

Volunteer Guide



The Kellermann Foundation
Providing hope and health in Uganda



For more information or to register, go to:

WWW.KELLERMANNFOUNDATION.ORG/VOLUNTEER-APPLICATION



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Providing hope and health in Uganda

Dear Friends,

Welcome! What an honor it is that you have chosen to learn more about our mission to alleviate human suffering in southwest Uganda. We believe our work will resonate deeply with you and compel you to join the Kellermann Foundation to provide hope and health for the Batwa pygmies and their neighbors.



Forcibly evicted from their ancestral home in 1991 as a hunter-gatherer tribe in the Bwindi Impenetrable Forest, the Batwa immediately became beggars wandering the region without medical care, land, homes, food, or education. They were alone in their struggle and believed they would all die, but God had not forgotten them.

Through the Church of Uganda and Dr. Scott and Carol Kellermann's acts of faithfulness, the Batwa were able to receive the care they needed, and more importantly, form Christian relationships which flow from God through you and me to the Batwa. As their larger family spanning to another continent, the Kellermann Foundation and its supporters provide hope and health—not only to the generation evicted from the forest, but also to younger generations who may have an even greater challenge to both preserve their heritage and depart on a new and unfamiliar path.

As the Batwa work hard to step into new roles which lead to true self-sustainability, support from volunteers and generous donors like you is crucial. We are thankful for your partnership in prayer, volunteering, and financial support.

Faithfully,

Laura N. Corley
Executive Director

The Kellermann Foundation

PO Box 832809

Richardson, TX 75083

info@kellermannfoundation.org

www.kellermannfoundation.org

(972) 685-0279




DR. SCOTT AND CAROL KELLERMANN first treated the Batwa in 2000 underneath a large ficus tree with few resources—no buildings, no electricity, not even a common language. A look at the Kellermann Foundation’s work spanning two decades shows the beauty of what has sprung forth from that one tree.

Because of you, I have hope.

With partnerships in health, education, home building, spiritual outreach, agriculture, clean water, income generation and cultural preservation, the Kellermann Foundation envisions that the Batwa pygmies and their neighbors will, by the grace of God, achieve life in all its fullness.


The work of the Kellermann Foundation has developed into three on-the-ground partner programs:

 **Bwindi Community Hospital**, a 150-bed hospital with maternity, pediatric, neonatal, surgical, and HIV wards; a teaching theatre and waiting mothers hostel and ICU; with a dental and vision clinic on the way, and a medical team who can boast an estimated:

- Over 12,000 surgeries, 550,000 outpatients and 25,000 inpatients
- 16,000 babies delivered and immunized
- Reduction of under-age-5 deaths from 41% to 2%
- Countless HIV patients treated; transmission from mother to child reduced from 2% to 0%
- Decrease in malaria from over 40% to 2.5%

 **Batwa Development Program**, including:

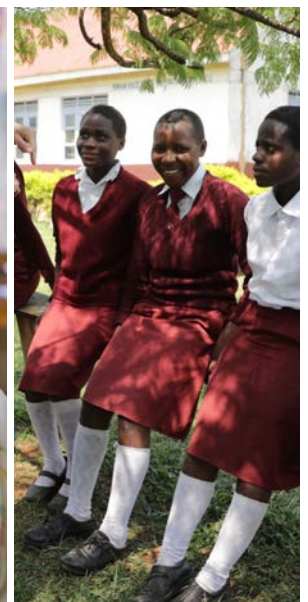
- 9 community bandas with water catchment systems
- Construction of 19 interlocking brick homes
- 20 supported schools educating and feeding more than 1,200 children annually
- 2 university graduates, 1 nursing graduate
- Craft Banda and training in agriculture, sewing, carpentry and brick-making
- Cultural preservation and education through the Batwa Experience and Batwa Walk

 **Uganda Nursing School Bwindi**, a 400-student, top-tier nursing school earning 58% of all National Nursing Exam honorary distinctions



THEN

In 2000, Dr. Scott Kellermann and his wife Carol work under a ficus tree with IVs hanging from branches while hundreds of Batwa near death wait to be treated. Approximately 41% of Batwa children die before their 5th birthday; 45% of children born to HIV-positive mothers are HIV-positive; the Batwa have no land, no home, no food, no education, no hope.

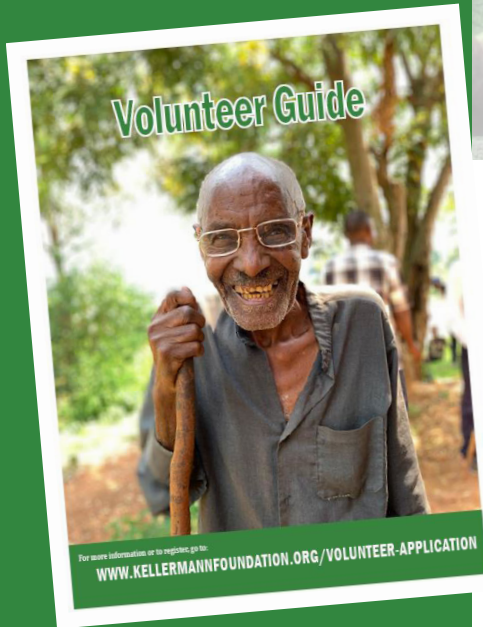


NOW

Our hospital's 121 Ugandan doctors, nurses and midwives serve over 120,000 people, and our nursing students earn 58% of the National Nursing Exam honorary distinctions. Over 98% of Batwa children live to celebrate their 5th birthday; 100% of children born to HIV-positive mothers are HIV-negative; 11 Batwa settlements have homes, agriculture, clean water, schools and HOPE!

Volunteer

ENGAGE with some of the world's warmest and most welcoming people.



VOLUNTEER IN BWINDI

Explore our volunteer guide at kellermannfoundation.org/volunteer

VOLUNTEER IN THE US

Make a difference without ever boarding a plane to Uganda! Visit kellermannfoundation.org/volunteer

CONTACT

Penny Lalanne
 Volunteer Coordinator
penny@kellermannfoundation.org



PLAN YOUR TRIP

We invite you to become a part of the story by volunteering with one of our partner programs in Bwindi.

Our **Batwa Development Program** would love for you to spend a day with our primary and secondary students, building a home, working in agriculture or sharing your faith.

Medical volunteers who hold a current medical license or are in the clinical phase of their medical education can volunteer at **Bwindi Community Hospital** and **Uganda Nursing School Bwindi**.

An old Ugandan proverb says, *“Americans have the watches, but Ugandans have the time.”* Above all, the most important skill each of us has to offer is friendship and time to share.

SAMPLE ITINERARY

Travel Day	Depart US city on overnight flight	Optional Excursions	Spend day at Craft Banda Overnight at Bwindi Guest Houses
Travel Day Entebbe	Arrive at layover city Flight to Entebbe or Kigali Overnight	Return Travel	Drive to Entebbe or Kigali Evening flight to layover city
Travel Day Buhoma	Depart for Buhoma Check-in and orientation Overnight at Bwindi Guest House	Return Travel	Flight to US City Arrive Home
Volunteer Buhoma	The length of your stay depends on your goals and availability. Overnight at Bwindi Guest House		

EXPECTED COSTS

- Round-trip international airfare, usually between \$1,800 and \$2,300
- Accommodations at Bwindi Guest House—Volunteer rate \$40 per day
- Medical Resident Supervisory Fee \$150 per 2 weeks.
- Travel insurance with emergency evacuation—check with agent
- Ugandan Visa \$50 or East African Visa \$103
- Personal purchases
- Gratuities to drivers, guides, hotel staff, waiters
- Accommodations and meals when not staying at Bwindi Guest House

The total cost of the trip will vary depending upon excursions, outside accommodations, and personal purchases.

Travel with a purpose

EMBRACE the opportunity to travel with a purpose as you help bring hope and health to a once forgotten part of the world.

