



P.O. Box 490 Kabale.
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COMMUNITY CARE SERVICES

International Volunteer Information Package

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COMMUNITY CARE SERVICES

About Us

Victory Community Care Services is a registered NGO (S.5914/7330), dedicated to care and serve the community. The organisations started as a Community Based Organisation (CBO) in 2004 and later it was restructured to an NGO status according to the recommendation of the local leaders. This was in keeping with the organization's ongoing ability to achieve and deliver demand for critical services to the community. Seven board members, who are committed to seeing the mission fulfilled, govern the organization. The founding members were drawn from a network of Christian churches who identified needs within their congregations and the general community.

Vision Statement

The organizations vision is to provide sustainable programs and services to the most disadvantaged peoples of Uganda, by sharing Christ's love which brings holistic transformation to each individual, thus allowing each person's potential to become the strength and fabric of their communities and nations.

Mission Statement

The Victory Community Care Services mission is to meet the needs of the whole person within the Ugandan communities. Using integrated programs and services, we aim to work as a team in planning, mobilizing resources, and developing programs that will bring socio- economic and spiritual transformation in the community. VCCS is defined by empowering people to stand on their own to be self sufficient, fight diseases, poverty, ignorance and social evils in the community. This is done without prejudice or favour, giving respect, ownership, and dignity to all participants.

Goal

To provide Christ centred services for the relief of poverty, sickness, suffering, distress, misfortune, destitution particularly with both vulnerable children and youth, working proactively and collaboratively with all stakeholders to enhance the physical, social, emotional and spiritual well-being of people.

VCCS aim to impact and improve the status of those living in poverty through income generating activities and social development activities. Income generating activities therefore, are not an end in itself, but a means to achieve the overall goal of improving the status of the impoverished. This implies that the project supports those income generating activities which contribute considerably to improving sustainable socio economic outcomes within the communities.

Objectives

- To empower people at household level with skills and knowledge to utilize available resources to reduce poverty, diseases, whilst focusing on education & training so as to improve the standards of living and mortality rate.



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- To further and foster change of the social-traditional beliefs and practices that hinder development and innovations such as dependence syndrome, child sacrifices, witchcrafts, ancestral worship, and discrimination of the disadvantaged children.
- To provide basic needs directed at housing, food, clothing and education to the orphans, vulnerable children and youth to experience life transformation and wholeness.
- To give the “world best practice” education, training (Vocation Education & Training methods) and mentoring to the children with the purpose of rising up a new and competent generation of committed and faithful leaders of Uganda and other nations.
- To develop human capacity equally and to promote and advocate for the rights of the disadvantaged children from village level up the national level.
- Empower the disadvantaged children with life skills and knowledge to produce the basic necessities of life such as growing nutritious foods, cookery, mechanical repairs, budgeting, personal hygiene and many other trade and non trade skills.
- To help disadvantaged children with social psychological support and enabling them the accessibility of quality health services and rehabilitative services aimed specifically at post traumatic stress disorder and co-dependencies.

Background Information about Uganda

Uganda is located in Eastern Africa and achieved independence from the UK in 1962. The dictatorial regime of Idi Amin (1971-79) was responsible for the deaths of some 300,000 opponents; guerrilla war and human rights abuses under Milton Obote (1980-85) claimed at least another 100,000 lives. Uganda faces real challenges both in addressing corruption and weaknesses in its democratic processes and in reaching a peaceful resolution to a conflict in the north of the country that has displaced 1.4 million people. Uganda's population is approximately thirty million. Estimates for this country explicitly take into account the effects of excess mortality due to AIDS; this can result in lower life expectancy, higher infant mortality and death rates, lower population and growth rates, and changes in the distribution of population by age and sex than would otherwise be expected (July 2006 est.).

Uganda is one of the poorest countries in the world, with a per capita income of US\$ 280 p.a. In the short term, exogenous shocks, internal budgetary pressures, high population mortality, as well as the insecurity in the North continue to limit the prospects for faster growth. Nine million Ugandans live on less than \$1 a day, and most of these belong to households depending on subsistence agriculture.

Kabale district has a high population of 471,783 with a ratio of 86 males to 100 females. Out of these, only 45,757 live in the Municipality and the remaining 426,026 live in the rural areas. The District has a total area of 1,827 square kilometres, out of which the arable land is 1,695 sq km. The district has 109,301 households each with an average of 4.1 persons. The average land area for agriculture is 2.06 hectares or 5.08 acres per household. Agriculture is the main occupation of the population with 86% producing at subsistence level



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and the rest engaged in commercial agriculture, several wetlands have been drained for agriculture as well as areas of natural forest.

Although the government of Uganda and the other non-governmental organisations have been helping the communities in Kabale District, there is still a high rate of poverty, disease, and limited education. There is still a great need to empower the communities to allow all the citizens to participate in the micro-economy of the district and the country as a whole, for a transformation.

