

2013-2014 UGANDA COUNTRY GUIDELINES FOR U.S. FULBRIGHT SCHOLARS AND STUDENTS

The Fulbright Program is sponsored and administered by the Bureau of Educational and Cultural Affairs (ECA) of the United States Department of State, and awards scholarships to lecture, conduct research, and study abroad. The program is managed in country by the Public Diplomacy Section (PDS) at U.S. Mission Kampala.

Country guidelines contain **summary** information about the Fulbright award, and logistical and program support provided through ECA, contact information for PDS or the U.S. Mission, and advisory information about your host country. These guidelines are an important resource, and should be reviewed prior to departing for your host country. This document may be supplemented by PAS during your arrival orientation at post. Please note that this information is subject to change.

THE PUBLIC DIPLOMACY SECTION (PDS) OF U.S. MISSION UGANDA

The Public Diplomacy Section (PDS) is responsible for managing the Fulbright program in Uganda. PDS offices are located at U.S. Mission Uganda, Plot 1577, Ggaba Road, Kampala. Mission hours are 7:30 a.m.-4:45 p.m. Monday-Thursday, and 7:30 a.m.-12:30 p.m. on Friday. The Mission website is: <http://kampala.usMission.gov>.

Below is contact information for PDS staff who are your points of contact while in country.

Dan Travis, Public Diplomacy Officer:	TravisDA@state.gov
Shannon Dorsey, Cultural Affairs Officer (until June 2013):	DorseyDS@state.gov
Dorothy Ngalombi, Cultural Affairs Specialist:	NgalombiDN@state.gov

PDS via Mission switchboard:	(011-256-414-306001)
PDS direct line:	(011-256-414-341047)
PDS fax line:	(011-256-414-250314)
Mission after-hours number:	(011-256-414-306001/259791/5)

Fulbright scholars/students in the U.S. may write to PDS at: Cultural Affairs Officer, 2190 Kampala Place, Washington, DC 20521-2190

All Fulbright grantees must register with the embassy in case of emergency. This can be done on this website at any time: <http://www.travel.state.gov/>.

YOUR FULBRIGHT GRANT AND THE BINATIONAL NATURE OF THE PROGRAM

The Fulbright Program is administered in accordance with regulations established by the J. William Fulbright Foreign Scholarship Board (FSB). The Board has ruled that Fulbright grant

funds cannot duplicate benefits received under other auspices. Therefore, grantees who receive host government or host institution financial contributions (for example, international travel, per diem/subsistence/housing allowance) in cash or kind do not receive allowances for these grant benefits. Grantees who receive a concurrent grant to the same country under other auspices may have their Fulbright grants reduced if Fulbright grant benefits are duplicated by the other grant.

Host country governments and institutions support the exchange program through two ways: (a) *monetary contributions*, which result in a sharing of program costs, or (b) *non-monetary assistance* to enhance the exchange experience for the guest scholar.

WHAT THE FULBRIGHT GRANT PROVIDES

For Student Grantees

Fulbright student grants have two components: (1) a base amount, and (2) a monthly maintenance allowance. Additional funds may be included in your grant as allowances and are described separately. Benefits authorized by ECA are paid in U.S. dollars through the Institute of International Education (IIE).

1. The base amount is provided to cover initial or one-time start-up expenses such as:
 - a. Unaccompanied and/or excess baggage.
 - b. Miscellaneous costs, such as visa fees, permits, medical exams, immunizations, etc.This is a fixed sum in each grant and may not reimburse all expenses completely.
2. A monthly maintenance allowance is provided to cover recurring subsistence needs such as housing, fuel, utilities, and food. The allowance is based upon the estimated standard living costs in the country of assignment.

For Scholar Grantees

Fulbright scholar grants have three components: (1) travel and relocation, (2) a monthly maintenance allowance, and (3) a monthly stipend. Additional funds may be included in your grant as special allowances and are described separately. Benefits are based upon the estimated standard living costs in the country of assignment, and are not intended to duplicate U.S. salary levels or the standard of living of U.S. diplomatic personnel. Benefits authorized by ECA are paid in U.S. dollars through the Council for International Exchange of Scholars (CIES).

1. Travel and Relocation
 - a. Unaccompanied and/or excess baggage.
 - b. Relocation allowance for expenses such as visa fees, permits, medical exams, immunizations, etc. This is a fixed sum in each grant and may not reimburse all expenses completely.
2. A monthly maintenance allowance is provided to cover recurring subsistence needs such as housing, fuel, utilities, and food.
3. Monthly base stipend

FULBRIGHT REPORTING REQUIREMENTS

The Fulbright award requires submission of two reports: 1) at the interim or mid-point of the grant, and 2) a final report prior to departing the host country. Grantees will receive instructions from CIES or IIE, as appropriate, on filing these reports on-line.

PRIOR TO YOUR ARRIVAL

Travel to Uganda

Grantee air travel is coordinated by the travel agency, HRG Worldwide, which will bill IIE or CIES directly for the costs of your tickets. HRG staff will assist you with your reservation and then send your reservation to IIE or CIES for approval. You must book a round-trip ticket with a return date that corresponds to the grant end date. All air travel and all air shipments paid for with United States Government funds must conform to the Fly America Act, which requires that all such travel and shipments be on "U.S. flag" airlines where such service is available.

Visas and Residence/Work/Research Permits

Grantees should take copies of all identification certificates and documents, including marriage and birth certificates, driver's licenses, etc., to your assignment country. Make photocopies of the first two pages of your passport, which should be kept separate from your passport in case of loss or theft. Also bring extra passport photos for obtaining visas and conducting other business.