BATWA EXPERIENCE

One of the best ways to help the Batwa and get to know them is to take the Batwa Experience tour, the original and authentic Batwa tour. It is provided by the Batwa Development Program which helps and protects the Batwa. Eco-tourism at its best, the Batwa Experience is a hands-on adventure created by the displaced Batwa pygmies to educate their children and to share their amazing heritage and traditions with the world. Step back in time to see how the Batwa lived for millennia in the Bwindi, one of the most beautiful jungles on earth and home of the famous mountain gorillas. Enjoy an incredible day hike in the rainforest with Batwa guides, see how the Batwa lived and hunted, learn about medicinal plants, and watch for animals and birds. You will hear ancient legends and traditional songs, watch energetic dances, and join in on a mock hunting party. You can even test your skill with a Batwa bow and arrow. Alternate, less strenuous tours such as the Batwa Walk are available upon request.

Reservations: Book the original, authentic tour by visiting the **Batwa Development Program's Craft Banda (photo below)**, the first shop in the strip of shops on the main road near the park entrance. **Or call Levi our tour guide at 011-256-772-901-628.** The tour fee is \$30. See back cover to provide a tax deductible donation to the Batwa Development Program through the Kellermann Foundation. **Beware of impostor tours which may be unsafe to you and the Batwa.**



Visit the hospital and nursing school

Morning worship daily with drums and singing, guided visits including the award-winning pediatric and maternity wards, new I.C.U., and CREID site.

Visit a Batwa settlement and school

Be greeted by singing and dancing, read to school children, walk a Batwa farm, and learn about bee-keeping, build a home.

Hang out at the Bwindi Guest House

Visit with people from around the globe, from medical professionals to missionaries.

Trek the gorillas and enjoy a waterfall hike

Batwa Development Program's Craft Banda

Custom-sewn Uganda clothing, Batwa baskets, home goods, wood carvings, and jewelry.

All proceeds directly benefit the Batwa.



Next steps

Now

- ▶ **Select one of our partner programs, your particular area of interest and preliminary travel dates:** Read pages 26-31 to learn more about our partner programs.
- ▶ **Submit volunteer application:** Visit www.kellermannfoundation.org/volunteer-application to apply online. **Medical volunteers should apply several months in advance if possible and refer to supplemental checklist.**

4 months prior

- ▶ **Obtain or renew your passport:** The expiration date of your passport must be at **least six months after the return date** of your trip.
- ▶ **Purchase air tickets:** Purchase air tickets on your own or use our travel agent, Josh Maddin at High Point Travel, 972-284-1315, josh@highpointgo.com
- ▶ **Make reservations with Bwindi Guest House:** The Kellermann Foundation will email you an invoice to be paid prior to departure.
- ▶ **Arrange in-country travel and accommodations:** You will likely want to spend the night close to the airport the day of your arrival. In this case you can arrange for accommodations near the airport and travel from your arrival city to Buhoma and back for your return. See pages 12-14.
- ▶ **Provide a preliminary itinerary:** Email your itinerary to volunteer@kellermannfoundation.org.

3 months prior

- ▶ **Obtain immunizations and prescriptions:** See page 11 for details and other health tips.
- ▶ **Provide your final itinerary:** Email your final itinerary to volunteer@kellermannfoundation.org.
- ▶ **Purchase travel insurance with emergency evacuation:** Find your own policy or contact Josh Maddin at High Point Travel, 972-284-1315, josh@highpointgo.com
- ▶ **Apply for your Ugandan Visa:** <https://visas.immigration.go.ug> Please contact us if you want to apply for an East African Visa for the latest updates.
- ▶ **Register with US State Department:** Visit <https://step.state.gov/step/> to register with the Smart Traveler (STEP) so you will receive notifications if there are any concerns in the region.

Final month

- ▶ **Notify your financial institutions:** Your bank and credit card institutions will sometimes require prior notice of your trip before allowing international transactions.
- ▶ **Pack:** Pack and weigh your luggage. Most airlines have a 50 lb limit per bag. Check with carrier.
- ▶ **Begin antimalarial:** Begin taking antimalarial two days prior to arriving in Uganda.



Volunteer and Visa Application

Visit <https://www.kellermannfoundation.org/volunteer-application> to fill out and submit a volunteer application. Below is a list of information you will need. If you do not yet have everything on this list (i.e. passport), write “will submit later” in that field. On this webpage you will also find a link to the online Ugandan and East African visa applications. The Ugandan visa allows you to travel into Uganda. The East African Visa allows you to travel into Uganda, Rwanda, and Kenya.

- ▶ Passport number
- ▶ Full name on passport
- ▶ Date of issue and expiry
- ▶ Profession
- ▶ Nationality (if dual)
- ▶ Date of birth
- ▶ Birthplace
- ▶ Father’s name
- ▶ Mother’s name
- ▶ Physical address
- ▶ Email address
- ▶ Phone number
- ▶ Spouse’s name (if applicable)
- ▶ Last 5 countries visited and if you have been to Rwanda, dates of visit
- ▶ Employer and occupation
- ▶ Church, contact info
- ▶ Previous mission trips
- ▶ Health: blood type, allergies, conditions, medications, eye glass prescription
- ▶ Physician contact info
- ▶ Emergency contact info

Scans of the following (using the name format in parenthesis)

1. Bio data page of passport (Last name-1 Passport)—PDF maximum of 250 KB
2. Passport photo (Last name-2 Photo)—JPEG maximum of 250 KB
3. Yellow Fever certificate (Last name-3 Yellow Fever)—PDF maximum of 250 KB
4. Return air ticket (Last name-4 Air Ticket)—PDF maximum of 250 KB



What to pack

ON YOUR PERSON

Passport, Visa, yellow fever card, credit card, cash (no more than \$500), airline ticket, medicines, Bible, journal, change of clothes, miniature toiletries, earbuds, phone, charger, glasses

CHECKED LUGGAGE—up to 2 bags; 50 lbs or less per bag; you will carry your own luggage so plan for it to be a manageable load!

- ▶ 1 large suitcase, 1 carry-on and one empty foldable duffel to bring home souvenirs
- ▶ Flashlight (battery or solar powered)
- ▶ Sewing kit
- ▶ Copy of passport visa, airline tickets, itinerary, travel insurance, receipts of expensive items purchases from home to avoid trouble with customs. (Give to your emergency contact.)
- ▶ Non-perishable snack foods (high protein; dried fruit; nuts, etc.)
- ▶ Toiletries (razor, soap, shampoo, toothbrush, toothpaste, deodorant, brush, tissues, shower shoes, antibacterial soap, prescription medicines, vitamins, ibuprofen, laxatives, sunscreen
- ▶ Adapter plugs and transformers for small electrical appliances; charging cord
- ▶ First-aid kit (repellent, Neosporin, band-aids, laxatives, cold meds, anti-acids and Pepto Bismol)
- ▶ Ladies: skirts, dresses (knee length or longer), shirts (no bare arms), slacks (for tour days)
- ▶ Men: slacks, lightweight shirts, sports coat and tie; no shorts
- ▶ Lightweight jacket, raincoat or poncho, umbrella, and hat
- ▶ 1 pair dress shoes; 1 pair walking shoes; shower shoes
- ▶ Underwear (for every day or wash by hand), socks, night clothes, robe and slippers

NOT RECOMMENDED

- ▶ Valuables items you mind losing such as expensive jewelry, watches, laptops, excessive cash
- ▶ Too many clothes; high heels or clothes that draw attention to you; no shorts
- ▶ Hairdryers or curling irons (because of voltage)



Health Tips

The following items represent some of the medical preventatives you should consider while on your trip. The Kellermann Foundation cannot give you medical advice. Ask your physician what immunizations and prescriptions you need. For the latest information visit the Center for Disease Control at <https://wwwnc.cdc.gov/travel/destinations/traveler/none/uganda>.

