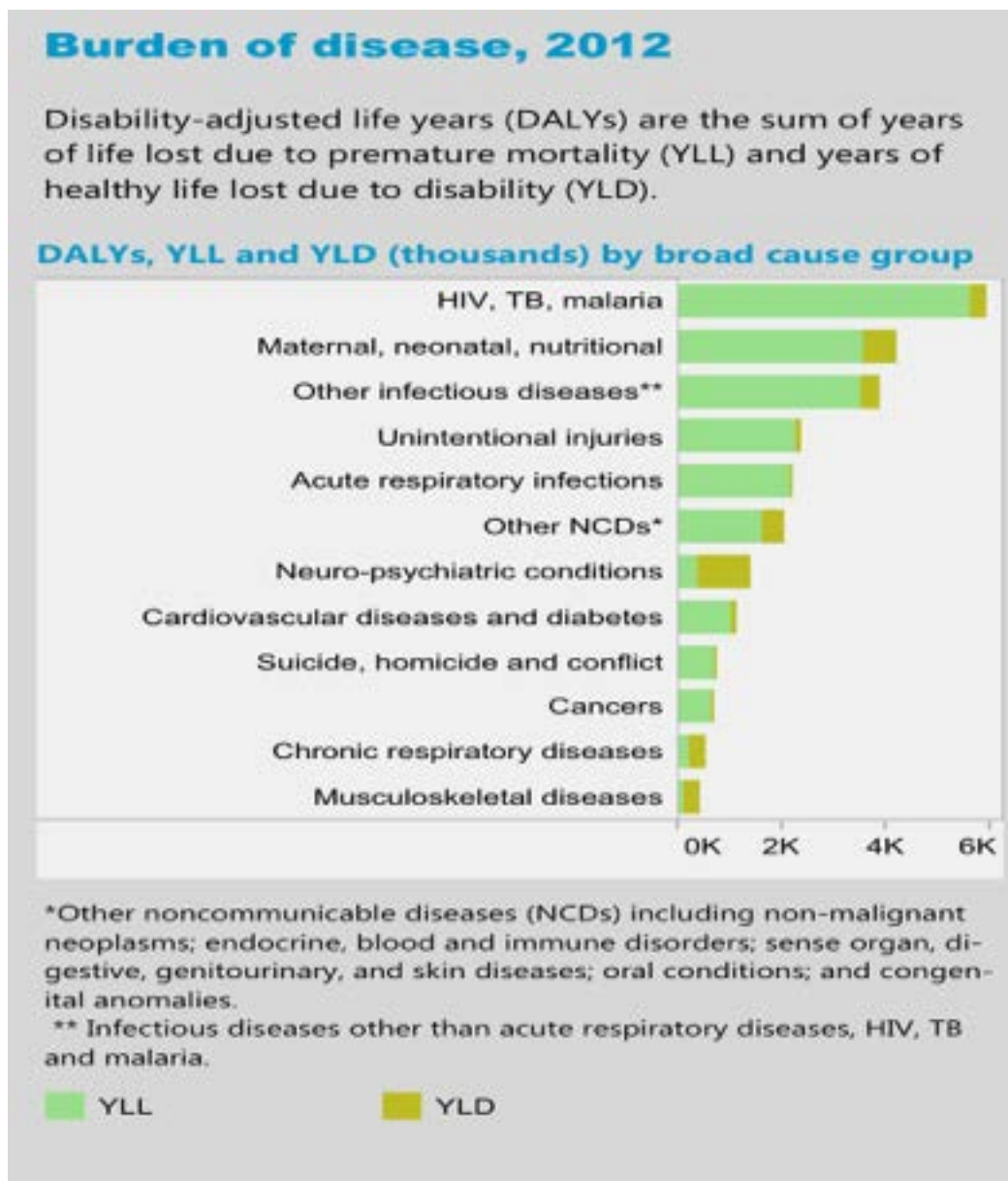
## ADULT RISK FACTORS



## TOP 10 CAUSES OF DEATH



## BURDEN OF DISEASE



## DEMOGRAPHICS AND HEALTHCARE SPENDING (2012)

Uganda's population is over 35 million and life expectancy is 53.5 years. The country is undergoing a population explosion with an average birth rate of over 6 babies per woman, and there is a growing affluent working middle class. GDP per head is \$1,300, and health expenditure was 8.2% of GDP in 2009, or \$106 per person year with \$46 of this coming from the Government and the rest from foreign aid or out of pocket. Although, in theory, public healthcare is supposed to be free, in practice there are unofficial fees and patients are often asked to buy drugs and surgical items privately. Additional 'hidden' costs of healthcare for Ugandans living in rural areas include the cost of transportation to get to clinics and then the loss of income from time off work, especially when wait times are long.



**Structure of Healthcare Provision in Uganda**

About 50% of healthcare provision is delivered by public or government owned facilities and the remaining 50% by private providers. The public sector facilities include two National Referral Hospitals, Mulago and Butabika in Kampala, eleven Regional Referral Hospitals, 43 General Hospitals, and 112 District Health Center IV's, one per District. Basic services are provided in Health Centers III and II to provide diagnosis and maternity care, and health information is disseminated to village households by unpaid volunteer Village Health Teams at the lowest level.

Demand for hospital services is overwhelming and family members carry most of the burden of caring for sick relatives who are admitted, bringing them food and laundering clothes and bedding. Sheets are strung to air dry from the balconies at the rear of the hospital buildings and relatives rest sitting in the shade under the trees on the lawn at the front of the hospital.

The public sector faces many challenges, one of which is chronic understaffing by health workers; 45% of all positions in Health Center IVs are unfilled and the shortages are worse in rural areas, resulting in long waiting times for patients. Private clinics fill the gap, some for profit run by individual clinicians, and others not for profit, many of which are affiliated with religious organizations. Patients who can afford to pay use private clinics, and private not for profit institutions are largely funded by donations and foreign aid.

About 60% of Ugandans use traditional medicine as a first port of call; witchdoctors offer herbal remedies for minor ailments and spiritual ones for more serious disease, or will refer patients to modern medical practitioners. Traditional medicines can be found for sale at Owino market, an outdoor market in Kampala - you can buy bundles of dried herbs and calabash gourds alongside the stalls piled high with second hand clothing and produce.

**HIV:** In Uganda, an estimated 1.2 million people or 6.7% of the population are living with HIV. Of these about 577,000 are eligible for ART treatment, which may be initiated according to national guidelines when CD4 counts, the white blood cells that confer immune response, fall below 250 if the patient is asymptomatic or below 350 if symptomatic, i.e. if opportunistic infections are present

Almost half of patients eligible for ART in Uganda go without is due to lack of funding; currently 80% of HIV treatment is funded free of charge to patients by bilateral donors such as PEPFAR through the Government of Uganda, 10% by the Government of Uganda directly and 10% by multilateral donors. Local HIV experts urge that a system of patient copayment based on ability to pay  
[https://www.pfizer.com/files/responsibility/global\\_health/janet\\_white.pdf](https://www.pfizer.com/files/responsibility/global_health/janet_white.pdf)

## STATISTICS

**Population:**

37,101,745 (July 2015 est.)

note: estimates for this country explicitly take into account the effects of excess mortality due to AIDS; this can result in lower life expectancy, higher infant mortality, higher death rates, lower population growth rates, and changes in the distribution of population by age and sex than would otherwise be expected

**Age structure:**

0-14 years: 48.47%

15-24 years: 21.16%

25-54 years: 25.91%

55-64 years: 2.43%

65 years and over: 2.04% (2015 est.)

**Median age:**

total: 15.6 years (2015 est.)

**Population growth rate:**

3.24% (2015 est.)

**Birth rate:**

43.79 births/1,000 population (2015 est.)

**Death rate:**

10.69 deaths/1,000 population (2015 est.)

**Urbanization:**

urban population: 16.1% of total population (2015)

rate of urbanization: 5.43% annual rate of change (2010-15 est.)

**Major urban areas - population:**

KAMPALA (capital) 1.936 million (2015)

**Mother's mean age at first birth:**

19.3

**Maternal mortality rate:**

343 deaths/100,000 live births (2015 est.)

**Infant mortality rate:**

total: 59.21 deaths/1,000 live births (2015 est.)

**Life expectancy at birth:**

total population: 54.93 years

**Total fertility rate:**

5.89 children born/woman (2015 est.)

