
Hope Ministries Uganda:USA

TEAM MEMBER SURVIVAL GUIDE



2021 EDITION

HOPE MINISTRIES UGANDA: USA
1345 SHIREBOURN, HICKORY, NC 28602
501(c)(3) NONPROFIT ORGANIZATION

rise@hopeministryuganda.org

(828) 308-7339

www.hopeministryuganda.org

TABLE OF CONTENTS

Hope Ministries Uganda:USA	1
TABLE OF CONTENTS	2
INTRODUCTION TO HOPE MINISTRIES UGANDA:USA	3
ABOUT UGANDA	6
THE BATWA	8
MINISTRY OPPORTUNITIES	11
You Need To Know	12
What to Bring	17
Hope Ministries Uganda Trip Application Packet	20
Hope Ministries Uganda:USA Application	21
Hope Ministries Uganda:USA Liability Waiver	23
MEDICAL RELEASE FORM: ADULT	26
MEDICAL RELEASE FORM: MINOR	27
KIDNAPPING AND HOSTAGE-TAKING OF HOPE MINISTRIES UGANDA:USA	
SPONSORED TRAVELERS POLICY INFORMATION AND RELEASE	28
HOPE MINISTRIES UGANDA:USA	29
UGANDA MISSION TRIP TERMS AND CONDITIONS AND CODE OF CONDUCT	
29	
HOPE MINISTRIES UGANDA:USA	34
OTHER DOCUMENTS NEEDED	34

INTRODUCTION TO HOPE MINISTRIES UGANDA:USA

For we are His workmanship, created in Christ Jesus for good works, which God prepared beforehand so that we would walk in them. ~ Ephesians 2:10

God created each of us for good works that He prepared long ago. He births inside of each of us passions and compassions for the things of God. God is continually at work in the world He created and He chooses to use each of us as His vessels. We just need to be able and willing to be obedient in the work that God places in front of us. Often we look at the world and we wonder who will rise up. Our question for you is this:

“If not you, then who?”

The goal of Hope Ministries Uganda:USA is to further the work of God’s kingdom to help bring awareness to the Batwa Tribe located in the southwest corner of Uganda; to proclaim and demonstrate the life-changing Gospel of Jesus Christ by helping to meet the spiritual, physical, and emotional needs of the Batwa men, women and children who have been displaced due to becoming conservation refugees.

Our vision is to bring lasting hope to this people group through a holistic approach. The bigger vision is that we will move towards self-sufficiency as we provide education, vocational training, agricultural training, medical care, nutritious food program, working with the government to bring awareness of the Batwa tribe, and most importantly seeking to build the Kingdom of God by helping the individuals and families we serve in rural Uganda, Africa, to find a living relationship with God through Jesus Christ.

OUR MISSION

Through Hope Ministries Uganda:USA's partnership with Hope Ministries Uganda and Pastor Gerald Tugume our mission is to build awareness of the plight of a forgotten people and to bring the hope of Jesus Christ to them through a holistic approach. Part of this holistic approach is understanding the extreme poverty and discrimination from which the Batwa come from and recognizing that poverty is more than just low income.

WHAT IS POVERTY?

Poverty is about hunger, malnutrition, illiteracy, unsafe drinking water, lack of access to basic health care services, social discrimination, physical insecurity, and political exclusion. It comes down to human suffering.

WHAT DOES IT MEAN TO BE DISCRIMINATED AGAINST FOR THE BATWA?

The Batwa were a people group who depended on hunting and forest gathering. With their eviction from the forest, they were pushed into poverty.

Because other tribes whom the Batwa try to live with do not understand their cultural practices, they choose to hate and discriminate against them.

The Batwa are often humiliated, the children are not allowed in local schools or to receive medical care in local medical clinics.

The Batwa women are denied education in their communities because they are women. Non-Batwa men often rape the women because they believe it will heal them from backache and cure HIV/AIDS.

“

Those from among you will REBUILD the ancient ruins; You will RAISE UP the age-old foundations; And you will be called the REPAIRER of the breach, The RESTORER of the streets in which to dwell.

— Isaiah 58:12 (emphasis mine)

Our mission focus is the four "R's":

REDEEM. The Batwa have been held under captivity of both being separated from God and as conservation refugees. The struggle has been real. The hope is that through being the hands and feet of Jesus, Hope Ministries Uganda will help free the Batwa from captivity and they will discover a relationship with the living God. They will no longer be called unworthy. They have a new name and a new life. God is not done with them.

RESTORE. To restore is to bring back into existence. The Gospel message restores the relationship that God had originally intended to have with the Batwa. It restores families as they learn about how God originally created family. The goal is to restore families as they begin to understand the importance of family and especially the father figure and of course the Father figure. Through restoration of the family, the hope is that child abandonment and the number of orphans will decrease. Through restoration we hope to have opportunities to find land where the Batwa can settle, have a home, and begin a new life through our programs to move towards self sufficiency. Research shows that when families become land owners and can be taught to grow their own food, that the child mortality rate decreases. The Batwa children have the highest mortality rate in all of Uganda.

REBUILD. To rebuild the ancient ruins is a beautiful vision. As the Batwa understand and learn that they have been redeemed and restored, their lives can be rebuilt. The vision that Pastor Gerald has been given has been to do this through education, vocational training, demonstration farms, entrepreneurship programs, medical outreaches, church planting,

nutritional food programs for children and nursing mothers, caring for orphans and abandoned children, and counseling and discipling families, men and women.

RAISE UP. The final goal will be to raise up a new generation who will rise up and out of poverty and be restored in their relationship with Jesus Christ. Through rebuilding the ancient ruins and educating local tribes, the Batwa will no longer feel forgotten and hopeless. Hope is rising up.

Our Ministry's goal is that as you come to be a part of this ministry and our Ugandan family that you will help to further the work of God's Kingdom by fostering relationships with our Ugandan brothers and sister that is based on humility, accountability, and sensitivity. Working in unity with all Christian denominations, we seek to connect team members and our brothers and sisters in Uganda in ways that are mutually beneficial for spiritual growth.

We share with you what we have learned regarding how we go about missions in order to foster independence, dignity, unity, accountability, humility, and sensitivity within our teams and in their relationships with our Ugandan brothers and sisters. This flows both ways.

