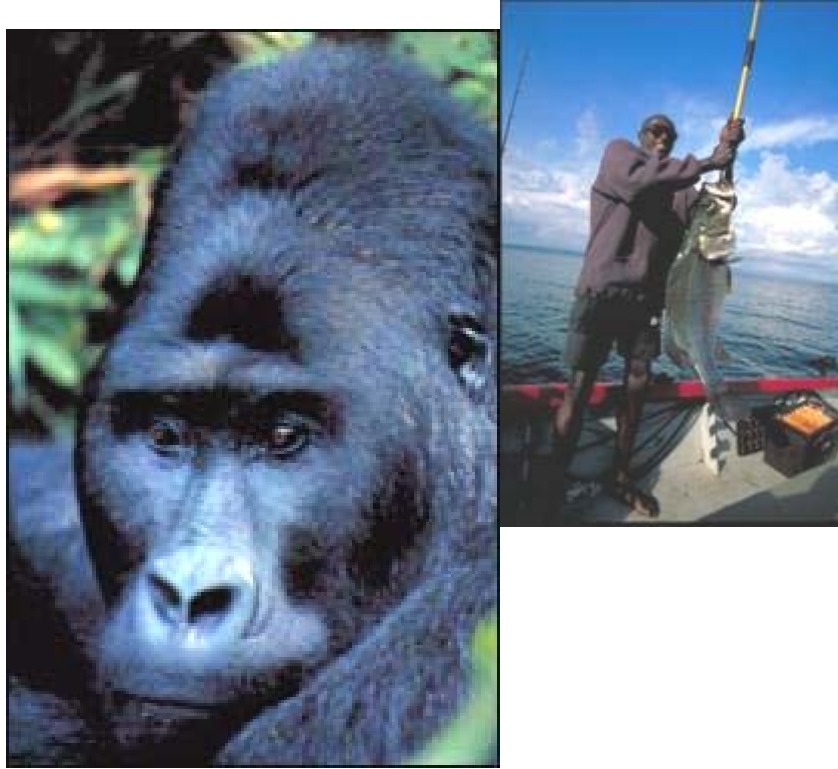


BIG FIVE
TOURS & EXPEDITIONS



REPUBLIC OF
UGANDA

Travel Guide

The following general outline offers practical information, suggestions and answers to some frequently asked questions. It is not intended to be the definitive guide for your trip.



“A traveler without observation is a bird without wings.”
~ Moslih Eddin Saadi ~

“I travel not to go anywhere, but to go. I travel for travel's sake. The great affair is to move.”
~ Robert Louis Stevenson ~

KAMPALA

Average High Temperature												
°F	Jan.	Feb.	Mar.	Apr.	May	Jun.	Jul.	Aug.	Sep.	Oct.	Nov.	Dec.
	85	85	84	82	82	81	82	81	82	83	83	85
Average Precipitation												
in.	Jan.	Feb.	Mar.	Apr.	May	Jun.	Jul.	Aug.	Sep.	Oct.	Nov.	Dec.
	2.02	2.88	4.9	6.83	5.27	2.49	2.03	4.07	3.25	3.87	4	3.31

CLIMATE

Most of Uganda has a tropical climate that varies according to altitude. Temperatures range between 21C (69F) and 25C (77F). The rainy seasons run mainly between March through May, and October and November. April is the wettest month. The hottest months are generally from December to February when the temperature reaches 29C (84F). The wettest month being April. Mountain areas are quite cool owing to the country's high altitude, despite its position on the equator. The top of Mount Elgon is often covered with snow. Other parts of the country are much warmer.

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. June and 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 to 6,000 feet (900-1,830 m) above sea level.

Suggested clothing: Lightweight clothing and rainwear during the day with warm wraps for evening are advised. Uganda has mild winters and the summer days can get quite hot. Lightweight casual clothes can be worn all year round, with a jacket or jersey for early winter mornings and evenings. On safari, keep clothes to a minimum and mostly of neutral coloring - khakis, browns and greens. A sunhat, sunglasses, sunscreen and insect repellent are a must.

Laundry: Most hotels & lodges offer laundry service.

FLIGHT TIMES & TIME ZONE

Uganda is GMT +3 hrs. Flying time to London is approximately 8 hours, then to Uganda is approximately 7 hours.

PASSPORTS / VISAS

Passports: For international travel, a U.S. passport valid for at least six months from date of departure, containing **at least two** blank pages is necessary.

Visas: U.S. and Canadian citizens do not require visas in advance. Citizens from other countries, consult the nearest Uganda consulate.

Important: Please look at your passport prior to travel to insure that:

- 1) Your passport is valid for at least six months after the date of travel.
- 2) You have sufficient blank pages for visa stamps that will be added as you travel in and out of various countries.

Please note: Pages reserved for amendments and endorsements cannot be used for visas.

Important Notes: Tourist cards will be provided on board the aircraft prior to landing. Be sure to keep the yellow copy, as it

will be requested upon departure. Visitors from any country must hold tickets and other documents for onward or return journeys. Immigration officers are very strict on this regulation. If passengers arrive without meeting this requirement, they must buy a ticket or they will be deported, at their own expense, on the first available flight.

AIRPORT FORMALITIES

Departure Tax: No airport tax is levied on passengers upon embarking at the airport (service charge is included in the ticket).

Uganda Customs: Bona fide baggage, property of and accompanying the passenger, may be imported into the country duty-free provided the goods are re-exported at the end of stay.

