



Tanzania & Uganda Mission

2014
Mission
Packet

Hugsfortug.org



Dear applicant -

Thank you for joining us on the Hugs for T.UG.S. Mission! This packet is guided to give you information to all your questions about traveling to a foreign country particularly a 3rd world country. It is important that everything is followed in this packet for your safety and health. We are excited to be traveling with you and cannot wait to share this experience with you as we help build a sustainable orphanage in Tanzania and a kitchen in Uganda!

Trip Cost: \$3,000

- \$1,800 Round-trip flight from US to Tanzania
- N/A Tanzania to Uganda
- \$350 2-day Safari (Ngorogoro Crater & Tarangire Park)
- \$700 Lodging, food, transportation
- \$150 Contribution to Orphanage Building Project

Trip Dates: Approx July 5th – 19th

Deposit Amount: \$250

Deposit Due:

1. What are the VISA and Passport Requirements? www.travel.state.gov

- **Passport** - You must have a current passport that is valid up to 6 months after your planned return date. You will need to renew your passport if this presents a problem. Please contact the Department of State for more information about passport requirements at 1-877-487-2778 or go to travel.state.gov. You will need to allow anywhere from 4-6 weeks to renew or a get a new passport.
- **Visa** - **We will coordinate all VISA's for the team when we land IN COUNTRY.** We need copies of everyone's passports. Visa requirements are detailed below.
 - **Tanzania Tourist VISA:** \$120
 - **Tanzania Volunteer VISA** (Allows for anything, including employment) / 2 month: \$200
 - **Tanzania Volunteer Resident C Permit (2 years):** \$550
 - **Uganda:** \$50

- **Kenya (Transit):** \$25. 3 month VISA: \$50
- If you'd like, you can research additional VISA info. Attached is an embassy visa form to fill out and below are the embassy's requirements. www.tanzaniaembassy-us.org.
- Two companies that can process VISAs you (just for reference) are: www.travisa.com & www.cibt.com
- **Minors:** Visa applications for minors under 18 years, should be accompanied with a notarized letter, jointly signed by parents or legal guardians approving the minor to travel.

3. What will the weather be like in Tanzania?

Weather: Tanzania has a generally comfortable, tropical climate year-round, although there are significant regional variations. Temps average 70/80's all year long and may dip in the 60's at night, but rarer. Along the warmer and humid coast, the climate is determined in large part by the monsoon winds, which bring rains in two major periods. During the *masika* (long rains), from mid-March to May, it rains heavily almost every day, although seldom for the whole day, and the air can get unpleasantly sticky. The lighter *mvuli* (short rains) fall during November, December and sometimes into January. Inland, altitude is a major determinant of conditions. The central plateau is somewhat cooler and arid, while in the mountainous areas of the northeast and southwest, temperatures occasionally drop below 15°C at night during June and July, and it can rain at any time of year. The coolest months countrywide are from June to October and the warmest from December to March.

When to go: Tanzania can be visited during all seasons. The weather is coolest and driest from late June to September, although in July and August, hotels and park lodges, especially in the north, are at their fullest. October and November are very pleasant, with fewer crowds and a slowly greening-up landscape as the short rains begin in many areas. From late December until February, temperatures are high, but not oppressive. Watch out for high-season hotel prices around the Christmas–New Year holidays, as well as during the July-August peak. During the main rainy season (March to May), you can save substantially on accommodation costs, and enjoy landscapes that are green and full of life. However, some secondary roads may be impassable, and this is the time when many hotels close for a month or so, especially along the coast. Malaria risk, especially in coastal and low-lying areas, also tends to be higher at this time.

4. What will the weather be like in Uganda?

Weather patterns are similar in Uganda as it is adjacent to Tanzania. The majority of the country has a tropical climate which varies according to altitude. During the year the hottest months are from December to February when the temperature reaches 29 degrees Celsius. The rainy seasons are from April to May and October to November, with the wettest month being April.

Temperatures in some parts of the country can be quite cool owing to the country's high altitude, despite its position on the equator. The mountain areas become much cooler and the top of Mount Elgon is often covered with snow. Other parts of the country are much warmer. There is heavy rain between March and May and between October and November.

The best times to visit are December-March and June-September. It can be somewhat rainy then, but not as rainy as in the rainy season, March-June. December-February and June-July are the driest times, when things can even be a bit dusty. Although the country lies astride the equator, most of Uganda is on a plateau 3,600-6,000 ft/900-1,830 m above sea level.

5. How can my family members contact me? How can I call them?

- **Skype & Email:** Although coverage is limited, there are Internet café's and the hotel may provide fairly good high speed.
- **Cell Phones:** Prior to the trip, if a traveler decides to use his/her cell phone, we recommend adding an international package with the carrier (Usually around \$20) and obtain a SIM unlock code (if you're with a GSM carrier). This will help reduce the cost of in-country roaming, but be advised it is still very expensive. With this package and assuming you have Internet, email is often included but **Internet and texting may be more expensive**.
- If you know you do not have international calling on your phone, it is advised to contact your cell phone company and put a temporary hold on your service or change your voicemail to let callers know that you will be out of country. This will save you money as you will not be using your phone while in country. **If you leave your cell phone on while in country and do not answer it, you will still be charged roaming as the call gets routed to the local cell towers to leave a voicemail. The best option is leave the phone completely off.**
- **International SIM Card**
 - i. Tanzania: Airtel, Vodacom, Tigo
 - ii. Kenya: Safaricom
 - iii. Uganda: Orange
- Prior to the trip, we will provide an in-country telephone number as well to use in case of emergencies.
- *Remember, you only have 2 weeks on this life-changing mission trip. Be in the moment and try to enjoy every second with those relationships God has put right into your path!*

6. How much money should I bring on the trip and in what form?

- We don't anticipate you'll need much more than \$300 - \$400 USD (includes your VISA of \$120 - \$200. **\$50's and \$100 bills get higher exchange rates – MAKE SURE THEY ARE 2006 OR NEWER (Crisp bills are better)**). I would go to your bank at the beginning of the week, request the 2006 or newer bills, and then pick them up later on (Banks usually have a few on hand though in the event you can't get there twice in one week). That will provide more than enough for small expenditures, transit meals, entertainment, and plenty of souvenirs.

Remember, you should have an extra bag to bring back home of stuff! We'll probably need some people to volunteer to bring some things back for sale at our annual gala.

7. What are some other things I should do before I leave the country?

- Contact your credit card company/bank and notify them of your travels and the dates.
- Make sure any bills due are paid prior to your trip due to phone/internet access being limited
- Let your emergency contact know you are going on a mission to Tanzania/Uganda
- It is recommended that you register with the Embassy of America in Tanzania and let them know that you are traveling to Tanzania during these dates. You can register at travel.state.gov

8. Where do I get travel insurance?

- There are several different sites that can be useful to get travel and evacuation insurance from. We recommend the one below, but there is a complete list of companies at travel.state.gov
 - i. Medex Assistance Corporation- Baltimore, MD 888-537-2029
- Students (undergraduate, graduate, PHD) may obtain travel insurance for \$22 from ISIC (International Student Identity Card). Coverage should be sufficient for this mission trip's needs. <http://www.myisic.com/MyISIC/GetYourCard/GetYourCard1.aspx>
- Another option for people is to ask your current insurance carrier and ask them if they have overseas insurance.

9. What in-kind items can we bring to help the Hugs for T.UG. Mission?

- We generally welcome any items! Ideally, we need at least 50 items so no child is left out.
- It is ok for mission members to bring personal effects and give them to those in need *outside* of the orphanage. **In past mission trips, many members packed older clothing, wore them on the trip, and then left these items at the mission site.**

10. What will a typical day look like?

- The first part of the day will be dedicated towards construction, gardening, & project work and the latter part of the day will be with the children (VBS, sports & dance ministry, healthcare administration, inputting research/design studies). The evenings will be recovery, relaxation, relationship and prep for the next day.

11. Sponsorships

- We've included sample letters below for both Tanzania and Uganda. We recommend that you send an email out and mail directly to targeted donors. 20 donors of just \$100 = \$2,000!

