



**EUROPA SUITES & TOUR Ltd**  
WELCOMES YOU TO UGANDA

Travel  
**To Uganda**  
with Europa Suites & Toures

Praktische Informationen  
für Ihre Reise in Uganda

## General information

Full name: Republic of Uganda  
Area: 241,040 km<sup>2</sup>  
Population: 34.5 million (July 2011)  
Main city: Kampala

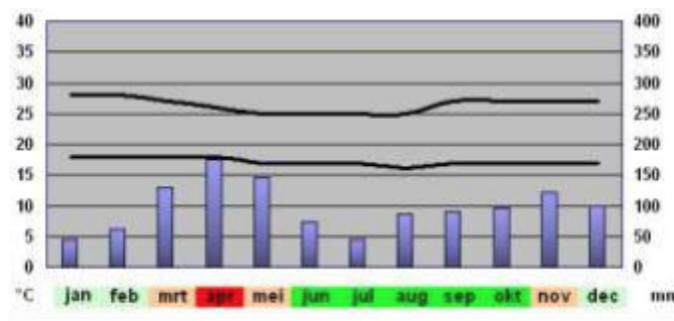
Religious affiliations:  
Christians 85%  
Muslims 12%  
Traditional religions: 1%



## Climate

Uganda is right on the equator and the climate is tropical all year round. Therefore, traveling in Uganda is possible throughout the year and is not subject to any time limits. The temperatures vary between 22 and 28°C. In northern Uganda, the temperatures are between 28 and 35 °C. In higher elevations such as Bwindi, Kisoro, Lake Bunyonyi, Mount Elgon, Sipi Falls, and the Rwenzori Mountains, temperatures can drop sharply, especially at night.

Normally, the temperatures vary between 15 and 25°C.



Uganda is a very green country because there is enough water and sun here. Due to climate change, it is difficult to predict when the rainy season begins or ends. The big rainy season starts at the beginning of March and ends at the end of May. The small rainy season is between November and December. Rain and sun alternate constantly during the rainy seasons, but the hours of sunshine predominate. The rain can soften the roads and possibly extend travel times.



## Visa for Uganda

Citizens of an EU member state or Switzerland need a visa and a valid passport for at least three months.

Since 01.07.2016 it is mandatory to submit visa applications online before travel via the following online system: <https://visas.immigration.go.ug/> When applying for a yellow fever vaccination certificate, a copy of the passport and a recent passport photo must be uploaded, Please enter your contact information at "Contact in Uganda":



Please enter your contact information at "Contact in Uganda":

**Europa Suites & Tours Ltd**  
**Plot Nr 1 portal Avenue**  
**Span House Suite 214**  
**P.O. Box 7243 Kampala Uganda**  
**+256-772497695**

Please note that these terms may change at any time. Inform yourself in good time before departure at the Ugandan embassy or the Ugandan consulate in their home country.

## Finances

The Ugandan currency is the Ugandan shilling (UGX or USH).

## Cash

To make sure that you do not spend more than necessary, we advise you to pay smaller expenses such as food, drinks, snacks, souvenirs, clothes etc. in Ugandan shilling. Dollars, Pounds or Euros can be easily exchanged everywhere in Uganda, but the best exchange rates are in Kampala. It is always advisable to have a pair of US dollars with you. This allows you to pay for hotels, activities or park fees, or exchange the money if the ATMs are empty or not working.

### Important information:

- **Uganda does not accept US dollar banknotes issued before 2006!**
- If you change money, use large notes (50 or 100 US dollars). The conversion short of smaller notes is much lower.
- Damaged dollar notes are usually not accepted!

## Exchange rate:

FOREX exchange rate **September 2016:**

FOREX RATES		
Currency	To buy	Selling
US Dollar	3,430	3340
EURO	3,850	3,780

Check the current course in the Ugandan newspaper: [www.newvision.co.ug](http://www.newvision.co.ug)

## ATMs & credit cards:

In every major trading center, called Trading Center and in most cities, there are Stanbic Bank ATMs. In the larger cities, such as Kampala, Mbarara and Jinja, there are also a variety of international and national banks and ATMs. In smaller cities, there are usually only 1 or 2 ATMs, which sometimes can be empty. So make sure you always have a supply of money for the next 3 to 4 days. The maximum amount that you can withdraw per day is 250,000 UGX (approximately \$ 100).



## Traveler Checks:

Traveler checks are not common in Uganda and are only accepted in 2 banks in Kampala. You also get a very bad conversion rate. We advise you to refrain from Traveler Checks!

## Credit:

Although credit cards are accepted in some of the larger hotels, they are still largely uncommon in Uganda. The fees are usually 10%. We advise you not to use credit cards as a normal form of payment. At most ATMs also EC cards of the bank are accepted.