Duty Free: The following items may be imported into Uganda without incurring customs duty: 400 cigarettes or 500g of tobacco; One bottle of spirits and wine and 2.5 liters of beer (opened); 1oz bottle of perfume.

Note: Souvenirs may be exported without restriction but game trophies such as tooth, bone, horn, shell, claw, skin, hair, feather or other durable items are subject to export permits.

US Customs: Returning U.S. residents are allowed to bring back \$800 worth of merchandise duty-free. Regulations frequently change. For more current information, you can go to the Customs & Border Protection homepage located at: www.customs.gov/xp/cgov/home.xml, contact your nearest Customs office or write the U.S. Customs Service, Box 7407, Washington, DC 20044.

LUGGAGE

Traveling light is always the first and best rule! We recommend passengers limit their luggage to one medium-sized soft bag per person or two small duffel bags. In this security conscious era, airline luggage restrictions may change without notice. Also, luggage limits vary depending on ticket class, plane size, destinations, etc. It is always best to confirm with airlines for specific limitations.

Generally speaking, from the US, economy class passengers are allowed to check in two (2) normal size pieces of luggage (each piece measuring no more than about 62 linear inches, which means length plus width plus height), and not exceeding 70 pounds per bag.

Scheduled flights from other countries and within foreign countries generally limit luggage to 44 pounds total, plus one carry-on personal item. Further restrictions apply for charter flights. We will advise you of those restrictions in your final documents.

Most airlines now allow only one carry-on bag in addition to one personal item such as a laptop or handbag. Most bags within the 22 x 14 x 9 (or, a total of 45 linear inches) size restriction will be considered legal carry-on size by major

domestic U.S. airlines. Many US airlines check-in desks have sizing boxes within which your bag must fit. Obviously, no knives or cutting instruments are allowed in carry-on baggage.

All luggage should have identification inside as well as secure baggage tags on the outside. Please note that the US National Transportation and Safety Board now suggests that you do not lock your checked luggage. If a screener has to open your bag, the locks may have to be broken. This applies to flights within the US and international flights originating in the US. This, however, does not address other international travel issues. We suggest that you lock your luggage and bring a couple of spare locks in the event one or more are cut off. But the choice is up to each individual traveler to make.

PHOTOGRAPHY

Uganda is an extremely photogenic country, from panoramic scenery, exotic wildlife and birds to the wonderful people and vibrant ceremonies. Rich color and good low-lighting conditions abound. Please note that it is considered rude to take pictures of people without asking permission from them first. Photographs should not be taken of people or religious ceremonies without their consent. Photographs should not be taken of the airport or strategic buildings and military installations. Commercial photographers should consult the Ministry of Information for a permit.

Equipment: Bring cameras and lenses you are comfortable using. If you get new equipment before you go, do so as far in advance as possible. Shoot and develop at least a dozen rolls before departure to work out any problems.

Lenses: A combination of fixed and/or zoom lenses with focal lengths from 28 mm to 200 mm is a good for general travel photography, although you can take excellent photographs with only a 50 mm lens. A zoom lens in the 70 to 200 mm range will help you capture the sights. A macro lens is helpful for shooting close-ups, but a good set of extension tubes will work, too. A 2x converter is also handy as is a small cleaning kit and blower brush to keep equipment clean.

Film: We recommend that visitors bring plenty of film. You will undoubtedly shoot more pictures than you planned. *Film, even where it is available in South America, is very expensive.* Even those not all that interested in photography will probably shoot one 36 exposure roll of film per day, and enthusiastic shooters will double or triple that amount. Be sure film is fresh and, when possible, keep it refrigerated. A film speed of ASA/ISO 64 is an excellent choice for color slide film. Use this speed when possible rather than higher speed films. There is a noticeable difference in quality that it is worth the extra effort to keep your camera steady at a somewhat slower shutter speed than you would otherwise use. For color prints, there are several good choices, including Kodak and Fuji films (ASA/ISO 100 & 200) for daylight photography, ASA/ISO 400 & 1000 are good for lower light and nighttime situations.

Note: Recent news reports warn that new explosive detectors used in more than 100 US airports to scan checked baggage will ruin unprotected, unexposed film. This technology will eventually be in place at all airports worldwide. Experts suggest carrying your film in your carry-on luggage and placing film in safety, lead-lined bags to prevent x-ray damage.

Batteries: Put fresh photo-quality batteries in your camera and other electric equipment before you leave and bring at least two sets of spare batteries with you. Your camera will be useless without them, and batteries are expensive.

HEALTH

Travelers from or passing through a yellow fever and cholera zone, or are visiting two or more African countries, must be able to produce a valid International Certificate of Vaccination. Air travelers who only pass through the airports of such a zone are exempt from the requirement.

It is also advised that all travelers be vaccinated against Meningitis, Typhoid and Hepatitis. As Uganda is in a malaria zone, visitors should also take prophylactics against malaria. Avoid bites by using mosquito repellent and mosquito net. Bilharzias is present in some lakes and still-water ponds so swimming is not recommended except in designated areas.

Medical facilities: Health insurance is strongly advised. Availability of health care is restricted to major towns, but demand is high and it can be expensive. While doctors and dentists are available throughout many areas of the country, the major hospitals are located in the main towns.

If you wear prescription glasses or contact lenses, it is advisable to bring an extra pair or cleaning fluid. Travelers should also carry an adequate supply of medicines and first aid accessories with them as supplies are limited in Uganda. Most chemists in the major towns are open from 8:30 am to 12:30 pm and 2:00 to 5:00 pm, Monday to Friday; and 8:00 am to 1:00 pm Saturdays. There are no emergency chemists open after hours or Sundays.