Visas

Ugandan immigration policies are not always consistently applied and may change without notice. U.S. citizens should pay close attention to the validity of their visa or special pass to avoid fines or travel interruptions. A passport valid for one year beyond the date of entry, visa, evidence of yellow fever vaccination, as well as a polio vaccination for children younger than five, are required.

Temporary visas are available at Entebbe Airport upon arrival or may be obtained from the Mission of the Republic of Uganda. It is recommended that travelers obtain visas to Uganda in advance of travel, in particular those travelers who will arrive via land. If you plan to obtain your visa upon landing at Entebbe Airport, you should confirm in advance that your airline will allow you to board without a visa. Travelers entering Uganda via land border crossings may face various entry procedures. In the past, U.S. citizens crossing a land border have been admitted with a special temporary pass and were asked to visit Ugandan Immigration headquarters in Kampala to apply for a regular tourist visa. The Immigration Service may choose to issue a visa for anywhere from fourteen days to ninety days to U.S. citizens at the port of entry.

Obtaining extended visas and residence permits can be difficult and time consuming. The Host University makes arrangements for extended visas, residence permits, and exemption certificates for Fulbright lecturers assigned to the University. Mission

Exemption certificates (work permits) allow the Fulbright lecturer to work at the university and leave and re-enter the host country without cost. For this application, a Fulbright will need to provide passport photographs and a copy of a marriage certificate, if accompanied by a spouse and/or other dependents, and a letter from his/her university addressed to the Commissioner for Immigration.

This process can sometimes take several months. The U.S. Mission can assist if necessary. See notes on the Research Permit Process below.

Research Permits and Research Clearance

The Government of Uganda regulations require ALL Researchers to obtain a research clearance prior to conducting any field work. Once the grant has been awarded, it is recommended that grantees connect with affiliate organizations, even before arriving in Uganda, to begin the application process. Research clearance and permit process can take months to complete. Research permit fee payments should be made after grantees arrive in the country. **Obtaining a permit after arrival in the country can be a long and tedious process and may result in the grantee spending time that cannot be used on research or in being denied a permit.** Please note that research clearance can take up to six to seven weeks or more.

Researchers (Fulbright senior researchers and students) should contact the Uganda National Council for Science and Technology (UNCST) for research clearance and permits. UNCST charges a US \$300 administrative fee. For further information, please direct inquiries to:

Research Secretary
Uganda National Council for Science and Technology
Plot 6, Kimera Road, Ntinda
P.O. Box 6884
Kampala, Uganda
Phone: 256-414-705500
Fax: 256-414-234-579; E-mail: info@unsct.go.ug
Website: <http://www.uncst.go.ug> (for research guidelines and application forms)

Additional contact: Leah Nawegulo, Science Officer; email: leahtabo@gmail.com

Further details on the research application process may be obtained at <http://www.uncst.go.ug>

U.S. Fulbright researchers are required to apply for a Students Pass after their research permit has been approved. Approval of this pass will enable them get their long-term visa for Uganda. A one-year pass costs \$100 and 2,000 shillings bank fee.

It is important for grantees to start processing their applications for work permits (for lecturers) and student passes (for researchers) immediately after arrival in-country to avoid any unnecessary delays and eventualities.

Having a work permit and student pass will allow you to receive a long-term visa, which will enable you to travel in and out of the country without any additional entry fee cost. Being in

resident status enables grantees benefit from reduced entry fee rates at various national game parks, etc. as well.

Sending and Receiving Mail

Personal mail

Fulbright grantees have been approved for access to the diplomatic pouch to receive first-class letter mail only (maximum of two pounds), with the exception mentioned below. Magazines, newspapers, DVDs, and package mail are not authorized. **Take sufficient U.S. postage stamps with you for first-class mail to the United States.** Outgoing mail is limited to a VHS-size package. The Department of State accepts no liability for loss or damage. First-class mail via the pouch can take up to two weeks or more for delivery.

The address format for correspondence is as follows:

Your name (Fulbrighter)
C/o Cultural Affairs Officer
2190 Kampala Place
Dulles, VA 20189-2190

Books and Educational Materials Sent by Diplomatic Pouch

Fulbrighters have access to the diplomatic pouch for sending a maximum of four 8.5"x11" copy paper-size boxes of books and other educational materials. These pouch privileges are provided by the U.S. Mission on a one-time, one-way basis only; materials cannot be sent back to the U.S. by pouch at any time during your stay. Package mail in excess of the four permitted boxes will be returned to the U.S. at your expense. For additional information on the exact dimensions, address information, and recommendations, consult the *Instructions for Shipment of Books and Educational Materials by Fulbright Scholars* document included in your pre-departure orientation packet.

CAUTIONARY NOTE: In the past, abuse by several Fulbright scholars caused near revocation of privileges for all program participants. Anyone who violates pouch regulations will be barred from use and will have to make other arrangements for handling personal and professional correspondence.

Customs Restrictions on Professional and Personal Affects

Besides the limited pouch shipment and airline excess baggage, grantees may airmail materials addressed to themselves via international mail, but are subject to paying customs duty at the local post office before taking possession of the materials. All goods taken into the host country must be declared. There are no duties levied on equipment, such as computers, that are imported for personal use. Firearms may not be brought in without prior arrangements with the Department of Customs and the host country police department. Pets require special handling and prior clearance with the Ministry of Agriculture, Animal Industry and Fisheries (MAAIF) – Veterinary Department before they can be imported into the host country. Please be aware that additional transit stops may also require clearance when traveling with pets. The Community Liaison Office at the U.S. Mission can provide additional information.