- ▶ Covid vaccine: Seek the latest information from your physician and airline.
- ▶ Antimalarial such as Malarone: recommended daily 2 days before and 1 week after in-country
- ▶ Yellow Fever: REQUIRED to return to the US. You will need a Yellow Fever Card as proof upon re-entry.
- ▶ Typhoid: recommended every 5 years
- ▶ Tetanus: recommended every 10 years
- ▶ Polio: recommended one adult booster
- ▶ Hep A: The basic two-shot series given in childhood needs an adult booster. A single adult booster is effective one year; however, if a second adult booster is administered upon return to the U.S. between six and twelve months after the first booster, the effective period increases to up to 25 years.
- ▶ Cipro or another general antibiotic: recommended to have on hand in case of infection
- ▶ To deter mosquitoes which transmit malaria: garlic capsules daily, insect repellent with at least 20% deet, bed net at night, long-sleeved shirts, closed-toed shoes

GENERAL PRECAUTIONS

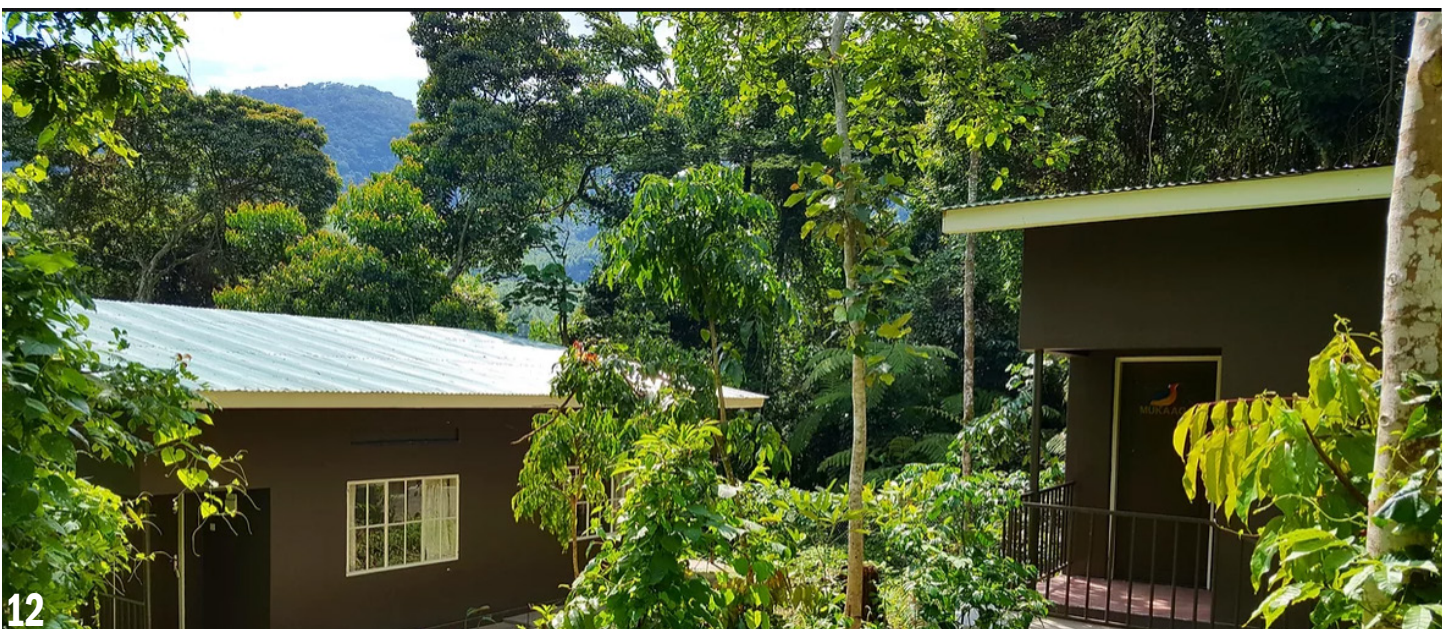
- ▶ Drink only bottled water and soft drinks; do not request ice; hot drinks are okay.
- ▶ Do not eat any raw fruit or vegetable unless it can be peeled by you; do not eat millet.
- ▶ Do not eat or drink unpasteurized dairy products.
- ▶ Do not eat bush meat.
- ▶ Wash your hands frequently (anti-bacterial wipes or hand solution).
- ▶ Remember to take your garlic and antimalarial daily, and Cipro if you feel sickness coming on.
- ▶ If you become ill, the hospital will assist you.

Stay at Bwindi Guest House

Originally the home of Dr. and Mrs. Kellermann, Bwindi Guest House evolved and grew to house the many volunteers who came to work at the hospital. Additional housing was built as the need grew and Bwindi Guest House is now comprised of various distinct houses, each of a different size and configuration to meet the needs of the various individuals, families and service groups we host.

Located very near the gate to Bwindi Impenetrable National Park, Bwindi Guest House is in the ideal location for enjoying all that this region of Uganda has to offer. Whether your plans include volunteering at the local hospital, trekking the mountain gorillas or simply relaxing you've found to the right place. Bwindi Guest House offers a wide range of self contained or shared accommodations including full board. Whether you are coming solo, as a couple, a family or a service group, Bwindi Guest House can accommodate you. Also included is 24-hour security, wi-fi in the dining room, hot water & free parking. The Bwindi region abounds in experiences just off of our back porch—trek the mountain gorillas, bird watch, mountain bike, learn about the Batwa or simply relax on the deck with a good book and a fabulous view. But, perhaps the most rewarding experience of all would be to volunteer with one of our partner programs.

Visitors and tourists come from all over the world to enjoy our homes and interact with the other visitors and volunteers who also stay here. All guests are introduced to our programs and offered a free hospital tour or a visit to our nursing school any day of the week.



Other Accommodations

These are a few of our favorite accommodations. We are happy to share additional recommendations for Ugandan's most popular tourist destinations.



K Hotel—Entebbe, Uganda

If you are flying into Entebbe, the K Hotel is only a 12 minute drive from the airport. It's features include a spa, 3 restaurants and a beautiful terrace overlooking Lake Victoria. <https://www.khotels.ug/>

Speke Hotel—Kampala, Uganda

Located close to the heart of Kampala, the Speke Hotel offers a coffee shop and restaurants within walking distance. Uganda Martyrs Shrine is also close by. While Entebbe International airport is a 36-minute drive away. <http://speke-hotel.kampala-hotels-ug.com/en/>



Mweya Safari Lodge—QE National Park, Uganda

If you want to see the wildlife at Queen Elizabeth National Park, consider the Self Contained Lower Cottages at Mweya Lodge. The best way to contact them is by phone: +256 782 387 805 (also on WhatsApp).

Paraa Lodge—Murchison Falls National Park

Overlooking the Nile River, the Paraa Lodge is beautiful and convenient to Murchison Falls National Park where you can take land and water safaris and see the historic Murchison Falls. +256 31 2260260, <https://paraalodge.com/>



Grand Legacy Hotel—Kigali, Rwanda

If on the day of your arrival you need to stay at a hotel near Kigali Airport, we recommend the Grand Legacy Hotel which is located near the airport. Prearrange for a shuttle from the airport to the hotel. +250 788 303 483, <https://grandlegacy.rw/about-us/>



Transportation to Buhoma

Our programs are based in Buhoma in the southwestern tip of Uganda directly north of Bwindi Impenetrable Forest. The two nearest international airports are in Entebbe, Uganda and Kigali, Rwanda.

AIRPORT TRANSPORTATION

Entebbe International Airport (EBB), Uganda

Entebbe International Airport is the principal airport of Uganda and is located on the shores of Lake Victoria approximately 25 miles southwest of Kampala. Fly into Entebbe International Airport (EBB) and overnight in Entebbe or Kampala.

Transfer to Buhoma:

- Flight: 2-hour flight to Kihhi via Aerolink; approximately \$300; www.aerolinkuganda.com; additional 1.5-hour drive approximately \$60.
- Private driver: 10–12 hours; average of \$270–500 depending on number of passengers

Kigali International Airport (KGL), Rwanda

Kigali International Airport (KGL) is six hours from Buhoma in Kigali, Rwanda. Travel from Rwanda to Uganda requires an East African Visa. Fly into Kigali and arrange a driver to take you to Buhoma. This option will take you straight through the western side of Bwindi Impenetrable Forest.

