Thank you for your interest in volunteering in Uganda! This guide will help you plan your stay in Bwindi and provide you with both insights and resources for making the most of this once-in-a-lifetime experience! We welcome you to help the Kellermann Foundation and its partner organizations - Bwindi Community Hospital, Uganda Nursing School Bwindi, and the Batwa Development Program – as we work together to provide hope and health in Uganda.
VOLUNTEER GUIDE INDEX

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The Kellermann Foundation (KF) is a U.S. Christian nonprofit organization providing hope and health to the displaced Batwa pygmies and their neighbors in southwest Uganda.

In 1992, the Batwa pygmies, indigenous forest nomads of the Bwindi Impenetrable Forest, were removed from the forest to help protect the endangered mountain gorillas living there. The Batwa were left homeless and destitute, with no land of their own, limited job skills, and few options for improving their lives. In 2000, Dr. Scott and Carol Kellermann came to help the Batwa and other residents of this remote, impoverished region. The Kellermanns served as full-time missionaries in the Bwindi region from 2001-2009, creating schools, a clinic, and community projects. The Kellermann Foundation was formed in 2004 to sustain and expand their work.

In 2014, His Holiness the Dalai Lama presented the Kellermanns with the Unsung Heroes of Compassion Award in recognition of their contributions in Uganda. The Kellermanns have received several other significant awards and recognition of their work.

**Mission:** To provide resources for health, education, spiritual outreach, and economic empowerment for the benefit of the Batwa pygmies and adjacent communities.

**Vision:** By the grace of God, the Batwa and surrounding communities will achieve life in all its fullness.

KF’s mission and vision are accomplished through work with three main partner organizations in Uganda: Bwindi Community Hospital (BCH), Uganda Nursing School Bwindi (UNSB), and the Batwa Development Program (BDP).

KF assists these organizations with volunteer processing. Those serving in Uganda are volunteers of the partner organization (BCH, UNSB, or BDP), not volunteers of the Kellermann Foundation.

**KELLERMANN FOUNDATION**
**Address:** P.O. Box 832809, Richardson, TX 75083-2809
**Phone:** 972-685-0279
**Email:**
- [volunteer@kellermannfoundation.org](mailto:volunteer@kellermannfoundation.org) – Kellermann Foundation Volunteer Coordinator (KFVC)
- [diane@kellermannfoundation.org](mailto:diane@kellermannfoundation.org) – Diane Stanton, Executive Director
**Web:** [kellermannfoundation.org](http://kellermannfoundation.org)

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[Image of the Kellermann Foundation logo]
BWINDI COMMUNITY HOSPITAL

Bwindi Community Hospital (BCH) was founded in 2003 by Scott and Carol Kellermann. It began as an outreach clinic under a tree and has grown into a 112-bed full-service hospital providing healthcare and health education services to a population of over 120,000 people. Despite its remote and isolated location, it is currently rated the best-performing hospital in Uganda.

The hospital began as a special mission to help the Batwa pygmies, and as the hospital has grown, its services have expanded to include all people in the surrounding districts.

Mission: Serving Jesus Christ through giving holistic health care and life in all its fullness to the staff, patients, clients, and visitors in the hospital and community.

Vision: A healthy and productive community free from preventable disease and with excellent health services accessible to all.

Volunteer Requirements: Medical volunteers must be licensed, in the final year of nursing school, or in at least the third year of medical school.

BWINDI COMMUNITY HOSPITAL
Phone: +256 (0) 703 342-891, + 256 (0) 392 880-242 Location
Email: bchcvolunteering@gmail.com and hrbwindihospital@gmail.com - Edson Niyonzima
Key Personnel Email
Web: bwindihospital.com
UGANDA NURSING SCHOOL BWINDI

Uganda Nursing School Bwindi (UNSB), an affiliate of Uganda Christian University, opened in November 2013. The school’s advanced three-year program results in a Diploma in Nursing, the equivalent of a Registered Nurse (RN) designation. UNSB is the only RN-level nursing school for a population of nearly one million people.

UNSB educates nurses with compassion and excellence, encouraging post-graduation service in rural, underserved areas of Uganda. UNSB is becoming widely viewed as the best nursing school in Uganda.

**Mission:** Uganda Nursing School Bwindi offers nursing and midwifery programs that develop professionals who are committed to excellence in the delivery of compassionate, high-quality health care.