**Contraceptive prevalence rate:**

30% (2011)

**Health expenditures:**

9.8% of GDP (2013)

**Physicians density:**

0.12 physicians/1,000 population (2005)

**Hospital bed density:**

0.5 beds/1,000 population (2010)

**Drinking water source:****improved:**

urban: 95.5% of population

rural: 75.8% of population

total: 79% of population (2015 est.)

**Sanitation facility access:****improved:**

urban: 28.5% of population

rural: 17.3% of population

total: 19.1% of population

**HIV/AIDS - adult prevalence rate:**

7.25% (2014 est.)

**HIV/AIDS - people living with HIV/AIDS:**

1,486,600 (2014 est.)

**HIV/AIDS - deaths:**

32,900 (2014 est.)

**Major infectious diseases:**

degree of risk: very high

food or waterborne diseases: bacterial diarrhea, hepatitis A and E, and typhoid fever

vectorborne diseases: malaria, dengue fever, and trypanosomiasis-Gambiense (African sleeping sickness)

water contact disease: schistosomiasis

animal contact disease: rabies (2013)

**Obesity - adult prevalence rate:**

3.9% (2014)

**Children under the age of 5 years underweight:**

14.1% (2011)

**Literacy: age 15 and over can read and write**

total population: 78.4%

male: 85.3%

female: 71.5% (2015 est.)

**School life expectancy (primary to tertiary education):**

total: 10 years

male: 10 years

female: 10 years (2011)

**Child labor - children ages 5-14:**

total number: 117,266

percentage: 25%

note: data represents children ages 5-17 (2010 est.)

**Unemployment, youth ages 15-24:** total: 2.6%

## COUNTRY OVERVIEW



### HISTORY OVERVIEW

The Empire of Kitara in the fourteenth and fifteenth centuries represents the earliest forms of formal organization, followed by the kingdom of Bunyoro-Kitara, and in later centuries, Buganda and Ankole. Arab traders moved inland from the Indian Ocean coast of East Africa in the 1830s. They were followed in the 1860s by British explorers searching for the source of the Nile. Protestant missionaries entered the country in 1877, followed by Catholic missionaries in 1879. The United Kingdom placed the area under the charter of the British East Africa Company in 1888, and ruled it as a protectorate from 1894. As several other territories and chiefdoms were integrated, the final protectorate called Uganda took shape in 1914. From 1900 to 1920, a sleeping sickness epidemic killed more than 250,000 people.

Uganda won independence from Britain in 1962, and the first elections were held on March 1, 1961. Benedicto Kiwanuka of the Democratic Party became the first Chief Minister. Uganda became a republic the following year, maintaining its Commonwealth membership. In succeeding years, supporters of a centralized state vied with those in favor of a loose federation and a strong role for tribally-based local kingdoms. Political maneuvering climaxed in February 1966, when Prime Minister Milton Obote suspended the constitution and assumed all government powers, removing the positions of president and vice president. In September 1967, a new constitution proclaimed Uganda a republic, gave the president even greater powers, and abolished the traditional kingdoms.

On January 25, 1971, Obote's government was ousted in a military coup led by armed forces commander Idi Amin Dada. Amin declared himself 'president', dissolved the parliament, and amended the constitution to give himself absolute power. Idi Amin's eight-year rule produced economic decline, social disintegration, and massive human rights violations. The Acholi and Langi ethnic groups were particular objects of Amin's political persecution because they had supported Obote and made up a large part of the army. In 1978, the

International Commission of Jurists estimated that more than 100,000 Ugandans had been murdered during Amin's reign of terror; some authorities place the figure as high as 300,000.

In October 1978, Tanzanian armed forces repulsed an incursion of Amin's troops into Tanzanian territory. The Tanzanian army, backed by Ugandan exiles waged a war of liberation against Amin's troops and the Libyan soldiers sent to help him. On April 11, 1979, Kampala was captured, and Amin fled with his remaining forces. This led to the return of Obote, who was deposed once more in 1985 by General Tito Okello. Okello ruled for six months until he was deposed after the so called "bush war" by the National Resistance Army (NRA) operating under the leadership of the current president, Yoweri Museveni, and various rebel groups, including the Federal Democratic Movement of Andrew Kayiira, and another belonging to John Nkwanga.

Museveni has been in power since 1986. In the mid to late 1990s, he was lauded by the West as part of a new generation of African leaders.

## **HISTORY**

Uganda experienced two great waves of migration. The first brought the Bantu-speaking peoples from further west in Africa, and the second, the Nilotic people from Sudan and Ethiopia. These broad families are still geographically split today, the Bantu in the centre and south of the country and the Nilotic peoples in the north. Until the 19th century, landlocked Uganda saw few outsiders compared with its neighbours. Despite fertile lands and surplus harvests, trading links with the great Indian Ocean ports were limited. During the reign of the Bugandan kabaka (king) Mwanga in the mid-19th century, contacts were finally made with Arab traders and early European explorers. Uganda was not to escape the tide of colonialism sweeping across the continent.

### **The British Arrive**

After the Treaty of Berlin in 1890, when Europeans carved up Africa without consulting any Africans, Uganda, Kenya and Zanzibar were declared British protectorates in 1894. The Brits ruled indirectly, giving the traditional kingdoms a considerable degree of autonomy, but favoured the recruitment of Buganda people for their civil service.

Other tribal groups, unable to make inroads into the Buganda-dominated colonial administration or commercial sector, were forced to seek other avenues for advancement. The Acholi and Lango soon became dominant in the military. Thus were planted the seeds for the intertribal conflicts that were to tear Uganda apart following independence.

### **Independence Time**

By the mid-1950s a schoolteacher from the north, Dr Milton Obote, had cobbled together a loose coalition that led Uganda to independence in 1962, on the promise that the Buganda would have autonomy.

It wasn't the ideal time for Uganda to get to grips with independence. Civil wars were raging in neighbouring southern Sudan, Zaïre and Rwanda, and refugees poured into the country. It was soon obvious that Obote had no intention of sharing power with the kabaka (king). A confrontation was looming.

Obote moved fast, arresting several cabinet ministers and ordering his army chief of staff, Idi Amin, to storm the kabaka's palace. Obote became president, the Bugandan monarchy was abolished and Idi Amin's star was on the rise.

### **Enter Idi Amin**

Amin staged a coup in January 1971 and so began Uganda's first reign of terror. All political activities were suspended, and the army was empowered to shoot on sight anyone suspected of opposition to the regime.



Over the next eight years an estimated 300, 000 Ugandans lost their lives, often in horrifying ways. Amin's main targets were the educated classes, the Acholi and Lango tribespeople of Obote and the 70, 000-strong Asian community. In 1972, Asians were given 90 days to leave the country; they departed with little more than the clothes they wore.

Meanwhile, the economy collapsed, infrastructure crumbled, prolific wildlife was slaughtered by soldiers and the tourism industry evaporated. The stream of refugees across the border became a flood, inflation hit 1000% and the treasury ran out of money to pay the soldiers.

Faced with a restless army, Amin had to seek a diversion. He chose war with Tanzania, ostensibly to teach that country a lesson for supporting anti-Amin dissidents. The Tanzanians defeated the Ugandan army and pushed on into the heart of Uganda in early 1979. Amin fled to Libya and later to Saudi Arabia, where he lived in exile until his death in 2003.



**IDI AMIN**

### **Obote Rides Again**

The rejoicing in Uganda after Amin's downfall was short-lived. The 12, 000 Tanzanian soldiers who remained in Uganda, supposedly to assist with the country's reconstruction and to maintain law and order, turned on the Ugandans as soon as their pay dried up.

Yusufu Lule and Godfrey Binaisa came and went as leaders, before Obote returned from exile in Tanzania to an enthusiastic welcome in many parts of the country. He swept to victory in an election that was, according to witnesses, blatantly rigged.

The honeymoon for Obote proved to be relatively short. Like Amin, Obote favored certain tribes - his Lango and Acholi supporters from the north were given the top jobs - and the prisons began to fill once more. Obote was about to complete the destruction that Amin had begun. More and more reports of atrocities leaked out of the country and several mass graves were discovered. In mid-1985 Obote was overthrown in a coup staged by the army under the leadership of Tito Okello.

