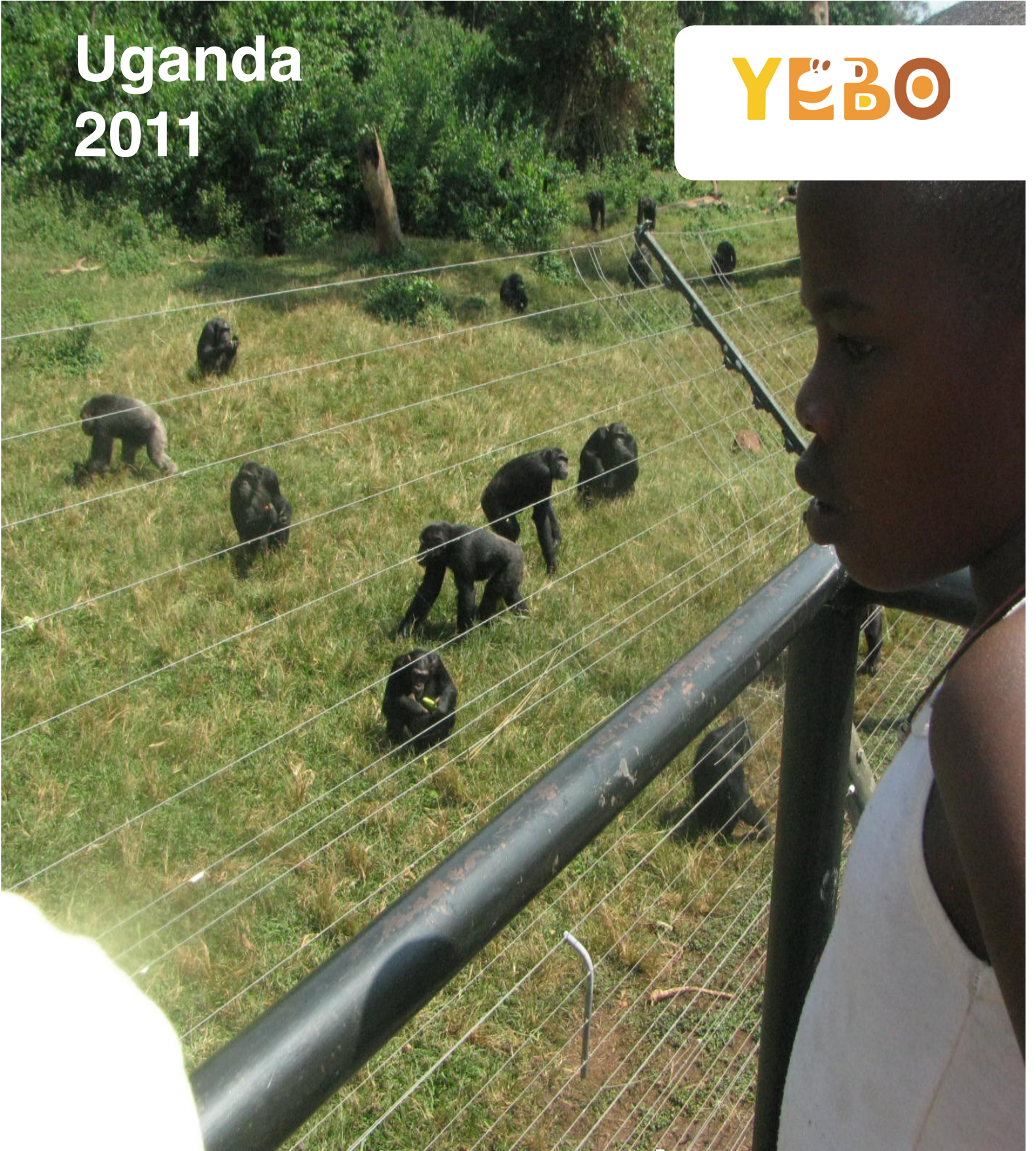


Uganda  
2011

YEBBO



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- Everything you need to know about life as a Yebo volunteer