12. Electricity: Depending on how much you plan to travel in the future, it may be worthwhile to get a combination voltage converter and plug adapter. Often times, the hotels in-country provide a small adaptor as well. They are also cheap to buy in-country (\$2 - \$5 USD). If you buy in the airport at home, you'll pay much more 😊.

- Electricity in Tanzania is 230 Volts, alternating at 50 cycles per second. If you travel to Tanzania with a device that does not accept 230 Volts at 50 Hertz, you will need a voltage converter.
- Electricity in Uganda (& Kenya) is 240 Volts, alternating at 50 cycles per second. If you travel to Uganda with a device that does not accept 240 Volts at 50 Hertz, you will need a voltage converter.

Plug Adapters and Outlet Shapes



Two parallel flat pins with ground pin (Tanzania / Kenya / Uganda)

If your appliances plug has a different shape, you may need a plug adapter.

13. Additional FAQ's:

- **Currency:** The U.S. dollar is freely exchangeable and most major facilities accept major credit cards. Best exchange rates tend to be at the airport. <http://finance.yahoo.com/currency-converter>. Current rates are based upon Feb 7th, 2011.
 - Tanzania:
 - 1 US \$ = 1,590 Tanzanian Shilling (TZS)
 - Uganda:
 - 1 US \$ = 2,330 Ugandan Shilling (UGX)
 - Kenya:
 - 1 US \$ = 81.15 Kenyan Shilling (KES)
- **Time Zone:** Tanzania, Uganda & Kenya are 9 - 10 hours **ahead** (based on Day light savings) of MST (Mountain Standard Time - Utah). Because these countries are near the equator, they do not observe daylight savings time. <http://www.timeanddate.com/worldclock/city.html?n=71>.
- **Banking hours:** Monday – Friday: 09:00 – 14:00 (16:30 in major cities). The airport banks are generally open until midnight every day.

- **Tipping:** Most hotels, game lodges, and tented camps include a service charge in their tariff as do most restaurants and in such cases tipping is not necessary unless exceptional service inspires a desire to express extra.
- **Customs:** Custom restrictions are similar to those in other countries. There is no problem with photo or video cameras.
- **Security:** In keeping with the acceptable practice elsewhere in the world visitors are advised not to leave cash and valuables in their hotel rooms but to make use of hotel safe deposit boxes or safes. Visitors should not carry large sums in cash on their persons while walking on the streets. Lady visitors are advised to be careful with their handbags in crowded places and busy streets. Necklaces and jewelry should be left at home or kept with other valuables in the hotel custody. As in all major cities walking at night alone should be avoided.
- **Language:** The two official languages of The United Republic of Tanzania (and Kenya) are Swahili and English, which is used in the high courts and in higher education. In remote areas, the majority of people will only speak their tribal language.
- The official language of Uganda is English, but they also speak Luganda and Swahili. In remote areas, the majority of people will only speak their tribal language.
- **Airports for Uganda:**
 - **Kampala, Uganda (Entebbe)**
- **Airport for Tanzania:**
 - **Arusha, Tanzania (JRO – Mt. Kilimanjaro).** This airport is our closest (45 minutes away) and preferred. Flights can sometimes be a bit more here (depends on when traveling).
 - **Dar Es Salaam, Tanzania.** This airport is in a bigger city and tends to be a bit more expensive, but requires approx. \$20 bus ticket and 9+ hour bus ride to Moshi or a \$25, 1 hour flight if booked in advance (only 1 piece of luggage, 20 kg, is **allowed** for check-in – you can't pay more for another piece).
 - **Nairobi, Kenya (Nairobi Int'l).** This airport is also generally a bit less, but also requires approx. \$25 private shuttle/bus ticket, 6 - 7 hour bus ride and Kenya VISA (\$25 transit).

14. Mission leaders:

- Duy Beck, duy@virtuafoundation.com, 801-891-3876 or 801-449-1377.
 - i. Tanzania #: +255-682-121-883

Tanzania In-Country:

- Mama Faraji, +255-784-469-389

- George Joseph, george25joseph@yahoo.com / kili@kilidovetours.com. George Joseph currently lives in Tanzania and is owner of Kilidove Tour Company, volunteering for the orphanage, and is helping coordinate our trip.
- His telephone #'s: +255-713-404912 / +255-753-181516

<http://www.keys-hotel-tours.com/keys-hotels.html>

Keys Hotel

P.O. Box 933

Moshi, Tanzania

TEL: +255 27 2752250 or +255 27 2751875

FAX: +255 27 2750073

* Situated along Uhuru / Kipata Street 50 metres from historical gardens of Mnazi Mmoja

Uganda:

- Danyne & Sergio: +256 787 637637 / +256 772 500400 / 863-332-5114
i. bookings@surjios.com / volamani@yahoo.com
- In Florida: Corky
1. (972) 679-0761 / corkyrando@aol.com

[http://www.surjios.com/Surjios Pizzeria And Guesthouse/Index.html](http://www.surjios.com/Surjios_Pizzeria_And_Guesthouse/Index.html)

Surjio's Pizzeria and Guest House

Plot 24 Kisinja Road Jinja Uganda

Phone: +256 772-500400

What Immunizations are required? www.cdc.gov/travel

Before visiting Tanzania, you may need to get the following vaccinations and medications for vaccine-preventable diseases and other diseases you might be at risk for at your destination: (Note: Your doctor or health-care provider will determine what you will need, depending on factors such as your health and immunization history, areas of the country you will be visiting, and planned activities.)

To have the most benefit, see a health-care provider at least 4–6 weeks before your trip to allow time for your vaccines to take effect and to start taking medicine to prevent malaria, if you need it. Even if you have less than 4 weeks before you leave, you should still see a health-care provider for needed vaccines, anti-malaria drugs and other medications and information about how to protect yourself from illness and injury while traveling. Other immunizations to have current are:

Malaria Pills: We may be visiting an area of Tanzania with malaria, you will need to discuss with your doctor the best ways for you to avoid getting sick with malaria. Ways to prevent malaria include the following:

- Taking a prescription antimalarial drug
- Using insect repellent and wearing long pants and sleeves to prevent mosquito bites

- Sleeping in air-conditioned or well-screened rooms or using bednets
- **Areas of Tanzania with Malaria:** All areas at altitudes <1,800 m (<5,906 ft). ([more information](#))
- We strongly suggest that you bring malaria pills as we will be traveling to rural places where mosquitoes are prevalent and can carry malaria. You can get these from any travel clinic, and some American health insurances may cover part of the cost of these pills.
 - **Doxycycline** is very inexpensive, ie, *\$6 for 2 weeks* and can be obtained from Wal-Mart or Costco pharmacies. Please remember that malaria pills need to be taken their entire course (ie, even after traveler returns to the U.S.). Some have heard that these also might help clear up skin during their course.

All of the following antimalarial drugs are equal options (but generally more expensive) for preventing malaria in Tanzania: Atovaquone/proguanil or mefloquine. For detailed information about each of these drugs, see [Table 2-23: Drugs used in the prophylaxis of malaria](#). For information that can help you and your doctor decide which of these drugs would be best for you, please see [Choosing a Drug to Prevent Malaria](#).

Note: Chloroquine is NOT an effective antimalarial drug in Tanzania and should not be taken to prevent malaria in this region.

To find out more information on malaria throughout the world, you can use the [interactive CDC malaria map](#). You can search or browse countries, cities, and place names for more specific malaria risk information and the recommended prevention medicines for that area.

Below rabies are recommend if you will be spending a lot of time out doors. CDC recommends that you see a health-care provider who specializes in Travel Medicine. [Find a travel medicine clinic](#) near you. If you have a medical condition, you should also share your travel plans with any doctors you are currently seeing for other medical reasons.

If your travel plans will take you to more than one country during a single trip, be sure to let your health-care provider know so that you can receive the appropriate vaccinations and information for all of your destinations. Long-term travelers, such as those who plan to work or study abroad, may also need additional vaccinations as required by their employer or school.

Be sure your routine vaccinations are up-to-date. Check the links below to see which vaccinations adults and children should get.

Routine vaccines, as they are often called, such as for influenza, chickenpox (or varicella), polio, measles/mumps/rubella (MMR), and diphtheria/pertussis/tetanus (DPT) are given at all stages of life; see the [childhood and adolescent immunization schedule](#) and [routine adult immunization schedule](#).

