WELCOME TO THE
FAMILY

HEY THERE!

We are SO excited to have you as a part of the Saving Grace family. This is going to be an adventure and we truly believe that God has built this team for a specific purpose.

We put this guide together to help you get an idea of what to expect on our upcoming trip, packing suggestions and more. We hope it's helpful. Please ask any questions you might still have!

HEALTH REQUIREMENTS

YOU MIGHT HAVE TO GET SOME SHOTS,
BUT IT'LL BE TOTALLY WORTH IT!

VACCINES:

The CDC recommends having several vaccines before traveling to Uganda. Many people will already have all of them except for the yellow fever vaccine. You MUST have the Yellow Fever vaccine BEFORE you can apply for your visa. Please take care of this ASAP! A travel doctor can make recommendations and provide vaccines. The Saving Grace staff used the county health department to keep the cost down. View the links below in order to be informed on which vaccines are right for you.

https://goo.gl/v77VmD
https://goo.gl/R3A53C

Most trip participants have:

-Routine American vaccines
-Hepatitis A
-Hepatitis B
-Meningitis
*-*Yellow Fever**

MALARIA PREVENTION:

EVERYONE will need to take an antibiotic for malaria prevention. To acquire malaria prevention pills, visit your primary care doctor or a CVS Minute-Clinic to receive a prescription. You will take these pills before, during, and after the trip.

OBTAINING A VISA

FOLLOW THESE STEPS FOR SMOOTH SAILING

All trip participants are required to have a visa in order to enter Uganda. The cost is $50. Follow the steps below to apply for your visa. Don't mention Saving Grace in Uganda anywhere on the form. Please do this ASAP and let us know once you've done so! If you have questions, please contact your trip leaders.

CLICK HERE:

https://www.visas.immigration.go.ug/

STEP 1:

Visa or permit type:

Visa

Category:

Uganda Ordinary/Tourist Visa

Subcategory:

Single Entry

STEP 2:

Fill in all personal data and passport data

Other data

Contact in Uganda:

Kosta Fred 256-7731-76328

Purpose of visit:

Tourism

Date of arrival:

15-05-2019

Point of entry...:

Entebbe

STEP 3:

Upload 3 required documents

SUBMIT!

WHAT TO PACK

WE REQUIRE PACKING YOUR PERSONAL THINGS IN A CARRY-ON AND SAVING YOUR 2 CHECKED SUITCASES FOR DONATION ITEMS. CONSIDER FINDING SUITCASES YOU ARE FINE LEAVING OVER THERE, OR YOU WILL HAVE TO BRING 2 EMPTY SUITCASES BACK WITH YOU. THERE IS A 50LB LIMIT ON CHECKED BAGS.

REQUIRED :

- Passport
- 2 Copies of Passport & I.D.
- Bible + Journal
- Malaria Medication

SUGGESTED :

-Money Belt (easy to carry passport during long travel)
- Ear Plugs (if your roommates snore!)
- Flashlight/Headlight w/ Batteries
- Mosquito Spray (Skin So Soft is our favorite)
- Sunscreen
- Typical toiletries
- Hand Sanitizer
- Sunglasses
- Hat
- Spending money for souvenirs ($50 and $100 bills, no more than $200) *New, crisp bills receive a better exchange rate. Old bills are sometimes not accepted.
- European outlet converter for electrical items
- Fan- battery operated or electrical (may not have electricity, there will be no A/C)
- Tylenol, ibuprofen, anti-nausea, anti- diarrhea, probiotics, allergy, etc.
- Snacks (there will be plenty of food there but these are some good ones to bring) :
    - Pop-tarts
    - Protein / granola bars
    - Peanut butter
    - Tea / instant coffee
    - Instant oatmeal

*bottled water will be supplied

WHAT TO WEAR

GIRLS, THIS IS MOSTLY FOR YOU.
REMEMBER, MODEST IS HOTTEST.

- Long + knee-length skirts/dresses
- Tank tops, t-shirts, blouses (no spaghetti straps or low cut tops)
- Closed-toe shoes (running shoes, TOMS, Chacos, Keds, Vans, Converse are great options)
- Flip-flops for inside
- One-piece modest bathing suit
- Church clothes (something a little nicer than everyday wear)

*Make sure your skirts/dresses are not see-through. It's a good idea to bring a slip just to be safe!

DONATION ITEMS

HERE'S SOME IDEAS OF THINGS TO COLLECT FOR OUR VILLAGE KIDS, STREET KIDS & STAFF

- Soccer balls (deflated)
- 25 Piece Puzzles
- Big Piece Puzzles
- Matching games (ages 4-10)
- Sheets
- Towels
- Ivory Bar Soap
- Children size clothes
- Teen size clothes
- Children/teen shoes
- Medical Supplies/Wound Care
- Mixed beads & rolls of string (bracelet making supplies)
- Macramé string + wooden beads
- Small Lego complete sets
- Jump ropes
- Children's bibles
- Paperback devotionals
- School pencils
- School erasers

**THIS IS SUBJECT TO CHANGE + MORE INFO TO COME

PLANNED TEACHING

EVERYONE WILL PRESENT A LESSON OR ACTIVITY IN THE CLASSROOM. THIS IS A TIME FOR YOU TO GET CREATIVE!