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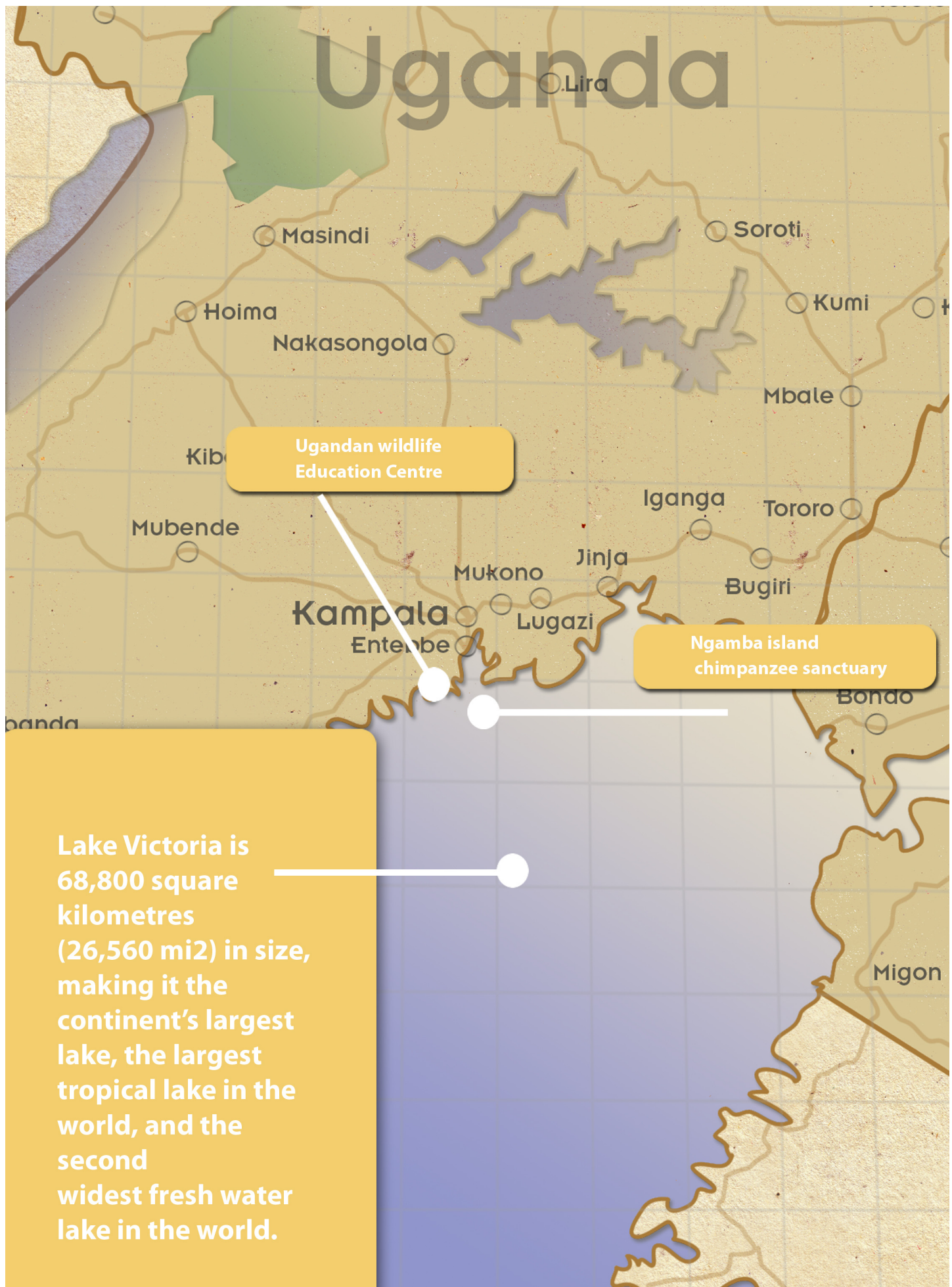
## Overview

We aim to work with children who have emotional and social disadvantages through primate-based communication activities. The aim of project is to provide an educational and therapeutic benefit to children who have had illness and trauma in their lives, whilst supporting the awareness and education of primate conservation.