Transfer to Buhoma:

- Private driver: 6 hours; \$160–200 for 1 passenger

LOCAL TRANSPORTATION

On Foot

Most volunteers walk to the Monkey (main) House for meals as well as to shops and local venues. DO NOT walk alone at night.

Boda Boda (motorcycle) Taxi

Volunteers are STRONGLY DISCOURAGED against using a boda boda taxi in cities or on highways. Accidents are frequent. Boda bodas may be used in Buhoma with Bwindi Guest House Manager approval.

Private Drivers

Jason Niwamanya: +256 776 423 286; niwajason05@gmail.com; www.uganda-rwanda-safari.com

Chris Asiimwe: +256 773 598 000; also on WhatsApp

Matthew Kiseegerwa and Alex Kiseegerwa at Monkey Tours Safaris: ugandawildlifetour@gmail.com

Emergency contacts and calling from a mobile phone

Check with your mobile phone provider to see if an international plan makes sense for your trip. Use the following numbers from a US mobile phone to call both from the US or Uganda:

Kellermann Foundation	+1-972-685-0279
Penny Lalanne	+1-214-498-8043
You or a team member	+1-area code-number
US Embassy Kampala	011-256-414-306-001
Bwindi Community Hospital	011-256-703-342-891
Bwindi Guest House	011-256-780-240-915
Monicah Nampewo, Monkey Tour Safaris	+256-776-672-872

Other methods to communicate with people both in the US and Uganda

- ▶ WhatsApp
- ▶ Skype
- ▶ FaceTime
- ▶ Text messages (on iphone)


Contact


The Kellermann Foundation
PO Box 832809
Richardson, TX 75083-2809
972-685-0279
www.kellermannfoundation.org
info@kellermannfoundation.org

Mapping our accomplishments

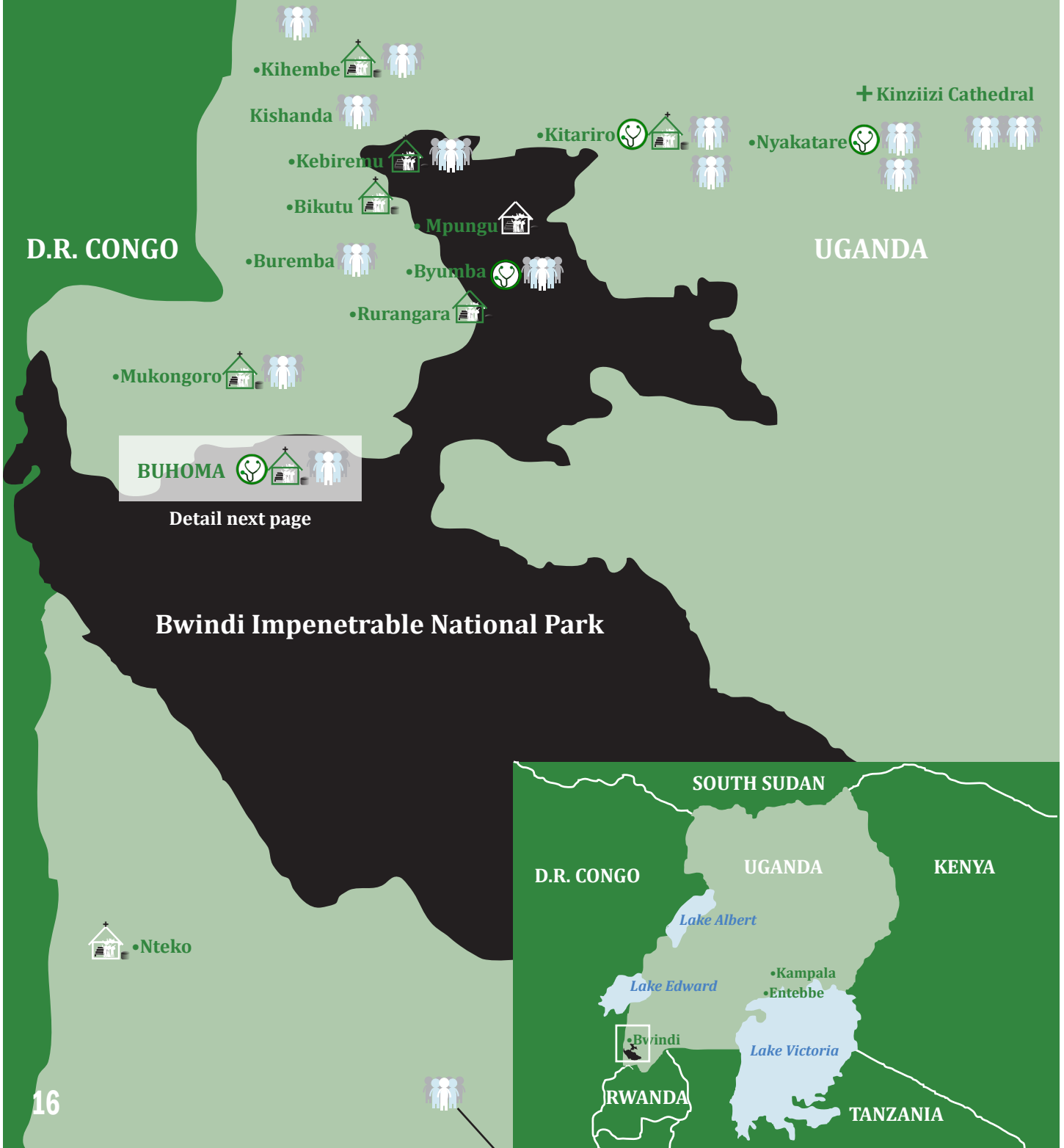
• = Batwa settlement with homes and agricultural programs