For further information, contact your physician, local or state health department, or U.S. Department of Health Center for Disease Control and Prevention's (CDC) International Traveler's Hotline at (404) 332-4559 or the CDC Fax Information Service at (888) 232-3299.

DEALING WITH JET LAG

With the joys and adventures of international travel come certain unavoidable inconveniences such as occasional lost luggage or bouts of jet lag. In fact, studies reveal that as much as 90% of long distance travelers experience a degree of jet lag. Jet lag describes that out-of-sorts feeling associated with long flights, particularly those across time zones. Symptoms and severity vary but may include drowsiness, fatigue, irritability, difficulty concentrating, headaches, insomnia, and swelling of the extremities.

The number of time zones crossed affects the severity of jet lag. The internal body clock follows circadian rhythm, which is controlled by the hypothalamus that processes nerve signals. That clock is designed for regular cycles of light and darkness. Depending on the number of time zones crossed, it may take several days for that rhythm to be restored.

But that is not the only influence. Other factors include cabin pressure, stale air, lack of humidity, and your overall physical condition at the beginning of your trip.

Although jet lag can not be completely avoided, there are some simple things you can do to help minimize its affects. Consider the following for your next scheduled trip:

- Start your trip well rested with a good night's sleep prior to departure. Getting adequate rest before starting on your journey will help minimize the amount of catching up you'll have to do when you arrive at the destination. Once home, try to schedule a day of rest before returning to work.
- Drink plenty of fluids -- water and juices will help you to stay well hydrated. Seasoned travelers recommend that you carry a bottle of drinking water with you and drink eight ounces every hour.

- Avoid alcohol and caffeine just before and during flights. Both possess diuretic properties that promote dehydration. Alcohol also causes drowsiness and contributes to feeling sluggish.
- Once settled onboard, reset your watch to the time zone to which you are traveling. This small act will help you to begin adjusting to your destination's local time.
- As much as possible, create a dark environment during flight. Studies have shown that bright lights have an effect on an individual's body clock. If necessary, try eye shades and earplugs to help block distractions and convince your body that it is nighttime. Closing window shades and turning off overhead lights may also help. Sleep on the plane if your flight has an early morning arrival time.
- Wear loose-fitting clothing and comfortable shoes that will help in the event you experience mild swelling. Experienced travelers often bring lightweight slippers to wear during flights.
- Although not always feasible, look for opportunities to walk around while in flight. Do simple isometric exercises (contracting and relaxing as many muscle groups as possible) in your seat. These will improve circulation, help promote increased alertness, and reduce chances of swelling.
- If you arrive in the morning, plan to stay awake. If possible, wait until the local bedtime to sleep. Many people swear that this is key in determining how quickly they adapt to local conditions. You will sleep better and will be less likely to suffer insomnia than if you nap upon arrival.
- During extended stopovers, showers are sometimes available. If you have the opportunity, shower. Trans-Pacific pilots report that taking a shower in Hawaii helps them recover more quickly from the general effects of jet lag after the flight.

SAFETY

Petty theft is rife in the major towns where unemployment is high. Be very awake when walking around carrying anything of value, there are master pickpockets everywhere. Do not change money on the streets. This is less of a problem in the rural areas. For the most part, however, Ugandans are very friendly and helpful.

When visiting any country, common sense should be the guiding principle. Leave your jewelry at home. Be sure to guard your purse and wallet. Take only indispensable items in your backpack or fanny pack. Do not take your passport, airline tickets, or all your money on day trips. Always leave these and other valuables in hotel safes. But *do carry identification with you at all times*. Take copies of your documents and only the amount of money you think you will need. Never leave luggage or cameras unattended. Always keep them with you or leave them under the supervision of your guide or tour leader.

Pamphlets addressing safety are available from the Superintendent of Documents, U.S. Government Printing Office, Washington, D.C. 20402, or at the Bureau of Consular Affairs' home page: <http://travel.state.gov>.

CUSTOMS & MANNERS

A recognition of traditional courtesies is important when visiting another country. While Ugandans are all well aware of forms in other countries, they tend to be conservative at home. A hand shake greeting is normal. Unsuitable clothing such as brief

shorts or swimwear is not acceptable in towns and villages. Shoes are taken off before entering sacred places.

SMOKING

We suggest that passengers refrain from smoking in public areas, sightseeing vehicles, dining areas, or community areas. Please dispose of cigarette butts in the appropriate receptacles or ashtrays. Please do not throw cigarette butts on the ground!

CURRENCY

Currency: Uganda Shilling (USh). Notes are in denominations of USh20,000, 10,000, 5000 and 1000. Coins are in denominations of USh500, 200, 100 and 50.

Currency exchange: Foreign currency may be exchanged at the Central Bank, commercial banks and foreign exchange bureaux.

Credit & debit cards: American Express, Diners, MasterCard and Visa are widely accepted. Most large hotels, restaurants, travel agencies and shops in urban areas accept credit cards. Check with your credit or debit card company for details of merchant acceptability and other services which may be available.

Traveler's checks: To avoid additional exchange rate charges, travelers are advised to take travelers checks in US Dollars or Pounds Sterling.

Currency restrictions: The import and export of local currency is prohibited. Free import of foreign currency if declared on arrival. Export of foreign currency is unlimited, up to the amount declared on arrival. It is imperative to obtain a currency declaration form on arrival in Uganda. Unspent shillings can be reconverted to foreign currency.