Hope Ministries Uganda:USA invites you to join us as we pray for God to reveal needs and opportunities for service. We are praying that as you are reading this that something inside of you is rising up that is calling you to come alongside the poor and to be open to relationships that will develop. That God will birth inside of you your calling with the Batwa people and that you will become an advocate for those that are considered the least of these.

We welcome you to the work that God has set before us! Thank you for rising up!

ABOUT UGANDA

Uganda is a landlocked country in East Africa whose diverse landscape encompasses the snow-capped Rwenzori Mountains and immense Lake Victoria. Its abundant wildlife includes chimpanzees as well as rare birds. Remote Bwindi Impenetrable National Park is a renowned mountain gorilla sanctuary. Murchison Falls National Park in the northwest is known for its 43m-tall waterfall and wildlife such as hippos.

Uganda sits on the equator and daylight is nearly always 12 hours. However, temperatures are not as hot as you'd think. Maximum daily temperatures average between 77°F-89°F across the various regions.

Uganda has very fertile soils, particularly around Lake Victoria. Coffee is the main export, with tobacco and tea the next highest-earning agricultural exports. Cocoa beans, palm oil and sugar cane are also key cash crops for the country's farmers.

Agriculture still employs around two-fifths of Uganda's workforce. But while many older Ugandans continue to farm or earn money from growing cash crops such as coffee, young Ugandans often aspire to a more modern way of living.

Most Ugandans still lead a rural lifestyle, with 87% of the population living in the countryside.

Meat or chicken stews are popular in Uganda served with rice, chapatti, ugali (a stiff maize porridge) or matoke (a cooked plantain/banana mash). For a sweet dish, locals enjoy a type of doughnut called mandazi.

Uganda's recent history includes civil war and two brutal dictatorships.

Over 800,000 visitors come to Uganda each year and collectively spend over 700 million dollars (according to the World Tourism Organization). The tourist industry is an important source of revenue for the country.

Life expectancy in Uganda is just 52 years (WHO 2009). Malaria is a huge problem throughout the country, with over 9.7 million cases reported in 2009.

To learn more about Uganda, please visit this website: <http://www.our-africa.org/uganda> or <http://wikitravel.org/en/Uganda> (The above information comes from Our Africa).

Facts & Figures

Population: 34.5 million (UN, 2011 estimate)

Capital: Kampala

Area: 241,038 sq km (93,072 sq miles)

Main languages: English (official), Swahili (official), other local languages. 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 ritualised greeting, and, in turn, every person that you greet in this way will be delighted to meet you.

Here are some common words in Rukiga:

Agandi? (Uh gone de)= how are you

Nigye (knee jay) = I am fine

kale (kal-eh) = ok

nyabo = madam; sebo = sir

muzungu = European, but used more commonly to refer to all foreign and, especially, all white people

Amazina gangue... = My name is....

Ndaruga...= I am from...

Yego = yes

Ingaha = no

Webare = thank you

Webare munonga = thank you so much

Onsasire = I am sorry

Tugyende! = Let's go!

Main religions: Christianity, Islam

Life expectancy: 56 (WHO, 2011)

Literacy rate: Adult [15+] 73%, Youth [15-24] 87% (UNESCO, 2010)

Urban population (% of total): 16% (UN, 2012)

Population under 18 years: 19 million (UNICEF, 2011)

Child mortality: 90 children in every 1,000 likely to die before five years (WHO, 2011)

Child nutrition: 14.1% of children below five years underweight (WHO, 2012)

Number of children (0-17) who have lost one/both parents: 2.6 million (UNICEF, 2011)

Currency: The national currency is the Ugandan shilling, code UGX, sometimes written as Ush. There are 50,000, 20,000, 10,000, 5000, 2000 and 1000 shilling notes and 500, 200, 100, and 50 shilling coins (10, 5, and 1 shilling coins exist but are rarely used). \$1 = approximately 3400 shillings (depending on exchange rate).

We encourage you to read more on Uganda as you are preparing to come on mission. To learn more about Uganda, please visit this website: <http://www.our-africa.org/uganda> (The above information comes from Our Africa).

Food: Ugandan food is served in generous proportions that are heavy in starchy carbohydrates. You can sample the meat, fish or groundnut sauce steamed in banana leaves. It has a tantalising aroma, and is always served with "food", which in Ugandan parlance indicates any carbohydrate. The staple "food" varies from region to region, with the plantain matooke in the south, millet in the north, and Irish or sweet potatoes in the west. Cassava, posho (made from ground maize) and rice are other common "foods". Whole fried Tilapia or slices of Nile Perch are popular, and usually served with chips/French fries. Other common options around Kampala include the traditional matooke, binyebwa (groundnut sauce), chapati, and goat's meat stew. For the less adventurous, toasted sandwiches or omelettes can be found in many places.

A basic local dish starts at around 2,500 UGS, and goes up to 10,000 for the full local buffet, or even 30,000 at a posh hotel. A slice of pineapple from a street vendor can cost as little as 300 shillings.

THE BATWA

The Batwa statistics are different from the rest of Uganda. The Batwa children have the highest death rate in all of Uganda. 38% of the Batwa children die under the age of five, compared with a Ugandan average of 18%. The life expectancy for the Batwa is 28, compared with a Ugandan average of 53.

Originally, the Batwa (so-called 'Pygmy' peoples) were forest-dwelling, hunter-gatherers, based in the Great Lakes region of central Africa, and they are widely accepted as the original inhabitants of the region. The estimated Batwa population is 80,000 to 100,000 people, with approximately 6,700 living in Uganda, mainly in the south-west. The Batwa self-identify as indigenous, however in violation of its international obligations and despite the Commission's recognition of the Batwa as an indigenous people in Africa, Uganda does not recognize them as such. Indeed, the government simply states in its Periodic State report that "Uganda is composed of 56 different indigenous communities.