UNSB’s programs integrate proven state-of-the-art technology, critical thinking, evidence-based practice, and research to provide exceptional health care education.

**Vision:** An outstanding institution in health care training to solve health challenges in the community.

**Volunteer Requirements:** Masters-level nursing educators and physician guest lecturers are welcome as volunteers.

UGANDA NURSING SCHOOL BWINDI

**Phone:** +256 (0) 703 342-891, +256 (0) 392 880-242

**Email:** bchcvolunteering@gmail.com and hrbwindihospital@gmail.com - Edson Niyonzima

**Web:** unsbwindi.ac.ug
The Batwa Development Program (BDP) was established in the Bwindi region in 2008 under the guidance of Dr. Scott and Carol Kellermann to help the Batwa help themselves. Since the indigenous Batwa were removed from the Bwindi Impenetrable Forest in 1992, they have been one of the poorest people groups in the world. Program areas include education, healthcare, land acquisition, home-building, and income generation. Special programs for clean water, sanitation, and spiritual outreach are also supported by the BDP.

The Batwa Experience, another BDP project, is a guided hike through old-growth forest in which medicinal plants, hunting, traditions, and shelters from the Batwa hunter-gatherer period are demonstrated. The Batwa Walk is a shorter, abbreviated version of the experience. All volunteers are encouraged to visit and take part in one of these rich cultural adventures.

**MISSION:** To empower the Batwa community through education, land and food security, spiritual growth, civic education, and sustainable income generation so they become valued and law-abiding members of society.

**VISION:** The Batwa will emerge from a life of poverty with an improved and sustainable status of life.

**Volunteer Requirements:** The BDP requires volunteers to review and apply for available positions with BDP. Email KFVC for a current position list.

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**BATWA DEVELOPMENT PROGRAM**

**Phone:** +256 (0) 772 355-531  
**Email:** [bdp.uganda@yahoo.com, turyamubonakenneth@yahoo.com] - Turyamubona Kenneth, Interim Coordinator  
**Web:** [batwaexperience.com](http://batwaexperience.com)
UGANDA, BWINDI, and the BATWA

UGANDA
Population: 37,101,745
Capital: Kampala; 1.93 million
Area: 241,139 square kilometers (93,104 square miles)
Language: English, Swahili, Luganda, and many other local languages
Religion: Roman Catholic, Protestant, indigenous beliefs, and Muslim
Currency: Ugandan shilling
Life Expectancy: 54
GDP per Capita: U.S. $2,100
Literacy Percent: 70
Known as: “The Pearl of Africa”

BWINDI
Area: 321 square kilometers (200 miles)
Altitude: 1,160 – 2,607 meters (3,605-8553 feet) above sea level
Language: Rukiga
Protects an estimated 400 endangered mountain gorillas; roughly half of the world’s population.
Contains more than 400 species of plants, 120 types of mammals, and 350 types of birds.
Source of five major rivers feeding into Lake Edward.

BATWA
Origin: Original dwellers of the Bwindi Impenetrable Forest
Age of Tribe: Estimated to have existed in the forests of Africa for 60,000 years or more
Location: Bwindi
In 1992, Batwa were exiled from the forest with no title to land and no compensation.
Average Height: 4-5 feet
Known as: “The Keepers of the Forest”
VOLUNTEER PROCESS

STEP 1. LEARN
- Visit Kellermann Foundation, Bwindi Community Hospital, Uganda Nursing School Bwindi, and the Batwa Experience to learn more about each partner organization and determine a volunteer area.
- Decide on travel dates. For medical positions, apply 8-12 months prior to your desired volunteer dates.
- Email the Kellermann Foundation Volunteer Coordinator (KFVC) with dates and volunteer area of interest for additional details. * If applying to BDP, request a current volunteer position list.

STEP 2. APPLY
- To apply to BCH and UNSB, visit BCH website.
- To apply to BDP, download the application form, fill out, attach required documents, and send to KFVC.
- All volunteers must submit the KF application to KFVC.

STEP 3. ACCEPT
- 7-10 days after submission, you will receive notice of acceptance/rejection from BCH, UNSB, or BDP.
- Upon official acceptance, email KFVC with:
  - Notice of approval
  - Dates of travel (arrival and departure in Bwindi, not Uganda)
  - Volunteer Application
  - Copy of your passport identification page

STEP 4. PREPARE
- Job-related questions – email BCH, UNSB, or BDP.
- Accommodation questions – email KFVC.
- Start making your travel arrangements and packing your bags!