### **A New Beginning**

Shortly after Obote had become president for the second time, a guerrilla army launched a resistance struggle in western Uganda. It was led by Yoweri Museveni, who had lived in exile in Tanzania during Amin's reign. In the early days, few gave the guerrillas, known as the National Resistance Army (NRA), much of a hope, but by the time of Okello's arrival, the NRA controlled a large slice of western Uganda. By January 1986 it was clear that Okello's days were numbered. The NRA launched an all-out offensive and took Kampala. Museveni proved to be a pragmatic leader, appointing a number of arch-conservatives to his cabinet, and making an effort to avoid the tribal nepotism that had divided the country. The economy took a turn for the better and aid and investment trickled into the country. Political parties were banned to avoid a polarization along tribal lines once more, but anyone could join the National Resistance Movement (NRM).

### **Uganda Today**

The debate about the formation of political parties has dominated the agenda in recent years. Museveni shifted his position on a return to multiparty politics, and in July 2005 a referendum was held that overwhelmingly endorsed democracy. The fact that voter turnout was tiny suggested no-one was really that interested in the issue.

One issue they definitely were interested in was Museveni's move to scrap constitutional limits on presidential terms. Museveni himself put in place the two-term limit and promptly changed his mind as the end of his tenure drew closer. He was re-elected in 2006, but not before he had his opponent Dr Kizza Besigye muzzled and imprisoned on charges of treason and rape. Dr Besigye still took 41% of the vote. Long a darling of the



**PRESIDENT MUSEVENI BEING ELECTED FOR HIS 5TH TERM.**

donors, President Museveni's U-turn on a third term in office has cast a cloud over his excellent record. Unflattering comparisons are being made with the Mugabes of this world and old friends are turning their back on Museveni. The world is watching to see what happens next.

The other dominant domestic concern has been the ongoing war against insurgents within the country. The Lord's Resistance Army (LRA) has been fighting a war in northern Uganda for two decades now and the mindless violence shows few signs of coming to an end despite ongoing peace efforts. The LRA's original aim was to establish a state based on the Ten Commandments, but given they have broken every commandment in the book, they seem to have forgotten their goal. Peace talks have been on and off again, but peace and the LRA seem a contradiction in terms.

Uganda has also been involved in conflicts beyond its borders, particularly in the Democratic Republic of Congo (DRC). This turned into Africa's first cross-continental war. Old friends Rwanda and Uganda soon became enemies and backed rival factions in the bloody civil war. Both countries were accused of shamelessly plundering the DRC's mineral wealth and their international reputations took a tumble. Uganda finally pulled its troops out in 2002, but has yet to rebuild its former friendship with Rwanda.

Genuine political stability is possible only if the government can bring to an end the insurgent campaigns within its borders. If Uganda can negotiate a lasting peace with all its neighbors, that in turn should bring a rapid end to the capacity of rebel groups to destabilize the country.

<http://www.lonelyplanet.com/uganda/history#ixzz4769pY4Fr>

## GEOGRAPHY

The country is located on the East African Plateau, lying mostly between latitudes 4°N and 2°S (a small area is north of 4°), and longitudes 29° and 35°E. It averages about 1,100 meters (3,609 ft) above sea level, sloping very steadily downwards to the Sudanese Plain to the north.

Although landlocked, Uganda contains



many large lakes. Besides Lakes Victoria and Kyoga, there are Lake Albert, Lake Edward, and the smaller Lake George.

Uganda lies almost completely within the Nile basin. The Victoria Nile drains from Lake Victoria into Lake Kyoga and from there into Lake Albert on the Congolese border. It then runs northwards into South Sudan.

## CLIMATE AND WEATHER

Although generally equatorial, the climate is not uniform as the altitude modifies the climate. Southern Uganda is wetter with rain generally spread throughout the year. At Entebbe on the northern shore of Lake Victoria, most rain falls from March to June and the November/December period. Further to the north a dry season gradually emerges; at Gulu about 120 km from the South Sudanese border, November to February is much drier than the rest of the year.

The northeastern region has the driest climate and is prone to droughts in some years. Rwenzori in the southwest on the border with DR Congo receives heavy rain all year round. The south of the country is heavily influenced by one of the world's biggest lakes, Lake Victoria, which contains many islands. It prevents temperatures from varying significantly and increases cloudiness and rainfall.

Climate data for Kampala													[hide]
Month	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec	Year
Record high °C (°F)	33 (91)	36 (97)	33 (91)	33 (91)	29 (84)	29 (84)	29 (84)	29 (84)	31 (88)	32 (90)	32 (90)	32 (90)	36 (97)
Average high °C (°F)	28.6 (83.5)	29.3 (84.7)	28.7 (83.7)	27.7 (81.9)	27.3 (81.1)	27.1 (80.8)	26.9 (80.4)	27.2 (81)	27.9 (82.2)	27.7 (81.9)	27.4 (81.3)	27.9 (82.2)	27.8 (82)
Daily mean °C (°F)	23.2 (73.8)	23.7 (74.7)	23.4 (74.1)	22.9 (73.2)	22.6 (72.7)	22.4 (72.3)	22.0 (71.6)	22.2 (72)	22.6 (72.7)	22.6 (72.7)	22.5 (72.5)	22.7 (72.9)	22.73 (72.93)
Average low °C (°F)	17.7 (63.9)	18.0 (64.4)	18.1 (64.6)	18.0 (64.4)	17.9 (64.2)	17.6 (63.7)	17.1 (62.8)	17.1 (62.8)	17.2 (63)	17.4 (63.3)	17.5 (63.5)	17.5 (63.5)	17.6 (63.7)
Record low °C (°F)	12 (54)	14 (57)	13 (55)	14 (57)	15 (59)	12 (54)	12 (54)	12 (54)	13 (55)	13 (55)	14 (57)	12 (54)	12 (54)
Average rainfall mm (inches)	68 (2.68)	63 (2.48)	132 (5.2)	169 (6.65)	118 (4.65)	69 (2.72)	63 (2.48)	96 (3.78)	108 (4.25)	138 (5.43)	149 (5.87)	92 (3.62)	1,265 (49.8)
Average rainy days (≥ 1 mm)	5	5	10	12	11	6	5	7	9	9	8	7	94
Average relative humidity (%)	66	68.5	73	78.5	80.5	78.5	77.5	77.5	75.5	73.5	73	71.5	74.5
Mean monthly sunshine hours	155	170	155	120	124	180	186	155	150	155	150	124	1,824
Source #1: World Meteorological Organization, <sup>[16]</sup> Climate-Data.org for mean temperatures <sup>[17]</sup>													
Source #2: BBC Weather <sup>[18]</sup>													



## DEMOGRAPHICS

The country has very significant overpopulation problems. Uganda's population has grown from 9.5 million people in 1969 to 34.9 million in 2014. With respect to the last inter-censal period (September 2002), the population increased by 10.6 million people in the past 12 years.

Uganda has a very young population; with a median age of 15 years, it is the lowest median age in the world. Uganda has the fifth highest total fertility rate in the world, at 5.97 children born/woman (2014 estimates).

There were about 80,000 Indians in Uganda prior to Idi Amin mandating the expulsion of the Ugandan-Asians (mostly of Indian origin) in 1972, which reduced the population to as low as 7,000. However, many Indians returned to Uganda after Amin's fall from power in 1979, and the population is now between 15,000 and 25,000. Around 90 percent of the Ugandan Indians reside in Kampala, the capital.

According to the UNHCR, Uganda hosted over 190,000 refugees in 2013. Most of the latter came from neighboring countries in the African Great Lakes region, namely Burundi, the Democratic Republic of Congo, Kenya, Rwanda and Sudan.



ETHNOLINGUISTIC MAP OF UGANDA



[illegible]

Uganda's economy generates export income from coffee (\$466.6 million annually), tea (\$72.1 million), fish (\$136.2 million), and other products. The country has commenced economic reforms and growth has been robust. In 2008, Uganda recorded 7 percent growth despite the global downturn and regional instability. Uganda has substantial natural resources, including fertile soils, regular rainfall, and sizable mineral deposits of copper and cobalt. The country has largely untapped reserves of both crude oil and natural gas. While agriculture accounted for 56 percent of the economy in 1986, with coffee as its main export, it has now been surpassed by the services sector, which accounted for 52 percent of GDP in 2007. In the 1950s, the British colonial regime encouraged some 500,000 subsistence farmers to join co-operatives. Since 1986, the government (with the support of foreign countries and international agencies) has acted to rehabilitate an economy devastated during the regime of Idi Amin and the subsequent civil war.

