

VISITOR PACKET / GUIDE



Informational Guide To Prepare
For Your Upcoming Trip With
Grassroots Children's Foundation



Grassroots Children's Foundation

Travel Liaison

If you have any questions or concerns, please contact our Missions Travel Liaison & Support Team by emailing info@grassrootschildrensfoundation.org



Your experience will be one to remember for a lifetime. It will be beautiful; you will see and experience people and things you have never before and come to see God's love and grace at an entirely new level. Trips like the one you are about to embark on have a way of changing your life forever.

This packet will include information which will be important for you to know. This is not a comprehensive checklist. The things you will find here are strictly logistical. Please prepare spiritually for this trip. Finding people who can help you prepare to emotionally and spiritually support you on this journey - will be a key competent to the success of your trip!

If you have any questions after reviewing this packet please don't hesitate to ask!



ABOUT UGANDA

Uganda is known as the “Pearl of Africa” and while civil war destroyed much of its infrastructure, it is still a beautiful country that embodies hope and perseverance.

Apart from some of the dry areas to the north-east, the majority of Uganda is very green and fertile.

Uganda covers an area approximately the size of the UK, or the state of Oregon. With a population of 33 million, 1.4 million live in the capital of Kampala. Uganda has 2.5 million orphans, that is more orphans than any other country in the world.

The official language of Uganda is English. However, the local language in many villages is Luganda. The GCF staff and children do speak English - at least to some degree .



ABOUT GRASSROOTS CHILDREN'S FOUNDATION

Grassroots Children's Foundation has offices both in Surprise, AZ and Kampala, Uganda. Since its establishment in 2012, GCF has provided shelter, education, medical care and other services to thousands living in the community where they operate.

GCF Uganda is a registered NGO and works in Naluvule Wakiso District.



Kampala area are:

- Various stomach complaints
- Malaria
- Bilharzia

Please visit wwwnc.cdc.gov/travel/destinations/traveler/none/uganda to learn information on the vaccinations and medications recommended when traveling to Uganda. A yellow-fever shot and proof of vaccination is required to enter the country. We recommend receiving your shots 6-8 weeks before your trip.

If you were to get sick while traveling with Grassroots Children's Foundation there are medical facilities and doctors who we work with regularly both on site and in Kampala.

PACKING LIST

- Visa confirmation page
- Passport
- Yellow Fever immunization documentation
- Camera
- Phone
- Clothing (bring comfortable and modest clothing you would normally wear at home)
- Tennis shoes & flip flops
- Sun Screen
- Toiletries
- Personal snacks (i.e. protein bars, nuts, gatorade powder)
- Jet Lag Pills
- UltraThon Mosquito lotion or spray
- Malaria and any personal medication
- Travel money for airport food, a few in-country restaurants and local souvenir shopping. We estimate \$100 - \$200 USD.

***Each person is allowed to check two bags. They should be the 36" bag and it must weigh under 50lbs . This is just a suggestion. Feel free to use whatever suitcase you would like.





ELECTRICITY

Bringing a UK adapter and surge protector will be a must if you want to use the electricity Uganda. The adapter will allow our 2 prong plug to be inserted into the socket in Uganda. The surge protector will protect our items from a power surge, which is very common in Uganda.

CLOTHING

Kampala is an international city and so dress codes is more relaxed. However, in rural areas of Uganda women must wear skirts, dresses and shorts that cover their knees - if they decide not to wear jeans or other pants. Sleeveless dresses and shirts are okay.

As for men, please wear long pants and collared shirts for church on Sunday, its optional. Shorts and t-shirts are appropriate for the other days of your trip.

If you are coming for a medical trip - please bring a personal set of scrubs!

A FEW TIPS

- Please treat staff, elders and others we serve with respect. As well as others traveling on the trip.
- Always wash your hands before eating.
- It is okay to decline food, as people are tolerant of each other's religious requirements
- Please be respectful and ask to take someones photo





PASSPORTS

Make sure your passport will be valid for at least 6 months past our travel dates.

UPON ARRIVAL AT EBB AIRPORT & VISA

You will receive an immigration form. You will not need to complete this as you have completed an eVisa prior to travel. Please use the following information below when applying for your visa:

Reason for Travel: Tourism

Contact Info while in Uganda:

Contact: Mosh Lubega Phone: +256 706704433

Passport Type: Ordinary

Number of persons traveling on your passport: 0

WATER

Tap water is not safe to drink. Grassroots Children's Foundation will provide filtered water and water bottles for your trip. Please be sure not to waste water and recycle used, empty water bottles.

WE ARE EXCITED TO MEET YOU!

The safety, security and health of each person traveling with Grassroots.C.F **is always our first priority.**

GCF Home serves many purposes for Grassroots.C.F - it is our main missions base, the residence for Mosh and Salma, Grassroots.C.F Executive Directors, and also houses children who are unable to live at their home due to an immediate danger or risk.

We are excited to have you join us in Uganda. Whether you are on a medical trip, serving on a missions team or a visitor staying at GCF Home - we are happy to have you with us.

OTHER WAYS YOU CAN HELP

You can help further our mission at Grassroots Children's Foundation by following our story before and after you are at Grassroots Children's Foundation Home. Make sure you "like" our page on Facebook and follow @grassrootschildrensfoundation on Instagram to see what is going on in Uganda.

Tag us in your photos and use our hashtags #GrassrootsChildrensFoundation and #GCF to help raise awareness for our organization and share your story with others.

