

To apply to serve a medical elective or to volunteer your services at Kagando, contact Rev. Canon Benson Baguma, Director, Kagando Rural Development Center, at canon.benson@gmail.com Tel 0772425150 and Wilson Maali, Program Administrator, at maali.wilson@yahoo.com , Tel 0774473745

Provide the following information –

1 – Name, medical school, year level and dates you wish to serve

1a – Name, professional status and dates you wish to volunteer

2 – Curriculum vitae

3 – Agreement to abide by the institutional guidelines enumerated below –
Institutional and Community Culture and Safety

BEFORE YOU COME: Be sure your passport does not expire less than six months before your planned departure from Uganda.

Obtain a properly dated visa where it is required. Be sure that vaccinations are up to date. Check with your local health authority regarding which immunizations are recommended.

Malaria prophylaxis is a must.

Get your phone unlocked, so you can use an MTN sim card, available anywhere in Kampala where there is a yellow MTN sign (2-3 pounds)

Bring VISA bank cards and Pounds/Dollars/Euros. You cannot get Ugandan Shillings (Ush) outside of Uganda. Most tourist places you will be visiting accept US \$ (new bills) or Ush.

Notify your bank that you're coming out here, so they don't randomly stop your cards. (Difficult to sort out once out of the country.)

Get sun screen - not available here.

Mosquito nets are supplied by Kagando Mission Hospital

Also bring alcohol hand gel, a pen light and a head torch.

Bring your personal medicines and, if you wear glasses, a second pair.

Bring some treats that you enjoy (i.e. sweets)

Oxford handbooks are very useful, especially the Oxford handbook of Tropical Medicine and the Merck Manual.

Bring photos of your home and family to show to your Ugandan friends.

TRAVEL

Kampala to Kagando: Take a taxi to the bus station (next to new taxi park) It is best to get there early, appr. 7am. Take a Link or Kalita bus (not PokoPoko). Get a bus to Bwera (20,000 or 25,000 Ush), and tell conductor you want to go to Kagando Hospital. Get off at Kiburara (pronounced Chiburara), then get a "boda boda" (motorbike) up to Kagando (appr. 1000 Ush). The trip takes about 7-8 hours. Alternately, take a bus to Kasese (20,000 to 25,000 Ush). Tell the conductor that you are going to Kagando Hospital. Get off the bus just past the Equator at Kikorongo (say Chikorongo). The trip takes about 7 hours. From here you can take a private hire to Kagando costing 10,000 -15,000 Ush. Or you can get a shared taxi/minibus. If the taxi goes to Kisinga it will be going straight past the hospital and will cost 3000-4000 Ush. If it goes to Bwera, you will need to tell them you are going to Kagando Hospital, and get off at Kiburara (say Chiburara) and will cost 1000 Ush. From there get a motorbike (boda boda) to Kagando Hospital , costing 1000 Ush.

If you have any problems, if you ask for Kagando hospital, most people will know, or you can ring your contact with the hospital, and they should be able to arrange for someone to pick you up.

Please note that costs may vary.

COMMUNICATIONS

Phone, see above – regarding cell phones. It's good to have your own phone in case you need help on the wards, or are on-call. Most people here have a working Ugandan phone.

E-mail – very slow. It is best to use out of office hours, and to have consideration for others who need to use it. You can use your own laptop if you set it up to use the internet. There are internet cafes in Kasese.

Post – Not too reliable; letters take an average of 2 weeks to arrive. Address: Kagando Hospital, Private Bag, Kasese, Uganda.

MONEY

Local currency is Uganda shillings (Ush), not available outside Uganda.

Bring: Cash – dollars or pounds. High value notes give better exchange. (Approximately 3,000 sh to the pound – varies) Best to bring new bills as older ones may not be accepted.

Cards: - VISA cards; ATM in Kasese at bank and in Kampala. Can't use debit cards.

Do not bring travelers checks. For trips anywhere, most tourist places accept new US dollars or Ush.

LANGUAGE

The local language is Lukonzo, but patients may speak other languages. Most people working in the hospital speak English. You will have a member of the staff with you to translate on the wards.

DRESS CODE

You need to wear fairly smart clothes in the hospital.

Men: long trousers, shirt with sleeves, regular shoes

Ladies: skirts below the knee, modest tops with shoulders and abdomen covered. Comfortable pair of shoes.

White coats are optional.

For non-work times – men may wear casual clothes (shorts and t-shirts). Bring walking shoes for trekking and swimming trunks. Ladies may wear trousers, crop trousers and vests, but dress modestly and keep stomach, thighs, and shoulders covered. Bring walking shoes and swimsuit for weekend trips.

