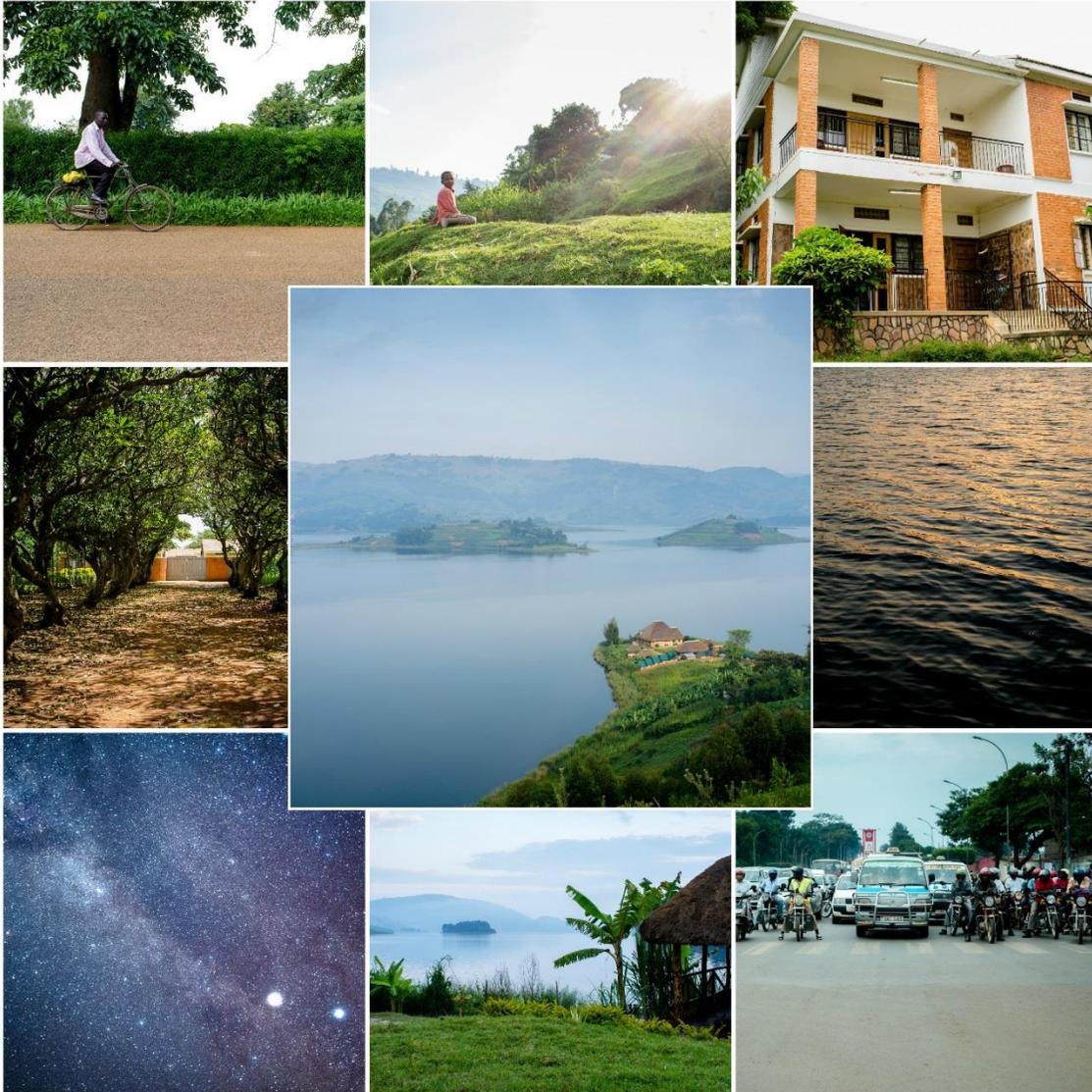




# 2017 Traveler Orientation Packet



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# Listen. Think. Act.

The Global Livingston Institute (GLI) is a community-based research institute developing strategic partnerships in both East Africa and in the United States with a focus on education and social impact. Modeled after the Aspen Institute and the Rockefeller Bellagio Center, the GLI creates a place at the table for students and community leaders to innovative complex solutions to poverty. The organization is divided into two core focus areas: Education (Listen. Think.) and Enterprises (Act.)

The Global Livingston Institute has two campuses; one in the Bunga District of Kampala in Central Uganda and our main research center in Kabale in Southern Uganda. The GLI is also operating research projects in Northern Uganda and has public health and education contacts throughout the country. The GLI selected Uganda and Rwanda as both countries are eager to engage in research, education and job creation opportunities. Since 2009 the GLI has developed extensive networks with the public, private and nonprofit communities in both countries.