## EDUCATION

Education is important for a successful post-conflict transition in Northern Uganda, as it helps develop peoples' abilities to break free of circles of violence and suffering. Uganda's Universal Primary Education (UPE) has



resulted in high enrollment rates in Northern Uganda, but education tends to be of a low quality and few pupils actually complete primary school. There are inadequate facilities; e.g. out of 238 primary schools in Pader, 47 are still under trees, limited teacher accommodation is causing high rates of teacher absenteeism and in some areas the average primary school teacher to student ratio is 1:200.

Furthermore, there is some evidence to suggest completion of secondary school is necessary to provide an individual with a proper chance to escape poverty, as employment and income levels for those who completed primary schools are similar to those who did not attend at all. The region has particular

difficulties, as teachers are hard to find. The conflict created a lost generation without an adequate education themselves and teachers from other areas are still highly concerned about security in the region. Special attention to education in the region is required to ensure the fragile peace does not deteriorate into full-scale conflict once more.

## RELIGION

According to the census of 2002, Christians made up about 85 percent of Uganda's population. The Roman Catholic Church had the largest number of adherents (41.9 percent), followed by the Anglican Church of Uganda (35.9 percent). Adventist, Evangelical, Pentecostal, and other Protestant churches claimed most of the remaining Christians, though there was also a tiny Eastern Orthodox community. The next most reported religion of Uganda was Islam, with Muslims representing 12.1 percent of the population.

The Muslim population is primarily Sunni. There are also minorities who are Shia (7 percent), Ahmadiyya (4 percent) and those that are non-denominational Muslims, Sufi Muslims.

The remainder of the population according to the 2002 census followed traditional religions (1.0 percent), Baha'i (0.1 percent), other non-Christian religions (0.7 percent), or had no religious affiliation (0.9 percent). The northern and West Nile regions are predominantly Catholic, while the Iganga District in eastern Uganda has the highest percentage of Muslims. The rest of the country has a mix of religious affiliations.

**Religious Beliefs.** One-third of the population is Roman Catholic, one-third is Protestant, and 16 percent is Muslim; 18 percent believe in local religions, including various millenarian religions. World religions and local religions have coexisted for more than a century, and many people have established a set of beliefs about the nature of the universe by combining elements of both types. There is a proliferation of religious discourses centering on spirits, spirit possession, and witchcraft.

**Religious Practitioners.** Religious identity has economic and political implications: church membership has influenced opportunities for education, employment, and social advancement. Religious practitioners thus are expected to provide a range of benefits for their followers. Leaders of indigenous religions reinforce group solidarity by providing elements necessary for societal survival: remembrance of ancestors, means of settling disputes, and recognition of individual achievement. Another social function of religious practitioners is helping people cope with pain, suffering, and defeat by providing an explanation of their causes. Religious beliefs and

practices serve political aims by bolstering the authority of temporal rulers and allowing new leaders to mobilize political power and implement political change.

**Rituals and Holy Places.** In Bantu-speaking societies, many local religions include a belief in a creator God. Most local religions involve beliefs in ancestral and other spirits, and people offer prayers and sacrifices to symbolize respect for the dead and maintain proper relationships among the living. Mbandwa mediators act on behalf of other believers, using trance or hypnosis and offering sacrifice and prayer to beseech the spirit world on behalf of the living.

Uganda has followers of Christianity, Islam, and African traditional religions. Ugandan Muslims make pilgrimages to Mecca when they can. Followers of African religions tend to establish shrines to various local gods and spirits in a variety of locations.

**Death and the Afterlife.** Death is sometimes interpreted in the idiom of witchcraft. A disease or other cause of death may not be considered the true cause. At a burial, if the relatives suspect someone of having caused the deceased person's death, a spirit medium may call up the spirit of the deceased and ask who really killed him or her.

Read more: <http://www.everyculture.com/To-Z/Uganda.html#ixzz4762M2Cw4>

## MODERN LIFE

Owing to the large number of communities, culture within Uganda is diverse. Many Asians (mostly from India) who were expelled during the regime of Amin have returned to Uganda.

The country has an increasingly successful national basketball team. It is nicknamed *The Silverbacks* and made its debut at the 2015 FIBA Africa Championship.

The Ugandan film industry is relatively young. It is developing quickly, but still faces an assortment of challenges. Recently there has been support for the industry as seen in the proliferation of film festivals such as Amakula, Pearl International Film Festival, Maisha African Film Festival and Many Human Rights Festival. However filmmakers struggle against the competing markets from other countries on the continent such as those in Nigeria and South Africa in addition to the big budget films from Hollywood





## POVERTY

Uganda is one of the poorest nations in the world. In 2012, 37.8 percent of the population lived on less than \$1.25 a day. Despite making enormous progress in reducing the countrywide poverty incidence from 56 percent of the population in 1992 to 24.5 percent in 2009, poverty remains deep-rooted in the country's rural areas, which are home to 84 percent of Ugandans.

People in rural areas of Uganda depend on farming as the main source of income and 90 per cent of all rural women work in the agricultural sector.<sup>[86]</sup> In addition to agricultural work, rural women are responsible for the caretaking of their families. The average Ugandan woman spends 9 hours a day on domestic tasks, such as preparing food and clothing, fetching water and firewood, and caring for the elderly, the sick as well as orphans. As such, women on average work longer hours than men, between 12 and 18 hours per day, with a mean of 15 hours, as compared to men, who work between 8 and 10 hours a day.

Maternal health in rural Uganda lags behind national policy targets and the Millennium Development Goals, with geographical inaccessibility, lack of transport and financial burdens identified as key demand-side constraints to accessing maternal health services; as such, interventions like intermediate transport mechanisms have been adopted as a means to improve women's access to maternal health care services in rural regions of the country.





## NATIONAL FLAG

**Adopted October 9, 1962**

Six equal horizontal bands of black (top),

yellow, red, black, yellow, and red (bottom);

a white disc is superimposed at the centre and depicts the national symbol, a grey crowned crane, facing the hoist side.



Designed by Grace Ibingira

The three colors are representative of African peoples (black), Africa's sunshine (yellow), and African brotherhood (red being the color of blood, through which all Africans are connected). The grey crowned crane is fabled for its gentle nature and was also the military badge of Ugandan soldiers during British rule. The raised leg of the crane symbolizes the forward movement of the country.

[https://en.wikipedia.org/wiki/Flag\\_of\\_Uganda](https://en.wikipedia.org/wiki/Flag_of_Uganda) COUNTRY

## SURVIVAL GUIDE

### ETIQUETTE

**Muzungu:** While walking or riding on a boda boda (public motobikes) on the streets of Kampala, you won't miss the calls of 'Muzungu' that is commonly used to refer to a white person. This section will help you to understand some of the cultural norms in Uganda.

**Appropriate Dress:** Uganda has a fairly conservative Christian/Muslim based society. It is generally not considered acceptable for women to wear skimpy clothing or to have overt displays of sexuality. The only exception is in certain night-life situations in Kampala. Most Ugandans go to church / mosque regularly and consider religion an important part of a moral society. Never criticize religion in presence of an Ugandan!

You will not be taken seriously if you wear shorts outside the obvious tourist destinations and most Ugandan adults would never wear shorts except if playing sport. Use a pair of light trousers to blend in better. Most women wear skirts in rural areas, but trousers are acceptable in cities and larger towns.

In central Kampala women can dress pretty much like in any western big city. Women dressing smartly in tight sleeveless tops, tight jeans, or dresses or skirts that do not cover the knees are a very common sight here. As a

foreigner you do not need to avoid dressing up - although for safety reasons it is wise to avoid wearing expensive jewelry or similar accessories.

**Greetings:** A handshake is the most common form of greeting. If your hands are wet or dirty you may offer your wrist instead of hand.

**Displays of friendship:** 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 indeed punishable), but rather of friendship.

**Bargaining:** Apart from supermarkets that are in the city, when you are in the market for fruits, craft market, be sure that you will need some basic bargaining and haggling skills. Do not be surprised as this can range from the cheapest commodity to the most expensive; be it a taxi cab, food to even hotel rates [depending on where you are staying]

**Transportation:** There are different means of ground transport available in the city including boda bodas (publicly used motorcycles) and matatus (a taxi cab). These are the commonest used means of public transport in Uganda. Others are the special hire taxi cabs and in extreme cases, you will find trucks carrying passengers and cargo.