STEP 5. WORK
- Upon arrival in Bwindi you will be shown to your accommodations. (At times, changes in rooming must be made. We ask volunteers to be flexible.)
- You will meet your supervisor, attend orientation, and begin your work.

STEP 6: POST-WORK
- After you have completed your service in Bwindi, we will follow up with you to learn about your experience and receive your feedback on the program.
PLANNING YOUR TRIP

2 – 3 MONTHS PRIOR

_____ Reservations and Accommodation Payment
Confirm dates, form of travel (Bwindi arrival and departure), and number in your party with KFVC. An accommodations invoice will be emailed to you and must be paid in advance of your trip.

_____ Book Flight to Uganda and Arrange In-Country Travel and Accommodations (See page 12)
  ▪ Send a copy of your flight itinerary to KFVC.

_____ Passport
  ▪ Apply for / renew your passport.
  ▪ Passports must be valid for more than 6 months after your return date.
  ▪ Send a copy of your passport identification page to KFVC.

_____ Visa
  There are two ways to obtain your visa from the Ugandan Embassy:
  ▪ In the U.S., visit the Uganda Embassy website (recommended for large groups).
  ▪ In Uganda, you can obtain your visa at the airport upon arrival. Same rates apply.
  Use the following contact information for visa application:
    Contact: Bwindi Community Hospital, Edson Niyonzima
    Phone: +256 (0) 703 342-891 or + 256 (0) 392 880-242
    Email: hrbwindihospital@gmail.com
    Address: Bwindi Guest House, Bwindi National Park, Buhoma Village, Kanungu District

_____ Vaccinations and Medications for Travel
  ▪ Receive required vaccinations and medications for Uganda from a travel doctor.
  ▪ Current required vaccinations: visit CDC website and select Uganda.
  ▪ Doctors should prescribe medications for malaria prevention, travelers’ diarrhea, and anti-nausea.

_____ Travel Insurance
  Purchase travel insurance that includes emergency medical evacuation coverage.
  ▪ MEDEX
  ▪ SOS
  ▪ Travel Insured
  ▪ Travel Guard
  ▪ TravelEx
  ▪ Credit card companies (some offer insurance as an additional benefit to customers)

_____ Smart Traveler Enrollment Program (STEP)
  Enroll your trip with STEP to receive important information from the US Embassy regarding safety conditions in Uganda as well as to be contacted in an emergency situation. Register here.

_____ Make reservations for extracurricular excursions and activities. (See page 17)
PLANNING YOUR TRIP (cont.)

1 – 2 WEEKS PRIOR

_____ Confirm arrival and departure dates in Bwindi with KFVC.

_____ Important Documents
Copy passport ID page (in color), visa, plane tickets, itinerary, travel insurance, and credit cards (front and back), receipts of expensive items (laptop, camera) purchased from home to avoid trouble with customs. Keep copies in different bags, email them to yourself, keep on a flash drive, and give to your emergency contact.

_____ Contact List
Make a list of emails, phone numbers, and addresses (home and Uganda). Put copies in different bags, email it to yourself, and give a copy to your emergency contact.

_____ Bank and Credit Cards
Notify your bank and credit card companies of travel dates and location. Ensure you have the ability to withdraw cash from an ATM if necessary. (AMEX and Discover are not widely accepted.)

_____ Arrange for Cash for Money Exchange (See page 14)

_____ Fill your prescriptions and carry them in the original bottles.

_____ Pack Your Bags! (See packing list on page 20)

TRANSPORTATION
Flights into Uganda arrive in the city of Entebbe. BCH, UNSB, and the BDP are located in Buhoma, Uganda. There are no direct flights to the Bwindi region so in-country transportation and accommodations must be arranged for your travel between Entebbe and Buhoma.

TRAVELING TO BWINDI/BUHOMA
BY CAR TO BWINDI
From Entebbe Airport, a private driver can meet you or you can take a taxi to your hotel in Entebbe or in the capital city of Kampala (45 minutes). From Entebbe or Kampala, your driver will transport you to Bwindi (10-12 hours). Cost is approximately $500 (incl. car, driver, and fuel). Trip times vary depending on traffic and obstacles.