Baseline conditions indicate that the main problem in the area is widespread poverty and vulnerability of target groups. Gender inequalities, high fertility rates, high illiteracy levels and skewed control over resources to women's disadvantage. These are some of the challenges in the community. The average per capita income in Kabale District is estimated at US\$ 150 p.a. while the literacy rate is 60%. Public health care in the district for both the rural and urban populations is provided by only one hospital with other private clinics. The common diseases include Malaria, HIV/AIDS, Diarrhoea, Hepatitis A and Typhoid, Tuberculosis and many others.

There are estimated to be eight thousand street children in Uganda, many of which are war orphans. AIDS and HIV are also playing a part in forcing children onto the streets, with around twenty percent of Uganda's population believed to be carrying HIV. It is estimated that almost one million children under fifteen lost their mother or both parents to AIDS – the highest number of AIDS orphans in the world. Furthermore, some of the street children themselves are also infected with HIV or AIDS. The street children spend time, either eating from the garbage bankers or trying to earn an income and frequently becoming addicted to glue, smoking marijuana taking drugs and getting involved in petty theft. In January 2001, the Ugandan Government announced that it would conduct an intensive study on street children in Uganda to investigate how they can be rehabilitated. However, many street children still do not receive any official shelter, welfare, food, health or educational assistance.

In Kabale District the majority of orphans are paternal, living with their mothers whose health and well-being is paramount to the survival of orphans today. However 8 percent of double orphans is attributed to HIV/AIDS (UNAIDS 2002). Many children who are orphaned are forced to live on the streets or under exploitative conditions of labour and sexual abuse. Many live in child headed households where they have to fend for themselves and support their young siblings. Some of these children are infected with HIV/AIDS either through mother to child transmission or through defilement (OVC Policy, 2004).

In Kabale District, 8.3 percent of the total populations are orphans (37,975). Of these, a total of 6,614 (1.4 percent) are orphans who have lost both parents while 44,589 orphans have lost one of the parents (Population & Housing Census Report 2002). The main causes of orphan hood in the District are diseases such as HIV/AIDS and malaria that lead to the death of parents. Land disputes leading to murder, accidents, and witch craft caused by personal conflicts have also led to the increase of orphan hood in the district. And like other marginalized groups, the vulnerable lack access to productive resources for themselves and their immediate next of kin. In some instances, the orphans are denied their late parents' property and this has subjected them to absolute poverty.

Immigration Requirements for Uganda

- You must be in possession of a valid passport issued by your government.
- Your passport must be valid past the date of your expected departure from Uganda.
- You must have the following in your possession:
 - a. An International Inoculation Certificate against Yellow Fever.
 - b. Criminal Record Report from your home country (for those who will be applying for a Work Permit).

Duration of Stay in Uganda	Visa Requirement	Cost
0 – 3 months	Single Entry Tourist Visa upon arrival in Uganda.	\$50US*
3 – 6 months	Single Entry Tourist Visa upon arrival in Uganda and then a 3 month extension on the visa (done from Immigration in Kampala).	\$50US* and then another \$50US* for extension of visa
6 – 12 months	Single Entry Tourist Visa upon arrival in Uganda, then a 3 month extension on the visa (done from Immigration in Kampala). After which you would need to leave Uganda for a few days and then return to purchase a new Single Entry Tourist Visa and go through the above process again.	Total cost would be \$50US* x 4 = \$200US*
12 months onwards	Single Entry Tourist Visa upon arrival in Uganda. During that time you would need to apply for a Work Permit through Victory CCS which is done from Immigration in Kampala. NB: If your Work Permit is not approved and completed before your tourist visa expires, you would then need to purchase a “Special Pass” from the Immigration Department in Kampala.	\$50US* for Entry Visa \$250US per year* for a Work Permit \$100US* for a Special Pass

* Costs given are subject to change over time.

NB: We do suggest you have a look at the Ministry of Internal Affairs, Uganda website for further and up to date information – go to www.mia.go.ug and then go to the Immigration Menu.

Accommodation Options

The options for accommodation are dependent on your length of stay, personal preferences and of course your budget. We suggest the following accommodation options:



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Length of stay	Suggested Accommodation	Cost (in Ugandan Shillings-UGX)*
A number of days up to 1 month	From hostel style (dorm bed) accommodation to Hotel Room style accommodation.	From 5,000 UGX to 120,000 UGX per night (some include breakfast, some do not).
1 month up to 6 months	Boarding with someone who is available and with whom a suitable arrangement can be made.	Dependent on the arrangement, but can start at 20,000 UGX per week.
6 months and onwards	<ul style="list-style-type: none"> - Rent own place - Share rental with someone (if available & suitable) 	From 100,000 UGX per month or 50,000 UGX per person per month.