These groups are segregated under four major ethnicities, which are, the Bantu, the Nilotics, the Nilo Hamites and the Luo." There Periodic State report neglects to mention the Batwa people at all, despite the fact that they remain extremely vulnerable and marginalized due to the discrimination, landlessness, poverty and social exclusion they face. The Batwa experience systematic and pervasive discrimination from government and other sectors of society and their rights as indigenous peoples are neither recognized nor respected in practice. This failure to recognize the Batwa's collective rights also contributes to violations of their individual rights. Uganda has failed to adequately address the wholesale dispossession of the Batwa's traditional lands, territory and resources, brought about primarily through the government's creation of national parks, and does not have in place any measures to address their resulting dire living conditions - including conditions tantamount to involuntary servitude - or their discrimination and sociopolitical exclusion within Uganda society (from the *Supplemental Report on the First Periodical Report of Uganda to the African Commission on Human and People's Rights*).

The entire community of Batwa are poor and depend on begging as a form of livelihood. Most are landless - out of about 2,000 Batwa pygmies in Western Uganda, only 74 have land - and are widely regarded as people "with no rights". Tax exemption for this group is taken as a sign that the government does not recognize them. Although other minorities are represented in parliament through NGOs and CBOs, the Batwa pygmies are not. Other ethnic groups despise them. They rarely eat on the same plate with neighbors. Although, they have been living in isolation, they have not escaped the HIV/AIDS epidemic. Their housing conditions are very poor and they lack access to social services such as running water and health facilities. This group can be seen as chronically poor. Their children experience high rates of malnutrition and there is societal discrimination against them. As a result of all these

problems, they are motivated as a group and seem to be resigned to their situation (*Institute of Development Studies, Social Protection in Uganda: Study to inform the development of a framework for social protection in the context of the Poverty Eradication Action Plan: Phase 1 report: Vulnerability Assessment and Review of Initiatives*).

There are numerous allegations of rape and violence against Benet (another name for Batwa) women in particular that have been committed by authorities, and continue to be committed presently. There are also numerous allegations of violence - including fatal violence - towns the Bent in general which also continue to be committed presently. These incidents have been reported to relevant authorities, but to date, local police,

local office of the Uganda Human community complaints, allowing the Uganda Wildlife Authority (UWA) to continue to act with impunity (INDIGENOUS PEOPLES IN UGANDA: A REVIEW OF THE HUMAN RIGHTS SITUATION OF THE BATWA PEOPLE, THE BENET PEOPLE AND PASTORALIST COMMUNITIES Alternative report to the initial report of the Republic of Uganda to be presented at the 55th session of the United Nations



Committee on Economic, Social and Cultural Rights, June 1-19, 2015).

It is against this backdrop of poverty, lack, and abuse that Hope Ministries Uganda:USA has begun its mission to assist those in this region who have suffered from poverty, homelessness, and children who have been orphaned and abandoned. We will provide for physical needs, address emotional needs, and introduce the unreached populations of Uganda and the surrounding area to the life-changing gospel of Jesus Christ.

Hope Ministries Uganda:USA has partnered its ministry with Hope Ministries Uganda, an approved NGO in Uganda, and we will be supporting our first orphanage (with the hopes of building a children's village so the children can move out of the institutional setting and into family units) and providing the means to get food, clothing, shelter, and education. The goal is to move towards self-sustainability through teaching farming techniques, clean water resources, and vocational and entrepreneurship training. Hope Ministries Uganda:USA exists to provide assistance without regard to religion, race, ethnicity, or gender.

MINISTRY OPPORTUNITIES

Tailor-fit Trips for Every Team.

Hope Ministries Uganda:USA has a close relationship with the Batwa Tribe in the Kisoro District. Because of our relationship with the Batwa we have many opportunities for relationship building and working with those in need, with our orphans at the orphanage, women, men, families, church planting, medical and dental outreaches, counseling women from domestic violence and rape, vocational training, entrepreneurship training, and much more.

We are dedicated to finding where God can use you the most with the gifts and talents that He has anointed you with. Our focus is to remain humble in our service to His people. The design of each trip begins with assessing your team members gifts, passions, and strengths. We then match your assets with the needs that exist in our community in Uganda. Our staff will work closely with your team to find a good match for you. We encourage Vision Trips that will be followed by return teams who are seeking a specific area of ministry. This could move into eventually sending long-term missionaries to work with the Batwa through Hope Ministries Uganda:USA. It is not required, but we encourage trip participants to complete a gifts assessment to help identify their spiritual gift and how it may be utilized in ministry in Uganda. Our staff will work closely with your team leader to design a trip that is tailored to your gifts, skills, passions and resources.

The most helpful step you can take is a simple gift assessment to identify your individual skills and gifts. One resource that you can use is www.assessme.org. Share the results with your team leader as well as what you're passionate about, and any specific skills you have that might be useful on the mission.

The scope of what we are doing with the Batwa is constantly changing and growing. You can check our website for news updates and areas we are working. We are ALWAYS open to new ideas! You can visit our webpage: www.hopeministryuganda.org or follow us on Facebook: www.facebook.com/hopeministryuganda/.

We have many large projects in the near future with our newly purchased land. Please visit our website so that you can see where you may be able to help with developing this land.

You Need To Know

Passports and Visas

Passports and Visas are required to enter and exit Uganda. Please allow 6 weeks for your passport to arrive - we must have your passport number (included in the team participant sheet) in our offices two weeks prior to your departure. You also need to have your passport number in order to purchase your airplane ticket, so please make sure you plan accordingly. Check the date on your passport - it must be current within 6 months of your arrival date.

Visa and Airplane Entrance Customs Form:

You will need this information for your Visa and Entrance Form:

Staying at the Gorilla Lodge in Rubuguri in the Kisoro District. Contact person: Gerald Tugume. +256 787 422 618.

Hope Ministries Uganda:USA will be at the airport to pick you up and take you to a local hotel in Kigali where we will help you to get settled and prepare for a briefing. **While traveling through Rwanda, Please tell your team NOT TO TAKE PICTURES WHEN WE ARE DRIVING THROUGH KIGALI.**

Passport applications are available online at www.travel.state.gov or at your local post office. (Don't sign your application until you submit the application at the Post Office.)

Minors traveling without parents or guardian will need a notarized letter stating they have permission to travel to and from Uganda with a designated adult. This is also true for a child traveling with a divorced parent.