SHOPPING

Ideal souvenirs are hand-made gold and silver jewelry, leather goods, brightly colored wool ponchos and rugs, Inca pottery and artifacts. Bargaining with street vendors or at native markets is okay but bargaining in city shops could turn out to be embarrassing and perhaps offensive.

FOOD & DRINK

In hotels and lodges, there are flasks of drinking water. Do not drink tap water. Do not use ice in your beverages. Always drink bottled mineral water and soft drinks (diet soft drinks are not always available).

Try to avoid eating raw vegetables and salads, or any raw foods while traveling in the continent (only in recommended restaurants and hotels you can do so if you wish). Always choose cooked food.

Sudden dietary changes, especially on the first day or two, may result in digestive problems, often leading to headache, nausea, vomiting and diarrhea. Please be careful.

There are restaurants in and around Kampala. Many hotels serve local food. Popular dishes include matoke (a staple made from bananas), millet bread, cassava, sweet potatoes, chicken and beef stews and freshwater fish. The national drink is waragi, a banana gin, popular among visitors as a cocktail base.

BUSINESS HOURS

Banking Hours: Bank hours vary from bank to bank but most are open from 8:30 am to 2:30 pm, Monday to Friday. Some are open on Saturdays from 9:00 am to 12:00 pm open later. Foreign exchange bureaus are normally open until 5:00 pm, and can do international electronic transfers. Uganda Commercial Bank also has a branch at Entebbe International Airport to serve incoming and outgoing passengers. Bank hours vary from bank to bank but most are open

Government Hours: Offices are open from 8:00 am to 4:30 pm, Monday to Friday; closed between 1:00 pm and 2:00 pm. Government offices are open from 08h00 to 16:30, Monday to Friday. Closed from 13:00 to 14:00.

Shops: Are generally open from 8:00 am to 5:00 pm, Monday to Friday; and 8:00 am to 1:00 Saturdays.

Post office: Mon-Fri 0830-1230 and 1400-1730. Some post offices are open Sat 0830-1300

TIPPING

Big Five has included the basic hotel service / porter gratuities on every tour. Further tipping is not compulsory, nor are there fixed amounts. However, the following is a general guideline to assist you.

Hotel Staff: All hotel taxes and service charges have been included in the cost of your tour, so unless someone provides you with extra service like room service, you need not tip. Always check your bill first to see if a service charge has been automatically added. If not, it is customary to tip about 10% of bill.

Taxis: Taxi drivers do not require tips, but you may round off the fair for convenience.

Baggage Handling: Handling of one piece of baggage is included in tour. This includes porter tips at airports, hotels, lodges and camps. If you wish to give an extra gratuity to hotel or lodge porters, we suggest \$1.00 per bag, for all bags brought to your room.

Driver / guides: tips to drivers / guides are not included and left up to the discretion of the client.

- \$5 - \$10 per person, per day for services rendered by any licensed guide/naturalist
- \$2 - \$4 per person, per day for services by a driver.
- \$5 - \$10 per person, per day, for entire crew (not guides) on any cruise vessel.
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GUIDES / NATURALISTS

You will be accompanied by a professional, licensed English-speaking driver / guide and thoroughly acquainted with local attractions, routes and conditions. Where specified in your itinerary, a separate licensed courier / naturalist or photographer may accompany you.

INTRODUCTION TO UGANDA

Uganda achieved independence from the United Kingdom in 1962. The dictatorial regime of Idi Amin (1971-79) was responsible for the deaths of some 300,000 opponents. Guerrilla war and human rights abuses under Milton Obote (1980-85) claimed another 100,000 lives. During the 1990s, the government promulgated non-party presidential and legislative elections.

Population: 24,699,073. Estimates for this country explicitly take into account the effects of excess mortality due to AIDS; this can result in lower life expectancy, higher infant mortality and death rates, lower population and growth rates, and changes in the distribution of population by age and sex than would otherwise be expected (July 2002 est.)

Religions: Roman Catholic 33%, Protestant 33%, Muslim 16%, indigenous beliefs 18%

Capital: Kampala

Independence: 9 October 1962 (from UK)

Constitution: 8 October 1995; adopted by the interim, 284-member Constituent Assembly, charged with debating the draft constitution that had been proposed in May 1993; the Constituent Assembly was dissolved upon the promulgation of the constitution in October 1995

Legal system: in 1995, the government restored the legal system to one based on English common law and customary law; accepts compulsory ICJ jurisdiction, with reservations

Electricity: Local voltage is 240v, 50 cycle AC.

COMMUNICATION

Telephone: IDD is available to and from principal towns in Uganda. Country code: 256. Service for local calls is unreliable.

Mobile telephone: GSM 900/1800 network. Coverage extends to all major towns.

Fax: Service is available at the *Postal & Telecommunications Office*, 35 Kampala Road, Kampala; in central post offices in Jinja and Mbale between 0800-1600; and in some hotels.

Internet: There are Internet cafes in Kampala.

Telegram: Available in main towns.

Post: Airmail to Europe can take from 3 days to several weeks..

GEOGRAPHY

Uganda shares borders with Sudan to the north, Kenya to the east, Lake Victoria to the southeast, Tanzania and Rwanda to the south and the Democratic Republic of Congo to the west. Kampala is on the shores of Lake Victoria, and the White Nile flowing out of the lake traverses much of the country. The varied scenery includes tropical forest and tea plantations on the slopes of the snowcapped Ruwenzori Mountains, the arid plains of the Karamoja, the lush, heavily populated Buganda, the rolling savannah of Acholi, Bunyoro, Tororo and Ankole, and the fertile cotton area of Teso.

