



from helplessness to HOPE

Religion that God our Father accepts as pure and faultless is this: to look after orphans and widows in their distress and to keep oneself from being polluted by the world. –James 1:27

Dear ROWAN Friend,

Welcome to Uganda!

This is your ROWAN Information Packet. The following pages are full of information to help you prepare for your visit. Please read through these pages carefully, it contains valuable information gleaned from our experience here with ROWAN!

We know that God has big plans for you while you are here and we are thrilled to join hands and heart with you for His glory. It is an honor to accompany you through the excitement of preparations, travel, service, and the best part: meeting Jesus here in the faces of orphans, widows and widowers of Uganda!

Please email us your travel arrangements/travel itinerary as soon as you can. If you have any questions, please do not hesitate to email us.

In His love,

Kelsey Young & ROWAN team

Email: info@loverowan.com

USA #: (661)269-4043

Uganda #: (256) 788-412-502



Flight Information

You will fly into **Entebbe International Airport**. It is located near the town of [Entebbe](#), on the shores of [Lake Victoria](#), and about 35 km (21 miles) from the capital, [Kampala](#).

Visa Information

There is no prior preparation for Visa's. Visa can be received on arrival. Visa cost is \$50 USD. *Please Note:* The date on your bill should be 2006 or newer; otherwise immigration may not accept it.

*Uganda immigration is getting tighter; make sure to ask for specifically 90 days if you need. You will know if you have 90 days by the hand written note at the top of your visa from the agent. They may decide to only give you 30 days. The best thing we can do is pray for the amount of days that you need.

ID

Passport and ROWAN suggests putting 1 copy of your passport in your luggage and another in your carry-on baggage. *Note:* Drivers License Optional.

Luggage

Call your airlines for updates on luggage allowances. Most international carriers allow 2 50lb bags per person- but with varying size dimensions specific to the airline. Then there is usually one carry on item of 18lb and one personal item (like a purse or backpack able to fit under the plane seat in front of you) Fees for extra will apply, but it depends on the custom's agent and prayer. You can share with the airline that you are doing "Charity" work and they may waive fees.

Uganda Money

On average the Uganda Shilling exchange rate is 2,300 shillings to \$1 US Dollar. Uganda functions mainly in cash. There are few places that will take credit card. Bring cash in big denominations as you will receive better exchange rates for larger bills. If you are nervous traveling with cash, purchase a money belt and wear it under your clothes. ROWAN suggests bringing a VISA card for any emergencies. You can take out cash from the ATMs with a small fee.



Expenses (Estimates)

One time costs:

Plane ticket	2,000 USD	(1,200 USD from Asia)
Visa for 30 or 90 days	50 USD	
Safari (optional)	200 USD	
Day Nile rafting (optional)	100 USD	
ROWAN Administration Fees	10% of entire trip	

Monthly Costs (on average):

Food	100 USD
Transport	200 USD
Housing in City	100 USD
Pastor Paul for housing us in village	100 USD
Ministry funds	200 USD

Optional:

Phone (for interns only): You can use ROWAN phone and pay as you go or buy a local phone and SIM card. Estimate 50 USD for a basic phone and estimate 20 USD for minutes per month.

Vaccines/Medicine

You must receive all of your shots prior to trip. Contact your local travel nurse or visit www.cdc.gov to find out what shots are needed.

ROWAN requires each intern or team member to bring Malaria medication for entire trip. Contact your local doctor to suggest which type will work best for you. (It is possible to purchase pills in Uganda if you run out or lose them, but they are more expensive.)

Please bring all medications you may need during your trip. Example: Allergy medication, pain reliever, vitamins, etc.



Health Issues

Currently, the Yellow Fever vaccine is required for the entry port through Dar Es Salaam, Tanzania and Nairobi, Kenya. You should be up-to-date on standard vaccines such as tetanus, typhoid, Hepatitis A, etc.

Health Insurance

ROWAN requires each intern/team member purchase travel insurance for their trip. Most domestic insurance plans do not cover travel to foreign countries. We recommend Seven Corner www.sevencorners.com International travelers are able to obtain free, no obligation on-line quotations from them. You can purchase coverage that will be effective the following day through SRI's secure server and receive a Virtual ID Card immediately. ***You must purchase health insurance 4 weeks prior to trip and send ROWAN a copy of your travel insurance card and information.*

Donations

If you are interested in bringing things to donate, please ask ROWAN if what you want to bring is actually needed. Please take everything out of packages and distribute it through your luggage so it does not draw undue attention.

Clothing

Women:

City Wear: Capri pants and jeans is allowed, shirts, thick tank tops, dresses

Village: Only skirts and dresses must be below the knee. Shirts must cover shoulders. No Tank tops. Shorts can be worn under skirts for activities

Men:

City and village: pants, shorts, and shirts should be on at all times

The weather is warm-hot all year round, but evenings can get cool, so bring a light sweater or jacket. Never bring expensive jewelry or watches to Africa. We do ask that piercings be removed, except for normal ear-piercings and maybe a small nose ring for women.

Helpful items: small packets of hand-wipes, a few medium-sized garbage bags, bug spray with DEET, sunglasses, sunscreen, a hat, a towel, sandals/flip flops, tennis shoes, Bible, flashlight/headlamp, small container of detergent to hand-wash your clothes in the village, umbrella/poncho, dietary needs (maybe trail mix, power bars, dried fruit), Electrical outlets are -250 volts. Bring: sheets/small blanket (pillow: optional if you want one) and mosquito net.

Communication

Telephone and internet may be limited, access is uncertain in Africa. In Kampala Internet is more frequent and wireless is accessible in your lodging when in the city.



Living Conditions

In the village there is a dormitory style room. We have bucket showers and a hole as a bathroom. Pastor Paul's wife will cook for you. An example of a meal would include: greens, rice, beans, and chicken. Priority is given to visitors with food allergies or special circumstances. Visitors are responsible for keeping the living conditions clean and assisting the cooks when possible.

Living here has its challenges: sometimes an early morning will come as the birds are very loud (earplugs would be good), fun animals like frogs, spiders, and rats, and language barriers can all be difficult to deal with. We cannot foresee what challenges and blessings your particular trip will hold, we pray that you will ask God to prepare your heart with much patience, hope, and flexibility!

Service

Please be prepared to take initiative in finding opportunities and serving. The options are as endless as your imagination. There is a medical clinic, athletic opportunities, work projects, teaching/discipleship, approved construction projects, helping with our Saturday children's program, etc. Let us know what your gifts are.

What do I do if an African asks me for things?

As a visitor, we do encourage you to listen carefully to the Holy Spirit in this area, but please do not give money in any case. If someone asks you for something, the best reply would be that you work through the leadership of ROWAN, and they can present their requests to them. ROWAN staff will help guide you in the process of giving. There are times when relationships in God crumble over the power of money on the poor. Many people have over promised and under delivered in areas of giving. Do not promise anything ("maybe" or "later" is often considered a promise). Please be careful what you say you will do for people or what *could* be for someone. Medically, please ask a nurse or doctor in our clinic before dealing with any medical needs in a local Ugandan. Please do not hand out any over the counter drugs. This could be fatal in someone who may have an undetected allergy to something as simple as Tylenol.

Important Note: ROWAN cannot and does not guarantee your safety, health, or comfort. We are serving in an underdeveloped country, in unpredictable conditions. You will be joining us in trusting God as provider and protector. We see again and again that God does amazing work in each visitor. Be open to what God may do with you here. Advise us if there are any last-minute changes to your arrival plans. We look forward to serving with you! COME and SEE what the Lord is doing, and you will be forever changed.

The ROWAN team