When applying for your visa you will need to get an East African Visa (\$100) because we will fly in through Kigali, Rwanda. Please go to this website to apply for the visa: <https://irembo.gov.rw/rolportal/en/web/dgie/newhome>

East Africa Visa

Once on website do the following steps:

1. Click her to apply online
2. Click on East Africa Tourist Visa
3. Apply and Pay Online
4. You will need to know your proposed date of arrival, proposed date of departure, proposed entry point (KIGALI INTERNATIONAL AIRPORT), Purpose of visit (Visiting friends or relatives), More details about your visit (Visiting with Pastor Tugume Gerald to volunteer at the Seeds of Hope Children's Homes)
5. Attachments that are required: Photo copy of Passport and Travel Confirmation from airline; Passport size photo with white background. You should not need and invitation letter, but if they ask for one, please let us know and we will send one out to you.
6. You should receive your confirmation of approval within three days. **PLEASE NOTE: YOU MUST BRING THIS WITH YOU ON THE TRIP OR YOU WILL HAVE TO PAY AGAIN WHEN YOU GET IN COUNTRY!** Just fold your email confirmation and put it in your passport.

Money

The exchange rate varies on a day to day basis. Typically you can expect \$1 US equals +/- 3500 Ugandan Shillings. You will have to exchange your money upon arrival. Bring only crisp new \$100 bills or \$50 bills that are dated 2004 (the newer design) or later to get the best exchange rate. **DO NOT BRING** any bills that are before the year 2004. Most likely they will not exchange them.

Items not included in your trip, such as souvenirs and extra snacks, safari, tips, etc. are the team member's responsibility. You will need money at airports. You will need to keep some shillings for the airport in Uganda if you will need snacks or drinks. Check with your bank about ATM compatibility. In the city you can find ATM's, but not once we leave the city.

Keep your money in a fanny pack or wallet that attaches around your waist. Refrain from flashing cash or giving cash to individuals who may ask. This is an important mission principle. If you want to donate extra money it should be given through Hope Ministries

Uganda and Pastor Gerald so that we know the money will be used appropriately. If you want to make a donation, please speak to Hope Ministries Uganda:USA staff.

Gratuities are highly recommended when we eat in restaurants. It is not a must, but we do encourage it. 10% is a good guideline for tipping in restaurants. We also encourage you to turn in tips at the end of your trip to tip the staff at the lodge and our drivers. Please do not individually give out tips. Turn in your tips to your team leader who will in turn give to the designated Hope Ministries Uganda staff.

Health & Safety Precautions

Water.

Please use bottled water only or if you have a water bottle with a built in filter. This is a good resource: www.rei.com/learn/expert-advice/water-treatment-international. Clean drinking water is very important. It is easy to become dehydrated. Helpful Hints:

1. Keep your mouth closed when showering.
2. Bottled water is the best alternative (unless you have a filtered water bottle).
3. Use bottled water when brushing your teeth.

Bathrooms.

Please plan to squat! Most public restrooms do not have actual toilets, just a hole. Always have toilet paper with you! Suggestion is to bring flushable wipes.

Medications and Vaccinations.

If you have not had a **tetanus shot** in the last ten years, it is **highly recommended**. Be up to date on routine vaccines. You will be asked to supply complete medical and medication information to your trip leader to insure proper care should a medical emergency arise.

Yellow Fever is required. You can get this shot at your local public health care department.

Be sure to attach your Yellow Fever Card to your passport. You can not enter the country without it! To read a full report on vaccines please visit the [CDC](https://wwwnc.cdc.gov/travel/destinations/traveler/mission_disaster/uganda?s_cid=ncezid-dgmq-travel-single-001). (https://wwwnc.cdc.gov/travel/destinations/traveler/mission_disaster/uganda?s_cid=ncezid-dgmq-travel-single-001) You will also need to plan to take **preventative malaria medication**. Please speak to your doctor about getting this prescription.

Please pack anti diarrhea tablets, benadryl, pain medicine for headaches, motion sickness medicine, advil cold and sinus or similar medicine.

Insurance

Check with your insurance carrier to be sure you will be covered in Uganda. **All team members are required to provide proof of international health insurance coverage.** A company we suggest investigating: [Mission Trip Insurance](http://www.missiontripinsurance.com). (www.missiontripinsurance.com)

Avoiding Crime in Uganda

All items should be removed from vehicles when in public areas. Irreplaceable items (jewelry, expensive cameras, etc) are best left in the U.S.

Team members must travel in groups. We encourage relationships with our Ugandan friends; however, we also exercise caution and thoughtful behavior at all times.

You are prohibited from riding on Boda Boda's while on mission. Although the taxi motorcycles can look fun, they can be very dangerous. We ask that you do not use this type of transportation unless it is a dire emergency.

You can take your cell phone. You will need to check with your carrier for international calls. If your phone is unlocked you can get a Ugandan sims card.

Should an emergency arise, our network of Ugandan partners will be accessible and available to come to our aid. We have government and medical community connections to assist us. Most importantly, we are in God's service - our dependency on Him is honored by His faithfulness.

Gorillas, Elephants, & Mosquitos...Oh My!

You will see some of the most beautiful wildlife in Uganda! But please remember, it is WILD life. There will be all kinds of insects and reptiles. Do not be alarmed if you see a gecko in your room. He is your friend! He loves mosquitos! Sleep underneath your mosquito net...if you don't, you will become a huge feast for our little mosquito friends! Do not walk barefoot as you do not want jiggers in your feet! Deet bug spray may become your new favorite fragrance. Use a flashlight at night to watch where you are stepping.

When we travel across country you may see gazelles and zebras in the wild. Of course when we go on Safari we will see lots of God's creation! Please follow the guideline for the the Safari and do not exit your vehicle. You do not want to become lunch for a hungry lion!

Working With Children and Those In Need

Focusing on our call to forge relationships with those that we serve, we ask our teams to be very aware of any action or behavior that might make our Ugandan friends feel like spectacles. Toward this end, we ask that you check with our staff before taking photos, especially with children. Designating a team photographer is strongly suggested.

FaceBook. Surprise! It is everywhere! We ask that you do not friend any staff, adults, or children on FaceBook. You may friend Pastor Gerald, but we ask that you do not friend any

others. Many times people from Uganda will start friending you and asking for money. This happens often and unfortunately, there are many scam artists out there. We ask that you build face to face relationships and not FaceBook relationships.