Uganda's great natural beauty led Winston Churchill to call it 'the pearl of Africa'. Abundant wildlife (including the famous mountain gorillas) and an excellent climate contribute to the attractions here and, although visitor facilities cannot yet compete with those of neighbouring Kenya, the annual number of tourists to Uganda is rising steadily.

Kampala: The capital is set among hills with fine modern architecture, tree-lined avenues, cathedrals, mosques and palaces of the old Kingdom of Buganda, and the Uganda Museum. The Kabaka Tombs are on Kasubi Hill. Shoes must be removed before entering the buildings.

Jinja: The second-largest town in Uganda lies on the shores of

Lake Victoria. Though somewhat under populated there is a very lively Saturday market. The nearby Owen Falls Dam is the source of the Nile.

Entebbe: The major gateway to Uganda for air travelers, it has fine botanical gardens and a lakeside beach, although bathing is not advisable because of the dangers of bilharzia.

Fort Portal: A good base for exploring the Ruwenzori Mountains, the hot springs at Bundibugyo and the Semlike Wildlife Reserve.

Kisoro: The starting point for climbing expeditions to Mounts Muhavura and Mgahinga. There are seven lakes in the vicinity which offer fishing and possible duck shooting and the Bwindi Forest where one can see mountain gorillas.

Mbale: Set in fertile and lush country near Mount Elgon, this is popular with hikers and inexperienced mountaineers.

ECONOMY

Uganda has substantial natural resources, including fertile soils, regular rainfall, and sizable mineral deposits of copper and cobalt. Agriculture is the most important sector of the economy, employing over 80% of the work force. Coffee is the major export crop and accounts for the bulk of export revenues. Since 1986, the government - with the support of foreign countries and international agencies - has acted to rehabilitate and stabilize the economy by undertaking currency reform, raising producer prices on export crops, increasing prices of petroleum products, and improving civil service wages. The policy changes are especially aimed at dampening inflation and boosting production and export earnings. During 1990-2001, the economy turned in a solid performance based on continued investment in the rehabilitation of infrastructure, improved incentives for production and exports, reduced inflation, gradually improved domestic security, and the return of exiled Indian-Ugandan entrepreneurs. Ongoing Ugandan involvement in the war in the Democratic Republic of the Congo, corruption within the government, and slippage in the government's determination to press reforms raise doubts about the continuation of strong growth. In 2000, Uganda qualified for enhanced Highly Indebted Poor Countries (HIPC) debt relief worth \$1.3 billion and Paris Club debt relief worth \$145 million. These amounts combined with the original HIPC debt relief added up to about \$2 billion. Growth for 2001 was held back because of a continued decline in the price of coffee, Uganda's principal export.

HISTORY

When Arab traders moved inland from their enclaves along the Indian Ocean coast of East Africa and reached the interior of Uganda in the 1830s, they found several African kingdoms with well-developed political institutions dating back several centuries. These traders were followed in the 1860s by British explorers searching for the source of the Nile River. Protestant missionaries entered the country in 1877, followed by Catholic missionaries in 1879.

In 1888, control of the emerging British "sphere of interest" in East Africa was assigned by royal charter to the Imperial British East Africa Company, an arrangement strengthened in 1890 by an Anglo-German agreement confirming British dominance over Kenya and Uganda. The high cost of occupying the territory caused the company to withdraw in 1893, and its administrative functions were taken over by a British commissioner. In 1894, the Kingdom of Buganda was placed under a formal British protectorate.

Britain granted internal self-government to Uganda in 1961, with the first elections held on March 1, 1961. Benedicto Kiwanuka of the Democratic Party became the first Chief Minister. Uganda maintained its Commonwealth membership.

In succeeding years, supporters of a centralized state vied with those in favor of a loose federation and a strong role for tribally based local kingdoms. Political maneuvering climaxed in February 1966, when Prime Minister Milton Obote suspended the constitution, assumed all government powers, and removed the president and vice president. In September 1967, a new constitution proclaimed Uganda a republic, gave the president even greater powers, and abolished the traditional kingdoms. On January 25, 1971, Obote's government was ousted in a military coup led by armed forces commander Idi Amin Dada. Amin declared himself president, dissolved the parliament, and amended the constitution to give himself absolute power.

Idi Amin's 8-year rule produced economic decline, social disintegration, and massive human rights violations. The Acholi and Langi tribes were particular objects of Amin's political persecution because Obote and many of his supporters belonged to those tribes and constituted the largest group in the army. In 1978, the International Commission of Jurists estimated that more than 100,000 Ugandans had been murdered during Amin's reign of terror; some authorities place the figure much higher.

In October 1978, Tanzanian armed forces repulsed an incursion of Amin's troops into Tanzanian territory. The Tanzanian force, backed by Ugandan exiles, waged a war of liberation against Amin's troops and Libyan soldiers sent to help him. On April 11, 1979, Kampala was captured, and Amin fled with his remaining forces.

After Amin's removal, the Uganda National Liberation Front formed an interim government with Yusuf Lule as president. This government adopted a ministerial system of administration and created a quasi-parliamentary organ known as the National Consultative Commission (NCC). The NCC and the Lule cabinet reflected widely differing political views. In June 1979, following a dispute over the extent of presidential powers, the NCC replaced President Lule with Godfrey Binaisa. In a continuing dispute over the powers of the interim presidency, Binaisa was removed in May 1980. Thereafter, Uganda was ruled by a military commission chaired by Paulo Muwanga. The December 1980 elections returned the UPC to power under the leadership of President Obote, with Muwanga serving as vice president. Under Obote, the security forces had one of the world's worst human rights records. In their efforts to stamp out an insurgency led by Yoweri Museveni's National Resistance Army (NRA), they lay waste to a substantial section of the country, especially in the Luwero area north of Kampala.