Private Drivers:

- **Tour Companies** can arrange for a private driver and tourist excursions. (See page 18)

- **Sunday Godson** - +256 (0) 772 444-993, godsonsunay@yahoo.com (*This email address is correct.)
  Sunday is also an experienced guide if you want to visit Queen Elizabeth National Park.

- **James Kiwanuka**, Kampala Backpackers’ Hostel - +256 (0) 772 465-378,

*When choosing a taxi, ensure the driver has an ID card and is from the official airport taxi stand outside the airport doors. Always negotiate the cost of the ride before you enter the vehicle to avoid any issues.
*Personal car rental is discouraged due to safety issues.
BY BUS TO BWINDI
Buses run from Kampala to Butogota and from Kampala to Kihihi. Hotels in Kampala can advise you on the bus stop location and the days the bus service is running. Once you reach Butogota or Kihihi, you will need to hire a taxi to drive you to Bwindi.

- The bus has the advantage of being inexpensive, but it can be less safe than other options.
- Buses are not air-conditioned and windows will be open while traveling dusty roads.
- Do not accept food or other items from fellow travelers. Visitors have occasionally been drugged.
- Make sure all your valuables are in your carry-on and consider locking it to the overhead rack. Larger bags will be separated from you during travel.
- Buses do not have restrooms. Men may have the option of a roadside stop, but that is not considered acceptable for women.

The night bus is NOT recommended due to safety issues.

BY PLANE TO BWINDI
A direct flight from Entebbe to Kihihi (2 hours) is approximately $300. Flights can be booked through Aerolink Airlines.

At Kihihi airport you can hire a private driver or taxi to drive you to Bwindi / Buhoma (1.5 hours). The standard price is around 80,000 UGX. This should be arranged in advance.

Private Driver:
- Chris Assimwe, +256 (0) 772 883-409, +256 (0) 703 878-844, +256 (0) 752 550-650
  assimwechris@hotmail.com

RWANDA
Another option to enter Bwindi is to fly into Kigali, Rwanda. From Kigali you will hire a taxi to drive you to Bwindi / Buhoma (6 hours). Most prefer to fly into Entebbe to visit sites on the way to and from Bwindi.

TRAVELING WITHIN BWINDI / BUHOMA
ON FOOT
Most volunteers walk to the shops, to the Monkey House for meals, and to other local venues.
Do NOT walk alone at night.

“BODA BODA” MOTORCYCLE TAXI
Volunteers are STRONGLY DISCOURAGED against using this form of transportation in cities or on highways, as accidents are frequent. Bodas-bodas may be used at Buhoma with guest house manager approval. Time of day affects price. Rates can be near 1000 UGX in the daytime and 2000 UGX in the evening. It’s best to take a driver’s phone number to use while in Bwindi, as transportation options are limited.
ACCOMMODATIONS

ENTEBBE and KAMPALA
Most visitors spend the night in Entebbe or Kampala on arrival and departure. Some hotels have an airport shuttle service and offer a day rate if you will not be staying overnight. (Prices $ - $$$$)

Gately Inn - $$$
2 Portal Road, Main Airport Drive, Entebbe
Phone: +256 (0) 777 555-966, +256 (0) 414 321-313
Email: stay@gatelyinn.com, gatelyinn@utlonline.co.ug
Web: gatelyinn.com

Namirembe Guesthouse - $$
Plot 1085, Willis Road, Kampala
Phone: +256 (0) 414 273-778, +256 (0) 312 109-937
Email: ngh@utlonline.co.ug
Web: namirembe-guesthouse.com

The Boma - $$$$$
Plot 20A, Gowrs Road, Entebbe
Phone: +256 (0) 772 467-929
Email: info@boma.co.ug, boma@infocom.co.ug
Web: boma.co.ug

Sheraton Hotel - $$$
Ternan Avenue, PO Box 7041, Kampala
Phone: +256 (0) 414 420-000
Email: reservation@sheratonkampala.com
Web: sheratonkampala.com

Speke Hotel - $$$
Plot 7-9, Nile Avenue, Kampala
Phone: +256 (0) 414 259-221/4,
+256 (0) 414 235-332/5
Email: spekehotel@spekehotel.com
Web: spekehotel.com

Namirembe Guesthouse - $$
Plot 1085, Willis Road, Kampala
Phone: +256 (0) 414 273-778, +256 (0) 312 109-937
Email: ngh@utlonline.co.ug
Web: namirembe-guesthouse.com