Schooling for Dependents

Most school-aged Mission children attend one of three schools: The International School of Uganda (ISU), the Kampala International School (KISU), or Ambrosoli - all detailed below. There are other options depending on the ages of the children: The French School, Acorns, Heritage and Kissyfur.

The International School of Uganda (ISU) is a private, not for profit, college preparatory, international school and provides a good academic program. It is accredited by the Middle States Association of Colleges and Schools in the United States and the Council of International Schools headquartered in London, England. The school is authorized by the International Baccalaureate Organization based in Geneva, Switzerland to offer the IB Diploma Program. It holds membership in the Association of International Schools in Africa and the International Schools of Southern and East Africa Athletic and Activities League. The school year runs from mid-August to mid June. Over 46 nationalities are represented on the school's expansive 33 acre campus located about 45 minutes from Kampala. The school is divided into two sections - Junior School (Pre-primary - Grade5) and Senior School (Grades 6 - 12). Academic achievement and personal growth are what the school confidently expects from all its students. The school provides a bus service and a late bus service for students with after school activities. ISU is able to provide services for students with mild learning disabilities and offers English as a Second Language. Website: www.isu.ac.ug

The Kampala International School (KISU) opened a new 14-acre campus on September 3, 2008. KISU is a non-selective, coeducational school for 2-18 years old, offering an enhanced English National Curriculum for 2-14 years old, followed by the 2-year IGCSE (Cambridge) courses for 14-16 year olds, and finally the pre-university IB Diploma program for 16-18 year olds. KISU is accredited by CIS/NEASC. Students present 59 nations and with an international staff coming mainly from the UK, Canada, Australia, USA, Germany, The Netherlands, Belgium, and Uganda. KISU has new facilities including; 4 science laboratories, 3 IT laboratories, interactive "smart" boards in all departments, indoor and outdoor theatres, competition swimming pool, 6 acres of sports field. Website: www.kabiraschool.com

Ambrosoli International School is an Early Years (age 2) and Primary (age 10) day-school established in Kampala in 1989, occupying its current premises in Bugolobi since 1991. Ambrosoli is registered with the Ugandan Ministry of Education and Sports and the Department for Education and Skills (DfES) in England. The school participates in the Association for International Schools in Africa (AISA) annual conference. Ambrosoli follows the English National Curriculum incorporating the philosophy and aims of the schools. Subjects covered are English, Math, Science, Social Studies, Art and Design, Physical Education, Music, Swimming, French and Computer Studies (ICT). The Ambrosoli school community is comprised of students, teachers and parents representing over 40 nationalities. Website: www.ambrosolischool.com

SECURITY

All Fulbright grantees will receive a security briefing upon arrival in Uganda. Care should be taken in arranging for a secure apartment, with solid doors and bars on windows. As with all visiting Americans, coming to live in or visit Uganda, please enroll the [SMART TRAVELER ENROLLMENT PROGRAM](#) (STEP), which can keep you up to date with important safety and security announcements. It will also help your friends and family get in touch with you in an emergency. Here's the link to the Smart Traveler Enrollment Program: <https://step.state.gov/step/>

Threats to Safety and Security

Potential for terrorist activity from extremist organizations such as al-Shabaab remains high and U.S. citizens are advised to avoid high-density public gatherings. The July 11, 2010, bombings of a rugby club and an Ethiopian restaurant in Kampala resulted in the deaths of 76 people, including one U.S. citizen, with six other U.S. citizens among the injured. More recently, terrorists in Nairobi attacked a bus bound for Kampala on December 20, 2010. In addition, U.S. citizens traveling to the Karamoja region in northeastern Uganda should also be aware of ongoing conflict and armed banditry in this region.

Northern and Eastern Uganda: After years of conflict, relative stability returned to northern Uganda in 2006 when the Lord's Resistance Army (LRA) rebel group fled to neighboring DRC. The vast majority of people internally displaced by the LRA in northern Uganda have since returned home, and the Ugandan government continues to expand and improve the capacity of the civilian police force in northern Uganda by deploying additional personnel and concentrating resources to further recovery and re-development activities throughout the north. The Governments of Uganda, the DRC, and Sudan initiated joint military operations against LRA bases in the DRC in December 2008, after LRA leader Joseph Kony refused to sign a peace agreement. These military operations are ongoing, as are LRA attacks on civilian populations in the DRC, Central African Republic, and South Sudan.

Like the rest of Uganda, the North suffers from a general lack of infrastructure. Services such as emergency medical care are inadequate, and U.S. citizens are strongly advised to restrict their travel to primary roads and daylight hours due to hazardous driving conditions, the potential for banditry, and poor roadways.

Cattle rustling, armed banditry, and attacks on vehicles are common in the Karamoja region of northeastern Uganda, and the Uganda People's Defense Force (UPDF) continues to implement a program to disarm Karamojong warriors. Past incidents included ambushes of UPDF troops, and attacks on vehicles, residences, and towns that resulted in multiple deaths. Most of the violence occurred in the districts of Kaabong, Kotido, and Abim, although some violent incidents also occurred in Moroto and Nakapiripirit Districts.

Southwestern Uganda: U.S. citizens traveling in southwestern Uganda should be aware of the historical conflict in the districts of North and South Kivu in the DRC, and the close proximity of fighting to the Ugandan border. During spikes in the conflict, refugee flows across the border can number in the thousands and there is also a risk of incursions by armed combatants. U.S. citizens should review the Travel Warning for the Democratic Republic of the Congo for the most up-to-

date information regarding the conflict in the DRC.

Demonstrations: In April and May 2011, at least ten people were killed and many injured when police used live ammunition and tear gas to disrupt protests against rising prices in Kampala, Gulu, and several other Ugandan cities.

