

BEFORE YOU ARRIVE

● **VACCINATIONS**

MUST: Yellow Fever vaccination is required for all arriving travellers. Yellow fever vaccines are now valid for life.

RECOMMENDED: Basic vaccinations are recommended for all travellers on the journey to Uganda: Hepatitis A and B, typhoid fever, and COVID19. You should also check that your routine vaccinations (rubella, TDAP, chickenpox, shingles, pneumonia, influenza, polio,..) are up-to-date.

For more information:

[Czech Vaccination Center](#) (České očkovací centrum)

[UK travel advice](#) - Uganda and health

[Centers for Disease Control and Prevention](#) - Uganda Vaccines and Medicines

[Travel Vaccines and Advice for Uganda](#)

● **MALARIA**

Malaria is common in Uganda. Speak to your doctor / travel clinic about the recommended anti-malaria recommendation. [You can find some information here.](#)

We recommend bringing high-quality insect repellent and clothing with long sleeves for evenings.

● **VISAS AND OTHER TRAVEL DOCUMENTS**

MUST:

- Passport with a validity exceeding the duration of your stay in Uganda by at least 6 months
- Print out of your Visa approval (see below)
- Yellow Fever vaccination certificate

You must apply for a 3 month [Uganda Ordinary/Tourist Visa: Single Entry online](#) and pay online (\$50).

If the online application is successful you will receive an approval letter via email in a couple of days.

When applying online, you will need to attach a copy of the passport bio-data page (with validity of at least 6 months), return ticket, recent passport-size photo, vaccination certificate (Yellow Fever). The supported formats are: JPEG, PNG, BMP, PDF. Minimum file size is 5 KB, maximum file size is 250 KB.

Please keep note of your application number.

- **POWER PLUG SOCKETS**

In Uganda the power plug sockets are UK style. The standard voltage is 240 V and the frequency is 50 Hz. Power cuts are common in Uganda, just in case, pack your powerbank.

- **CLOTHING & EQUIPMENT**

In Uganda, January is a dry season with occasional rains. The average daily temperature is around 27 degrees. When hiking to higher altitudes (Mt. Elgon) temperatures can drop by five - ten degrees.

In addition to personal items such as hygiene products, medications, and clothing, we recommend bringing the following:

- Waterproof jacket
- Hiking boots
- Hat
- Sunglasses
- Long-sleeve shirt and pants
- Small backpack (for the trip to Upper Bukyabo)
- Swimsuit (Mt Elgon hotel has a swimming pool)
- Gym clothes (Mt Elgon Hotel has a gym)
- Camera equipment
- Quality sun cream SPF 50+
- Mosquito repellent

Uganda is a culturally conservative country and clothing should be appropriate, especially in rural areas. This means that in the field and Mbale city, shorts should be knee length and shoulders and mid-drifts should be covered. By the pool, any swimwear is appropriate.

If you plan to bring a drone, you need to apply for approvals ahead of time. Please let us know if you plan to do this so we can advise.

ON ARRIVAL

- **LANDING**

After getting to the arrivals terminal you will be asked to present your Yellow Fever Vaccine Certificate. You will then need to go to the Immigration counter with the sign "E-VISA" and present your passport and Visa Approval Letter. You must print this out before - electronic versions will not be accepted.

You will not be asked to pay any additional fees.

Immediately after immigration is the baggage terminal. After collecting your bags, you will be required to put your bags through scanners before leaving the airport.

- **AIRPORT PICK UP**

A driver and vehicle will be waiting for you with your names at the airport, and they will bring you to Mbale. There will be a toilet and snack break halfway.

There is WIFI at the airport in case you need to get in touch with us upon landing. There are also ATMs at the airport for withdrawing local currency.

- **FIRST NIGHT ACCOMMODATION (for those arriving on Saturday)**

For those who arrive late on Saturday evening we will arrange the airport pick-up and a hotel in Entebbe (close to the airport before travelling to Mbale).

- **SIM CARD**

The two major mobile operators in Uganda are MTN and Airtel. Their prices for airtime and data are comparable and they have similar networks. You can register and get your sim card once you arrive in Mbale.

- **CURRENCY AND PAYMENTS**

In Uganda the currency is the Ugandan shilling (1 USD = 3 750 UGX). Some supermarkets and tourist restaurants accept card payments. There are ATMs available in cities and towns - we recommend Stanbic Bank.

- **ACCOMMODATION IN MBALE**

Mt Elgon hotel in Mbale is our favourite. We recommend it to all our visitors. Besides its location close to the TCG office, it has very nice and clean facilities for a reasonable price. Moreover, it has a great view on Mt Elgon's Wanale ridge from its spacious garden. Facilities on the property: free parking, restaurant, bar and free WiFi, outdoor swimming pool, gym, wellness, mini golf, barbecue, etc.

DURING THE TRIP

- **GETTING AROUND**

One of our team will be appointed as your point person and accompany you throughout the trip. They will be able to help you with anything you need.

The driver will be available throughout.

A detailed itinerary will be provided closer to the time.

- **SAFETY**

Uganda is generally safe to visit but you should have some degree of personal security awareness (like everywhere else in the world). It is recommended to avoid walking alone after dark, not to draw attention to yourself by visibly carrying valuables (cameras, watches, jewellery), and to be cautious of pickpockets.

- **FOOD**

Prices for meals vary significantly, with meals at tourist accommodations ranging from around USD 10 a dish, and street food and local restaurants costing between USD 2 - 5.

A wide range of meals are available at your hotel (Mt Elgon). Salads and iced drinks are safe to consume.

Traditional local food is matoke (cooked plantain bananas), posho (corn/maize flour mixed with boiling water), muchomo (roasted meat on a stick), rolex (egg omelette rolled inside of chapati = flatbread), groundnut sauce, pilau (beef and rice cooked with variety of aromatic spices), katogo (= mixture, typically of potatoes, pork, offal, cassava, and green vegetables), kikomando (beans and chapati), malewa (bamboo shoot sauce), samosa (fried street food filled with meat or vegetables), roasted maize, gonja (deep-fried banana plantain chips), mandazi (fried dough), nsenene (fried grasshoppers), enswa (fried white ants)...

Typical locally grown food crops are cassava, sweet potatoes, white potatoes, yams, beans, peas, groundnuts, cabbage, pumpkins,.. And oranges, pawpaws (papayas), lemons, pineapples, passion fruit, guava, mangoes, jackfruit, bananas, soursop, tomatoes, avocados among fruits.