EN ROUTE TO BWINDI
Many guests take an extra day or two for safaris and to visit the national parks on the way to Bwindi. These accommodations are on the way to major tourist destinations. (See page 17)

LAKE MBURO NATIONAL PARK
Rwakobo Rock - $$
Phone: +256 (0) 755 211-771
Email: info@rwakoborock.com
Website: rwakoborock.com

UWA Tent Camps - $
Website: ugandawildlife.org

QUEEN ELIZABETH NATIONAL PARK
Mweya Lodge - $$$$  
Marasa Central, Plot 96-98, 5th St. Industrial Area, PO Box 22827, Kampala, Queen Elizabeth Natl Park
Phone: +256 (0) 312 259-390,  
+256 (0) 313 259-390, +256 (0) 414 259-390/4/5
Website: mweyalodge.com

Mweya Hostel - $
2 Portal Road, Main Airport Drive, Entebbe, Queen Elizabeth National Park
Phone: +256 (0) 312 – 260260/1,  
+256 (0) 414 – 255992
Email: mweyaparaa@africaonline.co.ug
Website: ugandawildlife.org

12
BWINDI
Volunteers are assigned to a specific guest house while working in Bwindi.

MONKEY HOUSE

Rooms/Beds: 3 rooms with 2 sets of bunk beds per room. Sleeps 12. (All beds have mosquito nets.)
Bath: 2 toilets, 2 showers with hot and cold water (shared).
Amenities: Sitting room and library, dining area with filtered water, kitchen, porch, and outdoor gazebo.
Location: Near BCH. Priority is given to BCH and UNSB volunteers.

LOWER GORILLA HOUSE (renovated February 2016)

Rooms/Beds: 2 bedrooms. Room 1 has a king-size and single bed (sleeps 3). Room 2 has a queen-size bed, bunk bed, and single bed (sleeps 5). Sleeps 8. (All beds have mosquito nets.)
Bath: 1 toilet, 1 shower with hot and cold water (shared).
Amenities: Sitting room, kitchen, and porch overlooking the forest. Watch for mountain gorillas that may visit!
Location: Outside Bwindi Impenetrable Forest National Park entrance. 2 km (1.2 m) from Monkey House.

GUEST HOUSE RATES
4-week stay or less: $40/day per person.
Over 4-week stay: $40/day for first 4 weeks and $150/week thereafter.
Student rate: $150 per week.
*To show your gratitude, a tip box is located at the Monkey House; 10% is a standard amount. Tips are shared among all guest house staff members.
MEALS

Meals during your stay at Bwindi guest houses will be a balance between Ugandan and Western fare. The majority of food is farm-fresh, and meals may include soups and stews, matooke, beans, rice, fruit, fresh bread, and sometimes desserts. Filtered water is always available.

- **Matooke** - Steamed plantains cooked in banana leaves. Often best with a ground-nut (peanut) sauce.
- **Chapati** - Sweet Indian flatbread
- **Posho/Ugali** - White maize flour meal
- **Muchomo** - Grilled meat
- **Irish** - White potatoes

All meals are served in the Monkey House dining room unless pre-arranged with the guest house manager for an additional fee.

*If you have special dietary requirements, please email KFVC in advance of your trip.*

MONEY

- **Uganda Shilling (UGX)** is the local currency.
- To exchange money in Uganda, US travelers should bring bills of $20, $50, and $100, printed after 2006, neither blemished nor torn.
- Exchange money at the airport upon arrival, or have your driver recommend a reputable exchange in Kampala, where the exchange rate might be better. Ask for smaller bills. (100,000 and 50,000-shilling notes are difficult to break.)
- Some hotels and tourist locations may accept US dollars or credit cards.
- Tipping is not expected in Uganda, but those who deal regularly with visitors have become accustomed to it. 10% tipping is greatly appreciated in restaurants, hotels, guest houses, for hired drivers, and for guides.
CELL PHONES AND INTERNET
- Cell phones can be purchased at Entebbe airport or in Kampala and are recommended for long-term volunteers.
- Ugandan cell phones are prepaid and require no contracts. Minutes are added by prepaid cards.
- Wi-Fi is available at the hospital and at the Batwa Women’s Center (near the Lower Gorilla House).
- USB Wi-Fi adapters (dongles) are recommended for internet access in other areas; these can be purchased prior to departure or in Kampala.