The children love to hear from YOU! They spend every day in the classroom with the same teachers and love the chance to hear from someone new, especially an American who traveled all the way there just to see them. We ask that you have some sort of prepared lesson or activity that you can present in the classroom - it can be as simple or elaborate as you desire! It might be good to start thinking about the differences between America and Uganda because those are the things they will find fascinating! Listed below are some ideas for you! Just make sure you pack any props or supplies you might need for this. We will have information on how many children are in the class you will be sharing in. We will all be helping each other with these activities too so don't feel pressure that it will all be on you!

PAST ACTIVITIES (OKAY TO REPEAT):

- Art lesson - drawing an apple
- Ocean lesson (bring seashells!)
- Finger painting
- Read story paired with activity

NEW IDEAS:

- Lesson on your home state- bring pictures (anything unique about where you live- they have never seen snow and would find that amazing!)
- Hands-on activities
- Teach them to write a poem
- Science activity

FACTS ABOUT UGANDA

KNOW WHERE YOU'RE GOING!

POPULATION:	43.9 Million
LIFE EXPECTANCY:	54
OFFICIAL LANGUAGE:	English
LANGUAGES SPOKEN:	41
MAJOR RELIGIONS:	Christianity, Islam
CURRENCY:	Ugandan shilling
HIV PREVALENCE:	57% of adults

-Lira is the 3rd largest city in Uganda, by population

-Over half of Ugandans are younger than 15, making Uganda the youngest country in the world

-On average, women have 6 children

-Motorcycle or "boda-boda" is the most popular mode of transportation, aside from walking