Routine vaccines are recommended even if you do not travel. Although childhood diseases, such as measles, rarely occur in the United States, they are still common in many parts of the world. A traveler who is not vaccinated would be at risk for infection.

Vaccine-Preventable Diseases

Vaccine recommendations are based on the best available risk information. Please note that the level of risk for vaccine-preventable diseases can change at any time.

Vaccination or Disease	Recommendations or Requirements for Vaccine-Preventable Diseases
Routine	Recommended if you are not up-to-date with routine shots such as, measles/mumps/rubella (MMR) vaccine, diphtheria/pertussis/tetanus (DPT) vaccine, poliovirus vaccine, etc.
Hepatitis A or immune globulin (IG)	Recommended for all unvaccinated people traveling to or working in countries with an intermediate or high level of hepatitis A virus infection (see map) where exposure might occur through food or water. Cases of travel-related hepatitis A can also occur in travelers to developing countries with "standard" tourist itineraries, accommodations, and food consumption behaviors.
Hepatitis B	Recommended for all unvaccinated persons traveling to or working in countries with intermediate to high levels of endemic HBV transmission (see map), especially those who might be exposed to blood or body fluids, have sexual contact with the local population, or be exposed through medical treatment (e.g., for an accident).
Typhoid	Recommended for all unvaccinated people traveling to or working in East Africa, especially if staying with friends or relatives or visiting smaller cities, villages, or rural areas where exposure might occur through food or water.
Polio	Recommended for adult travelers who have received a primary series with either inactivated poliovirus vaccine (IPV) or oral polio vaccine (OPV). They should receive another dose of IPV before departure. For adults, available data do not indicate the need for more than a single lifetime booster dose with IPV.
Yellow Fever	CDC yellow fever vaccination recommendation for travelers to Uganda: For all travelers ≥ 9 months of age. Yellow fever vaccination is not necessary for travelers to Tanzania. The city of Dar es Salaam has a lower risk of transmission than rural areas. Tanzania requires travelers arriving from countries where yellow fever is present to present proof of yellow fever vaccination. Vaccination should be given 10 days before travel and at 10 year

Vaccination or Disease Recommendations or Requirements for Vaccine-Preventable Diseases

intervals if there is on-going risk. [Find an authorized U.S. yellow fever vaccination clinic.](#)

Rabies

Recommended for travelers spending a lot of time outdoors, especially in rural areas, involved in activities such as bicycling, camping, or hiking. Also recommended for travelers with significant occupational risks (such as veterinarians), for long-term travelers and expatriates living in areas with a significant risk of exposure, and for travelers involved in any activities that might bring them into direct contact with bats, carnivores, and other mammals. Children are considered at higher risk because they tend to play with animals, may receive more severe bites, or may not report bites.

(Updated April 28, 2010)

When you visit your doctor, he will check in with the CDC database
<http://wwwnc.cdc.gov/travel/destinations/tanzania.aspx>
<http://wwwnc.cdc.gov/travel/destinations/uganda.htm>

To make sure that all requirements and recommendations have been met. **In fact, you will not pass customs when you arrive in TZ if you don't have these. Please bring immunization card.**

It is recommended that you be prepared to have a modification in diet and surroundings. If you need to bring antacids, antibiotics, allergy pills or other regular medications you maybe taking, please be sure to bring enough for your entire trip.



Packing List Tanzania-Uganda Mission

This is not an exhaustive list, it is just meant to give you guidelines. You should include anything else you can think of that would apply to this trip. Also you need to include personal items such as medications and toiletries. Remember the weight restrictions and that you may have to carry your bags for a distance in your packing.

The VF recommends that you pack light. You are allowed (2) 50lb. bags for international flights. We are working with Velocity Tours & Travel to ensure that you incur no additional in-country fees as you will be routing out of the country. We suggest using a duffel bag with wheels and a back-packing pack because they are lighter in weight than a suit case – or at least 1 roller bag. We suggest also that you practice packing and make sure that both of your bags weigh under 50lbs each at least two days prior to travel departure. **One bag will be dedicated towards clothing and supplies for the children on the way over.**

- No shorts or anything that might be considered immodest may be worn at the ministry site. Shorts are ok afterwards. It is considered inappropriate to show your knees. Many people take 3-4 outfits plus a jacket and an extra pair of shoes or sandals, then wash clothes while there if needed.
- **Women need to be in at least knee-length skirts or ideally wraps or dresses at the orphanage.**
- Trousers/jeans are fine for women as well as men. Temperatures should average 70 – 80 degrees. A pair of closed-toe shoes are suggested as the footing can be a bit tricky in some areas. Athletic shoes acceptable.

Carry on: Back-Pack with extra clothes and personal items in case you are separated from your bag for a day or so.

- Bible / Books
- IPOD
- Comfortable clothing
- Small snacks
- Neck pillow! They're wonderful!
- 1 change of clothing (in case we have an overnight) w/ mini hygiene kit (toothbrush/paste, ear plugs (nice for that big guy next to u!), sweatshirt - no liquids over 3 oz. please!)

Main Luggage: Remember, older clothing to give away leaves more room to bring stuff back!

Hygiene:

1. Baby wipes / Hand sanitizer
2. Lotion / Bar of soap / Toilet paper
3. Tooth brush / paste
4. Personal medications
5. **Headlamp** / Travel sized shampoo
6. Small towel

Clothing:

7. Light clothes
8. Pack some heavier things for when it is cold, dress in layers. This is a summer mission but the nights can be cooler.
9. Underwear / socks
10. 1 – 2 pairs of jeans
11. Hoody, pullover, long sleeve
12. Tshirts
13. Rain Jacket
14. Bathing suit. 1 – 2 pairs of shorts
15. Gloves – work type
16. Athletic shoes / light boots (for working) / sandals

Miscellaneous:

17. Travel Bible / Journal (We'll provide one as well)/ Pens
18. Back pack for carry on
19. Floppy hat / ball cap
20. Sunscreen or combo insect repellent w DEET
21. Travel pouch with cash, credit card and important papers, wear it under your shirt or clothes.
Copy of passport.
22. Ideas / Cards for evening games!

Climbing Mt. Kili:

23. Snowpants / Parka / gloves
24. Goretex Hiking boots
25. 0 degree rated sleeping bag
26. Baclava (to cover face) / goggles
27. Warm layers to pull off/put on
28. Day bag for personal effects (as large back-pack/gear will be carried by porters)
 - These are the main items, Any other small missing items can be rented (all items cost about \$200 USD to rent).

VBS:

29. Individuals will be assigned sports & dance, VBS, healthcare items to take over as well.

We believe that God not only enjoys hard work, but that it is important to discover Him in everything! As you can see from the pics below, we'll hopefully have some great time on a short safari.



How to Pack Like You Don't Want to Pay for It!

Great tips on efficient packing from the American Society of Travel Agents!

- **Check and check again.** Cross-check your packing list and determine if one piece can cover multiple occasions. Pick clothes that coordinate well together, based around complimentary colors. You'll be surprised at how many outfits you can make from a few simple pieces!
- **Fold it like you mean it.** Practice folding like they do in clothing stores--they use that method for a reason. Overlap two pieces of clothing flat and then fold them into each other so that each piece cushions the other to aid in defying wrinkles.
- **Pack backwards.** Pack what you plan to wear or will need first, last. This will prevent rooting around the suitcase for a specific item while disrupting the rest.
- **Pack it in.** Packing loosely wastes precious space and causes clothes to wrinkle. Eliminate wasted space, such as the insides of shoes, which are perfect for socks or underwear. And, when repacking, remember that balled-up, dirty laundry takes more space than carefully folded clothes, so repack your used clothing identically to your original packing method.
- **Signed and delivered.** Label each piece of luggage, both inside and out, with your name and telephone number, but not your home address. If an address is needed, then put your office address.