**Markets and shopping:** There are a number of markets available in the city that will provide you with all that you need.

- Craft market on Buganda Road and national Theater for crafts,
- The famous Owino (Balikudembe) for second hand stuff.

#### **Language:**

During Uganda's era of British colonialism, settlement by Europeans was not allowed, and today there are few Caucasians in Uganda. The term for whites is **muzungu** (plural wazungu), and Caucasian visitors should get used to hearing it shouted out by children in every corner of the country. It is not a derogatory term per se, but originally referred to being confused and wandering about aimlessly. While it may seem as an insult, its present meaning comes down to 'white person'. You can choose to ignore it, or wave back, depending on the situation.

English is widely spoken as the *lingua franca*, though to varying degrees of fluency. British English is the dialect of the most educated, but Ugandan English often takes on a life of its own, considering that Ugandans speak with a thick accent, so it'll take some getting used to. Dozens of African languages are spoken in Uganda, the most common being Luganda, which is almost universally understood in Kampala. Swahili may come in handy in places, especially the North and East. Though many Ugandans do not speak Swahili at all, it is a common African trade language.

A few words or stock phrases in the various dialects are very easy to learn and most locals will be delighted to help you learn the highly ritualized greeting, and, in turn, every person that you greet in this way will be delighted to meet you.

The common language that is spoken in Kampala is Luganda. This is a language that is spoken by the people (Baganda) from the biggest kingdom (Buganda) that hosts the city. There are people of every color however and other common languages spoken include English which is the official language, Kiswahili among others. Below are some Useful and probably most common phrases that you can use while in Kampala

Hi - Ki Kati  
 Good morning (literally, How was your night?) -  
 Wasuze otya?  
 Good afternoon or Good evening (literally, How was  
 your day?) - Osiibye otya?  
 How are you? - Oli Otya  
 I am ok - Gyendi  
 My name is... - Nze...  
 Goodbye (to one person) - Weeraba  
 Goodbye (to more than one person) - Mweraba  
 Please - Mwattu

Thank you - Weebale  
 Sir - Ssebo  
 Madam - Nnyabo  
 Excuse me (to get someone's attention) - Owange  
 Ok - Kale  
 No thanks - Nedda  
 I don't know - Simanyi  
 How much money is it? - Ssente mmekka?  
 Do you speak English? - Omanyi luzungu?  
 I understand - Ntegeera  
 I do not understand - Sitegeera  
 I want - Njagala

**Courtesy and hospitality:** If being kind to strangers is crazy, then Africa is the craziest continent in the world and Kampala is not an exception. If you have traveled to Africa, then this may seem familiar. People will be willing to help you even more than what you asked for even at the cost of their work. You ask for directions of a place and a person will leave their work and escort you until you reach where you are going. This is just courtesy and nothing else.

**Tourist attractions:** There are many tourist attractions in and around Kampala that you can check out at relatively lower cost. These include Uganda Museum, Craft Market, Namirembe Cathedral, Rubaga cathedral, Ugandan parliament, Independence monument, Lugard Fort, Old Kampala (Gadaffi) Mosque, Namogongo martyrs shrine among others. If you are planning on having a city tour on your own, find out how easily they can be accessed and how long it will take you.

**Food:** There is a variety of foods available in Kampala and in the region. Since you will be in the region, look out for 'Luwombo' which is the delicacy among the Baganda. Well prepared banana leaves [to increase on the food aroma] are used to steam food and this may be chicken, ground nuts among others.

#### Useful numbers

- Airtel Helpline: 1100 (Toll Free)
- Uganda Tourism Portal: Tel: +256 752 975 961
- Hospital: International Hospital Kampala +256 414 340 531
- Police: 999 (Toll Free)
- Entebbe Airport: Tel: +256 414 353 000
- National Water & Sewerage Corporation: Tel: +256 414 320 358
- MTN Helpline: 123 (Toll Free)
- UTL Helpline: 997 (Toll Free)
- Warid Helpline: 0700 100 100
- Orange Helpline: 100 (Toll Free)
- Immigration Department: Tel: +256 414 231 031
- Uganda Funeral Services Ltd: Tel: +256 414 535 678
- Uganda Tourist Board: Tel: +256 414343 196
- Uganda Wildlife Authority: Tel: +256 414 355 000
- Ministry of Tourism, Wildlife & Heritage: Tel: +256 414

**Begging:** Like in many other cities in Africa, you will meet many beggars on the streets of Kampala.



## CULTURE

### ORIENTATION

**Identification.** Lake Kyoga serves as a rough boundary between Bantu speakers in the south and Nilotic and Central Sudanic language speakers in the north. Despite the division between north and south in political affairs, this linguistic boundary actually runs roughly from northwest to southeast, near the course of the Nile. However, many Ugandans live among people who speak different languages, especially in rural areas. Some sources describe regional variation in terms of physical characteristics, clothing, bodily adornment, and mannerisms, but others claim that those differences are disappearing.

**Location and Geography.** Bantu speakers probably entered southern Uganda by the end of the first millennium. They had developed centralized kingdoms by the fifteenth or sixteenth century, and after independence from British rule in 1962, Bantu speakers constituted roughly two-thirds of the population. They are classified as either Eastern Lacustrine or Western Lacustrine Bantu. The Eastern Lacustrine Bantu speakers include the Baganda people whose language is Luganda, the Basoga, and many smaller societies in Uganda, Tanzania, and Kenya. The Western Lacustrine Bantu speakers include the Banyoro, the Bastoro, the Banyankole, and several smaller populations in Uganda.

Nilotic language speakers probably entered the area from the north beginning about C.E. 1000. Thought to be the first cattle-herding people in the area, they also relied on crop cultivation. The largest Nilotic populations in Uganda are the Iteso and Karamojong ethnic groups, who speak Eastern Nilotic languages, and the Acholi, Langi, and Alur, who speak Western Nilotic languages. Central Sudanic languages, which arrived in Uganda from the north over a period of centuries, are spoken by the Lugbara, the Madi, and a few small groups in the northwestern part of the country.



**Linguistic Affiliation.** Introduced by the British in the late nineteenth century, English was the language of colonial administration. After independence, it became the official language, used in government, commerce, and education. Official publications and most major newspapers appear in English, which often is spoken on radio and television. Most residents speak at least one African language. Swahili and Arabic also are widely spoken.

**National Identity.** Ethnic and religious divisions as well as historical enmities and rivalries contributed to the country's disintegration in the 1970s. There was a wide gulf between Nilotic speakers in the north and Bantu speakers in the south and an economic division between pastoralists in the drier rangelands of the west and north, and agriculturists, in the better-watered highland and lakeside regions. There was also a historical division between the centralized and sometimes despotic rule of the ancient African kingdoms and the kinship-based politics elsewhere. The kingdoms were often at odds in regard to the control of land. During the colonial period, the south had railways, cash crops, a system of Christian mission education, and the seat of government, seemingly at the expense of other regions. There also were religious groups that had lost ground to rivals in the past, for example, the domination of Muslims at the end of the nineteenth century by Christians allied to British colonialism. All these divisions precluded the formation of a national culture.



**GRAND MOSQUE OF KAMPALA**

**Ethnic Relations.** After independence, there were conflicting local nationalisms. The Buganda's large population, extensive territory in the favored south, and self-proclaimed superiority created a backlash among other Ugandan peoples. Nubians shared little sense of identification with other groups. The closely related peoples of nearby Zaire and the Sudan soon became embroiled in civil wars in the 1960s and 1970s, drawing in ethnically related Ugandans. Today relations are relatively harmonious. However, suspicion remains with the president believing to favor certain groups from the west of the country over others.

## **FOOD AND ECONOMY**

**Food in Daily Life.** Most people, except a few who live in urban centers, produce their own food. Most people eat two meals a day: lunch and supper. Breakfast is often a cup of tea or porridge. Meals are prepared by women and girls; men and boys age twelve and above do not sit in the kitchen, which is separate from the main house. Cooking usually is done on an open wood fire. Popular dishes include matoke (a staple made from bananas), millet bread, cassava (tapioca or manioc), sweet potatoes, chicken and beef stews, and freshwater fish. Other foods include white potatoes, yams, corn, cabbage, pumpkin, tomatoes, millet, peas, sorghum, beans, groundnuts (peanuts), goat meat, and milk. Oranges, papayas, lemons, and pineapples also are grown and consumed. The national drink is waragi, a banana gin. Restaurants in large population centers, such as Kampala (the capital), serve local foods.

