

Uganda, Africa Mission Trip Information.

What does a mission trip consist of?

Medical clinics:

-At the clinics you can help with organization in getting people to see the doctors, Hanging out with kids for games and activities, skits, Bible stories, and praying for people

Prison ministry:

-In prison there will be a service, handing out soap, a soccer (Football) game for the men with us and our Uganda staff vs their team 😊🌐. Women's prison consists of a service and interaction.

Children's ministry, visiting schools and participating in church services.

-Hanging out and showing love to the kids.
-You will be invited to help sing and give a testimony.

Visiting Water well's and Seeing New Shelters:

-Potential to see and help with a New Well to be installed and see the first water come to a village
-Seeing the New Shelters people have vs the shack or hut they used to live in

Optional Safari:

-River boat ride to see hippos, crocodiles, monkeys, possibly giraffes and elephants, and many birds
-Game Drive to potentially see lions, giraffes, elephants, Cape buffalo and many kinds of deer

Preparation for travel.

If this is your first time to Uganda, please be sure to take a good look at this list; it will provide you with much valuable information.

- **Passport: A valid passport is Required to travel**
 - Passport must be renewed if it will be expiring within 6 months of the Beginning date of the trip
 - Apply for the first time or renew at this link: <https://www.usa.gov/passport>
 - Visit or contact your local post office for passport photo and additional help and guidance.
 - Make a photocopy of your passport to bring along for day-to-day activities in Uganda.
This will allow you to leave your passport at the guesthouse.
- **Visa: Required to enter Uganda**
This will be taken care of by us for you!
 - When you submit all your information on the trip registration page, our International Team will use that to submit the application for you.
 - We will then forward you the confirmed Visa via email or WhatsApp.
 - Contact info: kyle@gospelexpress.com or 828-859-7003.

Shots/vaccines.

- **Shots: A yellow fever shot is Currently Option to enter Uganda**
- This shot is good for a lifetime, if you have received it you're good to go.
- (*If needed it can be received at the airport in Uganda - \$40 USD).
- This will be noted by us when the Visa application is submitted by us 🙌
- More Expensive in the US and prices Vary (\$150 to \$250)
- Children **under 2 do not ever require** a Yellow fever shot
- **Not required** but we do recommend a **Hepatitis A vaccine as well.**
 - The health clinics will recommend many more additional shots and we recommend declining, it is of course totally up to you.

Health Best practices for trip

- **Boost your immune system**
 - Lots of Vitamin C!
- **Hydroxychloroquine or Mefloquine can be taken for potential Malaria Prevention**
 - You can pick this up stateside or over in Uganda
 - You can take 1 dose a week starting 2 weeks before the trip and then follow through on a weekly basis till you return

Total Trip Cost and Details:

\$2,400 to \$2,700 per person

Average trip is a total of 2 weeks which equals around 10 days on the ground.

- **Flights: \$1,300 - \$1,600 (Flights are refundable minus a \$125-200 Fee)**
 - Arrangements are made through Golden Rule Travel with Sharon Martin.
 - When you register for the trip online, she will automatically receive your info and be in touch with you about final details of booking your flight.
 - You will make payment directly to them for the Flights.
- If you are booking for an entire group** and the dates are more in your court, then you will contact her directly and she will get you the best pricing and dates for your timeframe.
- Her email is sharon@goldenruletravel.com and phone number is 330-893-1556.

- **Lodging, food (2 meals/day), water, and tips:**
-Approximately **\$550.00 USD** per person.
 - **Van rental and fuel:**
\$265.00 USD per person toward the Vehicle rental and fuel expenses.
 - **Visa: \$80**
 - **Safari: +\$300**
 - **Children 4-12: \$380 with Visa + Flights costs (25% off adult fare)**
 - **Children 3 & under: \$80 Visa + Flights costs (25% off adult fare)**
 - **Children 2 & under at time of travel: \$80 Visa + Flights costs (90% off adult fare)**
- = \$895 - \$1,130 that you will pay at registration of a trip, we will take care of all the details from there.**

***We cannot offer a tax-deductible receipt for this amount, unless it is from a fundraiser (Through Church) or from a sponsoring individual**

Other Mission Expenses:

- **Perhaps your friends or Church would be interested to contribute toward the following:**

(Receipts can be issued for proceeds sent to Gospel Express toward the following expenses or you can bring proceeds along).

-Gospel Express pays expenses not covered by the mission team.

- **Medical clinics** cost is approximately **\$3,200.00** per one-day of clinic.
- Between **600-700 people** are usually treated in one day (Usually 2 or 3 clinics per trip)
 - **Skinner salve** - \$1,900.00
 - **Soap for prisoners** - \$1,500.00
 - **250 mosquito nets** - \$875.00,
 - **500 blankets** - \$3,500.00,
 - **50 Bibles** - \$550
 - **Small baby dolls** for girls that we purchase in PA (350 for \$1400.00).
- **Matchbox toys** for boys are great gifts *(make sure they look like real cars and trucks - approximately 50 per gallon Ziplock bag.)*

- **Soccer balls** – good leather – deflate – has pump and needle with each one – size #5 soccer balls. <https://www.amazon.com/gp/product/B08S6PB7RZ/?th=1>
- **Candy** - **not** round hard candies, chocolate, or smarties. **Lollipops/Suckers are GREAT!**
- **Balloons, bracelets, and yoyos.**
- **Children and baby clothing** to give out.
- **Jump Ropes** with Wooden Handles

Climate:

Because of its location near the equator, the climate is warm but not necessarily humid. Temperatures are generally in the low 80's with nighttime lows in the 60 – 70's.