Health Warnings as per the Salt Lake Valley Health Department

1. Wash hands before eating or touching the face – soap and running water are the best disinfectant for hands
2. Drink bottled water or purified water/**no ice** - you can boil water for 1 minute
3. Close Mouth when showering
4. Brush teeth with safe water
5. Cook food well – canned foods are ok
6. Eat foods served steaming hot – don't eat uncooked meats or fish
7. Cook or peel fruits/vegetables before eating
8. Avoid salads, salsa (uncooked sauces)

Medical Kit for International Travel

1. Make two (2) photocopies of passport face cover page and important visas
2. Make two (2) photocopies of immunization certificates or email to yourself for accessibility at any time
3. Flashlight
4. Sunscreen (SPF 30)
5. Mosquito Repellent (DEET 30%+)
6. Towelettes or Instant hand sanitizer
7. bandaids, gauze and antibiotic ointment
8. moleskins for blisters

Routine Medications

1. Prescription Medications – two separate supplies in case you are separated from your bags
2. Non-Prescription Medications
 - acetaminophen or ibuprofen
 - antihistamine (for allergies or motion sickness)
 - cough-cold medicine
 - oral hydration salt packets (1 quart water, ½ tsp salt, 2 T sugar)
 - skin creams (anti-itch, antiseptic, antibiotic, anti-fungal)
3. Diarrhea – Immodium, Pepto Bismol, antacid, laxatives
4. Jet Lag – Benadryl, Tylenol PM – exercise before, during and after travel, increase fluids, stay up as long as you can,

Animal Bites

1. Clean wound with lots of soap and water
2. Avoid dogs, cats, wild animals such as monkeys, raccoons, foxes, skunks, wolves and mongooses.
3. Every animal bite or exposure should be evaluated for rabies risk as soon as possible, but ideally within one to five days.

Use insect repellent with 30-50% DEET

Keep a medical profile on your person at all times

While flying move around to improve circulation

Inform your bank that you will be travelling outside of the country

Basic Medical Questionnaire

Medical Profile for _____

Current as of _____ (today's date)

Date of Birth _____

Current Medications _____

Medical Allergies

Contact Person in
Case of Emergency _____ (name)

_____ (phone)

_____ (email)

Participant's name (please print)

Participant's Signature

If the participant is under 18 years of age at the date of signing, this form must also be signed by the participant's parent or legal guardian.

Name of Parent/Legal Guardian (please print)

Short-Term Mission Trip Liability Release, Health Insurance Certification and Medical Release

Virtua Foundation
PO Box 8549
Sandy, Utah 84047
Phone: (801) 449-1355
Email: info@virtuafoundation.com

Participant's Name _____

Address _____

Phone # _____

Email _____

Mission _____

Dates of Mission _____

Keep one copy for your records

Instructions:

- Please read the following ***and sign the statements that follow.*** ***Make a copy for your personal records and return the original of this form*** to Virtua Foundation **before** the mission trip begins.

I. Liability

In conducting short-term mission trips abroad, Virtua Foundation (VIRTUA FOUNDATION) makes every effort to provide for the welfare and safety of the participants. On many short-term mission trips, the official representative of VIRTUA FOUNDATION will make such rules and regulations for the conduct of the participants as will reasonably safeguard the health, well-being, and safety of all such participants. Recognizing, however, that participation in the program is voluntary and that there are certain inherent risks that the participant must assume, the participant understands that neither VIRTUA FOUNDATION, nor any cooperating institution, assumes any responsibility for damage to or loss of property, personal illness or injury, or death while a participant is on the short-term mission trip.

Should a participant be placed in a position where, because of his/her incapacity to act, the question arises as to whom may act on the participant's behalf or as his/her parent's, guardian's or spouse's agent. Thus, the VIRTUA FOUNDATION representative abroad shall be the duly appointed attorney-in-fact for such student and for such parent, guardian or spouse.

II. Overseas Health Insurance Coverage

While VIRTUA FOUNDATION will assist in providing information on health care and insurance, it is the individual participant's responsibility to ascertain that he/she has adequate health and accident coverage, valid during his/her stay abroad, and has informed him/herself of the proper health precautions for the world region to be visited. As proof of adequate insurance, health insurance information and a policy number must be provided on this form in the Medical Release Statement below. It is imperative for participants to know the limits of their coverage, and to carry at least one claim form to be signed by appropriate medical persons abroad to facilitate reimbursement.

In addition it is imperative for the participant to consult with their doctor or other health care professional and secure the necessary immunizations before the mission trip begins. In signing the Medical Release Statement below the participant agrees they have received the necessary immunizations, and that these immunizations are valid for the period covering the full length of the short-term mission trip.

Short-term mission trips can be physically and medically rigorous and the possibility of illness or an accident is always a concern. Therefore, it is strongly advised that participants have a physical examination to receive assurance from a physician that they are able to participate. Additionally, it is advised that the participant meet with the VIRTUA FOUNDATION representative for their particular mission trip the before the mission trip begins and provide confidential information of special conditions and/or needs such as, but not limited to, Liability Release, Insurance Certification, Medical Release, and Conditions of

Participation p.2 allergies, medication, treatment programs, or other medical concerns, so that if problems arise they are not a surprise.

III. Medical Emergencies

An American abroad is expected to be able to cope with day-to-day occurrences, but occasionally events arise that are of an emergency or medical nature and which require medical care, hospitalization, or surgery for a participant. So that such treatment can be administered without delay, we ask that each participant sign the Medical Release Statement below authorizing the VIRTUA FOUNDATION representative abroad to secure, at the expense of the participant, any treatment deemed necessary. (initial)_____

IV. Release/Certification Statements

As a condition of participation, each participant is required to sign the following statements and provide health insurance policy information as an indication that the above conditions and limitations are understood and accepted.

A. Liability Release Statement

I hereby release VIRTUA FOUNDATION and any cooperating institution and their officers and agents from any and all claims and causes of action for damage to or loss of property, medical or hospital care, personal illness or injury, or death arising out of any travel or activity conducted by or under the control of VIRTUA FOUNDATION or cooperating institution. (initial)_____

B. Insurance Certification Statement

I hereby certify that I am covered with health insurance and have received the necessary immunizations or fully recognize the liability associated with not being covered which I have determined to be adequate and satisfactory for any injury or illness that might befall me while I am participating in this VIRTUA FOUNDATION short-term mission trip. I acknowledge that VIRTUA FOUNDATION and its representatives have not made any representations to me concerning the adequacy of my health insurance and I further acknowledge that it is my sole responsibility to ensure that my health insurance coverage and immunizations are adequate for my needs. (initial)_____

C. Medical Release Statement

In the event of injury or illness to the undersigned, I hereby authorize the representative of VIRTUA FOUNDATION, at my expense, to secure necessary treatment, including the administration of an anesthetic and surgery, and such medication as may be prescribed. It is further agreed that, if my condition so required, I may be returned to the United States at my expense. I agree that if VIRTUA FOUNDATION makes any payments on my behalf, I will reimburse them for such payments. (initial)_____

D. No Alcohol Consumption

I understand and agree to not consume any alcohol while under the care and administration of VIRTUA FOUNDATION during my mission trip. (initial)_____

Participant's name (please print)

Participant's Signature

If the participant is under 18 years of age at the date of signing, this form must also be signed by the participant's parent or legal guardian.

Name of Parent/Legal Guardian (please print)

VISA REGULATIONS AND NOTICES – TANZANIA:

Visa processing hours are 9:00am to 1:00 pm Monday to Friday. Visa processing takes a minimum of five (5) working days. **Rush service is available for an extra \$20, which takes 3 working days.** The duration to remain in the country is determined by the immigration officer at the port of entry. All visas are valid from the date of issuance. In the event a visa expires before it is utilized, the applicant will have to re-apply for a new one.

US Citizens ONLY: Effective September 20, 2007 travel visa fees will be US\$100.00. The new fees will apply to single and all multiple entry visas.

Non-US Citizens: Visa fees are US\$50.00 for single entry, and US\$100.00 for double entry.

Processing Fee for Personal Checks and Credit/Debit cards: When you provide a personal check, debit or credit card you authorize us to debit **\$2.00** processing fee from your account for each check or transaction.

Payment with personal checks should be accompanied with a copy your driver's license.

Required Consumer Notification (District of Columbia):

- Providing a check as payment authorizes us to either use information from your check to make one-time electronic fund transfer from your account or to process the payment as a check transaction.
- A returned check fee of **\$25** will be electronically debited from your account in the event your electronic transfer is returned from your financial institution.

