

Country Handbook: Uganda



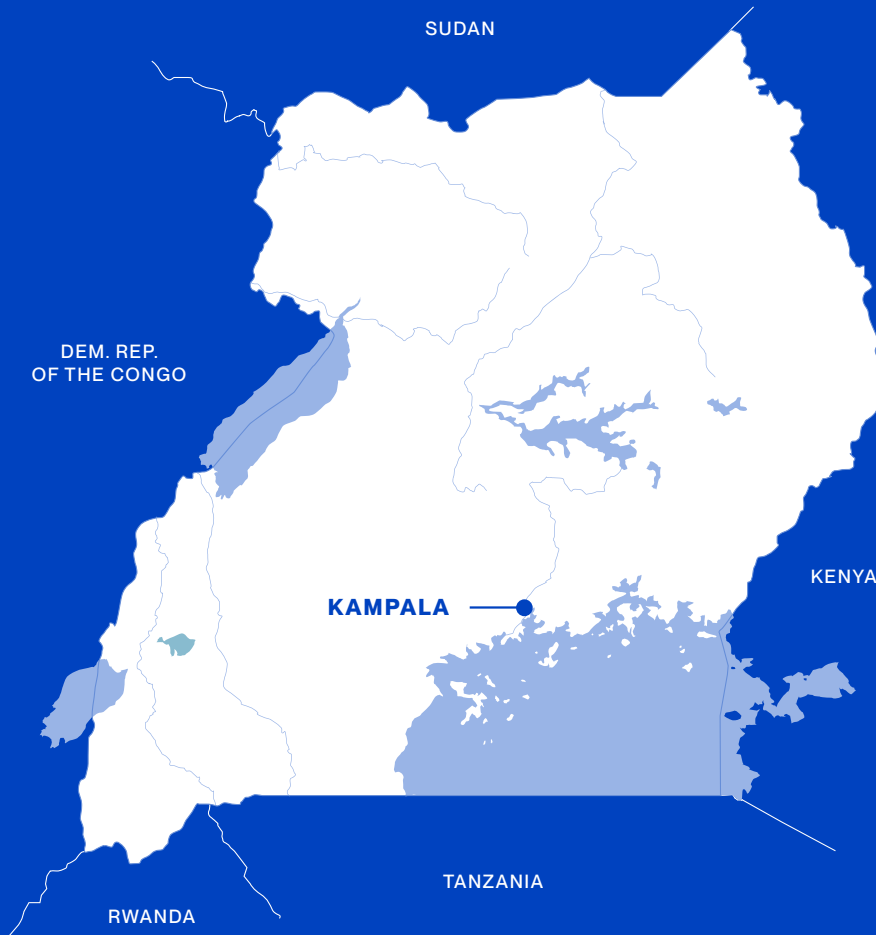
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Introduction

Travelling to see the work of Compassion and our local church partners firsthand is an unforgettable experience. On this trip, you'll see for yourself how children are known, loved and protected by their church communities and are being released from poverty in Jesus' name.

This Country Handbook is designed to start preparing you for your trip to Uganda. Please read it before you depart, and we'd also recommend that you keep it handy for easy reference.

We pray that God will bless your time in Uganda!



Country Information



Uganda has a young population, with 44 per cent of the population under 14 years old. Art, music and crafts are all central to Uganda's rich culture.

Main languages:

English, Swahili

Climate:

Tropical, distinct dry and rainy seasons which vary depending on the region

Main religions:

Protestant (45.1%),
Roman Catholic (39.3%),
Muslim (13.7%)

Currency:

Ugandan Shilling



Compassion in Uganda

Compassion has been working to release children from poverty in Jesus' name in Uganda since 1980. Approximately 20 per cent of the population live below the poverty line.

Compassion's Child Sponsorship Program is tailored to be age-appropriate for each child.

Children **AGED 1 TO 3** receive home-based care.

Children and youth **AGED 3 AND OLDER** attend their local Compassion centre on weekends, usually Saturdays.



For more information on Uganda, scan the QR code or visit: compassion.com.au/where-we-work/uganda

Compassion assisted children in Uganda typically attend program activities at their local child development centres. Here is an example of what a typical program day looks like:

9:00am - A time of prayer and devotion.