 = Medical facility

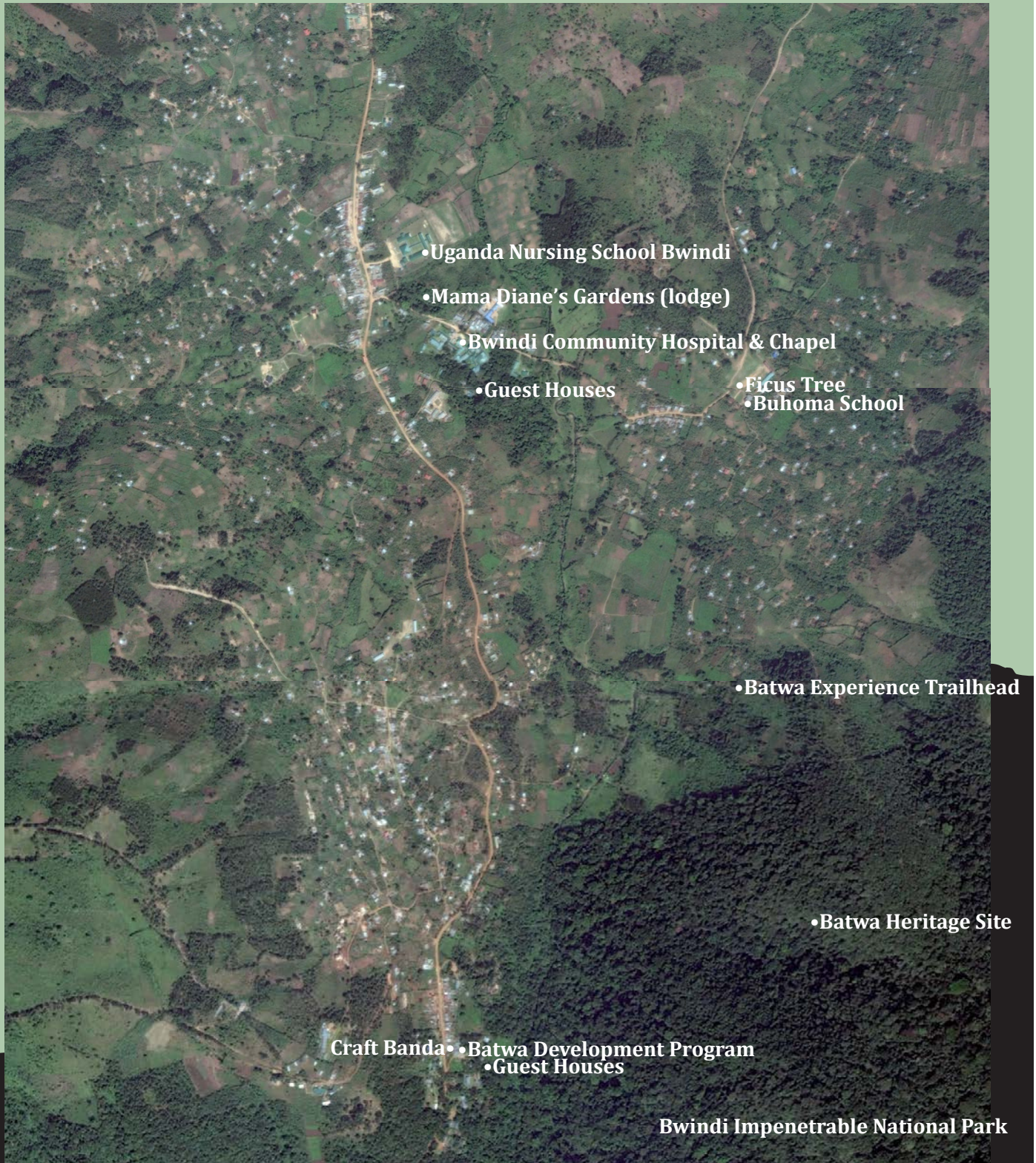
 = School

 = Banda, water catchment

 = Banda, water catchment, kitchen, latrine



Buhoma Settlement



Map data: Google, Digital Globe 2017

UGANDA—the Pearl of Africa



UGANDA is a beautiful, tropical country located 3,000+ above sea level on the Equator in East Africa bordering Kenya on the east, the Sudan on the north, the Congo on the west, and Tanzania on the south. It lies astride Lake Victoria and is well known for its lush green foliage and bright red soil, its wild game parks and its warm, friendly people.

UGANDA is called the “Pearl of Africa”, so-named by Winston Churchill, because of its great wonders of nature, its rich cultural heritage and its location in East Africa dense with wildlife game parks.

SIZE: About the size of the state of Ohio with a total area of 239,000 sq. km. of land. The rest is water with lakes, rivers and marsh lands.

CLIMATE: Pleasant sunny climate rarely rises above 85 degrees or below 60 degrees. Areas around Lake Victoria receive rainfall throughout the year.

POPULATION: 44.27 million people of which 90% live in rural areas. Life expectancy is 59.8 years.

PHYSICAL FEATURES: Uganda has snow capped mountains, extensive plains, fresh water lakes, water falls and volcanic mountains. Much of the countryside is lush and green and looks very tropical.

PEOPLE AND CULTURE: Ugandans are warm and friendly with a rich cultural heritage. They are part of a tribal system, the largest tribe being the Bugandans (17%) of 18 tribes. In 1993, an act of Parliament lifted a ban on traditional monarchs and the King of Buganda was crowned. People in rural areas live in separate houses with the families which are often brick and mud with either tin or banana leaf thatched roofs. They usually do not have household pets but own cattle, goats, chickens and turkeys. They are mostly self-sufficient and grow their own food.

RELIGION: Uganda is predominantly a Christian population with about 39% Catholic, 32 % Anglican, 13% Muslim and 11% pentecostal.

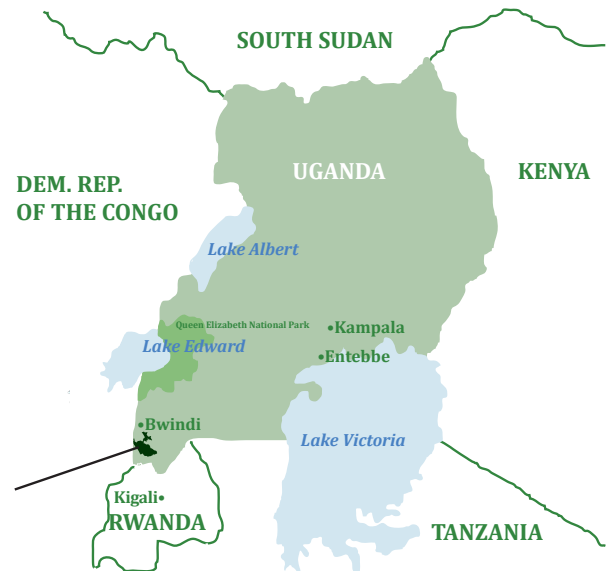
LANGUAGE: English is the primary language taught in schools. Other languages include Lugandan and Swahili. In most rural areas, local dialects are spoken.

CURRENCY: Uganda Shilling (UGX) is the currency. The exchange rate can range from 3500 to 3800 UGX per 1 USD.

Example using 3500 UGX as the exchange rate.

\$10 USD = 35,000 UGX \$50 USD = 175,000 UGX

\$20 USD = 70,000 UGX \$100 USD = 350,000 UGX



Air transportation from the U.S. into Entebbe or Kigali

CAPITAL: Kampala is Uganda’s capital city (which means “the hill of the Antelopes”). Modern Kampala was founded in 1890 when F. Lugard hoisted the flag of Imperial British East Africa Co. It became a city in 1962 and is built on seven hills. It is the center of government and commercial life. It has a population of over 1 million. The main airport is located about 30 miles away in Entebbe.

FOOD: Most Ugandans eat a diet of “matoke” (baked green bananas), potatoes, fish, beef, chicken, yams, greens, peanuts, papaya, pineapple, maize, cassava fruit, and grasshoppers—a real delicacy!

NATIONAL FLAG: Red, black and yellow stripes with emblem of the crested crane

EDUCATION: Education is not free in Uganda and most of the schools are provided through the Church of Uganda (Anglican) and the Roman Catholic Church. The major universities are Makerere University in Kampala and Uganda Christian University in Mukono.

TOURIST ATTRACTIONS: About one-fifth of Uganda’s surface area is water, including Lake Victoria, also known as the Cradle of the Nile since it serves as the source of the Nile River as it journeys to the Mediterranean Sea. Wildlife is the leading tourist attraction in Uganda. There are 4 national parks in Uganda which have wildlife refuges. The Bwindi Impenetrable Forest is a large primeval rainforest located in southwestern Uganda in the Kanungu District and home to the mountain gorilla. The forest is situated on the edge of the Albertine Rift at elevations ranging from 3,806 to 8,553 ft. The name Bwindi is derived from the Runyakitara language and means impenetrable, referring to the extensive stands of bamboo interspersed amongst the larger forest hardwoods. The dense plant growth severely hinder direct access on foot. The forest is one of the most biologically diverse areas on Earth where half the world’s population of the highly endangered mountain gorillas live in its jungles. The forest has been designated by the United Nations as a World Heritage Site for its biological significance. In 1991, the Bwindi Impenetrable National Park was established and the Batwa pygmies were evicted after dwelling in the forest for many thousands of years.