## Vision

The Global Livingston Institute is dedicated to improving communities globally.

## Mission

The mission of the Global Livingston Institute is to educate students and community leaders on innovative approaches to international development and empower awareness, collaboration, conversations and personal growth.



# The Essentials

- **Passport:** Passports need to be valid for more than six months after your scheduled return date. Passport information and applications are available on-line at <http://travel.state.gov/passport/>
- **Passport Copies:** If your passport is lost or stolen, having a copy will help expedite its replacement. You should make two copies for yourself: one to take with you and to keep in a separate place from your passport, and an additional copy to leave with a family member or a friend at home. You may also want to save an electronic copy (picture) online.
- **Medical Requirements:** It is your responsibility to consult your physician regarding recommended vaccinations and prescriptions. You may also use the CDC's Traveler's Health site: <http://wwwnc.cdc.gov/travel/> as a vaccination information resource. Note that some vaccinations are given in a series or must be completed 4-6 weeks prior to your departure, so plan ahead. Prior to your departure, you will likely need to update your immunizations, fill a prescription for malaria prevention, and receive a vaccination for Yellow Fever.
- **Insurance:** Contact your health insurance provider to make sure you will be covered while abroad. It is crucial that you have international health insurance coverage. You can also find affordable traveler's insurance at [www.volunteercard.com](http://www.volunteercard.com) or [www.sevencorners.com](http://www.sevencorners.com). Student rates are very affordable and can also be accessed through your Campus Health Clinic.
- **Visa:** U.S. citizens must apply online for the Multiple Entry East Africa Tourist visa prior to their departure. This visa costs \$100 and provides multiple entry to Uganda, Rwanda and Kenya. Upon arrival at Entebbe or Kigali, U.S. citizens will need a U.S. \$100 bill printed after 2005, a printed copy of their entire flight itinerary, and a receipt confirming the acceptance of their online visa application. Please use the below links to apply in the country that will be your first point of entry in East Africa. Acceptances for visas are often filtered in spam folders so please check there before resubmitting your application. In addition, you will be required to provide proof of your Yellow Fever vaccination upon entry to Uganda and Rwanda.
  - For those arriving in Kigali, Rwanda: <https://www.migration.gov.rw/index.php?id=233>
  - For those arriving Entebbe, Uganda: <https://www.visas.immigration.go.ug>
- *\*\*\*Please note this information applies to U.S. citizens. Travelers with citizenship outside the U.S. should consult their embassy or consulate for obtaining entry into Uganda and Rwanda.*
- **Booking Your Flight:** We encourage travelers to book their flight with Ed Schreiber of Pelitravel. Ed consistently books the most affordable flights and synchronizes itineraries of program participants. He can be reached by email at [pelitravel@charter.net](mailto:pelitravel@charter.net). You are of course welcome to book your own flight.
- **Sharing Your Information:** Upon booking your airfare, please fill out our short survey [here](#) so that we can prepare for your trip. In addition, please send a signed copy of your waiver (on page 18 of this packet) and a scanned copy of your passport to [traveler@globalivingston.org](mailto:traveler@globalivingston.org). We MUST have your completed survey, signed waiver (please just send the signed waiver and not the entire packet), and scanned copy of your passport on file at least three weeks before you depart for East Africa.

# Travel Health and Safety

## Your Health History

We strongly recommend that if you have any long-standing illness or a severe allergy that requires regular medication, emergency medication, or special attention, please document this on your form and bring a letter from your doctor detailing your needs and history and/or talk to the GLI Medical Director, Sue Birch. If you will need to see a doctor on a regular basis once you arrive overseas, inform the GLI staff as soon as possible. We are committed to making sure your needs can be met while traveling, and also want to be prepared should you have a medical emergency and need immediate assistance. If you need a doctor, you will have access to physicians in Uganda and Rwanda. However, it is a good idea to bring along information regarding your Traveler's Insurance and copies of prescriptions to use in of an emergency.

## Medications

Bring enough medication with you to avoid refills abroad. Just in case you lose your prescription medication, bring along a prescription from your doctor indicating the generic name and the composition of the medication you are taking (brand names can be different overseas). **ALWAYS carry your medication in its original container(s) and carry ALL of your medication with you on the plane; do not pack in your checked luggage.** Medications produced abroad may vary considerably from those produced in the U.S.