Time Difference:

There is an 7-hour time difference from Eastern Standard Time.

Example: 12:00 noon in NC is 7:00 PM in Uganda or 6:00 AM in Uganda is 11:00 PM the night before in PA, NC, FL, and OH etc.

Wi-Fi

- It will be available at the main guest house where we stay.

Wardrobe & Attire:

- **For the Men:**
 - Pants are worn for all outings/ministry (Khakis, jeans, sweats)
 - Polos or plain Tee-shirts with nothing offensive/obscene are great.
 - Regular tee shirts and shorts can be worn around the guest house and for sports
 - We encourage a button down or something more dressy for Sunday services
- **Cleats/athletic shoes for Soccer in prison**
 - The inmates or people you play against and sometime with will often ask you for your shoes, it is great if you can give them away or bring along a extra pair, it means a lot to them 😊
- **For the Ladies:**
 - We encourage long skirts (*below knee when sitting*) for all public ministry and travels in Uganda.
 - Modest fitting tops and blouses
 - We encourage you to bring something more dressy for Sunday services
- **For both:**
 - Bring a light jacket or sweatshirt for mornings and also if you go on a safari as you often go out early in the morning

-**Good walking shoes** as we move a lot and things get very dusty and dirty

- **Bring 1 or 2 sets of clothes in your carry-on bag in case your check-in luggage doesn't arrive the same day you do :)**

Luggage:

- **2 - 50lb large suitcases:** (These are your Check-ins)
 - You pack **one** with all your personal items
 - The ministry will pack your second luggage with mission items for you to take along – (it will be sent to you).
- **1 carry-on roller bag/duffle bag**
 - Fits in overhead bins of plane
- **1 Personal Item:**
 - A purse, backpack, etc. that fits under the seat in front of you

2-Day Laundry Service available over in Uganda

Things to bring along:

- Your Bible
- Passport and photocopy of passport
- Paper copy of your flight itinerary
- 240v power converter – if you are charging a phone or laptop
 - <https://a.co/d/8rJuxDX>
 - <https://a.co/d/2wMNePV>
- Books, Music, or some entertainment
- Neck pillow
- Phone or Camera for Photos
- Travel cross body or lanyard
 - Great to hold your passport/docs for handy access during travel
 - Something small to carry cash, phone, etc, in when out and about
 - <https://a.co/d/79wxHNU>
- Insect repellent, sun block, & hat – We are close to the equator.
- Small Flashlight or headlamp (electricity can go off at any time)
- You will **not** need to take bedding and towels **but take washcloths!!**

- Bring ones you can throw away after using and not take back home
- Think of children's games to do in open areas during medical clinics

Snacks!

We Generally eat breakfast & supper at the guesthouse

- Beef Jerky
- Any kind of protein bars or snacks
- Granola Bars
- Trail mix/nuts
- Cracker Packs (not chocolate stuff as it tends to melt)

-We share a lot of the snacks among the group

-Be sure to also share/offer to our Ugandan team members that travel with us (Drivers, Pastors, Staff, Nurses)

Water!

- **Drink only bottled water when in Uganda!**
- **Also use bottled water for Teeth Brushing**
- We will have plenty on hand

Songs & Music

- Have a few worship songs ready you can sing together with a guitar
- There will also be a piano available most times you sing so anyone who plays can plan to play along
- There are a couple songs we sing on the trip that we do in English and their native language Lugandan
- It is great if you can practice these before hand as a group.
- Here is the Link for the tracks and Lyrics of the songs
<https://drive.google.com/drive/folders/1ysh9AhM9FGr5aGpx24u-xtTE4faS1Ug?usp=sharing>

International Phone plans

- **We recommend 1 or 2 of the leaders of the group have data**
- Much communication happens through WhatsApp and is very critical that some are able to access it during the trip
- Verizon does this for \$10 a day and you don't have to do anything different with your current plan

-Check with whoever your provider is about the best options

Remember Travel Size Cosmetics

- No more than 3.5 oz of any liquid and no aerosol cans like hair spray or bug spray in **carry-on luggage**.

-Any size stuff can go into your **Check-in**

-We recommend putting all liquids in Ziplock bags (Especially stuff in your check-in suitcase) just in case they expand and open during travel.

-We also recommend that you use the maximum amount of luggage items you're allowed to take so we can take as many mission supplies as possible.

Currency/Money to bring 💰

- We Recommend using Credit cards during your airport travels.
- No credit cards are accepted during your time in Uganda
- The Ugandan currency is shillings.
- **For souvenirs, \$100-\$200.00** will purchase a good number of items.
- We recommend bringing an additional **\$200-300** for different needs you might see, have compassion for, and want to give to
 - medical cases, bibles, new shelters, clean water, etc...
- **Coffee** is a very popular and great gift to bring back for your friends and family
- **Please take along only CRISP NEW \$100 or \$50 bills** for exchanging - they get a better exchange rate
 - The bills should be year 2017 or newer
 - Avoid bills with wrinkles, tears, writing or marks on them
 - Banks will give you newer bills upon request.

We expect God to do great and mighty things as He does His work through us for His glory!!

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