Our ministry has been entrusted with the care of Ugandan children - so screening is vital for our team members. We require that all team members over the age of 18 provide proof of completion of a criminal background check. Members with sex offenses on their record will not be allowed to participate.

What to Wear

The temperatures in Entebbe will be in the 80's. However, when we go to the the Kisoro District the temperatures are different. During the day time it is very comfortable. Upper 70's. However, at night the temperatures drop down into the low 40's. A light winter jacket is recommended and warm pajamas!

When we are with the Batwa we ask that you respect their culture. It is proper for women to wear long skirts. We recommend long knit skirts that are stretchy and wear leggings underneath. Thick strapped tank tops are fine. When we are not ministering and just at the lodge or for travel purposes, Capri style pants are fine. For men long pants for when we are ministering. Please bring shoes that you can hike in. The mountain trails require good tread and support. Sandals and flip flops are appropriate while at the lodge or the orphanage.

Bring a hat to help keep the sun off of your face. We are right on the equator so the intensity of the rays is different then what you are use to. Sunblock!!!

Please consider bringing clothes that you could potentially leave behind. Clothing donations are always appreciated.

Please bring a backpack. When we are out backpacks are necessary to carry your water, snacks, medical supplies, wipes, etc.

Food

Ugandan food is very bland. Expect lots of fresh food. Mangos, pineapples, blood fruit, jack fruit, bananas, avocados (just to name a few).... So delicious! Typical meats are pork, chicken, goat, tilapia. Chapatis are a flat bread. Posho is like very thick grits and really is just a filler. Beans and rice are also served. Tea is served at every meal.

Lodging

Onsite we will be staying at the Gorilla Lodge which is run by Pastor Gerald Tugume. This lodge was created to help support the orphanage. As missionaries, you are receiving a

HUGE discount and no profits are made. Each lodge has a queen size bed in it. You will share your room with one other team member. You have a full bathroom in your lodge. Basic toiletries are provided. We may or may not have hot water. So please be prepared that cold showers are highly likely. Electricity is sketchy. Some days we will have it, other days we will not. We recommend bringing battery packs to charge any devices that you may bring and extra batteries for cameras and such. Definitely bring a good torch (flashlight).

All meals will be served at the Gorilla Lodge.

Personal Display of Affection (PDA)

Please remember that you are on mission and serving and representing God. We ask that you refrain from PDA while on mission. You did not come on this trip to find a future husband or wife. We want this trip to be one of focus on serving and not personal romantic distractions.

Can Anyone Go?

We strongly encourage leaders to utilize a screening process for team members. Going on a mission trip is not a vacation or tourist experience. It's helpful for the comfort and success of the whole team to have a handle on where members are spiritually. This is a strenuous trip. There is a lot of hill climbing. Please be prepared for physical exertion.

Hope Ministries Uganda:USA suggests a Covenant Agreement for team members to be read and signed by each team member. The purpose of the Covenant is to establish clear guidelines for living in community with your team.

What to Bring

SUITCASE

Clothes:

- Skirts/dresses below the knee for women (recommend wearing leggings underneath) May wear pants when appropriate. Culturally it is important for women to wear long skirts, but there are times that are appropriate depending on projects. Pants are fine for travel days. No shorts please.
- Shirts (either short sleeve or thick strapped, conservative tanks)
- Pants (for the men)
- Light winter jacket (gets cold at night)
- Underwear, socks, bras

-
- Travel Clothes (doesn't have to be Ugandan appropriate. You can wear yoga pants / comfy clothes. You will be sleeping on flights!)
 - Warm pj's for while we are with the Batwa (cold at night!)
 - Flip flops or tennis shoes. Hiking shoes.
 - No flashy jewelry. No diamond rings. Only jewelry that you are apt to give away.
 - Men please do not walk around shirtless.

Toiletries/Medicine:

- Prescription drugs (don't forget your malaria medicine)
- Motion sickness medicine for the rough roads
- Anti diarrhea medicine, Benadryl, headache medicine, cough syrup, Advil cold & sinus, essential oils
- Gum or mints
- All food will be provided, but please bring snacks of your choice in case you need to eat in between meals. Jerky, dried fruit, nuts, granola bars, protein bars. You may want to bring enough to share with our Ugandan team. They love American snacks.
- You will need to bring an adaptor for anything that has to be plugged in.
- Feminine hygiene supplies
- Shaving cream and razors
- Deodorant
- Shampoo and Conditioner
- Toothbrushes and toothpaste
- Hair clips, bobby pins, covered elastic bands
- Brush/comb
- UNSCENTED lotions and powders (note that scented toiletries can attract insects)
- Nail file / clippers
- Good flashlight
- Money belt
- Basic wristwatch
- Camera
- Tylenol PM for traveling

BACKPACK

- Passport and a copy of your yellow fever vaccination card (recommend bringing a copy of your passport as well)
- Bible
- Journal
- Books or movies for the plane
- Sunblock / Sunscreen

-
- Sun hat (for protection from the sun)
 - Sawyer Water Bottle with filter
 - Sunglasses (highly recommended, even if you don't normally wear them)
 - Adapters and converters (need one that will work in Uganda)
 - Cell phone (just for travel days and for photos). We will have a phone for you to use to text home and call. You may want to keep your phone on airplane mode while in country so you don't accidentally get charges. You can also talk to your carrier about purchasing an international plan while in country.
 - Bug spray
 - Travel toilet paper or flushable wipes. You will not find toilet paper in public bathrooms.
 - Soap for washing hands/hand sanitizer
 - Money for souvenirs. Bring all cash in \$50 and \$100 bills. Must be dated 2004 and later. No tears, wrinkles or writing on them. This gets you the best exchange rates.

OTHER SUGGESTIONS:

- Photos of your family (to show the children, they love to see pictures)
- Selfie stick for group pictures
- Ziplock bags (gallon size)
- Space bags (helps with more space in your luggage)
- Travel pillow and blanket
- Mosquito net
- Quick dry towels and wash cloths (can be purchased in camping type stores)

PACKING TIPS:

- Take clothes that you don't mind getting dirty. You might think about taking clothes that you can leave in Uganda. They can be washed and put to good use. Remember you are representing Hope Ministries Uganda:USA , the United States and most importantly: Jesus Christ.
- Don't bring anything that would be offensive to the people we are trying to witness to.
- Don't bring anything you can't absolutely live without!