Visa Requirements:

1. A complete visa application form. (PDF or WORD)
2. Valid Passport (*At least 6 months before expiration*).
3. Two passport size photograph recently taken.
4. A sufficiently stamped self-addressed envelope to facilitate return of passport by the most secured mail.

5. Visa fees

- *US passport visa fee is \$100 for 12 months multiple entry.*
- *Non U.S. passports visa fee is \$50.00 for single entry and \$100 for double entry..*
- *An extra \$20 is charged for ALL visa rush services, which takes 3 business days.*

6. Forms of Payment

- A) *Cash*
- B) *Money Order*
- C) *Credit Card.*
- D) *Personal Check - Should be accompanied by a valid drivers license.*

N.B: Visas will not be process without a valid drivers license

VISA - UGANDA

American nationals holding USA passports need an entry visa for Uganda. Naturalized American citizens of Uganda descent need an entry visa for Uganda. Nationals of the countries listed below are exempted from visa requirements for travel to Uganda. They do, however, need to have a current passport issued by their respective countries.

1. One fully filled **Application** form by each applicant,
2. **Every section of the application form must be completed. Incomplete forms will not be processed.**
3. 2 passport size photographs
4. Must submit original Passport valid past the date of your expected departure from Uganda.
5. Correct visa fee, letter of invitation/introduction, if traveling on business.
6. Applicants may be requested to submit additional supporting documentation.
7. An international Inoculation Certificate against yellow fever.
8. A **prepaid self-addressed USPS Express Overnight** return envelope **only** must be included with applications sent by mail.

N.B. You are advised to ensure that your passport has a validity of at least six months from the date of your intended travel. ***Processing time for a visa is 2 to 3 working days.***

Visa fees and other details

- a) US\$ 50 for single entry: Valid for three months from the date of arrival.
- b) US\$ 100 for multiple entries: Valid for six months from the date of arrival.

Visa fees must be paid by money order payable to UGANDA EMBASSY, on submission of visa application. Personal Checks are not accepted. **Please note that the visa fee is non-refundable.**

NB: Failure to complete the application form fully may result in the issuance of a visa being delayed or refused. The visa enables the holder to proceed to a port of entry where he/she must comply with the laws and regulations governing the admission of persons to the Republic of Uganda

VISA - KENYA

A passport and visa are required. Visas may be obtained in advance, **although airport visas are available for U.S. citizens. Travelers who opt to obtain an airport visa should expect delays upon arrival. There is a fee of \$25 for the visa, whether obtained in advance or at the airport.** Evidence of yellow fever immunization may be requested. Travelers to Kenya and neighboring African countries should ensure that the validity of their passports is at least six months beyond the end of their intended stay, and that their passports contain sufficient blank pages for visas and immigration stamps.

Travelers may obtain the latest information on visas as well as any additional details regarding entry requirements from the Embassy of Kenya, 2249 R Street NW, Washington, DC 20008, telephone (202) 387-6101, or the Kenyan Consulates General in Los Angeles and New York City. Persons outside the United States should contact the nearest Kenyan embassy or consulate. Visit the web site for the Embassy of Kenya for the most current visa information.

Cultural Overview

Foreign Staff “Orientation” (Applies to Eastern Africa)

Dear fellow “foreign staff,”

After nearly 20 years of living in Uganda, we are still continuing to learn new things about the Ugandan culture we’d never known before! We often found out many things the “hard way,” after having offended many people first. So, we’ve tried to compile as many of the lessons we’ve learned as we could think of so that you can learn from our mistakes! It seems like a list of do’s and don’ts, and, well... it is! But, at the heart of it is a desire to help you be as effective as you can possibly be, to offend as few Ugandans as possible, to fit into life here as easily as possible, and to have as clear a testimony as possible! We have also included some of the principles and core values of Kasana, so that as you enter new situations, you can make decisions knowing the “spirit of the law.” We are so thankful you’ve joined us here in Kasana and know you’ll soon be an integral part of the Kasana family! We pray that this “orientation” will be a blessing to you!

In Christ’s love,

The Dangers

Heart of Kasana-

- **The aim and desire is for Christ to be at the center of everything- not just in theory, but daily and practically** (how we raise and teach children, relate with those different from us, eat, work, dress...) Often policies change when we realize we have not been doing something based on Scripture or biblical principles
- **We do not want to “Westernize” the children, but to raise them in a redeemed Ugandan culture** (without changing what is Ugandan about their culture, we want to make it as godly as possible)
- **Kasana is a family, we seek to affirm and strengthen family ties, parental authority, godly fatherhood and motherhood, and purity in relationships in all that we do**
- **Unity/team work is critical-** Kasana is set up so that Ugandans and foreigners are equal- in authority, position, respect, etc... (this site is designed differently than most “mission stations” which have the foreigners living in one place and then going to minister to the Africans)
- **Remember this is not a “job,” but a place of ministry-** don’t focus on your job description only, but see how you can get involved in as many things as is possible! (Just don’t over do it!)
- **Remember, we’re also all raising the same children, so we have to, as much as possible, all be on the same page and have the same standards,** otherwise the children will be confused and will play parents against other staff depending on whose advice or standards they like best

How to get involved

- men’s and women’s Bible studies
- family groups
- have people over
- just show up and visit people- Ugandans LOVE unannounced guests! (it’s what they *prefer*)
- volunteer to help with weddings and big events
- attend burials, end of term programs, graduations, visiting days, etc...
- Sunday lunches at the Dangers’
- Eating with kids during school lunches
- Look for ways to serve- step out of your comfort zone- the results are so worth while!

Ugandan Cultural Odds and Ends

- people are far more important than getting the job done
- change is usually not welcomed- tradition is very highly valued
- greeting is a way you show someone you accept them and are concerned about them-
 - Use “good morning”/ “good afternoon/evening” instead of Hi, Hello as much as possible
 - Wave with an open hand (here a closed hand waves mean “come here”)
 - If you’re walking towards someone, don’t wave, wait ‘til you’re close enough to begin a greeting. (If you see a person a ways away not headed towards you, go ahead and wave!) Waving when you’re coming near someone here translates, “I want to get this greeting over with as quickly as possible so I’ll start now while they’re still far away!” However, they do know that that’s something we do, so they do give us grace!
 - When greeting someone at your door (**very important culturally!!!**)
 - **First say, “Hello! You are welcome!” and then offer for them to come inside.** If they’re there for business, they’ll say, “No, I’m going quickly.” If they’re there for a visit or they need to explain something that might take a bit longer than a quick question, they’ll come in.
 - Once they’ve sat down, you should also sit down and THEN shake their hand and say, “Good morning/afternoon/evening... how are you... how is the family, etc...” Let them tell you why they’re there, don’t ask. If it seems like it’s for a visit, you can bring them something to drink. Remember, a way they honor someone is by just showing up to visit (it shows they were thinking of you and took the time to come see how you are)- you’re being honored!
 - **When someone is at the door, NEVER say, “Hello, how can I help you?”** (their mental response to you is, ‘who said I need help? You haven’t even greeted me yet and you’re assuming I came asking for something!’)
 - If you are alone at home and it’s a person of the opposite sex at the door, just say, “I’d love to welcome you in, but I’m the only one home. Can I get you a chair and we’ll visit on the verandah?” **Do not be alone in the house with someone of the opposite sex who is not your spouse or relative.**
 - When entering someone else’s home, make sure to carefully greet each person you see- even the house girl and gardeners if they are around
- **When coming in to a home or a new situation, be quiet and observant.** They translate coming in talking, or talking “out of turn,” as rude and proud. Come in “humbly” or quietly and see what everyone else is doing and try to join in. Remember, it is not rude or awkward here to sit in silence, so don’t feel like you have to make conversation all the time (especially if you’re in a new situation or came into a home when everyone was sitting around- they might be in the middle of something like a prayer time or meeting and are afraid they’ll embarrass you by telling you that they were).
- Meal times in Kiganda culture are *silent*. Here it is rude to talk while you’re eating. This is something that is changing, and the kids talk during meals, but if you’ll notice, usually, they are talking in more hushed tones during meal times. Don’t talk loudly when eating at the family group!
- Never step over a plate or sauce pan of food that might be sitting on the ground- walk around it! They most likely won’t eat it after that if you do step over it!
- Do not walk and eat or drink at the same time (when you’re in public!). It is considered extremely rude here. (Some of the children do it- this does not mean it’s polite in Uganda! We need to help train them to do what is right in their culture).
- Ugandans are much more formal and respectful in how they interact with each other. Please be very respectful to anyone in leadership over you- always call them Auntie or Uncle- and don’t tease publicly until you’re really secure in your relationship with them and they’ve proved it’s OK to do so with them. Don’t be too familiar with people in general, especially at first, until you’ve felt out the situation and are confident others are also interacting freely.
- Ugandans keep their feet SO clean. The joke is that white people don’t know how to take care of their feet. They sum up what you look like starting with your feet first, then they determine how “smart” you

are. They also usually wear much nicer shoes than we do and polish and clean them regularly. To gain respect or not be looked down upon, it's a good idea to keep your feet and shoes in good shape!