**Basic Economy.** Most food is produced domestically. Uganda exports various foodstuffs, including fish and fish products, corn, coffee, and tea. The environment provides good grazing land for cattle, sheep, and goats. Agriculture is the most important sector of the economy, employing over 80 percent of the workforce. Much production is organized by farmers' cooperatives. Smallholder farmers predominated in the 1960s and 1970s but declined as a result of civil conflict. In the 1980s, the government provided aid to farmers, and by the middle of the decade nearly a hundred ranches had been restocked with cattle. Lakes, rivers and swamps cover about 20 percent of the land surface, and fishing is an important rural industry. The basic currency is the shilling.

**Land Tenure and Property.** At independence, the country was a patchwork of district administrations subdivided into counties and consolidated into provinces. As a result of a treaty with the British in 1900, Uganda retained its monarchy together with a modified version of its government and a distinctive form of quasi-freehold land tenure. Land was divided between the protectorate government and the kabaka (king), chiefs, and other tribal notables. This mailo land quickly became an important element in the colonial farming economy.

Uganda has a long history of diverse laws and social systems governing land tenure. Since the promulgation of the Land Reform decree of 1975, only two systems of land tenure exist (leasehold and customary tenure), but in practice a complex mixture of systems (including customary, leasehold, and freehold) continue to exist. The government attempted to simplify and unify the land tenure system. A major development in that process has been the inclusion of land tenure in the constitution of 1995. However, issues such as women's right to own land require further consideration.

## SOCIAL STRATIFICATION

**Classes and Castes.** Although there are no castes, there is a relatively high degree of social inequality. In the mid-1990s, 55 percent of the population lived below the poverty line. The top 10 percent owned about one-third of the available wealth, while the bottom 10 percent owned 3 percent. Wealth distribution is governed by class position. The richest people live mostly in the capital, Kampala.

**Symbols of Social Stratification.** Social stratification is governed primarily by level of education and status derived primarily from employment. Among the elites, English is the language of communication, and these people dress in a modern Western fashion. Others tend to wear traditional dress.

## GENDER ROLES AND STATUSES

**Division of Labor by Gender.** Traditionally, women's roles were subordinate to those of men despite the substantial economic and social responsibilities of women in traditional Ugandan societies. Women were taught to accede to the wishes of their fathers, brothers, husbands, and other men and to demonstrate their subordination to men in public life. Into the 1990s, women in rural areas of Buganda were expected to kneel when speaking to a man. However, women had the primary responsibility for child care and subsistence agriculture while contributing to cash crop agriculture. Many Ugandans recognized women as important religious leaders who sometimes had led revolts that overthrew the political order dominated by men. In some areas, women could own land, influence crucial political decisions made by men, and cultivate cash crops.

**The Relative Status of Women and Men.** In the 1970s and 1980s, political violence had a heavy toll on women. Economic hardship was felt in the home, where women and children lacked the economic opportunities available to most men. Women's work became more time-consuming, and the erosion of public services and infrastructure reduced access to schools, hospitals, and markets. However, some Ugandan women believed that the war years strengthened their position in society, and the Museveni government has pledged to eliminate discrimination against women. During the civil war, women were active in the NRA. The government decreed

that one woman would represent each district on the National Resistance Council, and the government-owned Uganda Commercial Bank established a rural credit plan to make farm loans available to women.

### MARRIAGE, FAMILY, AND KINSHIP

**Marriage.** Family prosperity in rural areas involves the acquisition of wives, which is accomplished through the exchange of bridewealth. Since the 1950s a ceiling on bridewealth has been set at five cows and a similar number of goats. The payment of bridewealth is connected to the fact that men "rule" women. Polygynous marriages have reinforced some aspects of male dominance but also have given women an arena for cooperating to oppose male dominance. A man may grant his senior wife "male" status, allowing her to behave as an equal toward men and as a superior toward his other wives. However, polygynous marriages have left some wives without legal rights to inheritance after divorce or widowhood.

**Domestic Unit.** The extended family is augmented by a kin group. Men have authority in the family; household tasks are divided among women and older girls. Women are economically dependent on the male next of kin (husband, father, or brother). Dependence on men deprives women of influence in family and community matters, and ties them to male relationships for sustenance and the survival of their children.

**Inheritance.** Land reform is a continuing aspect of constitutional debate. Suggestions for a new land policy were part of the draft constitution submitted to the president of the Constitutional Commission in late 1992, though little consideration had been given to the issue of women's right to own and inherit land. Although women make a significant contribution in agriculture, their tenure rights are fragile. The determination and protection of property rights have become important issues as a result of civil war and the impact of AIDS. However, the state's legal stand on inheritance recognizes the devolution of property through statutory as well as customary law.

According to the law, a wife equally with a husband is entitled to 15 percent of the spouse's estate after death. The practice, though, is that in the majority of cases a man inherits all of his wife's property, while culture dictates that a woman does not inherit from her husband at all. In other words, regarding inheritance, where there is conflict between cultural unwritten law and the written modern law, the cultural laws tend to take precedence.

**Kin Groups.** For many people, clan, lineage, and marriage provide the framework of daily life and access to the most significant resources. Farming is largely a family enterprise, and land and labor are available primarily through kin.

### SOCIALIZATION

**Infant Care.** Virtually all infant care is undertaken by women and older girls at home.

**Child Rearing and Education.** Mothers bore an average of over seven children in the late 1990s, and the use of family planning is low. The death of children is commonplace, with an estimated ninety deaths per one thousand live births. Boys are more likely to be educated to the primary and secondary levels than are girls. Among the 62 percent of the population that is literate, nearly three-quarters are men.

**Higher Education.** Established in 1922, Makerere University in Kampala was the first college in East Africa. Its primary aim was to train people for government employment. In the 1980s, it expanded to include colleges of liberal arts and medicine serving more than five thousand students. In the early 1990s, there were about nine thousand students. The Islamic University at Mbale, financed by the Organization of the Islamic Conference, opened in 1988. This college provides Islamic educational services primarily to English-speaking students from African countries. In 1989, a second national university campus opened in Mbarara, with a curriculum designed

to serve rural development needs. Development plans for higher education rely largely on international and private donors. Most residents value higher education, perceiving it as an essential aspect of national development.

## ETIQUETTE

Shaking hands is the normal form of greeting. Casual dress is considered appropriate in the daytime and evening. It is customary to give waiters and taxi drivers a 10 percent tip. Etiquette is important at family meals. When a meal is ready, all the members of the household wash their hands and sit on floor mats. Visitors and neighbors who drop in are expected to join the family at a meal. Normally a short prayer is said before the family starts eating. During the meal, children talk only when asked a question. It is considered impolite to leave the room while others are eating. Leaning on the left hand or stretching one's legs at a meal is a sign of disrespect. When the meal is finished, everyone in turn gives a compliment to the mother.

## RELIGION

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## MEDICINE AND HEALTH CARE

Health services deteriorated in the 1970s and 1980s, as a result of government neglect, violence, and civil war. In the 1990s, measles, respiratory tract infections, and gastro enteritis caused one-half of all deaths attributed to illness, and malaria, AIDS, anemia, tetanus, whooping cough, and respiratory tract infections also claimed many lives. Infant mortality was often caused by low birth weight, premature birth, or neonatal tetanus. The entire health care system was served by less than a thousand doctors in the 1990s. Care facilities included community health centers, maternity clinics, dispensaries, leprosy centers, and aid posts. Today there is at least one hospital in each district except the southern district of Rakai. In the sparsely populated northern districts, people sometimes travel long distances to receive medical care, and facilities are inferior to those in the south. Those who live far from or cannot afford modern health care depend on traditional care. Women are prominent among traditional healers.

## SECULAR CELEBRATIONS

The major holidays are New Year's Day, 1 January; Liberation Day, 26 January; International Women's Day, 8 March; Labor Day, 1 May; National Heroes Day, 9 June; and Independence Day, 9 October.