The aim is to support children to express their feelings through the primate-based activities by allowing them to relate human behaviour, feelings and life experiences to that of primates (our closest relatives) Although we wish to work with other animals to support children emotionally and educationally, we have chosen chimpanzees to front the projects. This was with the knowledge that they are our closest living relative, and that they display many feelings, expressions, behaviour and intelligence that are so close to humans. The effects that rescued chimpanzees may have when coming to a sanctuary emotionally and physically could be related at maybe a lower level in children who may have experienced some form of abuse and illness/ trauma in their lives. Especially focusing on the emotional side of the behaviour. When working with the children volunteers will be getting involved hands on in different types of communication activities.

Animal assisted therapy is the name that has been given to activities associated with contact and observation of being around animals to provide a therapeutic experience. It aims to give children confidence, build self esteem and allow children to build social and more interactive relationships with their peers and carers. Some research has been done on the therapeutic benefits between animal and child human-interaction. But little data has been collected on this. We are not qualified in animal assisted therapy, but as this is to be considered a large aim to Yebo's work, we aim to begin to collect research and more knowledge on this subject. Activities may be incorporated into the project through helping to feed animals or observe chimpanzees and have contact with animals that are appropriate for this kind of work. This would be governed by the individual sanctuaries and keepers to ensure safety to children and volunteers. All volunteers must comply with safety guidelines set at the sanctuary and should by no means enter an enclosure/home of any animal. A lot of research on animal assisted therapy suggests that this is quite a controversial subject as the animals interests are not a concern, and the attentions and benefits are given to the children that the animals are working with. As one of Yebo's main aims is to raise awareness and support primate and animal conservation through this work then this is something that we wish to achieve differently, with the animals needs being put first alongside that of the children.

# Uganda



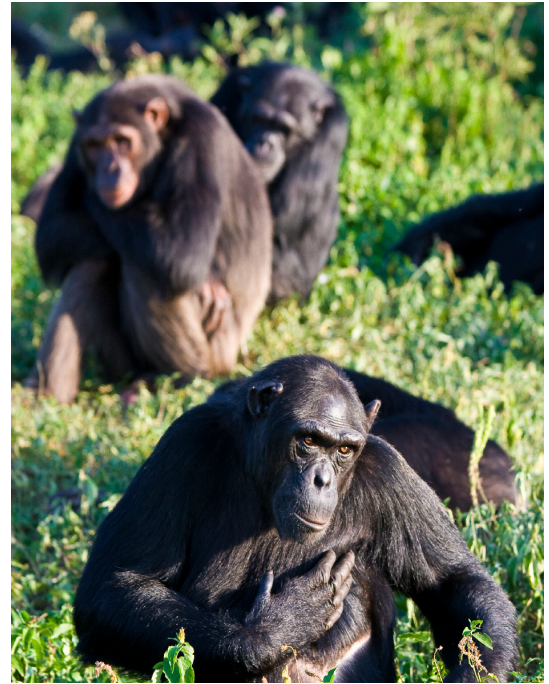
Ugandan wildlife  
Education Centre

Ngamba island  
chimpanzee sanctuary

Lake Victoria is 68,800 square kilometres (26,560 mi<sup>2</sup>) in size, making it the continent's largest lake, the largest tropical lake in the world, and the second widest fresh water lake in the world.

## Project focus

Situated 35km from Uganda's capital, Kampala, Entebbe is a pleasant and laid back lakeshore town, with plenty of natural history. The project will be based at the Ugandan Wildlife and Education Centre, on the shores of Lake Victoria amongst the diverse range of wildlife the centre is home to. There is an excellent botanical garden a few minutes walk from the centre, and there's a vibrant local market not too far away. Also only a few minutes' walk away is the Chimpanzee Sanctuary and Wildlife Conservation Trust (CSWCT) – the organisation that manages a Chimpanzee sanctuary – Ngamba Island - located on Lake Victoria and only accessible by speedboat. The Yebo volunteers will be taking a speedboat across Lake Victoria to visit the project. We will be heavily involved with The Ugandan Wildlife Education Centre supporting the work that they are doing during our activities with the children.