Obote ruled until July 27, 1985, when an army brigade, composed mostly of Acholi troops and commanded by Lt. Gen. Basilio Olara-Okello, took Kampala and proclaimed a military government. Obote fled to exile in Zambia. The new regime, headed by former defense force commander Gen. Tito Okello (no relation to Lt. Gen. Olara-Okello), opened negotiations with the insurgent forces of Yoweri Museveni and pledged to improve respect for human rights, end tribal rivalry, and conduct free and fair elections. In the meantime, massive human rights violations continued as the Okello government murdered civilians and ravaged the countryside in order to destroy the NRA's support.

Negotiations between the Okello government and the NRA were conducted in Nairobi in the fall of 1985, with Kenyan President Daniel Moi seeking a cease-fire and a coalition government in Uganda. Although agreeing in late 1985 to a cease-fire, the NRA continued fighting, seized Kampala in late

January 1986, and assumed control of the country, forcing Okello to flee north into Sudan. Museveni's forces organized a government with Museveni as president.

Since assuming power, the government dominated by the political grouping created by Museveni and his followers, the National Resistance Movement (NRM), has largely put an end to the human rights abuses of earlier governments, overseen the successful efforts of a human rights commission established to investigate previous abuses, initiated substantial political liberalization and general press freedom, and instituted broad economic reforms after consultation with the International Monetary Fund (IMF), World Bank, and donor governments. A constitutional commission was named to draft a new constitution, which was debated and ratified by a popularly elected constituent assembly on July 12, 1995, and promulgated by President Museveni on October 8, 1995.

Under the transitional provisions of the new constitution, the "movement system" will continue for 5 years, including explicit restrictions on activities of political parties, which are nonetheless active. The Constitution also called for a referendum in 2000 to determine whether or not Uganda will adopt a multi-party system of democracy. The referendum was held in March 2000 and by a margin of 70% voters asked to keep the Movement system; the referendum was widely criticized for its low voter turnout and lack of a level playing field.

Insurgent groups--the largest (Lord's Resistance Army) of which used to receive support from Sudan--harass government forces and murder and kidnap civilians in the north and west. They do not, however, threaten the stability of the government. Uganda resumed diplomatic relations with Sudan in 2001, agreeing to reopen missions and exchange diplomats up to the Charge level. The two countries are now planning to resume full diplomatic relations and exchange ambassadors.

In 1998, Uganda deployed a sizable military force to eastern Democratic Republic of the Congo (DRC), ostensibly to prevent attacks from Ugandan rebel groups operating from bases in eastern DRC, the treat from which has largely been contained.

NATIONAL PARKS

Re-emerging as the "Pearl of Africa," and often called the most beautiful country in Africa, Uganda was a longtime favorite safari destination until falling into political turmoil in the 1970's. Today this little-traveled gem is re-emerging as one of Africa's prime safari destinations, where travelers can game-view on walks, drives and motor launch cruises amid uncrowded, bright green savannahs, verdant channels, and luxuriant rainforests inhabited by Uganda kob, topi, leopards, elephants, hippos, waterbucks and exceptional varieties of birds and primates, including half of the world's last remaining mountain gorillas.

Queen Elizabeth National Park: 1,978 Km² in area and is situated astride the Equator in the Western Rift Valley of South West Uganda, close to the Southern most tip of the tabled, mist covered "Mountains of the Moon - Rwenzori Mountains and is contiguous with Virunga National Park in Democratic Republic of Congo (Zaire).

It is a region of varied habitats including, open grassland with thickets, thick bush, forest, swamps and lake-shore. Queen Elizabeth National Park together with Virunga National Park in (DRC) completely encircle Lake Edward which is connected to Lake George by the Kazinga Channel.

In the southern part of the park is the Ishasha Sector where tree-climbing lions are found perching on savannah fig trees. There is a concentration of game in its savannah setting, Lake Edward and River Ishasha flats, Ishasha and riverine

forest, Hippo Pool and Congo escarpment. Ishasha Sector is known for expansive savannah landscape teeming with a variety of wildlife possibly due to its continuity cross border migration of wildlife.

Bwindi Impenetrable Forest: A magnificent verdant swathe across the steep ridges of the Albertine Rift Valley, this ancient rainforest - one of the few in Africa to have flourished throughout the last Ice Age - is home to roughly half of the world's mountain gorillas.

Looking deep into the expressive brown eyes of these gentle giants is surely the most exciting and poignant wildlife encounter that Africa has to offer - but we should not let it distract from Bwindi's broader biodiversity, a result of its immense antiquity and an altitude span from 1,160 to 2,607m.

Bwindi National Park has 90 mammal species, including 11 primates. The black-and-white colobus monkeys, with its lovely flowing white tail, is one of these primates and is prominent. The forest birding ranks with the best in Uganda, with 23 highly localized Albertine Rift endemics present.

Lake Mburo National Park: Situated between Masaka and Mbarara in Western Uganda, it is the only park to contain an entire lake. Beautiful and tranquil Lake Mburo National Park is situated in rolling hills and open grassy valleys. This lovely landscape also consists of four other smaller lakes where you'll see impala, eland, waterbuck, klipspringer, zebra and buffalo. By road from Kampala it is 4 hours (230km) to the park head quarters and rest camp at Rwonyo.