- Ugandans bathe at *least* twice a day, sometimes 3 or 4 times. There's no need to change your own bathing habits, but *please* do not advertise it if you only take one a day or less! They will think you are disgusting and have no sense of personal hygiene.
- Here men will hold hands with men and women with women-it's nothing to be shocked by or worried about!
- Standing with your hands hanging low and folded in the front and your shoulders slightly bent when greeting someone or talking to an elder or superior in the work place communicates humility. Legs apart, or hands on your hips, or hands folded across your chest communicates pride and that you are unapproachable.
- **When you are not sure about a cultural standard or practice, get your "final answer" from a senior staff member from the tribe you're asking about- NOT a child or a new staff member!!**
The children often want to downplay socially accepted/rejected things and become as "foreign" as possible. Or, they may not have been taught yet that something is rude or not accepted in Uganda/Kasana.

Dress code

Women

- Skirts that are **not tight** (shouldn't show underwear outline) and **that completely cover your knees when you are sitting down**. Slits are OK as long as they also don't show above your knees when you're sitting down
- **Slips when dress is even slightly see-through**
- Tank tops OK, but please **make sure bra straps do not show** (safety pins are a great invention!), **shirt is not tight, and when you bend over it keeps you covered**
- **Do not wear shirts that reveal your midriff at all when you bend over, stand up, raise your hands, or move at all**

Men

- Always wear trousers (not jeans) when doing "official" work- office work, teaching, or going to church. Shorts OK other times (including when working in construction or agriculture)

Men and Women

- **no flip flops to work or any meeting or church**
- no t-shirts to work (unless you're in construction or it's a New Hope t-shirt)
- Ugandans are very dressy, so in general, try to dress more "formally" than you would at home

Remember:

- Be careful when you show pictures of people at home- please don't show pictures of women wearing short shorts or bathing suits. They know we wear trousers at home, so that's OK to show.
- Women, when in your house, it's ok to wear shorts or trousers, **just make sure you are not in the "spot light" with a window open and the lights on at night. Also, please put a wrap skirt on over your shorts or trousers if you are answering the door or going out onto the porch, etc...**
- Women, if a man you are not married to comes over to your house, (whether or not he is a muzungu), **you must wear the Kasana dress code. Never have someone of the opposite sex in your house if the windows are closed- ESPECIALLY if you are not wearing the Kasana dress code- even if there are others there. REMEMBER, the children are watching, and what goes on behind closed windows is fair game for rumors. Also, we must avoid the appearance of evil, not just evil itself.** We must be good examples to them during every minute of the day!
- **When in Kampala or anywhere else in Uganda, please adhere to the Kasana dress codes.** Although wearing trousers for women is growing in Uganda, it still is very "questionable" and very debated. Many Ugandans are disgusted with where their culture is headed, and we as Christians do not want to be leading the trend towards a "looser" standard. When it becomes "accepted and the norm" we, too, will change our standards, but for now, we need to honor the un-debated Ugandan culture. (When in an

enclosed place – e.g. the American Club, King Fisher, etc... it is fine for women to wear trousers and shorts. Please only wear modest bathing suits)

How women should sit on the ground

- either with both legs together straight in front of you or with your legs folded to the side. Remember to always keep your skirt carefully tucked around your legs
- do not sit cross-legged or with your knees up (hugging your knees)

Remember:

- To be extremely careful how you stand up and what you do with your skirt in the process! Make sure your legs are always well covered during the whole process.
- To be careful how you sit on chairs- legs together, and make sure your skirt isn't hanging in a way that it's covering your knees but revealing the back side of your thighs as you sit. If you are going to cross your legs when sitting on a chair, be careful that you don't inadvertently (as you fix your skirt) lift your skirt high in the process and show much more than you realize
- In this culture, the thighs are the most seductive part of your body. Please remember to honor our Ugandan brothers and be careful because of this.

Relationships

Both with clothing and with relationships, the “spirit of the law” with which one judges any situation should be avoiding all appearance of evil and “being careful to do what is right in the eyes of everyone” around you (Romans 12:17) and doing what we can to not cause our brother or sister to stumble

- Here at Kasana, the only male-female “special” relationships are with the intent of pursuing marriage; there is no casual dating
- We are seeking to instill a form of “courtship” that is Ugandan and honoring to the Lord, promotes purity, and brings the influence of parents and/or pastors into the decision-making for accountability and wisdom
- If you're single, the children will ask if you like anyone or if you're planning on getting married. Please remember the above guidelines when you talk to them. If you're dating someone, please say, “There's someone I'm getting to know and we're seeing if it will end up in marriage.” If it's a casual dating, please don't talk about it. If your “best friend” is of the opposite sex, please also do not refer to him as your best friend, as this communicates much more than friendship here
- **Don't use the term “boy friend” or “girl friend” as here this means you're sleeping or living with that person but aren't married.** (This is also changing in the city, and Christians will refer to their “significant other” as boyfriend or girl-friend. However, in the village and in any conservative setting, this term denotes the exact opposite of what a Christian should stand for).
- Do not tease the children about liking someone and please do not encourage flirting or close relationships between individual boys and girls- we want to encourage good and wholesome friendships in groups between boys and girls, but not pairing up.
- Pictures should not be taken of a boy and girl or man and woman alone who are not married
- Remember, Ugandan teenagers are just like foreign teenagers- they will push the limits if they see an adult encouraging it. They also like the opposite sex just as much as teenagers at home. So, please don't let the kids' standards determine what you think Kasana standards to be. If you have questions, please talk to a senior staff member.
- It is MUCH easier to get to know Ugandan men than Ugandan women. This is difficult for foreign women who try to reach out to the Ugandan women, but there's little response. Please continue trying! It's OK for women to be friends with the men, but be careful how often you're with them, and make sure your main effort is reaching out to women and girls.
- If children ask you about relationships, etc..., or talk to you about someone they're interested in, say something like, “What do *you* think is right? How do you think you can honor the Lord in the best way here? What do your parents have to say about this? Have you talked to your parents?” **Remember to always reinforce parental involvement and authority and the importance of honoring the Lord and avoiding the “appearance of evil” in all your conversations with the kids!**

- In general, foreigners are much freer with people of the opposite sex than they are here. Be very careful with how you interact with/tease/spend time with staff members (foreign and Ugandan) and older children of the opposite sex- the children watching and staff you're interacting with will translate your actions in an entirely different way than you most likely meant if you're not careful!