Situated near Kampala is the 'Raising up hope foundation' which is an orphanage specifically caring for children who have been living on the streets. Many of the children have been orphaned due to their parents' death, or through ongoing family abuse. They now find refuge, and support at Raising Up Hope, which is managed and founded by Patrick and William, 2 devoted Ugandans who had lived on the streets themselves.

Yebo found Raising up hope whilst doing our research when beginning our Ugandan projects. We now work regularly with the children from Raising up Hope who have several other projects themselves. As well as running an orphanage, they also work directly with children still living on the streets and in the communities.

Yebo run and fund primate education and communication outreach projects with Raising up hope working with the local people when our volunteers are not in Uganda which helps keep our work sustainable

## Project focus

The Ugandan wildlife education centre (UWEC) is home to various wildlife. UWEC was opened in 1952 by the Colonial Government then, as an animal Orphanage that offered sanctuary to young animals found abandoned in protected areas due to the death or poaching of parent animals.

In the early 1960s, it became a traditional ZOO and became commonly known as Entebbe ZOO in which even non-indigenous species like bears and tigers were kept as an attraction.

Because of the political turmoil and inadequate government funding, the ZOO became continually run down until May 1994 when a proposal was made by the New York Zoological Society now the World Conservation Society, to turn it into a conservation education Centre for conservation awareness purposes; hence the name, 'Uganda Wildlife Education Centre Trust'.

Yebo will be working closely with UWEC and Ngamba Island to allow us to run activities with the children that we are supporting. This is also aimed at allowing both to develop their avenues of education and therapeutic support in the communities.



The chimpanzee keepers at UWEC and Ngamba Island work round the clock to look after the chimpanzees in their care. The keepers are very capable primate handlers, with some having up to 30 years experience. They build strong relationships with the chimpanzees allowing them to know their behaviours, personalities, characteristics and individual likes and dislikes which helps them to recognise any illness, stress or anxieties displayed in their behaviours. This is essential knowledge in their role as a keeper and allows them to also aid rehabilitation programs when working with chimpanzees who have been housed at the sanctuary due to various reasons such as abuse and habitat loss. Being able to have contact with the primate keepers, as well as observing their work and primates Yebo volunteers will learning directly about primate behaviour of such an amazing species, so closely related to humans.

## Information

### *Food*

All food provided on the project will be vegetarian. As a group we cook our own food on site, with gas cookers and fridges available to us. We do not have meat as part of our diet. This is due to lack of knowledge of the local meat and where it has originated from. However, you are welcome to buy and cook your own meat. If you have any specific dietary requirements or allergies then please contact a member of the Yebo team so we can discuss your needs. Food is also available to buy at the volunteers own costs within the sanctaury if they wish to do so.

### *Accommodation*

The accommodation on the trip is fairly comfortable with 3-4 volunteers in one Banda which are spacious areas with showers and toilets in each one.

The accomodation does have electricity and the Ugandan wall sockets do not need adapters if using english appliances.

### *Phone and internet*

Mobile phones/sim cards can be purchased locally at low cost, all the staff on site will have mobile phones with them 24 hours a day should family members/friends need to contact a volunteer urgently. Internet access is available at a local hotel. Please note that bringing a laptop computer is at the volunteers own risk. All accommodation is secure with locks and keys.

### *Insurance*

Every volunteer MUST arrange personal insurance for the duration of the trip. Make sure you check with your chosen insurer what you are covered for on your policy and look for any loop holes. We recommend Campbell & Irvine for comprehensive cover, but you are free to choose whomever you wish.

Campbell and Irvine Ltd

Tel: 020 7937 6981

Fax: 020 7938 2250

### *Visa*

British nationals need to have a visa to enter Uganda. This can be obtained from the Ugandan High Commission in London, or at the International airport at Entebbe. If you are not a British citizen you must contact your nearest Ugandan embassy to obtain the relevant visa requirements as you may be turned away on arrival to Uganda. You are able to get a visa on entry into Uganda, but this will cost you approxiamately \$50, which you will need to pay there and then in cash. You should have a passport with a minimum of six months validity remaining.