As many as 40 people were killed during violent riots in Kampala from September 10-12, 2009. Several hundred more were injured as Ugandan security services used live bullets and tear gas to bring the riots under control.

Demonstrations in Kampala and other Ugandan cities occur from time to time in response to world events or local developments. These demonstrations frequently occur with little warning and can become confrontational or violent. U.S. citizens are therefore urged to avoid the areas of demonstrations if possible, and to exercise caution if they find themselves in the vicinity of any demonstration. U.S. citizens should stay current with media coverage of local events and be aware of their surroundings at all times. Because many demonstrations are spontaneous events, the U.S. Mission may not always be able to alert U.S. citizens that a demonstration is taking place and to avoid a specific area. If employed with an institution or other large organization, U.S. citizens may find it helpful to request that local employees notify expatriates when they learn of a demonstration from local radio reports or other sources. Recent protests have occurred over land disputes involving Kampala market areas, university closures and strikes, the lack of electricity, the rising cost of living, and protests by taxi drivers over the enforcement of traffic regulations.

Mission

Crime

Crimes such as pick pocketing, purse snatching, and thefts from hotels and parked vehicles or vehicles stalled in traffic jams are common. The Mission receives frequent reports of theft of items from locked vehicles, even when the stolen items were secured out of sight and the vehicle was parked in an area patrolled by uniformed security personnel. Pick pocketing and the theft of purses and bags is also very common on public transportation. Armed robberies of pedestrians also occur, sometimes during daylight hours and in public places. Although infrequent, the Mission has received reports of armed carjackings and highway robbery. In May 2007, two U.S. citizens reported an attempted robbery when they were traveling near the town of Bugiri in eastern Uganda. They reported that a second vehicle with at least one armed assailant tried to stop their vehicle by forcing it off the road. This incident occurred during daylight hours. On June 27, 2007, two U.S. citizens were robbed and held at gunpoint when the vehicle transporting them to Entebbe Airport was stopped by a group of armed men. This incident occurred during the early morning hours on Entebbe Road. Although some of these attacks are violent, victims are generally injured only if they resist. U.S. Mission employees are prohibited from driving during hours of darkness on roads outside the limits of cities and large towns. Home burglaries also occur and sometimes turn violent. In April 2008, the Ugandan police reported an increase in armed robberies in the Kampala neighborhoods of Bukoto, Kisaasi, Kiwatule, Naalya, Najera, and Ntinda. Several of these robberies occurred as the victims were arriving at their residences after nightfall and the assailants struck as they were entering their residential compounds.

Women traveling alone are particularly susceptible to crime. In November 2009, there were two reported violent sexual assaults against expatriate females. The victims were single passengers on one of the common modes of public transport known as "boda boda" motorcycle taxis. Due to inherent traffic and crime risks associated with boda bodas, U.S. Mission employees and their dependents are strongly discouraged from using them during daylight hours and prohibited from doing so after dark. If you are the victim of a sexual assault, seek medical assistance and counseling immediately regarding prophylactic treatment to help prevent the transmission of HIV and other sexually transmitted diseases. A list of local medical providers can be found on the U.S. Mission website.

In addition, patrons of bars, casinos, nightclubs, and other entertainment centers should never leave their drink or food unattended. When visiting such establishments, it is advisable to remain with a group of friends, as single individuals are more likely to be targeted. Victims have included female patrons who reported they were drugged, and taken to another location and sexually assaulted. Robberies have been facilitated on public transportation under similar circumstances. In 2006, a U.S. citizen traveling by bus from Kenya to Uganda was incapacitated and robbed on the bus when the passenger accepted a sealed beverage from a fellow traveler. Expatriates traveling by bus to the popular tourist destination of Bwindi Impenetrable National Forest in southwest Uganda were also incapacitated and robbed when they accepted snacks from fellow bus passengers.

There has been a recent, marked increase in financial crime, including fraud involving wire transfers, credit cards, ATM machines, checks, and advance fee fraud perpetrated via email. The U.S. Mission recommends using money orders for all fund transfers and protecting all bank account and personally identifiable information such as social security numbers and other types of information.

An increasing number of U.S. exporters (primarily vendors of expensive consumer goods such as computers, stereo equipment, and electronics) have been targeted by a sophisticated check fraud scheme. A fictitious company in Uganda locates a vendor on the Internet, makes e-mail contact to order goods, and pays with a third-party check. The checks, written on U.S. accounts and made out to entities in Uganda for small amounts, are intercepted, chemically "washed," and presented for payment of the goods with the U.S. vendor as payee and an altered amount. If the goods are shipped before the check clears, the U.S. shipper will have little recourse, as the goods are picked up at the airport and the company cannot be traced. U.S. companies receiving orders from Uganda are encouraged to check with the Mission's Political - Economic Section to verify the legitimacy of the company. The Mission strongly cautions U.S. vendors against accepting third-party checks as payment for any goods to be shipped to Uganda.

Traffic Safety and Road Conditions

While in Uganda, you may encounter road conditions that differ significantly from those in the United States. The information below concerning Uganda is provided for general reference only, and may not be totally accurate in a particular location or circumstance. Vehicles are right-side drive (British style).