Miscellaneous Muzungu Things

- It is very tempting and easy to have a patronizing or despising attitude towards the Ugandans- we can easily get frustrated with how they do things, the way they reason, etc...
 - Remember*
 - It is OK and often good to want to change and improve things, but just do it in a humble and careful way- don't bulldoze them or force change- it will back fire on you! Bringing changes works best when you've been here for a while and *really* understand the situation, there's been lots of discussion, you can prove your reasons biblically, and you can prove it will work, and you have also gained their respect and have deep relationships with them
 - You can't change everything in a generation- be willing to plant seeds and allow the Lord to bring about changes in His timing
 - If we wanted it to be like America, we should be living in America
 - They are our brothers and sisters in Christ- no matter how they speak, dress, make decisions, etc... and should be treated the way we would like to be treated
 - Don't be afraid to confront them if you see them treating you or others in an unkind or rude way. Just choose your words carefully and choose an appropriate time and place to talk to them.
 - Don't talk about the "poverty" or the crazy way things are done, or say things like "What can you expect? It's Africa" to them- they might agree, but it still hurts.
 - We don't like the synthesized key-board on Sundays either, ☹ but the Ugandans LOVE it, and we *are* in Uganda!
- You can never fully understand people until you know their language. We hope to have Luganda lessons available in the near future, and encourage everyone to make the most of this opportunity
- Remember that though we don't receive a pay check, we still need to submit ourselves to the same rules as the staff who are receiving a pay check- rules about when to be at work, signing in, attending school assemblies and teachers' devotions, attending staff or departmental meetings, how to request leave and how much leave time is allowed (note- furlough is different than leave, but still needs to be requested, not demanded or decided before you have the approval of your supervisor)
- There is already a natural barrier between us and the Ugandans due to language, culture, etc... (birds of a feather *do* flock together!) so we need to make a real effort to bridge the gap. Try not to always sit with white people, or only invite white people over, etc... try to reach out. Most likely, they will not take the first step, but they usually will respond when you make the first step (not an excuse for them... but, it's true at least for now!)
- As much as possible, don't talk about costs of things, where you went for a holiday, or where you went shopping, etc... with Ugandans. Remember that though we're living on a limited salary in comparison to many at home, we have an extravagant income on village standards- even compared to the income of our Ugandan staff.
- Remember that your house-helpers are also Ugandan!! They are also often church members, (and if they are not, they are men and women who need the Lord!) so what you say, what you wear, and how you behave around them will largely make or break your testimony not just with them but with anyone else they talk freely with!
- When you have children in your home
 - Please be careful not to "flaunt" (knowingly or unknowingly) what you have. Remember, something we take for granted might be a real temptation to steal for one of the children.
 - Please carefully adhere to the Kasana dress code (if female staff members are having a girls' sleep over, pjamas do not have to follow the dress code)
 - Please do not have children of the opposite sex in your home if you are alone.
 - If at all possible, do not have the children come into your bedroom

- Please never have secular music playing or any “questionable” literature or pictures around
- If they ask you for something you have, for money, or for something other than a drink or something simple like that, please remind them they are not to ask for things. If they have a need, they should speak with their parents about this
- When taking children to Kampala, please be careful, again, what types of places you take them to, what you are wearing when you are there, and what you talk about (finances, etc...). Please discuss with them what you see- don't be afraid to discuss topics of dress, etc... but keep in mind the “heart concepts” and openly discuss things with the children.
- Remember, Ugandan Christians believe it is very wrong to drink any form of alcohol. This is mainly due to the severe hold alcoholism had (it is so much better now) and still has in this country. Please refrain from drinking any alcoholic beverage or even talking about it while you are in Uganda. (If a child asks you, be honest and say that in your culture, not everyone believes it is bad to have a drink- it's just bad to get drunk. But, because it is a stumbling block to so many, it is something that you gladly give up to honor those around you.)

The reality of living in Uganda - It is often hard!!

- It's hard to be different *always*. It's hard to stand out and not know what's going on and for people not to understand you or the reason you do things the way you do
- It's frustrating when people don't do things the way we're used to
- It's hard to not have all the things we had at home- (But, it's SO much better than it used to be! Things are DRASTICALLY improving e.g. the oldest supermarket in this country is about 3 years old! and things will continue to improve!!)
- It's hard to not be with family and friends
- For the foreign women- we are living in a culture that is only recently beginning to appreciate women. Often the fact that you are a woman will bring resistance automatically at work or in business. Don't react in anger, just continue to do what you're doing in humility- things are changing and improving!

Please feel free to ask us any questions you might have. Nancy Kirsch is also an excellent source of cultural understanding, as she has been here for a long time and has a heart to honor the Ugandan culture, but also to reform its unbiblical parts. Sam Serunkuma has lived in America, and Gertrude Bakimi lived in Wales, so they are both good Ugandans to talk to regarding cultural issues, as they have a better picture of where we're coming from than others might.



Tanzania, Uganda & Sub-Sahara, Africa

Dear Family & Friends,

Well, you know I can only go so long before my heart starts yearning for another adventure. This time, however, it's a little bit more permanent as an opportunity has arisen which not only continues to fulfill my purpose but which, much more importantly, will benefit the lives of many less fortunate.

I am moving to Eastern Africa and joining the efforts of a non-profit organization called the Virtua Foundation. You can learn more about our trip and follow progress on their blog <http://www.hugsfortugs.org/category/blog>. We have adopted a small community of roughly 35 children in Uganda, 48 children in Tanzania, and currently identifying projects in other parts of Sub-Sahara, Africa (Zambia, Swaziland, Ghana, etc). These countries have a high rate of HIV/AIDS and produce millions of orphaned and at risk children. Current statistics show that a child of 15 has a 1 in 10 chance to live to 35. **We hope to change that.**

Many of the children have been living at the orphanage in Tanzania for several years and consider Tuleeni as 'one big, happy family.' Although the relationships are strong and caring, the needs are great. In some situations, 2 – 3 children are sleeping on one mattress while Mamma Faraji & older children and volunteers cook porridge 3x per day. The long-term partnership with the Virtua Foundation has the goal of seeing each child educated and prepared for life on his/her own and helping develop a sustainable community with alternative energy sources (solar, bio-digesters), rain catchment systems for irrigation, and basic farming (garden and livestock) for both food & income needs. We will also be assisting an Orphanage in Uganda, Africa called Amani Baby Cottage. This orphanage provides a home for 35 children, 0 to 6 years old.

The Virtua Foundation is sending small teams for both long and short durations to these orphanages to minister to these children. We leave _____ and will be in-country approximately _____ construction projects, we will also be administering medical research on the children's overall health development. We will be providing a Vacation Bible School-style curriculum for the children including arts, crafts, games and a whole lotta love. We will be taking over much needed supplies for the children and their caregivers, with hopefully the best gift being our love and established friendships.

There is a very important role you can play my loved ones. First, you can pray for our team and community in Tanzania, Uganda. Secondly, if so led, you may make a financial contribution for our trip and the purchase of the orphanage directly. The support needed is approximately _____ for me! The construction of the orphanage also needs assistance with donations. Donations are tax-deductible and go directly to the Virtua Foundation (donation form below). No gift is too small!

I thank you in advance for partnering with us in this extraordinary ministry of making a difference in the lives of these children that have never really been given a chance. I will be able to personally hug each one of them for you. What a joy!

Thank you for your love, prayers and the blessing you have been in my life and the childrens',

*Duy Beck &
Hugs for T. U. G. S. Mission Team*



DONATION FORM

Yes, I would like to help _____ and the Hugs for TUG mission team as follows:

_____ A tax deductible gift in the amount of \$ _____

_____ Pray for the team as they prepare to go to Hugs for TUG mission

Specific prayer requests:

- Safety & protection (There is some civil unrest and medical concerns in the region)
- Unity among the team
- Hearts of the children
- Travel costs to remain low & travel to be well coordinated
- Funding for the mission team and orphanage development

If you choose to support me and I eventually receive more than the required support level, the excess funds will be allocated to the support of other team members on this trip as well as being directly allocated towards the orphanages themselves. All funds are tax deductible and you will receive a statement from the Virtua Foundation at year-end.

Donor Name: _____

Email: _____

Address: _____

Phone: _____

- All checks should be made payable to: The Virtua Foundation. You can also donate online (and get skymiles!): www.hugsfortugs.org/donate
- Please write: "Hugs for TUG Mission" in the memo line and name of the mission member
- Please mail this form & any donation to:
 - The Virtua Foundation, PO Box 8549, Salt Lake City, Utah 84047



Dear _____,

Date _____

Tanzania, Africa

Well, you know I can only go so long before my heart starts yearning for another adventure. This time, however, an opportunity has arisen which will not only fulfill one of my lifelong dreams but which, much more importantly, will benefit the lives of many less fortunate than ourselves.