### *Safety*

Volunteers are required to pay attention to safety instructions during this time and not wander around alone, especially at night and in towns. Going out after dark may jepordise the safety of other volunteers on the trip and also the nature of the project. Volunteers will be briefed about safety regulations during the project, but please refer to safety guidelines for Uganda at the foreign office website: <http://www.fco.gov.uk/en/travelling-and-living-overseas/travel-advice-by-country/sub-saharan-africa/uganda>

Volunteers are also required to adhere to safety regulations when at sanctuaries and children's homes. Working near primates and children can be both fascinating and rewarding at the same time, but you should remember that many of the primates you will encounter are wild animals and may have had a traumatic experience. Volunteers will NOT be working hands on with primates due to health and safety. Volunteers will be briefed about this at the start of the trip, but you need to be aware that you must not get too close (if it's not deemed safe to) or aggravate primates in any way. Primates – no matter how small – can be extremely aggressive if threatened. The children that we are working with may have illness such as HIV. Volunteers must practise normal precautions when working with children. It is advised that volunteers bring alcohol gel and baby wipes when working with children. Giving support to children who have suffered traumas or illness can be rewarding and an amazing experience, but volunteers must remember that the children we are working with may be extremely vulnerable, and volunteers must be sensitive and respectful of this when working with them. Again all volunteers will be briefed on safety precautions.



## Information

Volunteers will not be picked up from the airport automatically. Yebo staff are able to arrange safe transport for you but this will be at your own cost (around \$30). Please inform a member of the Yebo team who will organise this for you. If you do not require this transport you will need to make your own way to the Ugandan Wildlife Education Centre (UWEC) in Entebbe. UWEC is not far from the airport and you can either stay there before or arrange to stay elsewhere in Entebbe. Taxis can be hired to drive you to UWEC from the airport. Taxi drivers may ask you if you mean the Zoo? This is correct, as locals refer to UWEC as the Entebbe Zoo. We recommend that you do arrange for us to pick you up from the airport, and even meet or arrange to fly on the same flight as other volunteers on your trip.

The project will be starting on the morning of the 1st July and will end the evening of the 26th. Accommodation is paid and arranged for you the morning of the 27th at UWEC. Staff will be flying back on the 27th from Entebbe International Airport:

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### **Entebbe International Airport contact Information:**

P.O. Box 5536, Kampala

Telephone: +256 31/41 352000 Fax: +256 41 321401, 320571, 320964

E-mail: [aviation@caa.co.ug](mailto:aviation@caa.co.ug)

<http://www.caa.co.ug>

Transport from the airport:

Commuter taxis marked with a yellow strip are designated for travel to Kampala and beyond whereas the taxis marked with a blue strip are designated to travel up to Entebbe town only which is about 8 kilometres from the Airport. Passengers are advised to use marked vehicles.

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### ***Things to bring***

- T-shirts and comfortable trousers (jeans etc)
- Long trousers and long sleeved tops for use at night & breathable socks
- Shorts & swimming suit
- Lightweight rain jacket and trousers
- Waterproof shoes/boots e.g. gortex shoes or equivalent
- Backpack
- Camera
- Lightweight sleeping bag
- Binoculars & Sun hat
- Wildlife-watching guide
- Mobile Phone (It is possible to purchase local sim cards)
- Flip flops
- Moneybelt
- Water bottle
- String laundry bag
- Mosquito repellent
- Mosquito net
- Anti-bacteria towel (name yours!)
- Passport copies & insurance document copies
- Toothbrush and washbag
- A good book
- Spare batteries & spare wallet

Keep a photocopy of your flight details in case they are required

Please bring copies of your insurance documents and a copy of your passport with you.

The project will be based in Entebbe, so we recommend that you fly out of Entebbe unless you are travelling on and have arranged a flight elsewhere. We will be based at the Uganda Wildlife Education Centre when the volunteers will need to make their own travel arrangements to the airport. Yebo staff will be able to assist you in arranging transport to the airport, should you need it and it is possible to arrange taxis to take you to the airport from the centre itself.

