



PAJULE, UGANDA
2018
June 28th through July 13th

Trip:

We will be helping New Heritage Ministries in rural Northern Uganda.

Our time on site will include:

- Helping with the Pastors Conference
- Sharing the gospel at surrounding villages (village outreach)
- Children's ministry Outreach w/puppets
- Showing Christ's love through serving
- Meeting the NHM School Sponsorship Children
- Encouraging the body of Christ
- Interacting with the students at New Heritage Nursery & Primary School
- Possible Village Work Project or Terebinth Tour

Cost:

- \$3,000
- **Includes** flight from a major international airport, meals, ground transportation, lodging, visa, ministry project costs (other than building projects), and tourist attraction of some sort in Uganda.
- **Does not include** your passport, immunizations and your personal spending money for souvenirs and optional drinks and snacks in Uganda and during layovers.

Passport:

- If you do not already have a passport, please start working on it now. It usually takes 4-6 weeks for you to receive your passport, but it is better to plan ahead and have it early.
- **You will need to make sure it is valid for 6 months after our travel date. (January 2019)**

Medical:

- **Required yellow fever immunization**
- **Required malaria medication - Read the directions on your RX bottle**
- **Recommended typhoid vaccine** - oral vaccine is good for 5 years, injected vaccine is good for 3 years
- You may need other vaccinations that will be recommended by your local travel nurse/health officer.

Please make an appointment with your local travel nurse/health officer at least 30 days prior to departure date.

Tri-Cities contact:

PATRICIA WONG, RN
Benton-Franklin Health District
International Travel Clinic
7102 W Okanogan Pl,
Kennewick, WA 99336
patriciaw@bfhd.wa.gov
To schedule an appointment please call (509) 460-4255

Fred Meyer Pharmacy
101 Wellsian Way
Richland, WA 99352
To schedule an appointment please call (509) 946-2833

Food:

Ugandan food is very basic with lots of starches. Expect lots of potatoes, rice, yams, and other root vegetables. These are usually served with a sauce of beans, vegetables, or meat. Fresh fruits such as pineapple, bananas and passion fruit will also be available. You will have bottled water throughout the entire trip.

Ugandan's are very hospitable people and offering visitors food is a big part of their culture. It is a gift of love they give to visitors. Please be accepting of this and graciously eat food offered to you. When you are offered something you have not eaten before take a small amount....should you like it you can then take a second helping. You will be provided with bottled water during your stay in Uganda.

Clothes:

Generally, most people think that when they go to poor countries, that means they have to take cheap, not so nice clothes. What you will discover in Uganda is that no matter how dirty it may seem around you, people are always clean and put together. They value their appearance very much and really take pride in looking nice. You don't have to wear your Sunday best, but wear cool comfy

clothes that look well put together. Especially as a western missionary, they will expect you to look well kept.

- Rain jacket is a must. (during summer months)
- Swimming suit/trunk (modest....ladies keep your stomach covered please)
- Shoes. The less you have to pack the better. A sturdy walking sandal is great to go for most things, or a pair of tennis shoes.....And a pair of flip flops.
 - Avoid many white clothes – they get stained and dirty very easily.
 - It's a good idea if you pack one change of clothes in your carry on, in case your luggage doesn't arrive. It should arrive, but just in case....
- **Women:**
Please pack mainly skirts/dresses that go below your knees (your knees should be covered when sitting). You will want to pack one nicer outfit for ministry/Sunday service and you may want one you can get dirty in. You may want to pack shorts to wear under your skirts, but please do not wear them without a skirt over them. Knee length shorts may be worn on safari and capris/pants may be worn while traveling.
- **Men:**
Please pack at least one nice outfit for ministry/Sunday service (slacks/khakis/nice jeans and a long/short sleeved collared shirt, and close toed shoes). You may also want to pack clothes to get dirty in.