## USEFUL KISWAHILI PHRASES

[www.omniglot.com](http://www.omniglot.com)

A collection of useful phrases in kiSwahili, a Bantu language spoken mainly in southwestern UGANDA, and also in Zimbabwe, Botswana, the Democratic Republic of Congo and Namibia. It is also known as seRotse.

Key to abbreviations: sg = singular (said to one person), pl = plural (said to more than one person).

English	kiSwahili (Swahili)
Welcome	Karibu (sg) Karibuni (pl)
Hello (General greeting)	Habari (inf) Hujambo (sg) Hamjambo (pl) Sijambo (reply)
How are you?	Habari? Hujambo? Habari yako? Habari gani?
Reply to 'How are you?'	Nzuri Sijambo
What's your name?	Jina lako ni nani?

My name is ...	Jina langu ni ...
Where are you from?	Unatoka wapi?
I'm from ...	Natoka ...
Pleased to meet you	Nafurahi kukuona Nimefurahi kukutana nawe
Good morning (Morning greeting)	Habari ya asubuhi
Good afternoon (Afternoon greeting)	Habari ya mchana
Good evening (Evening greeting)	Habari ya jioni
Good night	Usiku mwema <a href="#">Lala salama</a> ( <i>sleep well</i> )
Goodbye (Parting phrases)	Kwaheri
Good luck	Kila la kheri!
Cheers! (Toasts used when drinking)	Maisha marefu! Afya! Vifijo!
Have a nice day	Nakutakia siku njema!
Bon appetit / Have a nice meal	Ufurahie chakula chako (sg) Furahieni chakula chenu (pl) Chakula chema
Bon voyage / Have a good journey	Safari njema!
I understand	Naelewa
I don't understand	Sielewi
I don't know	Sijui
Please speak more slowly	Tafadhali sema polepole
Please write it down	Waweza kuiandika?
Do you speak English?	Unazungumza Kingereza?
Do you speak Swahili?	Unazungumza Kiswahili?
Yes, a little ( <i>reply to 'Do you speak ...?'</i> )	Ndiyo, kidogo tu
How do you say ... in Swahili?	Unasemaje ... kwa Kiswahili?

Excuse me	Samahani nipishe ( <i>to get past</i> ) Samahani ( <i>to get attention or say sorry</i> )
How much is this?	Hii ni bei gani?
Sorry	Samahani
Please	Tafadhali
Thank you	Asante Asante sana (sg) Asanteni (pl)
Reply to thank you	Asante kwa kushukuru
No thanks	Hapana asante
Where's the toilet?	Choo kiko wapi?
This gentleman/lady will pay for everything	Mtu huyu atalipia kila kitu
Would you like to dance with me?	Tucheze ngoma? Utapenda kudansi?
I love you	Ninakupenda
Get well soon	Ugua pole
Help!	Msaada!
Fire!	Moto!
Stop!	Usifanye hivyo!
Go away!	Nenda zako!
Leave me alone!	Usinisumbue!
Call the police!	Mwite polisi!

You will hear lots of ecstatic children waving, jumping, hopping and singing "jambo mzungu" as you roll past.

## SAFETY

Traveling to a foreign country such as Uganda can offer the experience of a lifetime. However, in the midst of all this excitement you must also be cognizant of your surroundings and take certain precautions to ensure your safety. Like many of the countries in Africa and around the world, Uganda has certain neighborhoods you might be wise to avoid, and the country is currently experiencing a higher than average crime rate due to an increase in gang activity in certain regions of the country.

To help you safely enjoy all that Uganda has to offer, below we have outlined a few travel safety tips you may want to keep in mind while visiting the country.

### Travel in Groups

As the old saying goes, “there is safety in numbers.” Truer words have never been spoken. As you make your way through beautiful Uganda, en route to the various sites and attractions you’ve mapped out on your itinerary, always try to travel with at least one other person (even more if you can). Research shows that criminals are less likely to approach you when they feel outnumbered.

### Make Copies of all Your Important Documents

Documents can easily be misplaced or even stolen in the hustle and bustle of foreign travel, creating a nightmarish situation you just don’t need. This is why you should make copies of all your important papers. This includes copies of your passport, visa, driver’s license, social security card and medical insurance card. Travel experts suggest you keep one copy of these documents on your person at all times, and at least one other copy locked in the hotel safe.

### Beware of the Night

Sightseeing is an activity that should be limited to the daylight hours, as unsavory types tend to be hard at work during the nighttime, often preying on unsuspecting tourists. Enjoy your hotel during the nighttime hours, and if you must go out, try to stay in the immediate area.

### Watch the Strays

Uganda has many stray dogs and cats roaming the streets, many of which are feral and quite dangerous. Even if the animal looks friendly, resist the temptation to pet him/her, as many of these strays are infected with diseases, including rabies.

### Get Vaccinated

Although only people who have traveled to certain regions of the world are legally required to be vaccinated (for yellow fever) prior to entering Uganda, you may want to be on the safe side and receive certain vaccinations anyway. Check with your doctor regarding the vaccinations that would be appropriate when traveling to Uganda and don’t let a serious illness of some type ruin your long-awaited getaway.

Uganda is, overall, a safe country to visit. All the more so if your visit is primarily an organized safari. Many tourists visit Uganda every year and most visits are trouble-free. There have been several terrorist attacks in the past. Unfortunately, terrorism has become part of life and it is very difficult, if not impossible, to safeguard against it. Fortunately, incidents are very rare and the chance of being a random victim is almost negligent. As with many third-world countries, theft and muggings are relatively common, but most incidents



are in cities, Kampala in particular. Walking alone around the city is not recommended. An overnight stay at a reputable hotel or an organized visit to one of the many attractions in or around the city is fairly risk-free.

The following are general safety tips for traveling anywhere in the world, including Uganda:

- Don't wear valuables like jewelry, expensive watches or money belts visibly.
- Buy good travel and health insurance and check that all activities on your trip are covered.
- Check the entry requirements for the country you are visiting, including: number of empty pages and months left before your passport expires, visa requirements, if holding a return ticket is required, etc.
- Get all the required vaccinations, preventive malaria medication and insect repellent. Insect repellent should contain at least 20-30% DEET.
- Lock all bags before handing them over at check-in at the airport. Keep all valuables in your hand luggage or money belt, including your passport and bank cards.
- Make photocopies of important documents like tickets, insurance papers, passport, and visa and keep them separate. It is also recommended to scan these documents and email a copy to yourself and somebody at home, along with your flight other travel details. If you don't have a scanner, you can leave photocopies with somebody at home.
- Put your valuables in the safety deposit box of the hotel and make sure to take at least one bag that you can lock.
- Check with your tour operator what to pack for your trip. It is important to be protected against the sun and have suitable clothing for wildlife watching (see the Wildlife watching safety precautions page for more info).
- When small charter flights are part of your trip, check the luggage weight limits, since you often aren't allowed to bring a lot of luggage.
- Don't drive at night as it is harder to see the road conditions. They are often poor and people frequently walk on the road, sometimes drunk.
- When driving in areas known for car hijackings (like in and around Johannesburg) you should lock all doors and keep your windows closed. Don't stop at hijacking hotspots, like empty parking lots or the emergency lane of highways. The risk is significantly higher after dark.
- Don't offend or irritate police officers. Always show respect. Police officers might try their luck getting a bribe. If so, don't get aggressive, but also don't give in and stand your ground. A light attitude and a joke might well get you off the hook.
- Don't take photos of government or military buildings and constructions
- Keep a small stash of cash at hand separately so you don't have to reveal where you keep the rest of your money when paying for small things on the street.
- It's always safer to walk in the city with at least two or more people.
- Don't walk around at night; take a taxi.
- When taking a taxi without a meter, always get information about the trip price up front, before you get in.
- Try not to look too much like a typical tourist by wearing special safari clothing, a money belt, a camera, etc. It will make you look like an inexperienced traveler who can easily be tricked.
- Reading a guidebook or looking at a map on a street often attracts unwanted attention from people who offer transport or want something else from you.
- Don't be afraid to be firm with people who sell things on the street. An effective approach is not to look at their merchandise at all, say 'no' once or twice and ignore them after that.
- Without being paranoid, be skeptical of people outside the hospitality industry approaching you out of a normal context. Especially if they have a sad story that plays on your emotions. These stories usually aren't true and, in most cases, end in asking for money.