Most inter-city transportation in Uganda is by small van or large bus. Many drivers of these vehicles have little training, and some are reckless. Small vans and large buses are often poorly maintained, travel at high speeds, and are the principal vehicles involved in the many deadly single and multi-vehicle accidents along Ugandan roads. Accident victims have included U.S. citizens traveling in small vans and personal cars, passengers on motorcycle taxis locally known as "boda bodas," and pedestrians. Large trucks on the highways are often overloaded, with inadequately secured cargo and poor braking systems. Alcohol frequently is a contributing factor in road accidents, particularly at night. Drivers are advised to take extra care when driving. Nighttime driving and road transportation should be avoided whenever possible. Pedestrians often walk in the roads and may not be visible to motorists. Large branches or rocks in the road sometimes indicate an upcoming obstruction or other hazard. Highway travel at night is particularly dangerous, including the road between Entebbe Airport and Kampala. The Mission recommends caution on this road and use of a reliable taxi service to and from the airport. With the exception of the Kampala-Entebbe airport road, U.S. Mission employees are prohibited from driving during hours of darkness on roads outside the limits of cities and large towns. Due to inherent traffic and crime risks associated with boda bodas, U.S. Mission employees and their dependents are strongly discouraged from using them during daylight hours and prohibited from doing so after dark.

Traffic accidents draw crowds. Ugandan law requires that the drivers stop and exchange information and assist any injured persons. In some cases where serious injury has occurred, there is the possibility of mob anger. In these instances, Ugandans often do not get out of their cars, but drive to the nearest police station to report the accident.

For specific information concerning Ugandan driving permits, vehicle inspection, road tax and mandatory insurance, please contact the Uganda Tourist Board, IPS building, 14, Parliament Avenue, Kampala, Uganda; telephone 256-414-342 196.

Criminal Penalties

While you are traveling in Uganda, you are subject to its laws even if you are a U.S. citizen. Foreign laws and legal systems can be vastly different than our own. Persons violating Ugandan laws, even unknowingly, may be expelled, arrested, or imprisoned. In Uganda, you may be taken in for questioning if you don't have your passport, or a copy of it, together with your Ugandan visa. Penalties for possessing, using, or trafficking in illegal drugs in Uganda are severe, and convicted offenders can expect long jail sentences and heavy fines. 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 of the area around Owen Falls Dam, near Jinja, although the prohibition on taking photographs is not publicly displayed on signs. In Uganda, driving under the influence could land you immediately in jail. There are also some things that might be legal in Uganda, but still illegal in the United States, and you can be prosecuted under U.S. law if you buy pirated goods. Engaging in sexual conduct with children or using or disseminating child pornography in a foreign country is a crime prosecutable in the United States. If you break local laws in Uganda, your U.S. passport won't help you avoid arrest or prosecution. It's very important to know what's legal and what's not wherever you go.

PDS AND U.S. MISSION SUPPORT

In an effort to support U.S. Fulbright scholars/students and their families, the following services are provided by PDS and the U.S. Mission:

Arrival and Temporary Lodging

All grantees will be met and assisted upon arrival by a Mission driver. It is preferable for grantees to arrive on weekdays rather than weekends. Grantees must provide CIES or IIE with their final itineraries at least 3 weeks in advance.

At this time, only one host university (Ugandan Christian University) provides furnished housing, and that is for Fulbright lecturers and their families. Fulbright lecturers not at UCU, researchers, and students must find their own suitable housing. If needed, PDS will arrange for temporary accommodations on arrival, at the grantee's expense, for a few days until the grantee finds permanent lodgings.

U.S. Mission Access

The U.S. Mission issues Fulbrighters badges for access to Mission offices once they complete the security brief. Please arrange to visit the Mission within one week of your arrival.

Check Cashing and Local Banking Arrangements

Fulbright grantees have been approved for check cashing facilities at the Barclays window at the Mission. Grantees are required to fill out a form first for approval before they can cash their first check. The form will be provided at the initial Mission meeting and on request. Fulbright grantees may also open bank accounts at local commercial banks if they have resident permits. ATMs are readily available. Barclays Bank and Orient Bank have ATM machines at the Mission.

Prior to their departure from the U.S., Fulbrighters should consult their U.S. banks concerning overdraft privileges. When mail is delayed, scholars and students may not have current information about account balances. Additional U.S. dollar travelers' checks and a major U.S. credit card (Visa, MasterCard, Diner's Club, etc.) are valuable for travel and emergencies. Most retail facilities such as hotels, restaurants, grocery and clothing stores, pharmacies, and gas stations accept credit cards.

Registration with the Mission Consular Section

All Fulbrighters are required to register with the Consular Section. You should sign up for the [Smart Traveler Enrollment Program](#) (STEP) through travel.state.gov. Once you sign up, you will automatically receive updates, including [Travel Warnings](#) and [Travel Alerts](#) when appropriate. You only need to sign up once, and then you can add and delete trips from your account based on your current travel plans.

Travel.state.gov also has information on passports, visas, and other important travel-related information.

Fulbrighters with consular queries should direct their queries to kampalascitizen@state.gov

Local Health Services and Access to Mission Health Facilities

Fulbright grantees should ensure you have current yellow fever vaccination and tetanus immunizations. Vaccines for hepatitis A, hepatitis B, typhoid, and current booster/vaccines against childhood diseases (tetanus diphtheria, polio, and measles/mumps/rubella) are also strongly recommended for adults, as well as children. For additional information, consult the Centers for Disease Control's website: <http://www.cdc.gov/travel/index.htm>.

Grantees should carry copies of complete medical records and basic information that will enable quick and efficient medical assistance, if necessary. Seek the guidance of your personal physician prior to departure from the U.S. in selecting basic health information records to bring with you. Grantees should carry a good supply of aspirin, vitamins, band-aids, and preferred over the counter medications. Grantees should either bring enough prescription medications to last through their assignment or find out the international name of each prescription, since drug names often differ from those used in the U.S. Prescription medications, over-the-counter drugs, first aid supplies, and sundry items can be found at: Gilead Pharmacy, Plot 1744, Muyenga Road, Tel: 414 510216 or Vine Pharmacy opposite Gilead Pharmacy on Muyenga Road; c/o Grace: 0772503837. (They also have branches in Wandegeya and Kisementi in Kampala.)