## Tip:

We encourage you to give drivers, guides, rangers, restaurant and hotel employees a fair and appropriate drinking allowance. We can not force anyone to do this, but please remember that tips in the African tourism industry, as well as anywhere in the world, are a very important addition! These are our suggestions for tips:

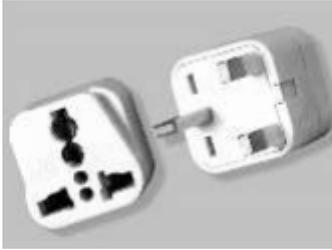


<b>Your driver / guide:</b>	3 to 5 USD per person / per day
<b>Porter:</b>	2 USD for the porter in the hotel \$ 5 - 10 for porter during gorilla tracking (in addition to daily wage of \$ 15)
<b>Ranger:</b>	10 - 15 USD total (divided by the number of participants)
<b>Restaurants:</b>	5 - 10% on the total bill (In cheap restaurants 10%, in expensive restaurants a little less.)
<b>Hotels:</b>	1 - 2 USD per person / per night

## To eat and drink:

Uganda, with its agricultural resources, combined with a very conducive climate, produces a wide range of food. Bananas, millet, corn, sorghum, rice, wheat, sweet potatoes, "Irish" potatoes and cassava are growing in abundance. Tropical fruits and other vegetables such as watermelon, passion fruit, pineapple, mango, tomato, eggplant, paprika and avocado are also abundant. You will probably eat better here than you do at home! Tea and coffee are easy to find everywhere and are cheap to buy in coffee houses and cafes. Although Uganda exports a lot of coffee, the biggest coffee drinkers are not Ugandans. In local restaurants you will therefore be served mostly instant coffee instead of freshly roasted coffee. Soda (Cola, Fanta, Sprite, Bitter Lemon, etc.) is sold in glass bottles, which must be returned and then recycled. The Ugandan beer (Lager) can easily compete with other international beers. The best known varieties are Nile Special, Club and Bell. However, they are slightly stronger than our native varieties and are sold in 500 ml bottles.

During your stay, depending on your accommodation, you will be served mostly familiar western dishes. We therefore recommend that you stop a few times to sample local food and fruits - try Uganda's favorite dish: Matoke.



## Plug and voltage:

British plug with three pins: 240 V, 50 Hz. Learn more: [www.countrycode.org](http://www.countrycode.org)

## Charging cameras, cell phones, etc:

You can charge your cameras, cell phones and other electronic devices in most accommodations. If you bring several electronic devices with you, we advise you to bring a socket (multiple socket), as sometimes you will only have one socket place available. In addition, we advise you to bring spare batteries for your camera, as it can always come back to power outages.



## Phone / Mobile:

There are several mobile providers in Uganda, including MTN and Airtel. You can buy a SIM card for a relatively low cost (\$ 3). Sim-cards and credits (airtime) from MTN and Airtel are available throughout Uganda. Have your passport (or a copy) ready when you purchase a sim card. Make sure your phone is SIM-Lock-Free. The area code for Uganda is +256.

## Internet:



There are internet cafés throughout Uganda, even in the more remote areas. Note that the Internet speed with below is very low. If you have your own laptop with you, you can buy a 3 GB wireless internet stick from Orange or MTN. This internet is relatively fast. The cost of this stick is about 40 US dollars per month (1 month minimum). The stick can be bought in Entebbe, Jinja and Kampala. Some lodges also offer wireless internet, but this may be very slow.



## Luggage & packing list

We recommend that you use a bag or suitcase made of soft material. Hard-shell cases are unsuitable as they are difficult to accommodate in the car and can easily be damaged on Uganda's bumpy roads.



Limit your luggage to a maximum of 15 kg per person.

- Passport
- Yellow fever certificate Visa application form & 50 US \$ for the visa (payable on arrival at the airport in Uganda)
- Cash in Dollars / Euro for private expenses (food, drinks, souvenirs, etc.)
- mosquito repellent with the active ingredient DEET (a mosquito net is not required!)
- Summer clothes, pullovers and lightweight jacket for cooler evenings and higher layers (preferably natural colors: khaki, beige, ocher, green, avoid bright blue and black as they attract the tsetse flies, this is especially true for travel in the Murchison, Queen and Kidepo NP)
- Long socks / pants for tracking
- Sturdy shoes (for example hiking boots)
- Long-sleeve top
- Long trousers for chimpanzee and gorilla tracking
- Rain jacket and (also in the dry season violent showers especially in the rainforest possible)
- Light footwear for excursions and leisure, e.g. Sandals / Flip Flops
- Swimwear
- Binoculars
- Camera
- Adapter
- small daypack
- Sunscreen and sunglasses, head protection
- first-aid kit (consult your family doctor or a tropical institute)
- flashlight

## Health:

We are not authorized to answer all your questions regarding "travel health"! We recommend that you contact your family doctor, your foreign travel health insurance or a tropical institute at least 8 weeks before departure for an update. For more information, please contact the Foreign Office.



### **Bilharzia (bilharzia):**

In most waters in Uganda, the pathogen is schistosomiasis. It is a "bad" little creature that gets through your skin into your body and can damage the liver.