ACCOMMODATIONS

You will be expected to pay a daily fee for full bed and board in the elective housing unit, Clay House. At present this is 10 Euros (10 Euros or its equivalent in \$ or Pounds. Check the rate when you are accepted.

Accommodations consist of double rooms, shared showers and sinks and a cooking/eating area.

If problems arise, they should be brought to the attention of the Project Administrator's office.

INSTITUTIONAL AND COMMUNITY CULTURE AND SAFETY

Kagando is a Christian institution. We do not permit smoking, drinking of alcohol, use of illicit drugs and sexual relations between unmarried couples. Those who violate these prohibitions will be required to terminate their stay.

We advise that these prohibitions be observed outside the campus as well, since those seeking alternatives may put their lives at risk.

Visitors should avoid unnecessary movements at night, especially in trading centers and remote areas. Night entry into our premises should occur only when unavoidable. However, if such situations occur, visitors should contact the Project Administrator, Wilson Maali, (Phone # 0774 473 745) who can provide some means of security.

We advise that visitors should not visit the community alone without a member of the staff or community assigned by the administration.

Visitors should not hire public vehicles for private trips without consulting with the administration regarding the reliability of vehicles and drivers.

Our culture does not allow female clothing which exposes the breasts or thighs. Shorts and halters are inappropriate working attire.

Elective students and volunteers who follow our rules have enjoyed their stay with us. We welcome you and request your cooperation by respecting our Christian values.

May the Lord God lead you through your preparations to join us.

LOCAL PRACTICES

Some local practices may seem strange or rude to the outsider as some outsider practices may seem strange or rude to the local people.

Raising eyebrows in Uganda means "yes"

"Please" -The Bakonzo have no word meaning "please" , so do not be offended when asked for something or to do something without "please".

Whistling is not appropriate for women. Men do.

When greeting a colleague or friend, it is normal to stop and say hello and chat a bit. It is also usual to shake hands with whomever you're greeting.

Talking with one's back to someone is not regarded as rude. Those who do this are not doing it out of disrespect or to be annoying.

"Muzungu" will be said or shouted at you meaning "white person" - It can be but is not usually disrespectful. Saying or shouting "Bakonzo" back will usually get a smile or laugh.

CHAPEL

The hospital day starts at 8 AM with a short service in the chapel.

The chapel is very active and has many different ministries that you might like to get involved in, such as:

- Sunday school
- Preaching at morning devotion
- "Jajas' home". Visits every other Saturday for children affected by or infected with HIV
- Home visits
- Thursday evening bible study
- Wednesday evening nurses fellowship

If you are interested in getting involved with any of the Chapel ministries while you are here, please speak with the Chaplain.

ITEMS WHICH YOU CAN BRING FOR THE HOSPITAL

- Tourniquets
- Pen lights

- Stethoscopes
- Percussion hammer
- Manual sphygmomanometer
- Tuning fork
- Ophthalmoscope/otoscope with ear pieces
- Laryngoscope – Small to medium blades
- Thermometers
- Bandage scissors
- Peak flow meter
- Battery powered, hand held, doppler fetoscope
- Rechargeable batteries

PLEASE DO NOT BRING DRUGS FOR HOSPITAL USE. Bring only your personal prescriptions.

MISCELLANEOUS

There are badminton, volley ball courts and football pitch at Kagando, so feel free to bring the necessary equipment. There is equipment here, but donations are always welcome.

There is a local orphanage you may enjoy visiting, so it may be good to bring things like balloons/bubbles as it is more difficult to get these things in Uganda.

For Christians, who may wish to give bibles to people here – you may purchase them for about 5 pounds in Uganda, which is cheaper and lighter for your luggage. Any bible study notes or worship CDs would be very much appreciated in the compound.

WEEKEND TRIPS

Uganda is a beautiful country with much to see and enjoy.

Places within reach for a weekend trip include:

Queen Elizabeth National Park – great wildlife to see. The Lonely Planet Guide book has details. You can visit for a day or stay overnight

Crater Lakes at Fort Portal to see monkeys and chimps, etc. – it is best to go for a long weekend.

Lake Bunyonyi – quite far to travel but worth it. It's the deepest lake in Africa and good for a western style break in a beautiful place.

Trekking in the Rwenzori Mountains – well worth it, even for those who are not that fit! Costs approximately \$50/person for a 2 day trek including overnight and food. It's run by Backpackers at the Rwenzoris, and all money goes into the community. It's also worth seeing the Rwenzori Performers when there if they are available.

Other places to visit are more local . Ask the people at the hospital for details. Final Word: This is a beautiful place and a great community to be part of. To get the best

out of your time here it's true that the more you put in, the more you'll get out of it.

Enjoy Kagando and keep smiling!