



AFCA's "Vacation with a Purpose" Volunteer Trip

Kasese, Uganda

Trip Dates: June 12 – 26, 2027 **Program cost:** \$2750

About Uganda

Uganda, called the "Pearl of Africa", is a country with fantastic natural scenery and a rich mosaic of tribes and cultures. You will be captivated by its beauty, overwhelmed by the friendliness of its people and intrigued by all that Uganda has to offer.

Uganda lies astride the equator in Eastern Africa at an average altitude of 1,100 meters above sea-level. It is bordered by the Republic of South Sudan to the North, the Republic of Kenya to the East, the Democratic Republic of Congo to the West, and the United Republic of Tanzania and the Republic of Rwanda to the South.



Uganda is made up of four regions (Central, Eastern, Northern and Western) on an area of 236, 580 sq. km, with its capital at Kampala. Part of Lake Victoria, the second largest lake in the world, is situated in Uganda and forms the source of the Nile, the second largest river in the world.

AFCA in Uganda

AFCA has been actively involved in Uganda since 2005, in a very successful partnership with Pediatric Infectious Disease Center of Mulago Hospital (now Baylor-Uganda). At the beginning of the relationship, AFCA sent anti-retroviral medicines to Mulago Hospital, but these are now being provided by the U.S. and Ugandan governments. However, AFCA continues to provide medicines to fight opportunistic infections (OI) which strike children with compromised immune systems. AFCA also sends shipments of donated medical equipment and medical supplies to Mt. St. Mary's Hospital in Kasese.

Our team will be working in the city of Kasese in the western region on Uganda, close to the Rwenzori Mountains, also known as the Mountains of the Moon. AFCA provides assistance to the local hospital and to the community at large by providing medical equipment, beds and supplies. We also provide educational materials and supplies to an Early Learning Center in Kasese.

What we'll be doing

This is a team for doctors, nurses, anesthesiologists, x-ray technicians, administrators, nutritionists, physical therapists, occupational therapists, midwives, surgeons, and others who want to serve in a Ugandan hospital.

Some of those projects may include:

- Teaching at the medical school
- Helping clinic administration with a number of projects such as database management and inventorying
- Helping in the day-to-day work at the hospital
- Training for nurses and doctors to increase their knowledge of their field
- Surgeries, baby deliveries, etc.
- Nutrition training

Let us know what special skills you have, and we're sure we can put them to use!

Accommodations

We will be staying in the Diocese of Kasese's guesthouse where we will have our own living room and kitchen. Each bedroom has its own ensuite bathroom, so you can expect to be comfortable. Mosquito nets, blankets, sheets, and towels are all provided.

We will have most of our meals at the guesthouse with breakfast food provided for the team to cook on their own: eggs, cereals, yogurt, bread, coffee, tea, milk, etc. Lunch will consist of fruit, sandwiches, salads, etc, also prepared by each person. Dinner will be cooked by local women, so our dinners will be Ugandan.

Many Ugandan dishes include various vegetables, potatoes, cassava, yams and local leafy greens. For meat, we'll likely see chicken, fish (usually fresh, but there is also a dried variety, reconstituted for stewing), beef and mutton. Main dishes are usually centered on a sauce or stew of groundnuts, beans or meat. The starch traditionally comes from ugali (maize meal) or matoke (boiled and mashed green banana). We may also have white (often called "Irish") potato, rice and chapati (a wheat flatbread).





A few important things to know

Uganda is one of those countries where you need to have a visa before you leave your home country (visas.immigration.go.ug) You must make sure you obtain your visa in a timely fashion.

To enter Uganda, you need to have proof of a yellow fever vaccination. Please make sure you do this at LEAST 10 days prior to travel and make sure to carry proof of vaccination with you as you will be asked for it at the airport upon arrival.

The CDC does recommend that travellers take anti-malarials due to the risk of malaria that is present in Uganda. Please talk to your travel doctor to determine what you will need in order to travel to Uganda, as AFCA cannot offer suggestions in this regard.

Just a few of things you'll need to be thinking about and planning for. 😊

Trip Cost: \$2750

Your fees cover the majority of your expenses while in-country. Included are the following:

- All meals and accommodations

- Transportation while in-country, including a flight from Kasese to Kampala to save you a day of road travel.
- Visit to Ft. Portal for souvenir shopping and dinner out
- Overnight stay at Queen Elizabeth National Park
- Administrative costs and donation to AFCA
- Some team leader costs

The trip fees **do not include** airfare from your home to the host country; accommodations outside of the official trip dates; medical / emergency evacuation insurance; trip cancellation insurance; visa and exit fees (not applicable for all destinations); vaccinations.

More About Mt. St. Mary's Hospital

Mt. St. Mary's Hospital is a 200-bed capacity, private non for-profit general hospital owned by the Diocese of Kasese under the umbrella of Uganda Catholic Medical Bureau and registered with Uganda Medical and Dental Practitioners Council. It operates under the standards, regulations and guidelines of the Ugandan Ministry of Health. Mt. St. Mary's provides preventive, promotive, curative, and rehabilitative health care services to the general public of western Uganda and eastern Democratic Republic of the Congo.

Mt. St. Mary's Hospital currently serves over 1,604 active HIV+ clients on antiretroviral therapy (ART) and since inception in April 2022, has achieved the remarkable outcome of zero babies born HIV positive through the Early Infant Diagnosis program, strong client adherence and consistent clinic attendance at the designated AIDS clinic. Sadly, these efforts are in danger due to the closing of USAID and the ending of PEPFAR/CDC funding.

More About American Foundation for Children with AIDS

AFCA is a non-profit organization providing critical support to infected and affected HIV+ children and their caregivers. Since 2005, in collaboration with our in-country partners, AFCA has served tens of thousands of families in underserved and marginalized communities in Africa. Their areas of impact include: medical support, livelihoods, nutrition, sanitation, educational support and emergency relief.

Currently, AFCA is transforming lives in Kenya, Uganda, Zimbabwe, Malawi, and the Democratic Republic of Congo.

AFCA's Core Values:

1. Efficient and sustainable programs that promote self-reliance, with measurable results
2. Comprehensive services for children and their families/caregivers
3. Support in regions that are underserved and marginalized

For more information, visit our website at: www.AFCAids.org

We hope you'll join us in UGANDA!!