9:30am - Spiritual lessons, in which children sing songs and learn Bible stories.

10:30am - Break time, when children can play in a safe environment and develop friendships. They are usually provided with a nutritional snack, such as porridge and a bun.

11:00am - Social-emotional lessons ranging from conflict resolution to developing healthy self-esteem and a godly character. Children are taught social and personal skills.

12:00pm - Lunch time, where the meal often consists of maize, rice or plantains with beans, peas or beef.

1:00pm - Health lessons, in which children learn practical health and hygiene tips. Example topics include how to prevent malaria and HIV transmission.

2:00pm - Letter writing and career planning. Older children work with local staff to identify their strengths and interests and set goals for their future.

Students can elect vocational training skills, such as carpentry, tailoring and mat making. Parents are also offered monthly classes on adult literacy and quarterly training on topics such as hygiene, parenting and income generation activities.

Cultural Considerations



Body language

- When meeting new people, a handshake is the most common gesture.
- Men should not hug children or youth or allow them to sit on their lap.
- It is acceptable to hold hands with your spouse, but please refrain from showing further affection in public.
- It is considered impolite to point at people. Instead, use your whole hand or arm when gesturing towards someone.
- Whistling in public is considered inappropriate.

Public outings

- To show respect for the local culture, when in public, please refrain from displaying signs of anger or speaking negatively of local laws, and always show respect to elders.
- It is customary to give waiters and taxi drivers a 10 per cent tip. Tips for hotel personnel are usually included in your trip cost. Tipping tour bus drivers or guides is at your discretion.
- Access to good toilets is limited. It is recommended you carry some toilet paper or tissues in case you need to use a public toilet.

Security

- Be mindful of pickpockets and street beggars, adhering to any advice given by your Trips and Visits Specialist.
- Please refrain from taking any photographs at airports, harbors or government buildings. Please ask permission before you photograph any local people. This can include photos taken from a moving vehicle, so be sure to check with your driver or Trips and Visits Specialist first.
- **Emergency contact information:**
Local emergency number: 112
Compassion Uganda office: 011-256-41-222-457
Australian Embassy: +63 2 7757 8100

Language

- Numerous languages are spoken in Uganda, including English, but here are some useful Swahili phrases:

Welcome: Karibu

Good morning: Habari ya asubuhi

Goodbye: Kwaheri

How are you? Hujambo?

My name is: Jina langu ni

Do you speak English? Unasema kiingereza?

I don't understand: Sielewi

I'm sorry: Samahani

Please: Tafadhali

Thank you: Asante

Yes: Ndiyo

No: Hapana

Clothing

- **Women:** Long skirts and dresses or pants are recommended. Please wear modest blouses or t-shirts, especially when visiting a local church.
- **Men:** Long-sleeved shirts and trousers are recommended. Shorts are acceptable in some places, but please do not wear them when visiting family homes, local church partners or attending a Sunday service.

Eating

- Children, pregnant women, the elderly, visitors and honoured guests are usually served first.
- In many Christian settings, people will pray before eating a meal.
- Please refrain from leaning on your left hand, stretching your legs, or leaving the room when others are eating as these are considered disrespectful.



Key Challenges and Prayer Points

Early marriage and pregnancies are common in Uganda. 34 per cent of women aged 20-24 years old were married or in union before they turned 18. Please pray that God will protect vulnerable girls and that His hand will be over Compassion's Mums and Babies program as it cares and provides for new mothers.

Food insecurity in Uganda is alarmingly high. Many children do not have sufficient nutritious food and, as a result, 25 per cent of children are experiencing stunted growth. Please pray that the efforts of our local church partners will see many children recovered from malnutrition and caregivers well-equipped to provide sustainable sources of food for their families.

Many locals continue to deal with the aftermath of the brutal two-decade long civil war which terrorised the country's north until 2006 and created a severe humanitarian crisis. Please pray that healing will be pervasive amongst those displaced or traumatised by the conflict.



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COMPASSION AUSTRALIA

PO Box 1, Hunter Region MC NSW 2310
Phone: 1300 22 44 53 | +612 49 35 5000
Fundraising Authority: CFN10658
ABN 67 001 692 566

compassion.com.au

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