The park is home to aardvark, hyrax, porcupine, hippopotamus, zebra, pangolin, warthog, hyena, leopard, buffalo, crocodile and more. Some 357 bird species live here such as crested crane, rare shoebill stork, marabou stork bronze-tailed starling, bee eaters, and even more exotic birds. The attractive acacia-dotted savannah (256 sq. km) is home to huge herds of impala, as well as uncommon topi, eland, klipspringer and other antelope. Zebra and buffalo also graze these peaceful acres.

The lake supports a wonderful diversity of birds. Because of the different habitats, the lakeshore and the broad savannah, the variety seems endless. Catch a glimpse of water birds diving for fish, the Marabou Stork, bee-eaters and the cheeky Bronze-tailed Starling, as well as the majestic Crowned Crane. Make sure you bring your binoculars.

On the way, places of interest include, Mpambire Drum shop (40km from Kampala), the Equator (76 km), Kinoni for papyrus mats (147 km), Kyazanga for Gonja (roasted bananas) (169 km) and the Lake Mburo Heritage Village.

SUGGESTED READING LIST

In addition to the many readily available guides produced by Frommer, Insight, Lonely Planet, Fodor, and others, we would like to suggest some other titles, both nonfiction and fiction.

AFRICA TIME: TWO SCHOLARS' SEASONS IN UGANDA **Bonnie Shullenberger, William Shullengerger**

Africa Time depicts the experiences and observations of two scholars who spent two years teaching at Makerere University in Uganda from a literary, religious and political point of view. It assesses the cultural, political, and educational prospects of contemporary Uganda, often challenging the preconceptions of typical western thought in regard to the future of Africa. It exposes the resilience, resourcefulness, and hospitality of Uganda's people as they recover from a tragic postcolonial history and shows the growing strength of the family, churches, and markets in response to the turnaround taking place. Most prominently, the authors show the deepening awareness of

cultural complexity as time exposes their assumptions and political attitudes associated with the African people through very personal observations and responses. Other topics covered include conditions of learning and life at the university; the roles, expectations, and education of women; "tribalism" African- and American-style; the politics of language and the language of politics; the complex riches of hospitality codes and the delicate boundaries and networks of intercultural friendships; the natural and human ecology of Africa's wildlife preserves; American literature in Ugandan context; and the critical and prophetic role of African writing.

THE CHIGA OF UGANDA ~ May M. Edel

The Chiga of Uganda provides a special insight into a culture at that time (1933) still intact under the British protectorate. It is for the most part a picture of life as it was then still being lived. Where significant changes were already taking place, the various changes are discussed in the contexts in which they seemed relevant - in social structure, kinship, marriage, economics, social control, religion, and education. What makes this edition unique is the new segment on material culture. This delves into Chiga patterns of food supply and preparation, horticulture, fire and heating, water supplies, cattle raising, hunting, fishing, and problems related to shelter, clothing, and hygiene. Two new special sections deal with tools and utensils, and, no less important, the physical skills and motor habits of the people. Edel's concrete yet wide-ranging descriptions provide an irreplaceable insight into a people and a culture at a unique point in world and colonial history. The new introduction, written by Abraham Edel, provides a special sort of insight, drawing heavily upon the correspondence that May Edel wrote at the time. The introduction shows how the clouds of war and Nazism in Europe at the time were already changing the character and context of anthropology no less than every other area of human endeavor. A final new aspect of *The Chiga Uganda* is May Edel's last reflections focusing on African tribalism, which turns out to be not all that different from ethnic and national rivalries in the Western world. This book will be indispensable to anthropologists, Africanists, and historians.

CHIMPANZEES OF THE KIBALE FOREST: A FIELD STUDY OF ECOLOGY AND SOCIAL STRUCTURE Michael Patrick Ghiglieri

In the introduction, the author notes that "previous observers have gained chimp tolerance by providing the animals with large amounts of food. He contends that this distorted normal social and ecological patterns, which he feels his two-year study in Uganda did not. Social and other behaviors are interpreted evolutionarily from the perspective of individual fitness."

DEVELOPING UGANDA

Holger Bernt Hansen (Editor), Michael Twaddle (Editor)

Uganda's recovery since Museveni came to power in 1986 has been one of the heartening achievements in a continent where the media have given intense coverage to disasters. This book assesses the question of whether the reality lives up to the image that has so impressed the supporters of its recovery. What has actually happened? How successful have the reforms been thus far? What are the prospects for Uganda's future?

Essays by the top scholars in the field span the breadth of the issue, from Uganda's growth out of poverty to development at the grass roots level. *Developing Uganda* replaces the myth

and misinformation the last decade has witnessed with a scrutiny realistic by those who have studied it with care and caution.

ECSTATIC ~ Victor LaValle

Victor LaValle has already established himself as "one of the most eloquent voices of the approaching century" (Kirkus Reviews), a writer of darkly humorous tales full of haunting beauty, astonishing leaps of imagination, and language that "crackles and hums" (Chicago Tribune). *The Ecstatic* is LaValle's debut novel, a startling tale of love, horror, sex, insanity, faith, morbid obesity, and the modern American family.

Something is wrong with Anthony—our 318-pound hero—and it's getting worse. A monster has caught his uncle and his mother; now it wants Anthony. Mental illness has been transmitted through his family's blood. The three women in his life—his mother, younger sister, and grandmother—find him naked and disoriented in his off-campus college apartment and take him home to Queens, each determined to fix him in her own peculiar way. But his presence soon turns their house into a semisuburban asylum.