- It is always good to be aware of people around you or following you ( Again, without being too paranoid about it).
- Be very careful when drawing money from an ATM. Go elsewhere if suspect people hang around. Don't let anybody help you or talk with you at the ATM. Always cover the number keys with one hand while entering your personal code with the other.
- Keep any bags safely grasped under your arm and don't put anything down at any point. When having a meal or a drink you can tie your bag to your chair or secure it by putting the bag handle under a chair leg while sitting on the chair.
- In busses, don't put your bag under your seat, since the person behind you can grab it, take valuables out of it, and put it back without you noticing.
- When traveling with all your luggage and belongings, always carry your passport and bank cards on you using a money belt and make sure you wear it underneath your clothes, not visible to outsiders. This way, in case your bags get lost or stolen, you'll still have what's most important. Traveling this way is also recommended for domestic and international flights, since luggage can get lost.
- Always lock your car doors and close windows when driving in busy towns. Never leave a car unattended with valuables or luggage visible. If somebody walks up to your car unexpectedly and wants to talk to you, open your window just enough to be able to communicate, but not far enough for them to put their hand in.
- Ask the hotel if it is safe to walk along the beach and only bring the valuables you need for the day.
- Don't engage with any beach boys.

## GOVERNMENT

### Executive branch

The executive branch of UGANDAn government is filled by an elected president. Presidents serve terms of five years and are limited to two terms. The UGANDAn vice-president is appointed by the president.

The presidency is currently being filled by acting President Guy Scott, who replaces Michael Sata, who suddenly died in office on 28 October 2014. Scott was chosen by Sata as the country's Vice-President after the latter won the 2011 election against Rupiah Banda who was elected in a presidential by-election on 30 October 2008 following the death of Levy Mwanawasa in 2008.

Guy Scott is the first white president of an African country since Frederik Willem de Klerk of South Africa in 1994. UGANDAn law stipulates that a new presidential election must be held within 90 days, at the latest on 26 January 2015. It is unclear whether acting President Scott will run for the office. On 25 February Edgar C. Lungu was sworn in as the President sixth elected president, an office which he still holds.

### LEGISLATIVE BRANCH

The unicameral National Assembly of UGANDA is the country's legislative body. The current National Assembly, formed following elections held on 28 September 2006, has a total of 158 members. 150 members are directly elected in single-member constituencies using the simple majority (or First-past-the-post) system. The remaining 8 seats are filled through presidential appointment. All members serve five-year terms.

## Currency



The **Ugandan shilling** is the official currency of Uganda. It is subdivided into 100 cents but no subdivisions have been issued since 1987. The Ugandan shilling is now a stable currency and predominates in most financial transactions in Uganda. The United States dollar is widely accepted as well as the pound sterling and the euro.

**Currency:** the Ugandan currency is the Shilling.

**Bringing cash:** If you are bringing cash, U.S. dollars should be "big head" dollars dated 2006 or later. Larger denomination notes (50s or 100s) give you a better exchange rate than 20s or below. Euros are also widely accepted at bureaux de change. Paying in U.S. cash often gives you a cheaper rate for your hotel or tours than Shillings.

**Credit and debit cards:** Several ATM machines now take cards with a Mastercard logo. And some hotels take American Express. However, the whole country predominately uses Visa. So if you are depending on your Mastercard ATM or credit card, this may be a problem unless you use Orient Bank or Barclay's Bank in countrywide for a fee. The fee is also based on what your bank may charge and at Barclays ATMs it informs you of the fee and asks you to confirm you understand the fee will be deducted before it dishes out the money.

**ATMs:** If you have a VISA ATM card then there is a wide network of ATMs that will give you money and at better rates than from the bureaux de changes. Standard Chartered is the best bet.

If you are going to buy a gorilla permit then you have to pay in U.S.\$, Ugandan Shillings, Euro or GBP (you will be stung on the exchange rate if you don't pay in U.S.\$), this can be cash, or traveler's cheques for a 1% fee. No credit cards are accepted by the UWA

**CURRENT CONVERSATION RATE OF 28 APRIL, 2016**

<http://www.exchange-rates.org/converter/USD/ZMW/1>

The screenshot shows a currency converter interface with a green header bar containing a calculator icon and the text "Currency Converter Results". Below this, the conversion is displayed as 1.0000 USD (US Dollar) equals 3,339.12 UGX (Uganda Shilling). Below the main conversion, two smaller lines show the inverse rates: 1 USD = 3,339.12 UGX and 1 UGX = 0.0002995 USD. At the bottom left, there is a link "Another Conversion? >" and at the bottom right, the date and time "4/28/2016 11:19 PM".




From	To	Rate
1.0000 USD	3,339.12 UGX	
US Dollar (USD)	Uganda Shilling (UGX)	
1 USD	3,339.12 UGX	
1 UGX	0.0002995 USD	

**IMR RECOMMENDATIONS ON PERSONAL FUNDS**

- Please bring the amount that you are comfortable spending on gifts or small personal articles, including snacks.
- To determine if the currency of the country you are visiting is traded in the United States, please visit [www.travelex.com](http://www.travelex.com). Travelex has offices in all major airports and cities and you may change money before the trip for a small fee.
  - Trading in the United States is the easiest way for you to trade money.
- If the currency is not traded in the United States, you will usually be able to trade in the airport upon arrival or the team leader will arrange to change money for the team once during the trip. We do not guarantee that you will be able to change money in small towns or during clinic.
- You must bring currency newer than 2006 and in perfect condition - no tears, folds, old bills.
- New bills are preferred by the international banks, as are denominations larger than \$20. The best rate is obtained trading \$100 bills.
- If you are joining us from another country, please check the trading rules of your home currency.
- Credit cards may not be accepted outside of major cities, hotels, and large restaurants.
- IMR does not pay for alcohol. If you intend to purchase alcohol, you are required to obtain and pay with a separate bill. Please have local currency for these transactions.



## TIME IN UGANDA

 <b>Time zone</b> EAT (Eastern Africa Time) UTC/GMT +3 hours	 <b>No DST</b> No Daylight Saving Time in 2016	 <b>Difference</b> 7 hours ahead of New York
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## EMBASSY INFORMATION

### EMBASSY OF THE UNITED STATES OF AMERICA

U. S. Embassy Kampala

Plot 1577 Ggaba Road,

P.O. Box 7007,

Kampala Uganda.

For Callers Outside Uganda:

256 414 306001 / 256 312 306001

256 414 259791

For Callers Within Uganda:

0414 306001 / 0312 306001 / 0414 259791

**Email:** [KampalaWebContact@state.gov](mailto:KampalaWebContact@state.gov)

**For all Visa inquiries:** [KampalaVisa@state.gov](mailto:KampalaVisa@state.gov)

**For all American Citizen Services inquiries:** [KampalaUSCitizen@state.gov](mailto:KampalaUSCitizen@state.gov)

### EMBASSY OF UGANDA IN THE UNITED STATES

Address: 5911 16th St NW, Washington, DC 20011

Ambassador: Oliver Wonekha

Hours: Open today • 9AM-4PM

Phone: (202) 726-7100

**NOTE:** For your safety, this information is also available on the back of your IMR badge.

## WEBSITES

The following websites provide information on the country you are visiting. IMR highly recommends and encourages you to view these sites prior to departure. They are frequently updated and are a tremendous resource:

- ❖ Embassy of the United States for UGANDA: <https://ug.usembassy.gov/>
- ❖ State Department Travel Warnings: <https://travel.state.gov/content/passports/en/country/uganda.html>
- ❖ CIA publication: <https://www.cia.gov/library/publications/the-world-factbook/geos/ug.html>
- ❖ Travel Health online: <http://www.tripprep.com/>
- ❖ World Health Organization: <http://www.who.int/>
- ❖ Center for Disease Control: <http://www.cdc.gov/travel/>
- ❖ CDC Travel Medicine for UGANDA: <http://wwwnc.cdc.gov/travel/destinations/traveler/none/uganda>
- ❖ CNN Weather Report: <http://www.cnn.com/WEATHER>
- ❖ Official UGANDA Tourism Site: <http://www.visituganda.com/>
- ❖ Lonely Planet: <https://www.lonelyplanet.com/uganda>
- ❖ Wikipedia\_UGANDA: <https://en.wikipedia.org/wiki/Uganda>