PHOTOGRAPHY
- Photography in tourist locations is permitted; however, taking pictures of military/police installations or personnel is prohibited. Military and police officers have detained tourists for taking photographs of Entebbe Airport and the area around Owen Falls Dam, near Jinja, although the prohibition on taking photographs is not publicly displayed on signs.
- In Bwindi Community Hospital, verbal permission must be secured by hospital personnel before taking any photo. Parental permission is required for photos of all children.
- It is best not to photograph people without their consent.

HEALTH AND SAFETY
INSECT-BORNE DISEASE
Malaria is prevalent in Uganda. Insects (mosquitoes, ticks, and fleas) can spread a number of diseases. Many of these diseases cannot be prevented with a vaccine or medicine. You can reduce your risk by taking steps to prevent bug bites.

What can I do to prevent bug bites?
- Use insect repellant with at least 20% DEET
- Cover exposed skin by wearing long-sleeved shirts and long pants
- Wear permethrin-treated clothing
- Use a bed net at all times while sleeping
- Wear sandals indoors only

For more information see [CDC website](https://www.cdc.gov).

*Ebola, Zika, and Marburg viral diseases are not currently present in Uganda.*

FOOD
Be cautious when eating outside of the Bwindi Guest House. Unclean food and water can cause travelers' diarrhea and other diseases. Reduce your risk by sticking to safe food and water habits.

Do not eat or drink:
- Food that is raw and/or served at room temperature
- Food from street vendors
- Unwashed or unpeeled fruits and vegetables
- Unpasteurized dairy products
- “Bush meat” (monkeys, bats, and wild game)
- Tap or well water (drink filtered or bottled water)
- Ice or drinks made with tap or well water
MEDICAL EVACUATION COVERAGE
If you are seriously ill or injured, emergency care may not be available or may not meet US standards. Trauma care centers are uncommon outside urban areas. Having medical evacuation insurance can be helpful for these reasons and is recommended for all volunteers. (See page 9)

PERSONAL SECURITY
- Follow all local laws and social customs.
- Do not wear expensive clothing or jewelry.
- Be aware of your surroundings at all times. Pick pocketing, purse snatching, and thefts from hotels and parked vehicles or vehicles stalled in traffic jams are common.
- Children or adults may approach visitors asking for money or a gift. Do not honor these requests.
- You may be asked for your contact information; do not give this information out to strangers.
- Do not travel alone after dark.
- Uganda does not have free speech. Volunteers are prohibited from talking or writing about politics while serving in Uganda. Doing so can put both you and local residents in danger.
- Demonstrations may periodically occur in response to local political developments. Visitors should neither participate in nor watch these.
- Any discussions of religion must be respectful and balanced. Strident or incendiary comments must be avoided.
- Volunteers are prohibited from crossing the border into the Democratic Republic of Congo.

US EMBASSY KAMPALA - Plot 1577, Ggaba Road, PO Box 7007, Kampala
Phone: +256 (0) 414 306-001
Email: kampalaUScitizen@state.gov
Web: kampala.usembassy.gov
EXCURSIONS AND ACTIVITIES

While in Uganda, many visitors plan to visit the beautiful national parks, go on safaris, and immerse themselves in the local African culture.

QUEEN ELIZABETH NATIONAL PARK
Game drives in the early morning and evening allow you to see lions, elephants, Uganda kob, hyenas, warthogs, and other local wildlife in addition to an astounding variety of birds. The Kazinga Channel boat tour with crocodiles, Cape buffalo, hippos, and thousands of birds, is not to be missed. The tree-climbing lions of Ishasha are another attraction. Visit ugandawildlife.org.

LAKE MBURO NATIONAL PARK
Explore the lakes, wetlands, and savannah. In this amazing park, you will see zebra, impala, eland, buffalo, oribi, Defassa waterbuck, leopard, hippo, hyena, topi, and reedbuck, along with more than 350 species of birds. Visit ugandawildlife.org.

BWINDI IMPENETRABLE NATIONAL PARK
Located in Bwindi, a gorilla trek through the forest is a major highlight of any trip to Uganda and a once-in-a-lifetime experience. Guides lead you through the serene and lush forests in search of the endangered mountain gorilla. Permits are required for this activity. Visit bwindiforestnationalpark.com.