The following is a suggested list of medications and first aid products to bring with you to East Africa:

- All your usual prescription medications
- Analgesics (Advil, Tylenol, etc.)
- Antacids
- Imodium AD
- Antihistamines (Claritin, Benadryl, Chlortrimeton)
- Decongestant (Sudafed)
- 1% hydrocortisone cream
- Antibiotic ointment (Polysporin)
- Cipro (this is an antibiotic which you can obtain by prescription from your physician; it is useful against bacterial diarrhea, urinary tract infections, skin infections, sinusitis, etc.)
- Band-Aids of various sizes
- Extra contact lenses and/or glasses
- Your usual testing and treatment needs if you are diabetic or otherwise
- Carry a doctor's prescription for syringes
- Epi-pens if you have a bee sting or severe food allergy

**Health and Safety Resources:**

GLI considers travelers’ health and safety of the utmost importance while in East Africa. We work closely with the American Embassies to ensure that conditions at our various program sites are appropriate locations to host travelers. However, if you would like to explore additional resources regarding the safety of East Africa, or your travel beyond, please visit some of the websites listed below.

- We recommend that you register your trip with the U.S. State Department’s STEP program <https://step.state.gov/step/>
- The World Health Organization (WHO) frequently updates its International Travel and Health manual, which covers a variety of topics ranging from general health considerations to air travel considerations to environmental health risks to accidents, injuries, and violence. You can access the most current manual at [www.who.int/ith/](http://www.who.int/ith/)
- U.S. State Department [www.travel.state.gov](http://www.travel.state.gov) (Consular Information Sheets, Travel Warnings, and Public Announcements for each country; other useful tips for U.S. citizens)
- SAFETI Adaptation of Peace Corps Safety Resources [www.lmu.edu/globaled/peacecorps/](http://www.lmu.edu/globaled/peacecorps/)
- National Center for Infectious Disease Traveler’s Health [www.cdc.gov/travel/](http://www.cdc.gov/travel/)

**Health Insurance**

Health services and costs vary considerably. It is vital that you have a health insurance policy that covers you adequately while abroad. Check with your insurance provider about benefits abroad as well as emergency medical evacuation and repatriation insurance. Make sure your plan provides you with more than emergency coverage.

**Immunizations** (Note, we recommend checking the CDC website for latest recommendations)

According to the Center for Disease Control website ([www.cdc.gov](http://www.cdc.gov)), the following immunizations are recommended or required:

<p><b>Required:</b></p> <ul style="list-style-type: none"> <li>• Yellow Fever</li> </ul> <p><i>***A Yellow Fever vaccination is required but travelers who might suffer an adverse medical reaction to the immunization can receive an exemption from their physician. Please consult with your physician, the U.S. State Department, and the respective immigration control in your destination countries to ensure that you have the proper documentation to enter each country you plan to visit during your time in East Africa. More information about exemptions from the CDC can be found here: <a href="http://www.cdc.gov/travel-training/local/PreTravelConsultationandBestPractices/page24195.html">http://www.cdc.gov/travel-training/local/PreTravelConsultationandBestPractices/page24195.html</a></i></p>	<p><b>Recommended:</b></p> <ul style="list-style-type: none"> <li>• Make sure you are up to date on your measles/mumps/rubella (MMR) vaccine, diphtheria/pertussis/tetanus (DPT), as well as other routine vaccinations.</li> <li>• Hepatitis A</li> <li>• Hepatitis B</li> <li>• Typhoid</li> <li>• Meningococcal (meningitis)</li> <li>• Rabies</li> <li>• Polio</li> </ul>
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**Malaria**

Malaria is a serious, but preventable infection that can be fatal. If you become ill with a fever or flu-like illness, either while traveling in a malaria-risk area or after you return home (for up to one year), you should seek immediate medical attention and should tell the physician your travel history. Prevent this disease by seeing your health care provider for a prescription antimalarial drug and by protecting yourself against mosquito bites. Some recommended antimalarial drugs are: atovaquone/proguanil, doxycycline, or mefloquine. It is important to note that chloroquine is not effective in Uganda. For this trip, the recommended antimalarial is Malarone (250-100mg Atovaquone/Proguanil HC ) or Doxycycline.

### **Protect yourself from mosquito bites:**

Pay special attention to mosquito protection between dusk and dawn. This is when the type of mosquito whose bite transmits malaria is most active.