Hope Ministries Uganda Trip Application Packet

Included:

- Trip Application Form
- Hope Ministries Uganda:USA Liability Waiver
- Medical Release Form Adult/Minor
- Kidnapping and Hostage-Taking Policy Information and Release
- Hope Ministries Uganda:USA Mission Trip Terms and Conditions
- Background Check for all applicants 18 and over (please attach to completed application)
- Please send two copies of your passport and yellow fever card

Your team leader will give you a link to complete all of the forms online.

Hope Ministries Uganda:USA Application

Personal Data

Name: _____

Date of Birth: _____ Age: _____ Gender: _____

Address: _____ City: _____ State: _____

Phone: _____ Email Address: _____

Passport Number: _____

Place and Date of Issue: _____

List previous citizenships, if any _____

Country of Citizenship: _____

Expiration Date: _____

Place of Birth: _____

IMPORTANT: YOU NEED TO HAVE A PASSPORT, VALID FOR AT LEAST 6 MONTHS AFTER THE END OF THE TIRP. IF YOU NO NOT YET HAVE A PASSPORT, YOU NEED TO APPLY FOR ONE AS SOON AS POSSIBLE. ATTACH A COPY OF YOUR PASSPORT.

Please list any physical limitations that you may have. We will be at a higher altitude and the area is hilly.

Please list any other information that you feel we may need to know.

Service Interest

Explain why you feel motivated to go on this trip:

List your skills, gifts, and abilities:

List previous overseas experience (country, length of stay and purpose of trip):

Would you be interested in year-round volunteer opportunities? YES NO

Name of church or group that you are representing (if any):

Hope Ministries Uganda:USA Liability Waiver

REQUIRED (Form must be notarized)

LEGAL NAME OF PARTICIPANT: _____

ADDRESS: _____

CITY / STATE / ZIP: _____ EMAIL: _____

PHONE: (HOME) _____ (CELL) _____

HOPE MINISTRIES UGANDA:USA-MISSION TRIP TO UGANDA DATES: _____

It is my understanding that participating in a program, recreation, and other activities of the above mentioned mission seeing organization (hereinafter referred to as the "Organization") is a privilege. Prior to my participation in such activism, I acknowledge that there are certain risks associated with the activities, including for example, physical injury due to activity related accidents, transportation related accidents and illness. In addition, I acknowledge there may be other risks inherent in these activities of which I may not be presently aware.

Release of Liability

By signing this Liability Waiver Form, I expressly warrant that I am capable of withstanding both the physical and mental demands of the activities discussed above. I also expressly assume all risks of participating in the activities, whether such risks are known or unknown to me at the time. I further release the Organization and its leaders, employees, volunteers, and agents from any claim that I may have against them as a result of injury or illness incurred during the course of participation in the activities. This release of liability shall include, without limitation, any claims of negligence or reach of warranty. This release of liability is also intended to cover all claims that members of my family or estate, heirs, representatives, or assigns may have against the Organization or its minsters, employees, leaders, volunteers, or agents. I further agree to indemnify and hold harmless the Organization and its ministers, leaders, employees, volunteers, or agents from any and all claims arising from my participation in its activities and programs, or as a result of injury or illness bring such activities.

First Aid and Emergency Medical Treatment

I recognize that there may be occasions where I may be in need of first aid or emergency medical treatment as a result of an accident, illness, or other health condition or injury. I do hereby give permission for agents of the the Organization to seek and secure any needed medical attention or treatment for me including hospitalization¹

¹ Release of Liability page 1 of 3

if in the agent's option such need arises. IN doing so, I further agree to pay all fees and costs which arise form this action to obtain medical treatment.

Publicity

On occasion, the Organization takes photographs or makes audio or video recordings of children and/or adults involved in mission activities. Such photographs or recordings may be used by staff and participants to remember the activities and participants. In addition, such photographs and recordings may be used in the Organization's publications, advertising material, or social media outlets to let others know about the ministry. I consent to the use of any such audio or visual record of me to be used, distributed, or displayed as agents of the organization see fit. This consent includes but is not limited to: photographs, video and audio recordings. Furthermore, I give permission to be interviewed by the media, or for such photographs and other recordings to be use by media.

Health Insurance

Travel Insurance

Insurance Company:_____Company:_____

Policy Number:_____Policy Number:_____

Phone Number:_____Phone Number:_____

Volunteer Agreement

As a volunteer, I hereby agree to each of the consents and waivers listed above, including the Release of Liability, as pertaining to my own participation in functions, activities, special events, and field trips.

Signature_____Date_____

STATE OF_____COUNTY OF_____

This instrument was acknowledged before me on _____(date) by _____
_____(name or names of person /

persons acknowledging)

Notary Public

Printed Name:_____

My Commission Expires:_____2

²Release of Liability Page 2 or 3

FOR USE IF PARTICIPANT IS A MINOR

Emergency Contacts

Parent/Guardian:_____ Phone:_____

Parent/Guardian:_____ Phone:_____

I, _____, represent that I am the parent/guardian of
_____ who is under 18 years of age. I have read the above
Permission/Waiver Form and am fully familiar with the contents thereof. I give permission for the
child named above to participate in the activities of the Organization including any special events/
activities described above. In consideration for allowing the participation of the child in the activities
of the Organization, I hereby consent to the Permission/Waiver Form, including release of Liability
above, on behalf of the child and agree that the Permission/Waiver Form shall be binding upon me,
my family, heirs, legal representatives, successors, and assigns.

In addition, I/We give permission for the above named child to travel to Uganda with
_____ (responsible party's name) from _____ (date) to
_____ (date).

Signature of Parent or Legal Guardian _____ Date _____

Signature of Parent or Legal Guardian _____ Date _____

STATE OF _____ COUNTY OF _____

This instrument was acknowledged before me on _____ (date) by _____
_____ (name or names of person/
persons acknowledging)

Notary Public

Printed Name: _____

My Commission Expires: _____³

³ Release of Liability Page 3 of 3

MEDICAL RELEASE FORM: ADULT

In the event of illness, injury, or emergency, I give my permission of the Group Leader,
_____, to make a decision regarding treatment, to
hospitalize and/or to order injection, anesthesia or surgery for myself.