Sweet but wickedly sarcastic, smart and heart-breakingly vulnerable, Anthony narrates his family's surreal adventures through a world of grinning exploitation and fake cures, from storefront evangelists and neighborhood loan sharks to bogus beauty pageants and bootleg medical clinics. He corresponds with a dreadlocked Japanese militant, is haunted by a vicious pack of dogs, and tries to make his own horror movie, all in search of an answer to a question he doesn't dare ask. Written in the tradition of misfit picaresques from *Journey to the End of the Night* and *Invisible Man* to *A Confederacy of Dunces* and *The World According to Garp*, *The Ecstatic* is the revelatory story of a family trying to save themselves from a ravenous world and their own unraveling minds.

ANGEL OF MERCY ~ Lurlene McDaniel

Heather Barlow has always been an idealist and now that she's finished high school, she's ready to make a difference in the world. After graduation, she joins a mission group on a hospital mercy ship sailing to Africa. Once she's left the ship on the Kenyan coast and is stationed at a hospital in Uganda, however, Heather is not really prepared to face the disease, famine, and misery she encounters.

Ian McCollum is also among the medical staff in Uganda. Ian has left his native Scotland to help those threatened by a world of indifference. When Heather meets Ian, she finds her heart quickens and she's happy to be alive. But as the weeks pass, Heather finds her idealism vanishing amid the overcrowded refugee camps and orphanages; misery is everywhere. Only Ian can see beyond the horror and help Heather understand that the world can be changed by saving those in need, one by one. *Recommend Age Range: 12 and up*

ONE MORE ELEPHANT: THE FIGHT TO SAVE WILDLIFE IN UGANDA

Richard Sobo *Recommend Age Range Grades four to six.*

This is an account "of two brothers, Peter and Wilhelm Moeller, and their struggle to protect the herds of elephants and other wildlife in the Queen Elizabeth National Park in Uganda. Text and photographs chronicle their efforts to reorganize and train the park rangers, capture animal poachers, care for orphaned elephants, and bring tourists back to the area."

Notes:

CLOTHING / PACKING CHECKLIST

Check the items below to be taken with you on your trip. Additional items may be added in the blank spaces provided. This is not intended as an all-inclusive list, but only as a suggested packing guide.

CLOTHING – WOMEN

- Comfortable outfit for air travel
 - Sandals or casual shoes
 - Walking shoes or tennis shoes
 - Rubber thongs (shower)
 - Hat
 - Windbreaker or jacket
 - Pullover sweater or sweatshirt
 - Long pants *
 - Shorts *
 - Socks
 - Short sleeve shirts *
 - Long sleeve shirts *
 - T-shirts
 - Pajamas
 - Light-weight robe / cover-up
 - Swim-suit / cover-up
 - Casual slacks / skirt
 - Blouses
 - Belt(s)
 - Underwear
 - Scarves
 - Costume Jewelry
-
-

CLOTHING - MEN

- Comfortable outfit for air travel
 - Sandals or casual shoes
 - Walking shoes or tennis shoes
 - Rubber thongs (showers)
 - Hat
 - Windbreaker or jacket
 - Pullover sweater or sweatshirt
 - Long pants *
 - Shorts *
 - Socks
 - Short sleeve shirts *
 - Long sleeve shirts *
 - T-Shirts
 - Pajamas
 - Light weight robe / cover-up
 - Swim trunks
 - Casual slacks
 - Shirts
 - Belt(s)
 - Underwear
-
-

TOILETRIES

- Anti-malarial pills
 - Vitamins
 - Aspirin / Tylenol
 - Motion sickness pills
 - Short-acting sleeping pills
 - Decongestant
 - Antibiotic
 - Lomotil / Pepto-Bismol
 - Antacid
 - Antibiotic ointment
 - Insect repellent
 - Sun screen / Sun block
 - Lip balm
 - Shampoo & Conditioner
 - Prescription medications
 - Band-Aids
 - Deodorant
 - Toothpaste & toothbrush
 - Feminine Hygiene supplies
 - Dental floss
 - Mouthwash
 - Hairbrush / comb
 - Razor
 - Q-Tips / cotton balls
 - Nail clippers
 - Nail file
 - Tweezers
 - Make-up
 - Hand lotion
-
-

CAMERA EQUIPMENT

- Camera / Lenses
- Plenty of film
- Lead Protective Film Bags
- Camera bag
- Lens filters
- Cleaning Fluid / Tissues
- Lens Brush / Puffer
- Extra Batteries / Charger
- Flash & Flash batteries
- Zip-lock bags
- Camera instruction book
- Stick-on labels for film
- Video Camera / Charger
- Blank video tapes

SUNDRIES

- Passport
- International Certificate
- Vaccinations-Health Card
- Airline tickets / vouchers
- Money Pouch
- Credit Cards
- Travelers Checks
- Small calculator
- Sunglasses
- Prescription glasses
- Eyeglass case
- Small Alarm Clock
- Converter/plug set
- Binoculars
- Small flashlight
- Sewing kit
- Small scissors
- Kleenex
- Handi-wipes
- Zip-lock bags
- Travel clothes line
- Pillowcase for dirty clothes
- Small notebook or journal
- Pen
- Deck of cards
- Books / Magazines
- Address book for postcards
- Photocopy of passport & tickets
- Hard candy
- Bandana
- Extra sm. Collapsible bag
- Neck pillow for airline travel

OTHER

*Clothing should be comfortable