* **Costs given are subject to change over time.**

Getting to and from Kabale

Transport options to get to and from Kabale are as follows:

Transport Option	Transport Cost (in Ugandan Shillings-UGX) *
Bus/Coach from the Bus Park in Kampala	25,000 UGX
Posta Bus (leaves at 7am on the dot at both ends- Kampala & Kabale)	17,000 UGX
Private Hire of taxi car or van	100,000 UGX per day plus fuel cost which must be pre-arranged at least one week before.

* **Costs given are subject to change over time.**

Getting around Kabale Town and District

The cheapest method of transport around Kabale Town is of course, by foot. But there are also other transport options available:

1. Boda Cyclist – bicycle taxi (note bicycle taxis don't provide transport up to Makanga Hill) which costs from 500 UGX* onwards depending on how far you want to go from one end of town to the other.
2. Boda boda – motorbike taxi costing from 1000 UGX* onwards depending on how far you want to go from one end of town to the other.
3. Special Taxi Hire – Sedan vehicle costing from 5,000 UGX* onwards depending on how far you want to go from one end of town to the other.

The transport options available to get around Kabale District are the same as for getting around the town but the Boda Cyclists and Boda bodas only go certain distances. If you are going further out into the district, a Special Taxi Hire is the best option.

Boda Cyclists and Boda Boda Drivers can be found in various locations in the town. They are normally grouped together in these 'stages' around town.

* **Costs given are subject to change over time.**

VICTORY

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Rukiga phrase book

(Runyankore-) Rukiga is a Bantu language spoken by millions. Its centre is in western Uganda. Two bi/weekly newspapers are published in it. Pronunciation is simple but native English speakers will need to forget their corrupt dealing with vowels. In Rukiga, **A is A and not "EY", oo is not U, ... Continental Europeans, on the other hand, should remember that J is not pronounced as Y.**

Other issues:

KI- is spoken as **CHI** ("ruchiga").

GYE = "JE".

Prolong double vowels or lose the meaning.

GREETINGS

How are you? = Ni gaahe?/

Agandi?/Embeera? (casual, not polite)

I'm fine = Ndi gye/Ni marungi

Good morning = Oraire gye?

Good afternoon = Osiibire gye?

Good day = Osiibe gye.

Good night = Oraare gye.

A universal response: Yeego/

Eego or simply yee/eee/mmmm.

Good bye! = Ogumeho

50 makumi ataano,

60 makumi mukaaga, ... 100 igana

200 magana abiri (spoken also

"bibiri"), 300 magana ashatu

("bishatu"), 400 magana ana

("bina"), 500 magana ataano ("bi-

taano"), 600 magana mukaaga,

700 magana mushanju,

800 magana munaana, 900

magana mwenda, 1000 rukumi

2000 enkumi ibiri, 500 enkumi

itaano ... 10000 omutwaro

20000 emitwaro ebiri ...

100000 emitwaro ikumi

TIME

What is the time? = Ni shaaha zingahe?

7 AM = shaaha emwe

y'akasheeshe (one in the morning)

NICE AND USEFUL EXPRESSIONS

Thank you (very much) = Yebare (munonga); plural: Mwebare.

"Please" is felt in the tone of your request.

I'm sorry = Onsaasire

Yes = Yeego. No = Ingaaha/Hapana

Oh my! = Yamaawe!

Sir = Sebo. Madam = Nyabo.

Friend = Munywani/Mugyenzi.

I have nothing for you = Tiinyine eki nkwiire

Leave me alone = Ndugaho/Ndeka

Where is Bunyonyi? = Bunyonyi eri nkahe?

(Avoid YES/NO questions when asking for directions.)

SHOPPING

How much? = Ni zingahe?

Too expensive! = Kirazimba!

Mzungu (white person's) price = Ebeeyi y'omujungu

NUMBERS

1 emwe 6 mukaaga

2 ibiri 7 mushanju

3 ishatu 8 munaana

4 ina 9 mwenda

5 itaano 10 ikumi

11 ikumi n'emwe ..., 19 ikumi na

mwenda, 20 makumi abiri,

21 makumi abiri n'emwe, ...

30 makumi ashatu, 40 makumi ana,

7:30 AM = shaaha emwe

n'ekicweka (half past one)

6 PM = shaaha ikumi na ibiri

z'omwebazyo (twelve)

7 PM = shaaha emwe

y'omwebazyo (one in the evening)

5 AM = shaaha ikumi n'emwe

z'akasheeshe

6 AM = shaaha ikumi na ibiri

z'akasheeshe

Careful: this system can by mistake enter English too!

All in all, talk to locals, in Rukiga or English, do not miss the greatest attraction of Africa: **PEOPLE!**