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## Information

### ***General conduct***

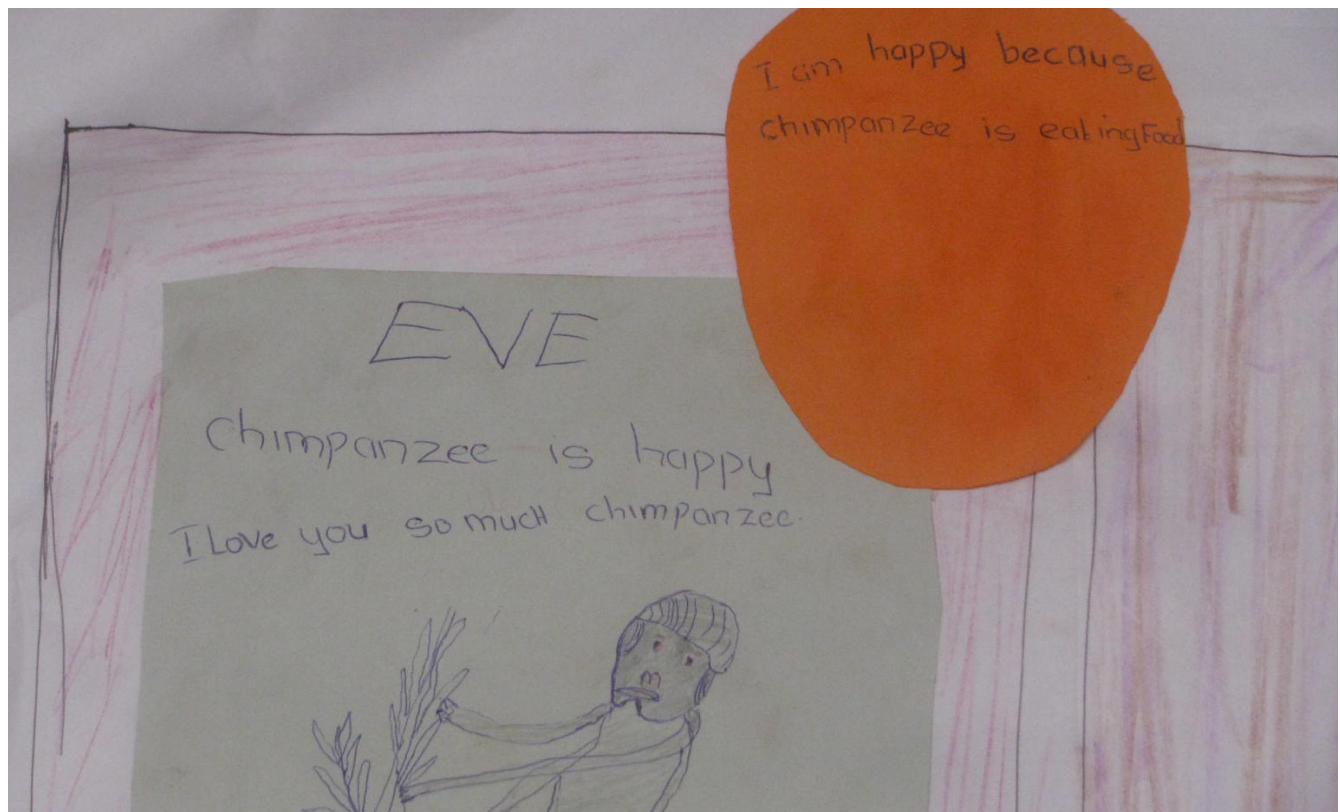
In Uganda, there is a huge social importance of formal greetings. It is considered very rude to directly ask someone a question without an elaborate greeting – at the very least, (and if the person you are asking doesn't speak English), they should be greeted with a smile, nod of the head and a "Jambo" (the Swahili for hello). It is considered rude to show emotion publicly, especially affection between the opposite sexes – holding, embracing or kissing would be seriously offensive. On the contrary, it is fine for members of the same sex to hold hands. Men shouldn't be surprised if a male Ugandan they are in conversation with clasps their hand for a few minutes. Again, on the contrary, homosexuality is taboo. It is also not acceptable to show anger in public. There is an Islamic element to Uganda, particularly in Kampala, and it is insulting to use your left hand to pass or receive anything, or to shake hands. Women tend to dress more conservatively, which may go some way to decreasing the level of hassle received from men, especially in cities. We ask women volunteers to consider this when packing items of clothing. We recommend not wearing very short shorts or low cut tops that may be revealing. This may bring more attention to you and can also cause offense to locals. If a staff member from the zoo asks you not to do something, then we ask you to please respect this.