BATWA EXPERIENCE and BATWA WALK
This living history encounter is highly recommended when in Bwindi. On a jungle hillside just outside the Bwindi Impenetrable National Park, Batwa elders share their rich heritage and traditions. You will experience Batwa food, hunting, traditional song, learn of medicinal plants, and more. Proceeds from each visit benefit the development of the Batwa. Visit batwaexperience.com. Volunteers receive a discounted rate. The Batwa Walk is a shorter version that is also enjoyable.

SHOPPING
Support the Batwa by purchasing handcrafted gifts at the Batwa Craft Banda. Good-natured bargaining is expected in the area, but consider paying the marked price here so as to benefit the Batwa people. In addition to the banda, other tourist shops are plentiful in Buhoma.
TOUR COMPANIES
Tour companies can plan your entire trip to and from Bwindi or help with just a part of it.

MONKEY TOUR SAFARIS
Phone: +256 (0) 776 672-872, +256 (0) 702 672-872
Email: ugandawildlifetour@gmail.com and sales@ugandawildlifetour.com
Web: ugandawildlifetour.com

PEARL OF AFRICA TOURS
Phone: +256 (0) 414 340-533, +256 (0) 312 260-559, +256 (0) 772 403-614
Email: info@pearlofafricatours.com
Web: pearlofafricatours.com

CULTURE AND CUSTOMS

GREETINGS
Many Ugandans place their surnames first and given names last when writing, as in Busingye Levi. Others place their given name first, depending on their clan and heritage. Individuals are called by their given names in conversation. Don’t worry if you mistakenly call somebody by their surname; they will not take offense.

Handshakes are an appropriate greeting. Note that sometimes if a person’s hand is not completely clean, they may offer their wrist or forearm with the hand closed. As a sign of respect, a Ugandan may place the left hand on the right forearm while shaking hands.

LANGUAGE
The local language in the Bwindi region is Rukiga (ruh-chee-guh). Knowing a few words in the language will enhance your experience. Here are some basic phrases.

<table>
<thead>
<tr>
<th>English</th>
<th>Rukiga</th>
</tr>
</thead>
<tbody>
<tr>
<td>Agandi</td>
<td>a-gan-dee</td>
</tr>
<tr>
<td>Oriota</td>
<td>o-lee-o-ta</td>
</tr>
<tr>
<td>Nigye</td>
<td>nee-jay</td>
</tr>
<tr>
<td>Ndiaho</td>
<td>n-dee-a-ho</td>
</tr>
<tr>
<td>Oreregye</td>
<td>o-ray-ray-jay</td>
</tr>
<tr>
<td>Oraregye</td>
<td>o-rah-ray-jay</td>
</tr>
<tr>
<td>Yeego</td>
<td>eh-go</td>
</tr>
<tr>
<td>Ngaha</td>
<td>n-ga-ha</td>
</tr>
<tr>
<td>Seebo</td>
<td>say-bo</td>
</tr>
<tr>
<td>Nyabo</td>
<td>nee-a-bo</td>
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<tr>
<td>Webare</td>
<td>way-ba-lay</td>
</tr>
<tr>
<td>Cali</td>
<td>cah-lee</td>
</tr>
<tr>
<td>Bambi</td>
<td>bahm-bee</td>
</tr>
<tr>
<td>Nibanetta</td>
<td>nee-ba-neh-ta</td>
</tr>
<tr>
<td>Nduga</td>
<td>n-doo-ga</td>
</tr>
<tr>
<td>Nkunda</td>
<td>n-koon-da</td>
</tr>
</tbody>
</table>

Sir
Ma’am
Thank you
You’re welcome
I’m sorry/excuse me
My name is...
I am from...
I like...
POLITICS
Uganda is a presidential republic in which the president of Uganda is both head of state and head of government. There is a multi-party system, and the government exercises executive power.

Freedom of speech is not a right in Uganda as it is in the US. Volunteers must refrain from any comments that could be considered critical of Ugandan politics or religion and should remain neutral in all conversations with Ugandans.

RELIGION
Uganda comprises many religious groups, including the Protestant and Roman Catholic Church along with Islam and others. The projects at Bwindi are under the purview of the Anglican Church of Uganda (Kinkiizi Diocese). Volunteers are not required to participate in religious events but are expected to be tolerant and respectful of others’ beliefs and to make no public objection to them while working in Uganda.