Fulbright grantees have health care benefits under the Department of State Group Accident and Sickness Program for Exchanges (ASPE). ASPE is a health benefits program; it is not an all purpose health insurance, and it is subject to limitations. Grantees should review, *Accident and Sickness Program for Exchange Participants in Programs Sponsored by the Bureau of Educational and Cultural Affairs*. Traveler's medical insurance, particularly emergency evacuation coverage is strongly recommended, especially for grantees based outside the capital city. The Fulbright grant provides limited medical and medical evacuation (medevac) coverage for the grantee only. The cost of medical insurance and medevac insurance for dependents must be paid by the Fulbrighter. Fulbrighters based outside the capital should explore membership in a local medical evacuation service that transports injured or ill members from rural areas to the capital or another city; these may be less expensive than worldwide services. Fulbrighters are strongly encouraged to provide copies of their medical evacuation coverage documents with PDS in the event of an emergency.

Access to the U.S. Mission's Health Unit is not extended to U.S. Fulbright grantees or their dependents. Health Unit personnel can provide information concerning local health care resources for primary care. Local healthcare can be expensive. Emergency paramedical services are available through Medical Rescue International (MRI). Medical facilities in Uganda, including Kampala, are limited and not equipped to handle most emergencies, especially those requiring surgery. Outside Kampala, hospitals are scarce and offer only basic services. Equipment and medicines are also often in short supply or unavailable. There are ophthalmologists and optometrists in Kampala and lens work is available but the quality varies. It is recommended that you bring an extra pair of glasses with you.

Malaria is a serious problem in Sub-Saharan Africa, especially for grantees traveling outside urban areas. Take precautions and be familiar with the symptoms so that you seek treatment

early. Proper precautions, such as malaria prophylaxis, boiling and filtering water, washing fruits and vegetables, etc., should be taken. Malaria prophylaxis medication is readily available on the local market. Grantees are advised to check with their physicians to ensure that these medications are compatible with other medications that they might be taking.

Tuberculosis is an increasingly serious health concern in Uganda. Uganda has experienced recent outbreaks of Marburg hemorrhagic fever, Ebola hemorrhagic fever, pneumonic plague, meningitis, yellow fever and other types of infectious diseases. Community sanitation and public health programs are inadequate throughout Uganda and subject to frequent breakdown. Almost all of the maladies of the developing world are represented here. Residents are subject to water- and food-borne illnesses such as typhoid, hepatitis A, cholera, worms, schistosomiasis, amoebiasis, giardia and bacterial dysentery. HIV, hepatitis B & C, and STDs are prevalent.

ADDITIONAL INFORMATION AND RESOURCES

Permanent Housing and Household Goods

At this time, only one host university (Ugandan Christian University) provides furnished housing for Fulbright lecturers and their families. Fulbright lecturers not at UCU, researchers, and students must find their own suitable housing. Housing can be very expensive. There are private bed-and-breakfast accommodations, furnished service apartments, unfurnished apartments and houses available on a month-to-month arrangement or short-term basis.

Access to ready information regarding long-term housing options is inadequate and scanty. Currently, the best approach is by word of mouth or through notice boards at major shopping malls, clinics frequented by expatriates like “The Surgery,” and other personal networks. It is recommended that grantees contact their host institutions for best possible local housing options as well. Knight-Frank <http://www.knightfrank.ug/> also posts “houses to let” information, but they tend to be in the higher price bracket.

Household effects are readily available but some may be expensive. Kampala has a few stores similar to K-Mart and Wal-Mart like Uchumi, Game, Shoprite and Nakumatt that offer a variety of consumer goods. There are several shopping malls and convenience stores in the capital city. Food is not expensive by U.S. standards, and grocery stores are plentiful. Tap water is not safe for drinking.

The television system used is PAL. Because the U.S. uses the NTSC system, DVDs brought from the U.S. will not be viewable on locally-acquired TV sets, unless they are multi-system. Satellite television service is widely subscribed to and costs about US \$100 per month for a package that includes news, sports and movie channels.

Computers and Other Electronic Equipment

Fulbrighters do not have duty-free privileges, so all computers and electronic equipment brought into the country must be taken out of the country when the grant is completed or duty must be paid. Previous Fulbrighters have donated computer equipment to host universities at the end of their stay in exchange for the university's obtaining duty-free entry. Do not send computers as

unaccompanied baggage. Cameras intended for personal use are allowed into the country duty-free.

Power outages and power fluctuations are common and can destroy a computer. The best solution is to bring a laptop which does not require a transformer and can easily convert from 120 to 220 volts. Another option is to purchase a transformer to convert your computer from 110 to 220 volts, and a heavy-duty surge protector and a voltage regulator. All can be purchased in-country. A previous Fulbrighter also advised that by bringing his own laser printer on his grant, he was able to avoid the tedious process of getting copies made at the university.

Larger cities offer a variety of e-mail and Internet service providers at reasonable rates. Direct Internet access is available, though a bit more expensive, and is becoming more widely used, particularly in the NGO and business communities. Unlike the U.S. where the universities were in the forefront of providing Internet service, universities in Uganda lag behind in both e-mail and Internet.