### ***Personal costs***

Although basic meals and accommodation fees are included in the price, you will need to have spending money for daily costs such as drinks such as soft drinks and water, souvenirs (eco-friendly), other tourist attractions etc. Some volunteers may wish to go out for dinner.

### ***Money***

The currency in Uganda is the Uganda Shilling (USH). For the current exchange rate visit: [www.xe.com](http://www.xe.com)  
If using cash, both the British pound and the US dollar are easy to change in cities. This can be done at either Banks or Forex bureaux – the latter offer less commission and less paperwork. Traveller's cheques are not as widely accepted as cash (owing to some forgeries a few years ago, that left banks seriously out of pocket) and often carry high commission charges. US dollar bills printed before 2000 are not accepted, as aren't torn or blemished notes. Higher denominations are easier to exchange. It is advisable to take a VISA debit or credit card for withdrawing cash. Mastercard is rarely accepted across Uganda and credit cards aren't widely accepted in Uganda except in major cities. We recommend bringing \$300 minimum for extraneous costs until we visit a bank where you may withdraw cash.





# Information

All information in this section is generic in nature. The Yebo team cannot offer medical advice.

However YOU MUST check with your GP or Travel Nurse for advice about the vaccinations/health precautions you should take and inform them of the countries you wish to visit. If you have any existing medical conditions or dietary requirements, please contact a member of the Yebo team if you are concerned about managing your condition whilst away. We strongly recommend that your travel insurance includes comprehensive medical cover. Medical facilities, including ambulance services, outside major cities are very limited, and your insurance should cover you for the possibility of medical repatriation. You should also check any exclusions, and that your policy covers you for all the activities you want to undertake. All Yebo staff are first-aid trained.

We recommend, as a precaution, that every individual carries their own medical first-aid kit. You should consider packing the following items:

- Antibacterial ointment
- Antifungal cream e.g. canesten
- Antidiarrhoeal drugs
- Antihistamins
- Antimalarial pills
- Oral rehydration salts
- Paracetamol/aspirin/ibuprofen
- Scissors
- Safety pins
- Tweezers
- Pocket knife
- Sterile needles/syringes
- Alcohol gel and wipes
- Antibacterial wipes/baby wipes

## General vaccinations

Please check your immunisation status with your GP or travel nurse. Keeping up-to-date with Tetanus, polio, diphtheria, Hepatitis A is wise – but ask for professional advice about what vaccinations are suitable for Uganda.

## Rabies

It is generally recommended to be vaccinated against rabies if you are likely to come into any contact with mammals. Rabies vaccinations buy you time if you are bitten by a rabid animal.

## Malaria

The risk of Malaria in many parts of Uganda is considerable and you are advised to take precautions throughout the project. For more information please visit <http://www.fitfortravel.nhs.uk/destinations/uganda.htm> - and see your GP for further advice on what anti-malaria medications are suitable for you.

## HIV

You should exercise normal precautions to avoid exposure to HIV/AIDS, which is prevalent across Africa.

## Bilharzia

Bilharzia is transmitted through certain snails in fresh water, when bathing. As a precaution, we ask that you don't go swimming/paddling in water without consulting a member of staff to see whether the water is a potential risk of the disease. Bilharzia is common in most water sources in Uganda, even in some places advertised as "Bilharzia free".

## Protection from the sun

It is advisable to bring sun screen with you - the African sun is a lot stronger than in the UK so please be mindful of this when packing. Bring a suitable factor of cream for your skin type and other precautions such as long tops to cover up with/sun hats etc.

## Contacting us

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50 Lockside  
Portishead  
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BS20 7AE

01275 390 192

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