RUKIGA (ruh-chee-guh): the local language

Agandi (a-gan-dee)	Hello	Cali (cah-lee)	You’re welcome
Oreregye (o-ray-ray-jay)	Good morning	Yeego (eh-go)	Yes
Nibanetta (nee-ba-neh-ta)	My name is	Ngaha (n-ga-ha)	No
Nduga (n-doo-ga)	I am from	Oriota (o-lee-o-ta)	How are you?
Nkunda (n-koon-da)	I like	Nigye (nee-jay)	I’m fine
Seebo (say-bo)	Sir	Bambi (bahm-bee)	I’m sorry
Nyabo (nee-a-bo)	Ma’am	Oraregye (o-rah-ray-jay)	Sleep well
Webare (web-ar-ay)	Thank you		

Culture Shock

STAGES OF CULTURE SHOCK

The term “culture shock” was coined by Kalvero Oberg in 1954 and refers to the psychological experience during a time of cultural adjustment. The adjustment period causes reactions such as frustration, confusion, unease and tension that may cause us to think, do or say things that are contrary to God’s purpose. Some common stages are:

- ▶ **Fun:** The excitement and adventure of experiencing new people, things, and opportunities
- ▶ **Flight:** Disorientation brings the urge to avoid everything and everyone that is different
- ▶ **Fight:** The temptation to judge people and things that are different as bad or foolish, including:
 - Unwarranted irritability or criticism of the culture; Utopian ideas about one’s own culture
 - Continual fears of food and water safety, touching local people, being robbed or cheated
 - Refusal to learn the language; pressing desire to talk with people who “really make sense”
 - Preoccupation with staying indoors and/or returning home
- ▶ **Fit:** Creative interaction with the new culture; a willingness to understand and embrace

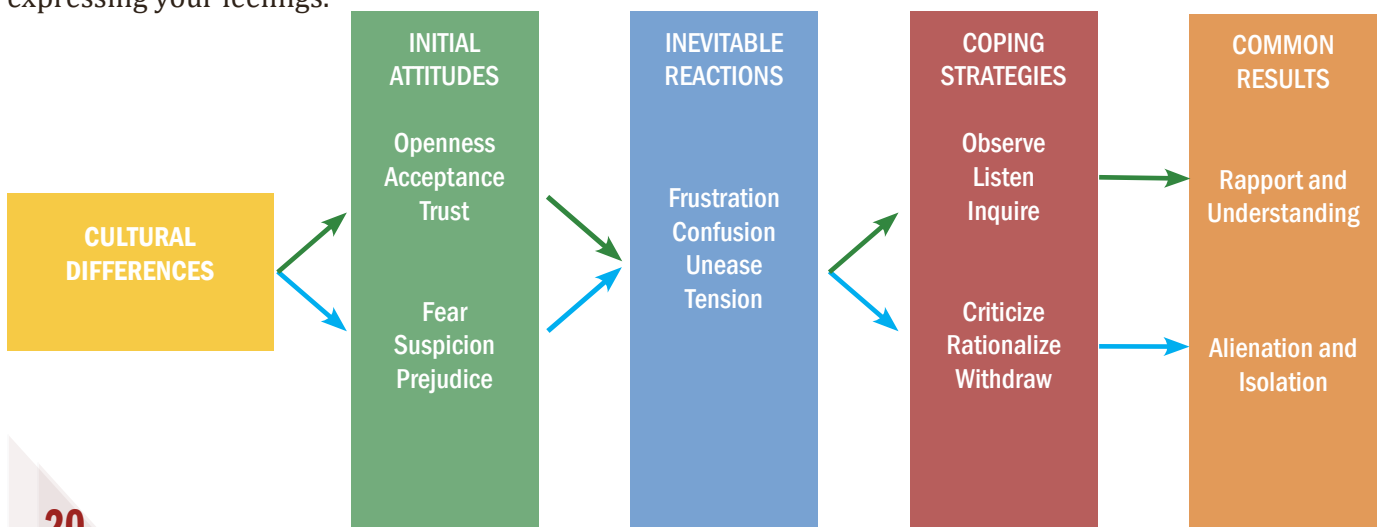
Make sure your attitudes mirror those suggested in top half of the diagram. As you work through cultural socialization, distance yourselves from ethnocentric perspectives.

Focus on what you can control. When we are suffering from culture shock, we usually feel out of control. So, don’t spend energy on things you cannot change.

Don’t invest major energy in minor problems. We make “mountains out of molehills” even more quickly in cross-cultural situations than we do in our own culture.

Tackle major stress head on with help. Don’t avoid things. Ask for help. Create a wide support network as quickly as you can in your target culture. This can include expatriates like yourself as well as people of the local culture.

Write it down. Record your thoughts and frustrations in a journal. This will give you a healthy outlet for expressing your feelings.



Adapted from an article by Howard Culbertson

Coping Strategies

LEARN LOCAL CULTURAL PRACTICES

- ▶ Shaking hands or touching cheeks is the courteous greeting; kissing is not normally done.
- ▶ Ugandans are very generous people. They may want to give you a gift like fresh eggs or chickens. It is better to accept them graciously and give them to a clergy family.
- ▶ Do not give your contact information or money to everyone who asks you. Small gifts are appropriate to give to our hosts. Ask the Team Leader for guidance.

SEEK HELP FROM THE BIBLE

PAUL moved around the Mediterranean planting churches in different cultural contexts. He wrote: "I learned to be content whatever the circumstances." (Philippians 4:11).

RUTH, a young woman who left her home country and culture and moved to Israel, wound up ultimately being in the list of Jesus' ancestors!

JOSEPH wound up being forced as a slave into another country and culture. He kept his faith and lived in such a wise way that he rose to a position of power. (Genesis 37-50)

DANIEL lived in Babylon during the exile period and kept his faith while also being a person of influence in the Babylonian government.

ABRAHAM had some failures in his cross-cultural encounters. Because of fears for his own safety, he introduced his wife as his sister during a visit to Egypt. (Genesis 12:10-20)

Here are some tips that will keep you out of trouble and ensure that you have an enjoyable trip to Uganda.

DO'S

- Do always keep your passport and money secure and close to you
- Do check with leaders on the ground before giving out any candy or toys to children
- Do give your email address to those who ask and from whom you do not mind receiving email from
- Do use sunscreen when going outside
- Do drink plenty of water to stay hydrated
- Do use insect repellent with Deet to ward off mosquitoes and other insects
- Do feel free to take many photos but be courteous and polite by asking to take personal photos of people
- Do wash and scrub your hands with soap and water before eating
- Do take one-hundred-dollar bills that are 2003 or later and in good condition to get the best exchange rate
- Do demonstrate respect for the people, culture, and heritage of Uganda

DON'TS

- Don't give money to people on the streets
- Don't pull out and flash a wad of money in public
- Don't wear expensive jewelry
- Don't make promises you cannot keep
- Don't use tobacco or alcohol products
- Don't drink the tap water
- Don't use the tap water to brush your teeth
- Don't use ice in your drinks
- Don't eat salads or uncooked vegetables
- Don't eat fruit you cannot peel
- Don't be afraid to eat properly prepared food
- Don't get upset and critical when things do not happen as planned
- Don't be surprised if you see two men or two women holding hands...it is a cultural difference and good friends will do this

Writing your personal testimony

Many people are apprehensive of the term, 'testimony.' A personal testimony is simply the Good News presented in terms of your own experience. It is the experiential, practical, and lived side of the proclamation of the Gospel. It is sharing where your life and God's have intersected.

I have heard it said that a testimony comes from some type of life test. For myself, this was true. My personal testimony is not a mountain top, euphoric type tale. I was raised in the church and always found myself a believer. But there was a point in my college years, that I knew I was not living the life God intended me to live. As a result – I remember sitting in a church on the college campus I attended and asking God to step back into my heart and my life. I was asking for help with a fresh start! For others, their testimony may be more momentous. But, if you are like me and have always found yourself in the faith, perhaps you can remember a time that you asked the Lord for forgiveness and asked him to redirect your life. Perhaps your testimony is more of a re-dedication to your faith. A fresh start! That is a time of rebirth and salvation!

One of the greatest witnessing tools we have available to us is the testimony of a changed life. We can look at many examples in the Bible of people who came to Christ, were saved, and walked away changed. That same thing is happening today. You can share your story of a changed life. When sharing your Christian testimony through written word you want to remember that while this is a blessing to those who have been redeemed through Christ, it can be used by God to reach the unbelievers. Always write with the thought in mind that both will be hearing and/or reading your testimony.