Academic Life

Makerere University is the largest and oldest country's national institution of higher learning with an enrollment of more than 30,000 students at the undergraduate and graduate levels. The university's website address is <http://www.makerere.ac.ug>. Uganda Christian University, though relatively new, is one of leading private universities in the country. UCU's website is <http://www.ucu.ac.ug>.

Academic Calendar

The academic year runs from August through June. There are two semesters: August-December and January-June. Fulbright lecturers should plan to arrive in early or mid-August. While classes may not actually start on dates scheduled, course assignments are often decided during the last semester of the previous academic year. Given this, lecturers must be present before classes are scheduled to start.

Teaching Requirements, Attendance, and Staff Hours

Lecturers may be assigned up to four courses, due to staff shortages in various departments. As stated in the Fulbright grant, PDS expects all lecturers to fulfill their professional responsibilities, including class attendance, faculty meetings, special projects, etc. Lecturers should communicate with their department heads as soon as possible to get an idea of classes to be assigned; however, Fulbright lecturers should also take note of workload assigned to them, and advise PDS if the host department is unbalanced in assignments.

Phoning Home and Mobile Phones

1-800 numbers cannot be accessed from Uganda. Use of international long-distance calling cards is very limited. International calling rates are quite high - approximately US \$2.00 to \$2.50 per minute to the U.S. - but becoming less expensive. Many Americans subscribe to various call-back services to obtain cheaper rates - approximately US \$1.09 per minute - or use a service like Skype for internet calls.

Most Fulbrighters find it impossible to live without a mobile phone. There are several companies – MTN, Airtel and Warid are most common - and mobile networks are expanding. American phones, unless compatible with the GSM900 system, will not be compatible with the host country system. Mobile phones purchased in Europe should work.

Local Transportation and the Used Car Market

Fulbrighters who plan to drive should obtain an international driver's license from the American Automobile Association (AAA) before leaving the U.S. Japanese vehicles are common here, and therefore spare parts are easily available. Excessive speed, unpredictable local driving habits, poor vehicle maintenance, and the lack of basic safety equipment on many vehicles are daily hazards. Vehicle travel outside major cities at night should be avoided due to the poor condition of the roads and the threat of banditry. High clearance or four-wheel drive vehicles are essential for driving outside major cities and to game parks. During the rainy season, many roads are passable only with four-wheel drive vehicles.

Fulbrighters are not granted duty-free privileges to purchase or import vehicles. For that reason, Fulbrighters are advised not to import vehicles, as import duty is very expensive and delays are common in clearing vehicles through customs. The Mission and PDS cannot assist with customs clearance.

Scholars who plan to drive are advised to look for a used vehicle upon their arrival in the host country. Prices are high by American standards (US \$10,000 or more depending on the type of car), but most grantees can sell the vehicle for approximately the same amount upon departure. Car rental is possible but also expensive. PDS cannot provide official vehicles for personal use.

Depending upon where you live, it may be possible to call for a taxi by phone, especially if you can identify a reliable driver. Public transportation is not considered to be safe. Even long distance travel in modern buses can be unsafe, both because of criminal activity aboard the buses and because of hazardous driving conditions.

Roads are generally poorly maintained, with numerous potholes even on major thoroughfares. Travel via passenger train is unsafe, particularly during the rainy seasons, because of the lack of routine maintenance and safety checks.

LGBT Issues

Homosexuality in Uganda is a sensitive and highly charged issue. In 2009, a Ugandan Member of Parliament submitted draft “anti-homosexuality” legislation which, if passed by Parliament in its current form, would further criminalize homosexuality in Uganda and condemn individuals convicted of homosexuality or a range of “related offences” to death. Although this bill remains in draft form, U.S. citizens should be aware that societal harassment and intimidation of lesbian, gay, bisexual, and transgender (LGBT) individuals in Uganda continues.

Accessibility

While in Uganda, individuals with disabilities may find accessibility and accommodation very different from what you find in the United States. Although the law prohibits discrimination against persons with disabilities in employment, education, access to health care, and the

provision of other state services, the government does not enforce the law effectively. The Uganda Human Rights Commission continues to receive complaints of discrimination in access to transportation, communication, and public buildings from persons with disabilities.

No statutory requirement exists mandating that buildings be accessible to persons with disabilities. Accessibility to public transportation, foot paths and road crossings, free or reduced fares, taxis, communication, lodging, medical facilities, restaurants, cafes, bars, and other tourist spots is similarly non-existent.

OTHER RESOURCES

Websites or Resource Material

Country Consular Information http://travel.state.gov/travel/cis_pa_tw/cis/cis_1051.html
 State Alumni <http://alumni.state.gov>
 Fulbright Association <http://www.fulbright.org>

Major Newspapers

The New Vision - <http://www.newvision.co.ug>
 Daily Monitor - <http://www.monitor.co.ug>
 The Observer - <http://www.observer.ug>
 The Independent - <http://www.independent.co.ug>

Public Holidays

In addition to observing U.S. holiday, the U.S. Mission also observes Ugandan holidays, according to the following holiday schedule for 2013:

DATE	DAY	HOLIDAY	COUNTRY
January 1	Tuesday	New Year's Day	USA/Uganda
January 21	Monday	Birthday of Martin Luther King, Jr.	USA
February 18	Monday	Washington's Birthday*/Presidents' Day	USA
March 8	Friday	International Women's Day	Uganda
March 29	Friday	Good Friday	Uganda
April 01	Monday	Easter Monday	Uganda
May 1	Wednesday	Labour day	Uganda
May 27	Monday	Memorial Day	USA
June 3	Monday	Martyrs' Day	Uganda
July 4	Thursday	Independence Day	USA
August --	**----	Eid al-Fitr	Uganda
September 2	Monday	Labor Day	USA
October 9	Wednesday	Independence Day	Uganda
October 14	Monday	Columbus Day	USA
October --	***----	Eid al-Adhuha	Uganda
November 11	Monday	Veterans Day	USA
November 28	Thursday	Thanksgiving Day	USA
December 25	Wednesday	Christmas Day	USA/Uganda
December 26	Thursday	Boxing Day	Uganda

All local holidays are subject to confirmation by the Ugandan Government. If any local holiday is not officially declared or observed by the GOU, it will be a regular workday at the Mission. If the date for any local holiday differs from that listed above, an announcement will be made.