-35% of Ugandans live on less than $2 a day

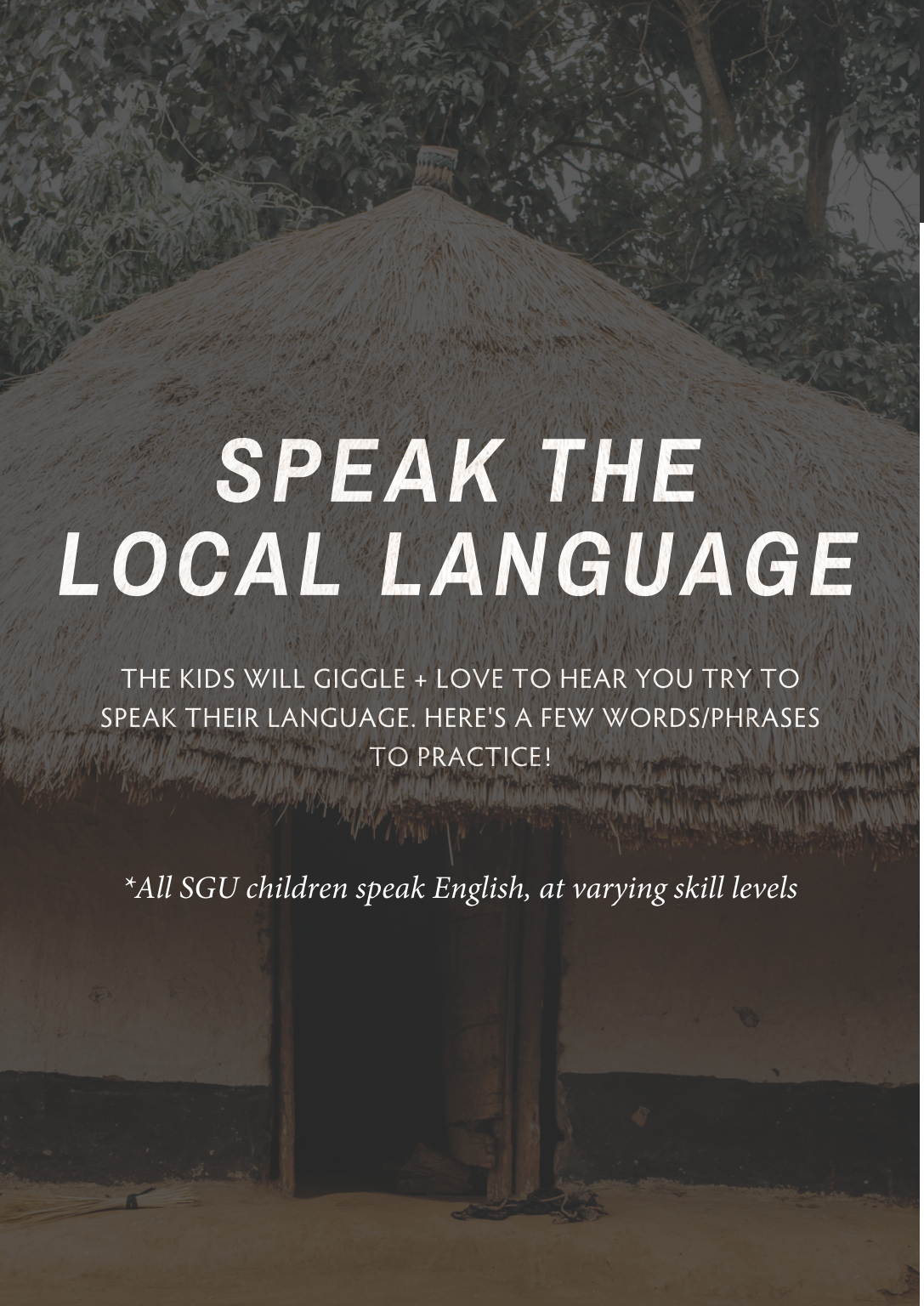
WHERE YOU'LL STAY

The entire team will sleep at Uncle Fred's house with Fred, his wife Kosta and their four sweet kids, Valerie (called Favor), Suzanna, Maya and Josiah. There will be comfortable beds with mosquito nets and boys and girls will stay in separate rooms. The house has running water for showers and flush toilets (which isn't something you find everywhere in Uganda). There will be electricity and limited internet access. Uncle Fred's house is about a 15-minute drive to the Saving Grace Children's Village. We will eat most meals together here. It's very safe with a guard outside each night. You are going to love Uncle Fred and his family!

GET TO KNOW THE KIDS

HEAD OVER TO THE SGU SITE SO YOU CAN GET FAMILIAR WITH FACES AND NAMES. NO PRESSURE TO LEARN THEM ALL!

WWW.SAVINGGRACEINUGANDA.COM/CHILDREN



SPEAK THE LOCAL LANGUAGE

THE KIDS WILL GIGGLE + LOVE TO HEAR YOU TRY TO SPEAK THEIR LANGUAGE. HERE'S A FEW WORDS/PHRASES TO PRACTICE!

**All SGU children speak English, at varying skill levels*

PHRASES IN "LOO"

Apoyo! -- *Hello!*

Nyingi anga? -- *What is your name?!*

Nyingi... -- *My name is...*

Iya yom me neni -- *Nice to meet you*

Copongo? -- *How are you?*

Copé -- *I'm doing well*

Wuwot mahbear -- *Goodbye! (plural)*

Eyo -- *Yes*

Pe -- *No*

Tima kica -- *Sorry / Excuse me*

Amari (matek) -- *I love you (very much)*

CONVERSATION STARTERS

A LOT OF THE CHILDREN WILL BE SHY & MIGHT NOT START UP A CONVERSATION WITH YOU. HERE'S SOME IDEAS TO GET THE CONVERSATION GOING!

ASK THEM:

- What is your favorite subject in school?
- What do you want to be when you grow up?
- Who's your best friend?
- If you could go anywhere in the world, where would it be and why?
- How many languages do you know?
- What is your favorite Bible verse and why? (then share yours.)
- How many Bible verses do you know?
- Can you quote a Bible verse for me?
- Have them teach you the local language.
- Have them teach you games they like to play.
- Show them pictures (on your phone) from home (family, pets, friends, something interesting about home, like snow!) - they'll LOVE seeing pictures of your life!

THINGS TO KNOW

HERE'S SOME RANDOM THINGS THAT WOULD BE GOOD FOR YOU TO KNOW IN ADVANCE

- Girls- they will refer to you as "Auntie." Boys- they will refer to you as "Uncle." The children and staff there already consider you family and this is one way of showing that.
- The children will be shy at first but they are completely overjoyed that you are there. Keep in mind you will likely have to spark conversation with them and ask them questions first.
- The young girls have shaved heads like the boys. One way to distinguish girls from boys is the girls will often be in skirts (but not always). You can also tell by their names. If you aren't sure, just ask a team member who knows!
- It's going to be hot- there is no air conditioning anywhere so prepare yourself for some African heat! (But it's not actually that bad.)
- There will be different kinds of food - you don't have to eat anything you don't want to, but you might be surprised at what you like! If you don't like something, please try very hard to not let non-team members know, as it will likely hurt the cook's feelings.
- When someone says you are "smart", that means you physically look good. When they say you are "bright", that means you are intelligent.

POST - TRIP

YOU'RE BACK HOME AND HAD THE BEST TIME IN UGANDA. NOW WHAT?

When you return home, you will have been equipped with all you need to share about SGU. We ask that you share with at least 2 groups about your experience (this can be to your small group, sorority sisters, college ministry, etc.). We will provide you with a slideshow presentation with information to help you explain what SGU is all about, as well as photos of you from your time there to help you share your experience. This will make it easy for you to share with people who supported you, show them photos and get the word out about SGU! More info on this to come.

SAVING GRACE IN UGANDA

together we can end street life.

"NOW TO HIM WHO IS ABLE TO DO EXCEEDINGLY ABUNDANTLY ABOVE ALL THAT WE ASK OR THINK, ACCORDING TO THE POWER THAT WORKS IN US, TO HIM BE GLORY IN THE CHURCH BY CHRIST JESUS TO ALL GENERATIONS, FOREVER AND EVER. AMEN."

EPH. 3:20-21

QUESTIONS? PLEASE ASK!

INFO@SAVINGGRACEINUGANDA.COM