Consider consulting travel books and doing research to make the most of your adventure in Uganda.
PACKING CHECKLIST

CLOTHING
Morning and evening (50°-60°F), daytime (75°-85°F). Heavy rains are common, especially in the afternoon.

____ 4 – 6 sets of comfortable, durable clothing
(No tank tops or shorts for men or women. Include warm clothing as needed.)

____ 1 - 2 sets of clothing for social events or church
(Men wear collared shirts and slacks and women wear dresses or skirts below the knee)

____ Undergarments and socks

____ 2 pairs of comfortable, close-toed shoes

____ 1 pair of nice close-toed shoes

____ Sandals
(Indoor use only. Close-toed shoes are recommended outdoors due to sand fleas.)

____ Rain jacket

____ Sweater or jacket

____ White lab coat and stethoscope
(medical and nursing personnel)

____ Hat, bandana

____ Money belt / passport holder
(keep docs & money close to your body during travel)

Using permethrin on clothing may increase protection against insects. Laundry is complimentary at the guest house.

TECHNOLOGY and EQUIPMENT

____ Equipment and supplies for project

____ Books and other reference materials

____ Personal computer

____ Cell phone

____ Camera / memory cards

____ MP3 player only if required

____ USB thumb drives / external hard-drive
(Back up hard drive onto external drive, if traveling with your laptop. Power outages are common.)

____ Pens

____ Notebooks and journals

____ Chargers / batteries
(cell phone, camera, computer)

____ Electrical plug adapter (UK)

____ Battery-operated alarm clock

____ Digital watch

DO NOT bring hairdryers; the electricity is not sufficient to power them.

Do not bring non-essential electronics.
### PACKING CHECKLIST (cont.)

#### TOILETRIES

- [ ] Sunscreen
- [ ] Insect repellent with at least 20% DEET
- [ ] Soap or body wash
- [ ] Shaving razors
- [ ] Brush, comb
- [ ] Makeup
- [ ] Hair ties and headbands
- [ ] Shampoo and conditioner
- [ ] Deodorant
- [ ] Feminine products (for your entire stay)
- [ ] Small roll of toilet paper
- [ ] Extra towels and wash cloth

#### MISC.

- [ ] Hand sanitizer
- [ ] Mini first aid kit
  - (Band-Aids, Neosporin, cleaning wipes, pain medicine, Imodium, Pepto-Bismol, and Tums)
- [ ] Prescription medications (in original bottles)

Most of these items are not easily purchased in Bwindi.

- [ ] Reusable water bottle (do not drink tap water)
- [ ] Snacks (trail mix, protein bars, jerky, etc.)
- [ ] Mosquito net
  - (The guest house and most hotels have nets, but if you plan on budget accommodations, pack one.)
- [ ] Copies of passport, credit cards, contact numbers, and other necessary docs.

#### NOTES

__________________________________________________________________________________________
__________________________________________________________________________________________
__________________________________________________________________________________________
__________________________________________________________________________________________
__________________________________________________________________________________________
__________________________________________________________________________________________

*We may ask you to carry needed supplies and equipment because shipping to Uganda is unreliable. If you are able, please plan to carry an extra bag for these goods.*
CONTACTS

TRAVEL, ACCOMMODATIONS, AND APPLICATION QUESTIONS:

KELLERMANN FOUNDATION
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diane@kellermannfoundation.org – Diane Stanton, Executive Director
Web: kellermannfoundation.org

VOLUNTEER WORK-RELATED QUESTIONS (after acceptance):

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Web: batwaexperience.com

ON-SITE BWINDI CONTACT:

BWINDI GUEST HOUSE
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Phone: +256 (0) 780 240-915 (cell), +256 (0) 780 314-560 Main Guest House

When calling Uganda from other countries, include 256 but not 0. When calling within Uganda, omit 256 and include 0.
When calling the US from Uganda, dial 0001 before the number.

See you in Uganda!

This document is maintained by the Kellermann Foundation in collaboration with our partner programs Bwindi Community Hospital, Uganda Nursing School Bwindi, and the Batwa Development Program. Included recommendations and websites are helpful but are not endorsed by KF, BCH, UNSB, or BDP. The information is supplied only as suggestions. Any questions or concerns should be handled directly with the involved organization. For information or suggestions regarding the volunteer guide, please email volunteer@kellermannfoundation.org.

Last revision: October 2016