Even if you will be sharing your testimony verbally in front of a group, it is helpful to write it down. It does not need to be memorized, but you should have a plan of what you want to share before you stand up to speak. Writing your testimony beforehand will help you stay on track. Before you begin; Pray. Take time to talk with the Lord about writing or speaking your testimony and allow Him to guide your words. God can use each opportunity to touch a life.

Things to Include:

- ▶ Explain the problem or sin. Explain what brought you to the realization of your need for a Savior. You do not need a laundry list of sins, but simply what it was that brought you to conviction or re-dedication. Maybe the problem was in the form of an answered prayer, and you knew your life from that point would look different.
- ▶ Share the Solution. – Jesus Christ. Focus your testimony on what He has done for your life and that He is the answer. Be honest and share specific examples – There is no reason to be over sensationalized about the events in your life. Being honest means that people will find your story more relatable. If you are honest, God will use your words to reach others.
- ▶ Share your Current Situation– What is God asking you to do in your life today? Your audience will want to know how God is working in your life today.
- ▶ Watch your Time – if you are told to keep your testimony to five minutes, the beauty of writing it down ahead of time allows you to say exactly what you want to say in that amount of time. You can edit or expound on what you want to say due to time constrictions or allowances.

Writing your testimony is a wonderful way to share the miracle of a changed life with an unbeliever and to honor God, the one who saved you. We are not letting others know that we have perfect lives, only that we are now forgiven and have hope.

John 5:24 "Truly, truly, I say to you, whoever hears my word and believes him who sent me has eternal life. He does not come into judgment but has passed from death to life."



Writing a letter of support

There are many ways to go about writing a letter of support to raise funds for your trip. Ideally, your letter should include when and where you go, who you will serve, and a couple of good photos. Below is an example of a standard letter.

MISSION UGANDA!

Dear Family and Friends,

As you might guess from the title above, I am preparing to go on a mission trip to Uganda in East Africa in September! I will be going with a team that is organized by my church and will work with the Kellermann Foundation to help a displaced tribe of pygmies (the Batwa).

The mission aspect of this trip will be the opportunity to share my testimony, hear the life stories of the Batwa who were evicted out of their homes in the rainforest at Bwindi, and do hands-on work in building homes, volunteering in the hospital or other opportunities to help of the development programs. I am getting excited to see what the Lord has in mind for me!

I am writing to ask for your help in several ways:

- ▶ Please pray for me as I plan for this trip that I may know God's mission for me, that I am open to a culture that is very different from my own, and that nothing keeps me from being able to go and help fulfill the Great Commission of Jesus Christ.
- ▶ Please help by contributing to the costs of this mission trip. The total cost, including transportation, room and board, and taxes and fees is approximately \$3,500. Any size gift toward this opportunity would be greatly appreciated. I have enclosed a self-addressed stamped envelope for your convenience.

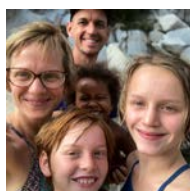


Thank you for your consideration and I look forward to sharing my experiences with you when I get home! Please pray for me while I am abroad.

Faithfully yours,

Program Staff in Bwindi

These are just a few of the incredible staff on-the-ground in Bwindi.



DANIEL AND RACHEL JAMISON & FAMILY

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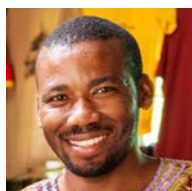
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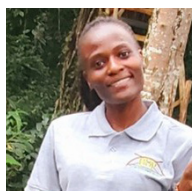
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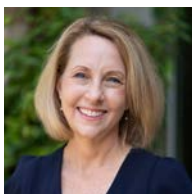
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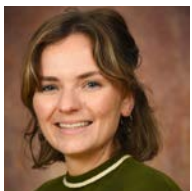
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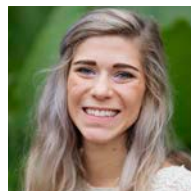
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Bwindi Community Hospital





BWINDI COMMUNITY HOSPITAL (BCH) is a 150-bed full-service hospital, ranked among the best in Uganda. In 2000, Scott and Carol Kellermann's survey of the Batwa pygmies unveiled a forgotten people group with no land or permanent homes. Throughout the region, virtually no medical care was available for over 120,000 people, most of whom had to walk long distances to get help for preventable diseases. More than one-third of children died before they reached the age of 5. Malaria and malnutrition were rampant. The Kellermans moved to Uganda and started a clinic under a ficus tree. From those early efforts the Bwindi Community

Hospital consistently grew to include medical and surgical care, an intensive care unit, a colorful pediatric ward, a neonatal unit for premature and sick infants, demonstration gardens, a Waiting Mothers' Hostel, a teaching theatre, a premium ward and a team of community health workers who visit remote settlements for both routine and diagnostic care.

How we help

- Perform more than 1,500 surgeries annually, including surgical camps, with less than 1% sepsis rate. BCH has an advanced surgical theatre with portable oxygen cylinders, neonatal equipment, HDU beds, x-ray machine and oxygen concentrator.
- Conduct more than 65,000 HIV tests and treat more than 1,000 HIV-positive patients annually
- Maintain 97% TB treatment completion rate
- Serve 150 prenatal patients annually with 95% returning for fourth visit and provide 700 mothers with family planning
- Deliver approximately 1,800 babies annually and immunize all children born at the hospital, reducing the child mortality rate for children under five to 2%
- Care for 1,000 critically ill children annually with 98% malnutrition recovery rate
- Conduct 1,800 community outreach programs annually
- Serve over 6,000 school children with health education
- Foster relationships with major U.S. healthcare entities including Mayo Clinic, Harvard School of Public Health, UT Dallas, UC Davis, UC Berkeley, Scranton University, UTSW Medical School, and Tulane University



Batwa Development Program





THE BATWA DEVELOPMENT PROGRAM (BDP) was formed to “help the Batwa help themselves” and exists to address the root causes of extreme poverty and poor health of the Batwa. The Batwa lived for millennia in the Bwindi Impenetrable Forest as skilled hunters and gatherers who utilized every part of the forest, including bark for their clothing and trees for protective shelter. When they were displaced from the forest in 1991, they were given no land or compensation. They existed on the fringes of society, sometimes starving, with no land of their own, no history of formal education, limited job skills, and few options for

improving their lives. With the help of the BDP, Batwa representatives from each of the 11 settlements now help guide the work of achieving ongoing goals and programs, including education, housing, income production, cultural preservation, agriculture, and spiritual outreach.

How we help

- Support more than 1,200 children in education at every level from nursery through secondary school
- Provide shoes, clothing, mattresses and other supplies, as well as tutoring and transportation during breaks for Batwa students at Bishops’ Primary School (boarding school)
- Increase the number of students moving on to secondary school and university
- Host Careers Day for secondary students
- Facilitate a three-year residency of a OneStory Bible translator to form an oral Bible and a team of Batwa OneStory leaders in each settlement for the Batwa to share stories from the Bible for generations to come
- Construct new interlocking brick homes for Batwa families and add kitchens and pit latrines to existing homes
- Train Batwa in all settlements in sustainable agriculture and animal husbandry, and supply families with chickens, ducks, pigs, goats and rabbits, and seeds
- Sell hundreds of items made by Batwa women through the Batwa Women’s Centre
- Provide reusable menstrual hygiene supplies so girls can remain in school
- Provide spiritual care in the form of reconciliation training, grief counseling and mentoring
- Provide opportunities for Batwa children and international visitors to learn about Batwa heritage and forest culture at the Batwa Experience and Batwa Walk living history experiences
- Pay eQuality Health insurance fees for Batwa and fund treatment for Batwa care at Bwindi Community Hospital



Uganda Nursing School Bwindi





UGANDA NURSING SCHOOL BWINDI (UNSB) opened in 2013 as the only advanced-level program in a rural region of one million people. Located adjacent to Bwindi Community Hospital, UNSB's environmentally friendly campus includes classrooms, dormitories, faculty housing, and a dining hall. Before UNSB existed, this area of Uganda had only one registered nurse to serve 40,000 people, compared to the 350 nurses in the United States for the same number of people. UNSB provides high-quality advanced-level nursing certificates and degrees in Nursing and Midwifery to nearly 400 students and graduated its first class in 2017. Students earn 58% of all National Nursing Exam honorary distinctions. As an affiliate of Uganda Christian University (UCU), UNSB students receive their diplomas as graduates of UCU. UNSB boasts 100% of graduates passing the rigorous national nursing exam, obtaining licenses and finding employment. As a result, UNSB attracts the brightest and most highly motivated students to serve this region.