*This holiday is designated as "Washington's Birthday" in section 6103(a) of title 5 of the United States Code, which is the law that specifies holidays for Federal employees. Though other institutions such as state and local governments and private businesses may use other names, OPM's policy is to refer to holidays by the names designated in the law.

** Eid-al Fitr is based on the lunar calendar and the precise date will be determined later based on the sighting of the moon.

***Eid al-Adhuha is a festival that celebrates the end of the pilgrimage to Mecca and the precise date of the holiday will be determined later.

CULTURAL TIPS

Visiting Ugandan Homes

Guests are highly honored individuals - especially foreign friends and in-laws - and get the best treatment. They must be well-fed and pampered, even if the hosts have to go without. Hosts will feel slighted if visitors refuse to eat/drink anything. They may also give you a parting gift - a live animal, fruit, craft - that is usually freely and sincerely given.

Lavish, Lengthy Greetings

Ugandans are generally brought up to greet everybody, even strangers. You do not have to be introduced or even introduce yourself before you greet anybody - introductions may or may not come later. You are believed to harbor ill will if you do not greet others. As a visitor, the same individuals will greet you several times over and inquire about your family, your health and all you've left behind. They are liberal with their handshake.

Depending on the religion, in some tribes, women and children kneel to greet while other Ugandans hug or embrace. Prostrating on the ground and simultaneously moving one's head left then right by men is reserved for the King in Buganda.

Dining Etiquette

Family members usually sit and eat together. Standing while eating a meal is considered uncultured. Courses within a meal are limited. Routinely expect a huge main course with a variety of starches, sauces, meats, and vegetables. You will typically not get dessert. Traditional Ugandan hosts like guests who relish their food. If you clear your plate, it's a sign that you are ready for more. It is not wrong to leave food on your plate - it's the signal that you've really had enough. Food will not be handed around in bare hands; it must be placed in some container, even if this can only be a piece of banana leaf or fiber, and covered.

Ugandans generally use their hands to eat. If they cannot afford to provide you with cutlery, they will offer you water to wash your hands before and after the meal. Mannerisms differ between communities. Don't be shocked if some people belch loudly, or if they wash out their mouths in

full view as they wash their hands after a meal. Most families will say grace before a meal. Look out for it before you start.

Dress

The most predominant forms of dress are the Busuuti for women and Kanza for men. Both originate in Buganda but are commonly used throughout Uganda. The female dress mode is a single full-length piece with short, puffed sleeves, a wrap-around bottom held together with a sash. The male dress is a white (or cream/beige) tunic with red/maroon embroidery around the neck and down the front. When worn with a European coat, the Kanza becomes ceremonial.

Naming Patterns and Forms of Address

In formal contexts, which tend to predominate in Uganda, people expect to be addressed by their titles: Mr., Mrs., Prof., Hon., Rev., etc. The strong tradition of respect for the older generations requires that younger people address their elders by their title and surname. If you give only your first name, you may well be addressed as Mr. John or Mrs. /Ms. Cathy.

Concept of Time, Appreciation, and Speechmaking

Despite the predominance of formal life styles among Ugandans, expect to contend with a relaxed attitude to time. Unlike overseas, where it is believed time controls an individual, in Uganda the concept is more the individual controls time. People will arrive at meetings 30, 40, even 60 minutes late. Leaders will keep their audiences waiting for hours. Some have attempted to announce starting time an hour ahead of intended time to accommodate late coming; others consider this defeatist. The growing private sector is gradually enforcing positive time-management. Ugandans will deliver endless speeches, eulogies, and sermons often oblivious of the fact that previous speakers have covered identical ground. Timing of programs/agenda has to be strictly planned and regimentally enforced, if it is within your power. The concept "thank you" in Uganda extends beyond interpersonal exchange to a shared, communal experience. It operates at any of three levels: a) my appreciation for what you have done for me personally, b) my recognition/appreciation for what you do generally, e.g., for the community, the "well-done" concept, and c) my sharing your experience for what you have achieved for yourself, i.e., the "I'm happy for you" concept.

Invitations

The unwritten rule is that when you give the invitation you, the "inviter," are expected to foot the bill - whether it is at your house or at a restaurant. RSVPs are a formality on the invitation card. Do not worry if you receive no RSVPs after sending out invitations.

Please note due to power differences, most Ugandans will not invite their bosses to their homes for something like a tea or dinner. However, they will invite their bosses to a big function such as a wedding, graduation, baptism, etc. and be prepared to give a speech whether you have been alerted or not.

Sometimes as the chief guest you may be asked to lead a prayer, so it's advisable to always have a contingency prayer and speech.

Friendship

As long as people know you work and live with them, then you are friends. They will visit you uninvited, ask for your phone number, and share it with others because you are now part of the bigger family. Sharing among friends is expected and this can vary from small things like pens and pencils to cars.

Weddings

Marriage is another very serious affair. Each ethnic group has unique ceremonies related to marriage. Important to note is that for most ethnic groups the ceremony is a like a pact between the parents of the bride and groom.