DO NOT swim in Lake Vicoria or other lakes. The Nile is not schistosomiasis-free but relatively safe for rafting and swimming. The Lake Bunyonyi is "bilharzia free" and is just like the Lake Mutanda ideal for swimming. However, we take no responsibility for any diseases - swimming and swimming in Ugandan waters is always at your own risk!

### **HIV/AIDS:**

In Uganda, as in most African countries, HIV / AIDS is widespread. While the decline in new arrivals and HIV awareness campaigns in Uganda are impressive, you should be aware of the dangers at all times! Make sure you wear gloves when you come in contact with blood and use a condom when you are cohabiting!

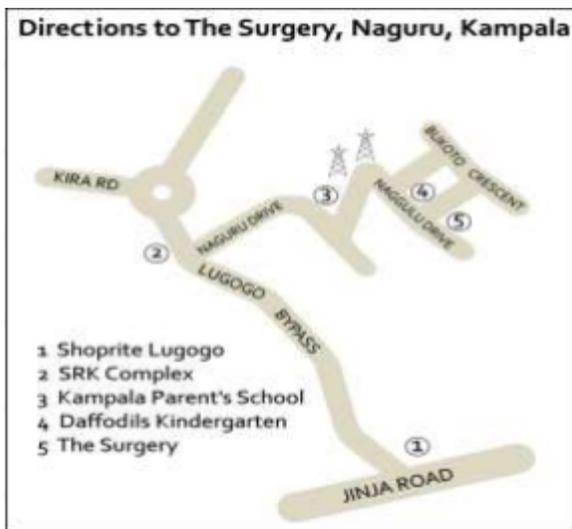


## Hospital, medical care:

### Chirurgie Kampala (The Surgery Kampala)

42 Naggulu Drive, Naguru, Kampala

Reception:	+256 (0) 31 225 6001/2/3
Pharmacy :	+256 (0) 31 225 6005
Ambulance:	+256 (0) 752 756003
Examination by a doctor:	+256 (0) 31 225 6007



**Option 2: International Hospital:** Namuwongo, Kampala: +256 31 2200400

## Gorilla Tracking:

According to the Uganda Wildlife Authority (UWA), the probability of seeing gorillas is 95%.

Your journey will be breathtaking! Make your way through dense jungle, thick bamboo, past local houses to the wooded hills ... The tracking times are unpredictable and can vary from 1.5 hours to 7 hours. That's why you need to be in good physical shape! But your efforts will be rewarded with your first sighting of the gorillas! When you approach this gentle giants and face them face-to-face, you are fully rewarded. We offer permits for Uganda (Bwindi-Forest NP: Buhoma, Ruhija and Kisoro) as well as for Rwanda (Parc National des Volcanoes). Because of the high demand, it is recommended that you apply for your permit in good time, in advance. We recommend a booking at least 3 - 5 months before the scheduled date of departure.

**Note:** Please note that during Gorilla Tracking you are in a remote area and hospitals are not in the immediate vicinity.

## Contacts Europe Suites & Tours Ltd

Here are the Europe Suites & Tours Ltd emergency numbers. For normal questions, please use our office number...



Email: [info@europasuites-tours.com](mailto:info@europasuites-tours.com)

Office number Uganda: +256-772497695

Office number Germany: +49 152-1312-3536

Address: **Uganda  
Europa Suites & Tours Ltd  
Plot Nr 1 portal Avenue  
Span House Suite 214  
Kampala, Uganda**

## Donate

When people travel in Uganda, it is not uncommon for them to donate to the people they meet on their journey. We at Europe Suites & Tours Ltd are often asked to give some tips on this topic.

We strongly advise against discouraging children directly! Because this can encourage children to beg for a long time or even encourage the children or parents to quit school and go on a "begging tour" because that is more productive. Please refrain from distributing pens, books, toys or sweets. School-relevant things are provided by the schools and toys and sweets are anyway very unhelpful! You can give something to the disabled or the elderly if you see that they really need it.

If you also want to do a little more, we advise you to do some research and to contact schools, projects or orphanages. We are happy to assist and advise you in the search for a suitable project.



## Sustainable travel in Uganda:

We want your trip to be memorable both for you and for Uganda. We recommend that you visit our website [www.europasuites-tours.com](http://www.europasuites-tours.com) and click on the link "sustainable tourism". Here are some tips on how to make your trip more sustainable.

### Firefly

A great initiative, we would like to promote, are the Fireflies (Firefly). Barefoot Power developed a small light that works with solar; the firefly. The goal is to create affordable, clean and safe solar lighting and telephone charging systems for the people in the lower strata of the global economic pyramid.



You can order the Firefly (s) via Europe Suites & Tours Ltd, for the original purchase price, for \$25 each. Please order Firefly (s) in your booking form or send us your mail. The lamp will be presented to you by your guide on the first day of your trip and you can then give it away to a person of your choice during your tour.

For further questions please contact us. We are very happy to help and advise.

The Europe Suites & Tours Ltd Team wishes you a wonderful stay in Uganda and a pleasant and eventful journey in the Pearl of Africa.

## WebaleNyo! Thank you! Dankeschön!



## Uganda Map





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