How we help

- Provide resources to integrate state-of-the-art technology, critical thinking, evidence-based practice, and research into the UNSB classroom
- Provide scholarships for nursing students (\$1,500 per student)
- Purchase Kindles for each student to use in class (\$50 each)
- Provide necessary items, such as a 40-seat school bus, extended water and electricity
- Cultivate relationships with organizations like the University of Vermont and Imaging the World Africa who helped provide an ultrasound training program, the first of its kind in the region
- Hire qualified teaching staff
- Recruit volunteers to serve as mentors and share expertise in the field of nursing



Volunteer Agreement, Release and Waiver of Liability

By submitting my online application, I agree to the following conditions:

I will abide by Bwindi Community Hospital, Uganda Nursing School Bwindi and the Batwa Development Program volunteer rules and regulations as well as local laws.

I will expeditiously follow-up on all requirements for passports, visas, financial obligations, vaccinations, travel insurance, and meetings.

I will pay for my own expenses, including but not limited to airfare, accommodations, meals, excursions and other miscellaneous trip costs.

I will respect the host culture and those with whom I interact and will not try to convince them of my own viewpoint. I know that there are different ways to accomplish the same objectives and that my way is not necessarily the best.

I will be tolerant and respectful of all religious beliefs and understand that attendance at Christian worship and other activities is encouraged, but it not required, to build relationships and gain an appreciation of the culture.

I will abstain from expressing opposing political views or rules, sports, religion, race or traditions or using insensitive humor.

I will follow the advice given concerning local traditions, proper attire, and food and beverage safety. I will refrain from any alcoholic beverages or illegal drugs.

I will accept and submit to my supervisor and abide by his or her decisions.

I will stay in groups and not venture off on my own at any time and will not travel or walk alone at night; and I will refrain from crossing into the Democratic Republic of the Congo.

I understand that my work is but a tiny speck on the bigger picture that program partners are trying to accomplish and promise to not be overly demanding, offend or embarrass the local hosts and to do my best to help them attain their long-term goals.

I will accept difficulties that arise and understand that unexpected delays and program changes may arise.

I agree to serve without compensation or benefits as a direct volunteer for Bwindi Community Hospital, Uganda Nursing School Bwindi or the Batwa Development Program; I acknowledge that I am not a volunteer of the Kellermann Foundation.

I understand that in the event my conduct is considered so unsatisfactory as to jeopardize the success or safety of the program, and that mediation has failed to correct my behavior, I will return home at my own expense.

I acknowledge that I am subjecting myself to certain risks voluntarily, including and in addition to those risks that I normally face in my personal and business life, including but not limited to such things as health hazards due to poor food and water, diseases, pests and poor sanitation; potential danger from lack of control of local population; potential injury while working; and inadequate medical facilities.

I certify that I have read the Kellermann Foundation Volunteer Guide and allow the Kellermann Foundation to conduct screening, including a criminal background check. I intend to be legally bound by this agreement.

I grant and convey to the Kellermann Foundation all right, title, and interest in any and all photographic images and video or audio recordings, including but not limited to, any royalties, proceeds, or other benefits derived from such photographs or recordings.

I release and discharge the organizations and individuals which helped make these arrangements, including the Kellermann Foundation, Bwindi Community Hospital, Uganda Nursing School Bwindi, the Batwa Development Program, their agents, employees, officers and volunteers, from all claims, demands, actions, judgments, or executions that I have ever had, or now have, or may have, or which my heirs, executors, administrators, or assigns may have or claim to have against these organizations, their agents, employees, officers, and volunteers, and their successors or assigns, for all personal injuries, known and unknown, and injuries to property, real or personal, caused by, or arising out of this journey.

I expressly agree that this Release is intended to be as broad and inclusive as permitted by law. I agree that in the event any clause or provision of this Release shall be held to be invalid by any court of competent jurisdiction, the invalidity of such clause or provision shall not otherwise affect the remaining provisions of this Release, which shall continue to be enforceable. I certify that the information I have provided and will provide is true, correct, and complete to the best of my knowledge.

In signing this agreement, I represent that I am 18 years of age or older or my parent/guardian will also sign accepting the above conditions on my behalf.

This agreement is to be signed electronically through our website.



The Kellermann Foundation Founders Dr. Scott and Carol Kellermann



Dr. Scott and Carol Kellermann with James, one of the Batwa whose life was saved through their work

Dr. Scott Kellermann, a California-based physician specializing in tropical medicine, and Carol, an educator founded the Kellermann Foundation in 2004. Dr. Kellermann is the recipient of several awards, including Unsung Heroes of Compassion award by the Dalai Lama and the American Medical Association's Dr. Nathan Davis International Award in Medicine. Both Dr. and Mrs. Kellermann received the Nashotah House Theological Seminary's Michael Ramsey Award in recognition of their distinguished ministry in Uganda.

A MESSAGE FROM DR. SCOTT KELLERMANN

After spending more than two years performing medical work in Nepal, my wife Carol and our two children settled into a northern California community to raise our family. We had enjoyed our experience in Nepal so much that we agreed that most summers, as a family, we would assist in some part of the world in a resource poor setting. The only proviso was not Africa. My sub-specialty is tropical medicine, and as sub-Saharan Africa is the source of the main burden of tropical diseases, Carol was adamant about not exposing herself or our children to these illnesses.

When we received a request to perform a medical survey on the Batwa, Carol laid her trepidations aside and agreed to go to Uganda. My studies determined that the Batwa had huge health challenges, with an under age five mortality of over 30% and a life expectancy of only 28 years. Carol engaged the Batwa on a deeper level,

listening to their stories of living in abject poverty. At dinner one night, Carol mentioned, “I feel as if I have come home.” After another few weeks it was obvious that she was impacted by the Batwa’s desperation and mentioned, “The Batwa are unlikely to survive without support.” Over a quiet family dinner, Carol shocked me when she suggested, “We should consider selling our possessions and returning to assist these unfortunate people.” Carol had feared life in sub-Saharan Africa and now was willing to put it all on the line for the Batwa!

We did sell our possessions and decided that our efforts should be attempted only with a view towards sustainability. To that end, all projects would be in close collaboration with the Batwa, and we would work with organizations on the ground, including NGOs, the church and the Ugandan government. As a physician with a master of public health, I was aware that medical clinics and hospitals do not affect healthcare—much better to prevent disease than treat it. Our focus would be on preventive health. As the Batwa are ultra-poor, most surviving on less than 80 cents per day per family, land and food insecurity was prevalent and adequate water and sanitation were not available. Carol, as an educator, recognized that an important path to their survival would be through education. Our work would be broad based, addressing the root causes of poverty.

The Batwa have an expression, “Agari hamwe nigo agata eigufa”, “it takes all the teeth to break the bone” or its true meaning—*united we stand*. Carol and I recognized that, while projects were essential, even more important was getting to know the Batwa. We spent much of our time the first few years living in a tent adjacent to the Batwa learning their language, culture and traditions. The Batwa taught us the inestimable value of relationships and that it is through tight relationships and collaboration that joy can be found in difficult times. As we reflect on our almost two decades of involvement with the Batwa, we appreciate that we have received far more than we have given and know that our time at the Bwindi has been the best years of our lives.

Sincerely,

Scott Kellermann M.D.

Dr. Scott Kellermann



Personal notes



Personal notes



Personal notes



Personal notes





Donate



Short film



Contact us



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