I am joining a short-term mission team organized by a wonderful non-profit called the Virtua Foundation. You can learn more about their trip and follow our trip progress on their blog (www.hugsfortug.org), or join facebook group "Hugs for T.UG."). We have adopted a small community of roughly 50 children in Tanzania, in the eastern part of Africa. Tanzania has an extremely high rate of HIV/AIDS and produces thousands of orphaned and at risk children. Current statistics show that a child of 15 has a one in ten chance to live to 35. **We hope to change that.**

Many of the children have been living at the orphanage for several years and consider Tuleeni as 'one big, happy family.' Although the relationships are strong and caring, the needs are great. In some situations, 2 – 3 children are sleeping one mattress while Mamma Faraji cooks porridge 3x per day. At the carepoint the children receive basic necessities for their growth and well-being. The long-term partnership with the Virtua Foundation has the goal of seeing each child educated and prepared for life on his/her own and helping develop a sustainable community with coffee & banana trees (for income), alternative energy sources (solar, wind), rain catchment systems for irrigation, and basic farming (garden and livestock) for food needs.

Our church is sending a team to the Tuleeni Orphanage in Tanzania to minister to these children. I have committed to joining this team. We leave _____ and will spend an entire week at the orphanage ministering to the children. Our main purpose is "community building" with a focus on relationships. We will be providing a Vacation Bible School-style curriculum for the children including arts and crafts and a whole lotta love. We will also assist in daily food preparation and serving and of course will provide gifts for the children and their caregivers, with hopefully the best gift being our love and established friendships.

There is a very important role you can play my loved ones. First, you can pray for our community in Tanzania and for our team. Secondly, if so led, you may make a financial contribution. The support needed is approximately \$3000 per individual to cover the cost of the trip. Donations are tax-deductible and go directly to the Virtua Foundation (donation form and envelopes enclosed). No gift is too small! I thank you in advance for partnering with us in this extraordinary ministry of making a difference in the lives of the kids at Tuleeni. I will be able to personally hug each one of them for you. What a joy!

Thank you for your love, prayers and the blessing you have been in my life,

IMPORTANT: ALL DONATIONS MUST BE RECEIVED BY APRIL 15th

Yes, I would like to help _____ and the Hugs for TUG mission team as follows:

_____ A tax deductible gift in the amount of \$ _____

_____ Pray for the team as they prepare to go to Hugs for TUG mission

Specific prayer requests:

- Safety & protection (There is some civil unrest and medical concerns in the region)
- Unity among the team
- Hearts of the children
- Travel costs to remain low & travel to be well coordinated
- Funding for the mission team and orphanage purchase

If you choose to support me and I eventually receive more than the required support level, the excess funds will be allocated to the support of other team members on this trip as well as being directly allocated towards the orphanages themselves. All funds are tax deductible and you will receive a statement from the Virtua Foundation at year-end.

Donor Name: _____ Email: _____

Address: _____ Phone: _____

- All checks should be made payable to: The Virtua Foundation. You can also donate online (and get skymiles!): www.hugsfortugs.org/donate
- Please write: "Hugs for TUG Mission" in the memo line and name of the mission member
- Please mail this form & any donation to:
 - The Virtua Foundation, PO Box 8549, Salt Lake City, Utah 84047

Orphanage Wish List

- § plastic toys (no batteries, easily washable)
- § bath books, board books & construction paper
 - § baby cereal (rice, oatmeal, barley)
 - § baby formula & bottles
 - § wash cloths, bath towels
 - § educational toys
- § children's liquid and chewable vitamins (with and without iron)
 - § diaper liners from www.fuzzibunz.com
 - § underwear for both genders in size 2T
 - § disposable diapers
 - § inkjet cartridges for HP 6310 printer
- § Infant and Children Liquid Tylenol & Motrin
 - § small red sharp containers
 - § baby scale



Dear _____,

Date_____

I have recently made the exciting decision to go on a mission trip with friends from a local Christian church and through an organization called the Virtua Foundation (VF) www.hugsfortug.org. Virtua Foundation is a global leader and innovator in orphan care ministry. The Virtua Foundation seeks to empower organizations operating in several areas of social justice and particularly, orphan care ministry. The Virtua Foundation is helping create sustainable prosperity for orphans through sharing the gospel, providing education, and meeting basic needs for them to realize their potentials.

We will be sponsoring an Orphanage in Uganda, Africa called Amani Baby Cottage (ABC - Uganda). This orphanage provides a home for 60 to 70 infants, 0 to 5 years old. This summer I want to join 10 - 15 other mission members and go to ABC to serve the children and the community. Uganda is a medium sized country in the eastern part of Africa with a high AIDS infection per capita worldwide, but steadily declining. The average Ugandan won't live more than 40 years generally, the result of which is an entire generation of orphans. I feel this is where God is leading me to serve. I have an intense desire to help children and what better way to do so than to serve them through God on this mission. My team will be based out of the ABC Orphanage and will be traveling from July 2nd – July 17th, 2011. Throughout the trip, I will be busy ministering through spending time teaching and executing projects with the children as well as supporting the mission team and the local staff who take on the difficult task of providing basic needs for the children.

The total cost of this trip is \$3,000, which includes all expenses: airfare, accommodations, food and training. I cannot accomplish this task alone, so please join me with your prayers. I am praying specifically that God's plans will be accomplished and that we will have significant impact upon the local community. I am asking you to also be a part of this mission trip by investing in my life and in the lives of the people I reach in Uganda. Over the last few months, I have been working very hard to raise the finances needed to go on this trip. The deadline for me to be fully funded is June 5th.

Any amount you give will be greatly appreciated. If you would like to pay with a check, **please make all checks payable to Virtua Foundation**. In order for you to receive a tax deduction for your donation, do not write my name on the check, but simply include the enclosed donation form with my name on it. You can send all donations to the Virtua Foundation, PO Box 8549, Salt Lake City, Utah 84047. If you have any questions at all, please do not hesitate to contact me at my email: _____ or phone: _____. Thank you so much for your thoughtfulness. Your prayers and support are greatly appreciated.

God Bless You,



Dear _____,

Date _____

I have recently made the exciting decision to go on a mission trip with friends from a local Christian church _____ and through an organization called the Virtua Foundation. You can learn more about their trip and follow our trip progress on their blog www.hugsfortug.org. Virtua Foundation seeks to empower organizations operating in several areas of social justice and particularly, orphan care ministry. The Virtua Foundation is helping create sustainable prosperity for orphans through sharing the gospel, providing education, and meeting basic needs for them to realize their potentials.

_____ Church will be sponsoring an Orphanage in Tanzania, Africa called Tuleeni Orphanage (Tanzania). This orphanage provides for nearly 50 children, many of them orphaned through aids. This summer I want to join 10 - 15 other members of _____ and go to Tuleeni to serve the children and the community. Tanzania is a medium sized country on the coast of eastern Africa. It also has a high AIDS infection per capita worldwide. The average Tanzanian generally won't live more than 40 years, the result of which is an entire generation of orphans. I feel this is where God is leading me to serve. I have an intense desire to help children and what better way to do so than to serve them through God on this mission. My team will be based out of the Tuleeni Orphanage. I will be gone from _____. Throughout the trip, I will be busy ministering through spending time teaching and executing projects with the children as well as supporting the Discipleship Team, Field Missionaries and few local adults who take on the difficult task of providing basic needs for the children.

The total cost of this trip is approximately \$3,000, which includes all expenses: airfare, accommodations, food and training. I cannot accomplish this task alone, so please join me with your prayers. I am praying specifically that God's plans will be accomplished and that we will have significant impact upon the local community. I am asking you to also be a part of this mission trip by investing in my life and in the lives of the people I reach in Tanzania. During the next few months, I will be working very hard to raise the finances needed to go on this trip. The deadline for me to be fully funded is June 5th.

Any amount you give will be greatly appreciated. If you would like to pay with a check, **please make all checks payable to Virtua Foundation**. In order for you to receive a tax deduction for your donation, do not write my name on the check, but simply include the enclosed donation form with my name on it. You can send all donations to the Virtua Foundation, PO Box 8549, Salt Lake City, Utah 84047. If you have any questions at all, please do not hesitate to contact me at my email: _____ or phone _____. Thank you so much for your thoughtfulness. Your prayers and support are greatly appreciated.

God Bless You,