Medicines:

- There will be a small team first aid kit just in case of an emergency (band aids, ibuprofen, triple ointment, PEPTO and ANTI-DIARRHEA!, stuff for gas/stomach problems, etc). If you anticipate having problems and have a product/brand that you prefer it might be a good idea to pack it.
- CHAPSTICK!
- Anti-malaria medication.
- Please bring extra of any prescription medication you must take as you will not be able to find them in Uganda.
- A good multivitamin. You will be having lots of starches and not a lot of good protein foods and not a ton of veggies, so a multivitamin as a supplement to your diet. Just good for keeping healthy.
- You may want to carry a little antibacterial hand sanitizer with you. Soap is not always available when you would like it.

Helping Others:

There are many poor people in Uganda with many needs. Some may come to you with their needs and ask that you help them. Please talk to Pastor JB before you help anyone. He has GREAT discernment and will be able to help guide you in the best way to help people. Westerners have gotten a reputation for coming to Uganda and passing out money. We are seen as very rich and most Ugandans think our pockets are deep and should give freely to any request. This however is not always the best thing for people.

Toiletries:

- Face wipes for those hot, sticky days when you don't have time to freshen up.
- Sunscreen (the sun is intense) & Bug spray
- Contact solution and extra contacts or glasses.
- Razors
- Bring a bath sponge to lather up with. You will have a shower, but most likely the water will not be heated.
- Shampoo, lotion, toothpaste, hair stuff, etc.
- Towel
- Bring a **power converter/adaptor** for hairdryer, digital camera or computer. Make sure your adapter is adaptable to different outlets as well as a converter for wattage. Check Amazon for these items. You will find that power is not guaranteed, but will be found at least 50% of the time.

Others:

- **Bible**
- Dependable Flashlight! Batteries. You will really need this when the power goes out.
- Little packs of Kleenex. You will never find napkins or Kleenex when you need them! Pack them in your purse or synch pack in case there is no toilet paper or in case a table is dirty or for when you need to wipe your hands.
- Ear plugs. It is very loud at times and you might hear many noises during the night.
- Take a small hand bag to carry around small money, change, and hand sanitizer, etc....you don't want to carry a huge purse in town...the bigger it is, the more people think is inside.
- Don't pack any fancy jewelry or anything really valuable to you. When you are in the city, don't wear loose jewelry...it could be snatched if it looks valuable.
- Favorite snack. Things like protein bars, cereal bars, and your favorite gum...just little things.
- Small Fan

Money Issues:

- As far as money is concerned, it is best to take cash if possible. Please do not bring money smaller than \$50 or \$100 bills. Also **make sure that the date/year printed on the bills is 2009 or newer.** Most exchange places will not accept the bills that are older than that. Of course, the only risk of carrying so much money is obvious. Keep it in a safe place, hide it somewhere.
- You can use a VISA debit card (NO MasterCard) in Kampala, but it is probably easier if you bring cash.

Other Tidbits:

- **Passport.** Make sure that you make a copy of your passport and your driver's license. Leave a copy at home and pack a copy in your luggage or in your carry on. If for any reason your passport got misplaced, you would need a copy for proof that you had one. I will also keep a copy in my records.
- **Phone.** Everyone carries cell phones with them, but they are prepaid cards. Check into your phone carrier's international plan. We will have one team phone that can be used to make and receive phone calls in case of an emergency.
- Don't expect to have contact with your friends and family at home every day.

The country is Christian and they enjoy foreigners for the most part. They will shout at you and call you “mazungu” which means white one. Ugandans are very fun people! They really love to joke around and they are very happy.

Payment Options

- **Option 1**
 - Payment in full

- **Option 2**
 - \$200 Deposit due ASAP
 - \$1,150 Due April 17, 2018
 - \$1,150 Due May 17, 2018
 - \$500 Due June 17, 2018
 - To make other payment options talk to Brittney.

You can:

- Pay with cash, check or credit card. (Credit card fee 3%)
- Make checks payable to: NHM (note in memo: Uganda Summer Trip 2018)

Just remember that God is in charge of paying for your trip! You are to be a good steward and He is faithful to provide and honors your steps of faith.

You will grow more and be blessed more on this mission trip than you think! God has a perfect plan to increase your relationship with Him while you share His love with the people of Uganda and all along the way.

Contact Information

Brittney Procter

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