Signed:_____ Date:_____

Special medication, medical disorders and instruction/dosages:

Allergies:_____

Date of last tetanus shot:_____

Family Physician or Medical Group Contact:

Insurance Company and Policy Number (attach copy):

In case of emergency notify:

Name:_____ Relationship:_____

Cell:_____ Work:_____

Email:_____

This form is to be kept by your team leader, during the trip, in case of an emergency.

MEDICAL RELEASE FORM: MINOR

I, _____, hereby authorize the participation of my child, _____, in all official activities during this mission trip to UGANDA scheduled for _____. In the event of illness, injury or emergency, I give my permission for the group leader, _____, to make a decision regarding treatment, to hospitalize and/or to order injection, anesthesia or surgery for my child named above.

Signed: _____ Date: _____
Parent or Legal Guardian

Special medication, medical disorders and instruction/dosages:

Allergies: _____

Date of last tetanus shot: _____

Family Physician or Medical Group Contact:

Insurance Company and Policy Number (attach copy):

In case of emergency notify:

Name: _____ Relationship: _____

Cell: _____ Work: _____

Email: _____

This form is to be kept by your team leader, during the trip, in case of an emergency.

KIDNAPPING AND HOSTAGE-TAKING OF HOPE MINISTRIES UGANDA:USA SPONSORED TRAVELERS POLICY INFORMATION AND RELEASE

Name of Traveler: _____

International acts of terrorism, violence, and kidnapping are a tragic part of current reality. As Hope Ministries Uganda:USA (hereinafter referred to as Organization) grows and serves the lives of more people in a variety of countries, it is always possible that Organizations's sponsored travelers (constituent trip members) may be afflicted.

We recognize the difficult decisions involved when hostages are taken; however, we believe that governments, organizations, and individuals have a common interest in not giving in to terrorist demands. We strongly believe that concessions, whenever they are made, only encourage further attacks and put additional people at risk.

The Organization is prepared to use every legitimate means to secure the release of any of its sponsored travelers being held hostage. The Organization will cooperate with the appropriate government agencies to ensure that all perpetrators of violent acts against its sponsored travelers are brought to justice. However, the Organization will make no concessions to terrorists. We will not negotiate for the payment of ransom for the release of hostages or prisoners.

I, _____, have read and understand the statements made above concerning the position of the Organization on the kidnapping and hostage-taking of the Organization-sponsored travelers and understand that in the event that I am held as hostage of a victim of kidnapping, the Organization will use every legitimate means to secure my release but will neither make concessions nor negotiate payment of ransom for my release.

Traveler's Signature

Date

MINOR CHILD/TRAVELER (under the age of 18) RELEASE:

I, the undersigned, am the parent or legal guardian of _____, a minor child, and as such have read and understood the statements made above concerning the Organization's position on the kidnapping and hostage-taking of Organization's sponsored travelers and understand that in the event that my minor child is held hostage or a victim of kidnapping, the Organization will use every legitimate means to secure their release but will neither make concessions nor negotiate payment of ransom for their release.

Parent/Legal Guardian's Signature

Date

Parent/Legal Guardian Name (please print)

HOPE MINISTRIES UGANDA:USA

UGANDA MISSION TRIP TERMS AND CONDITIONS AND CODE OF CONDUCT

Hope Ministries Uganda:USA is a charitable organization serving vulnerable populations in the country of Uganda, Africa.

Our Motto: Redeem. Restore. Rebuild. Raise Up.

Our Mission:

Our desire is to help bring awareness to the Batwa Tribe located in the southwest corner of Uganda; to proclaim and demonstrate the life-changing Gospel of Jesus Christ by helping to meet the spiritual, physical, and emotional needs of the Batwa men, women and children who have been displaced due to becoming conservation refugees.

Our vision is to bring lasting hope to this people group through a holistic approach. The bigger vision is that we will move towards self sufficiency as we provide education, vocational training, agricultural training, medical care, nutritious food program, working with the government to bring awareness of the Batwa tribe, and most importantly seeking to build the Kingdom of God by helping the individuals and families we serve in rural Uganda, Africa, to find a living relationship with God through Jesus Christ. We will do this through our four "R's": Redeem, Restore, Rebuild, Raise Up.

Purpose:

We have written this Code of Conduct in order to outline expectations and give guidance and direction for volunteers to follow with respect to promoting our Mission while working or traveling with us.

Definition of Volunteer:

A volunteer is anyone who, without compensation or expectation of compensation beyond reimbursement, performs a task in support of the mission and objectives of Hope Ministries Uganda:USA.

Representing Hope Ministries Uganda:USA :

Volunteers are asked NOT to contact organizations or individuals on behalf of Hope Ministries Uganda:USA unless they are given explicit instructions to do so. Prior to any action or statement which might significantly affect or obligate Hope Ministries Uganda:USA or its subsidiaries, volunteers should seek prior consultation and approval from appropriate staff. These actions may include, but are not limited to, public statements to the press, coalition or lobbying efforts with other organizations or individuals, or any agreements involving contractual or financial obligations.

Confidentiality:

Volunteers are responsible for maintaining the confidentiality of all proprietary or privileged information to which they are exposed while serving as a volunteer, whether this information involves a single staff person, a volunteer, other person, program or project.

Dress Code:

Modest apparel is expected for all ministry related activities. For women and girls, clothing should cover cleavage, belly, and thighs. Shirts should be worn by men and boys at all times including while on worksites and underwear should not be visible.

Relationships:

All unmarried volunteers are expected to refrain from dating relationships throughout the duration of their stay with Hope Ministries Uganda:USA. This includes dating other volunteers or Ugandan nationals. Mixing of genders in volunteer housing is not allowed, with the exception of married couples.

Drug and Alcohol Use:

Due to close quarters and health and property concerns, smoking is strictly forbidden. Over the counter and prescription medications to treat physical ailments or prevent illness are allowed.

Alcohol consumption by adults of legal drinking age is not permitted. The head staff or team leader has the responsibility to address and report any inappropriate consumption or behavioral issues. Volunteers are expected to respect all decisions and direction of the head staff or team leader.

Misconduct:

Those who do not adhere to this Code of Conduct or who fail to satisfactorily perform their volunteer assignment, are subject to dismissal. No volunteer will be terminated until he or she has had an opportunity to discuss the reasons for possible dismissal. If traveling abroad, the volunteer may be sent back home to their country of residence early at their own expense. Possible grounds for dismissal may include, but are not limited to, the following: gross misconduct or insubordination, theft of property or misuse of Hope Ministries Uganda:USA materials, abuse or mistreatment of children, staff or other volunteers, and failure to abide by Hope Ministries Uganda:USA policies and procedures.

RATES: All rates are in U.S. dollars and are subject to change until payment is made in full.

PASSPORTS: U.S. citizens and non-U.S. citizens must have, in their possession, a passport that is valid for at least six months beyond the final scheduled day of the trip and a photocopy of the photo/signature page must be attached to this 'Terms and Conditions' form.

VISAS: U.S. citizens will need to apply for a Ugandan Visa. Please go to this website to apply: <https://visas.immigration.go.ug/> Non-U.S. citizens must ensure that all necessary

transit visas for flight connections and layovers, as well as for Uganda, are obtained well in advance, prior to the scheduled departure date.

IMMUNIZATIONS: Uganda requires each traveler to have a current Yellow Fever vaccination form to enter the country. Proof of the vaccination is given by the healthcare provider at the time inoculation and must accompany each traveler. (I have mine stapled to inside of passport). A waiver for the Yellow Fever vaccination can also be obtained for health reasons from your medical professional. Other immunizations or anti-Malaria medications may be desired and each team member should discuss their individual needs with their health care provider. We are moving into the direction where the COVID vaccine will be required for international travel. Please do your research on which vaccine to get.

PERSONAL INFORMATION: All personal contact information of team members, including address, email, phone number, date of birth and passport information is kept strictly confidential by our office. Team members should not share their personal contact information with Ugandan nationals, ministry volunteers or staff while in country.

ITINERARY CHANGES AND FLEXIBILITY: Hope Ministries Uganda:USA pledges to make every effort to carry out all trips as planned. However, travel in the developing world can bring unexpected surprises requiring flexibility and adaptability on the the part of the team members.

PHOTOGRAPHY/VIDEOGRAPHY: Photographs and video may be taken of team members and may appear in print or electronically on the ministry website, in newsletters, brochures, on social media and may be used for promotional or educational purposes.

SOCIAL MEDIA CONTACT: Hope Ministries Uganda:USA asks that you do not friend or accept friend requests from our staff in Uganda. This causes many issues as many from third world countries will write requesting for money.

ALCOHOL AND SMOKING: Hope Ministries Uganda:USA ask that while you are on mission that you refrain from all alcoholic beverages and smoking. Culturally in the Christian community in Uganda this is looked down upon.

EXCLUSIONS: Any applicable change or cancellation fees by airlines or travel agents are separate from, and in addition to, stated trip fees. All personal expenditures such as phone calls, internet usage, visas, necessary immunizations, excess baggage fees, laundry services, souvenirs, hotel room service, and extracurricular activities apart from what is stated in the itinerary, are not included in trip fees paid by team members.

CANCELATION: In the event that Hope Ministries Uganda:USA cancels the trip for any reason, all donations received by Hope Ministries Uganda:USA will be saved toward a

future/rescheduled trip. Individuals requesting their donations back in this situation will be refunded in full. Individuals canceling their participation in a scheduled trip for any reason prior to the trip commitment date will have their donations returned or put toward other Hope Ministries Uganda:USA projects at the donor's discretion. If an individual cancels their participation in a scheduled trip for any reason after the trip commitment deadline, the individual forfeits all donations paid in to Hope Ministries Uganda:USA to date. I realize that all monies received will be submitted to Hope Ministries Uganda and will be administered as a personal "support account" that goes toward the trip. I understand that this account will be established with the submission of my initial non-refundable \$200.00 deposit and submitted application.

I realize that the following elements are crucial to the effectiveness, quality, and safety of our trip together. As a member of the team, I agree to:

1. Remember that you are a guest working at the invitation of local indigenous leaders.
2. Remember that you have come to learn, not to teach. You may run across procedures that you feel are inefficient, or attitudes that you find closed-minded. You are to resist the temptation to inform our hosts about "how you do things." You are to be open to learning other peoples' methods and ideas.
3. Respect the host's view of Christianity. Recognize that Christianity has many faces throughout the world, and that the purpose of this trip is to witness and experience faith lived out in a new setting.
4. Develop and maintain a servants attitude toward all nationals and my teammates.
5. Respect my leader(s) and his or her decisions.
6. Refrain from gossip. You may be surprised at how each person will blossom when freed from the concern that others may be passing judgment.
7. Give all credit of accomplishments and favor to God; realize the amazing things God would allow the team to accomplish If we don't mind who gets the credit - for He deserves all the Glory.
8. Refrain from complaining. Know that travel can present numerous unexpected and undesired circumstances, but the rewards of conquering such circumstances are innumerable. You are to be creative and supportive.
9. Respect the work that is going on in the country with the particular person(s) with whom we are working. Realize that our team is here for just a short while, but that the local leadership is here for the long term. You are to respect their knowledge, insights, and instructions.

-
10. Refrain from negative political comments or hostile discussions concerning our host country's politics.
 11. Remember not to be exclusive in my relationships. If my sweetheart, spouse or best friend is on the team, we will make every effort to interact with all members of the team, not just one another.
 12. Refrain from any activity that could be construed as romantic interest toward a national. Realize certain activities that seem innocent in our culture may seem inappropriate in others.
 13. I will refrain from any public display of affection with my spouse or significant other.
 14. I agree to be flexible and serve in whatever serve area is allowed and open to me, remembering that plans change. Jobs/roles may be adjusted as trip leader(s) see fit.

Signature

Date

Printed Name

I have read, understand, and agree to comply with all Mission Trip Terms and Conditions outlined in this document.

Signature of Traveler

Date

Printed Name

HOPE MINISTRIES UGANDA:USA

OTHER DOCUMENTS NEEDED

☐

BACKGROUND CHECK IF 18 AND OVER

☐

COPY OF PASSPORT

☐

COPY OF APPROVED VISA LETTER