- Wear clothing that covers as much skin as possible such as lightweight, light-colored long-sleeved shirts and pants.
- Apply a repellent that contains DEET (30-35%) or picaridin (20% or more) to exposed non-sensitive areas of the body and reapply as needed. Don't forget wrists, ankles, neck and behind the ears.
- If you are not able to sleep in a closed, air-conditioned room, sleep under a bed net treated with permethrin. Keep the bed net tucked in around the bed at all times and regularly check for rips or tears.
- While mosquito nets will be provided if necessary along our journey, feel free to bring one of your own if you prefer.
- Avoid perfumes, scented deodorants and lotions.
- Do not apply repellents to palms of hands or face (wash hands after applying).

Malaria can be a serious disease. If you become ill with a fever or flu-like illness, either while traveling in a malaria-risk area or after you return home (for up to 1 year), you should seek immediate medical attention and should tell the physician your travel history.

### **Water, Food and Diarrhea**

Traveler's diarrhea is common in travelers visiting less-developed countries. It is usually caused by bacteria found in food and drinks. Your body is accustomed to the bacteria in your own tap water and introducing new water-borne bacteria from another country can make you sick. You should strictly follow the below precautions:

- Only drink sealed bottled water. Make sure that the seal is intact before drinking.
- Canned or bottled carbonated beverages are safe (as long as the seal is intact). Wipe off wet cans or bottles before opening.
- Tea or coffee made with boiling water is safe.
- Avoid ice unless it is made from boiled, bottled or purified water.
- Avoid ice tea, iced coffee, frozen drinks or mixed drinks unless you know they were made with boiled, bottled or purified water (ice/water).
- Brush your teeth with bottled water.
- Keep your mouth closed while showering or swimming in non-treated water, try not to drink the water.
- Always wash your hands with soap or antibacterial gel/wipes before eating, drinking, and after using the toilet.
- Avoid raw, undercooked or cold meats and seafood.
- Avoid unpasteurized dairy products such as cheese, yogurt and milk.
- Don't eat fresh vegetables/fruit unless there is a thick skin you can peel off (wash the fruit in purified water before peeling). Do not eat raw or cut fruit/vegetables unless you know it was prepared safely with purified water and under sanitary conditions.

# Arriving in East Africa

## Arrival at Entebbe Airport

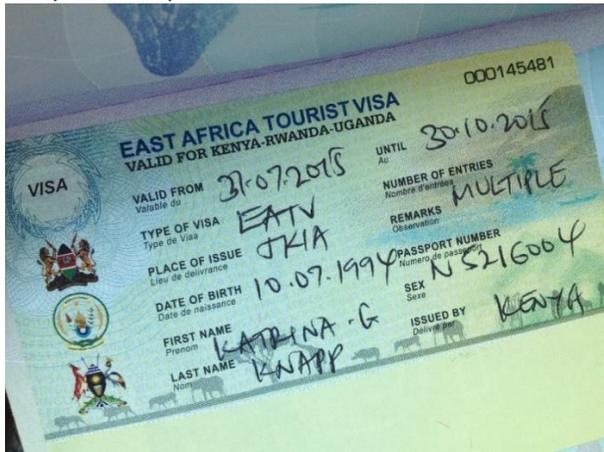
For U.S. citizens if your first point of entry in East Africa is Entebbe you will need to apply for the Multiple Entry East Africa Tourist visa online prior to your arrival. You will not need to send your passport to the consulate or embassy, but it is required that you apply online using the below link.  
<https://www.visas.immigration.go.ug>

## Arrival at Kigali Airport

For U.S. citizens if your first point of entry in East Africa is Kigali you will need to apply for the Multiple Entry East Africa Tourist visa online prior to your arrival. You will not need to send your passport to the consulate or embassy, but it is required that you apply online using the below link.  
<https://www.migration.gov.rw/index.php?id=233>

## Multiple Entry East Africa Visa

Below is an image of the Multiple Entry East Africa Visa that the immigration officer will place on an unused page of your passport. If travelers plan to stay in East Africa for an extended period of time the Multiple Entry East Africa visa requires that you do not stay in one country longer than one month without crossing a border. For example, if your first point of entry is Uganda you must visit Rwanda or Kenya within your first month to validate the full 90 days of the visa.



## Lost Luggage at Entebbe

If your luggage is lost upon your arrival at Entebbe please use the below address and contact information on the claim form.

POC : Martina Namuddu  
Address: Tankhill Kironde Road  
Muyenga, Kampala.  
Phone: +256-777-599-350

## Lost Luggage at Kigali

If your luggage is lost at Kigali please let them know the hotel that you will be staying at and provide them with the following contact information.

POC : Martina Namuddu  
Phone: +256-777-599-350

# Lodging and Transportation

## **About Entusi**

Since its opening in 2013, Global Livingston Institute (GLI) has activated the Entusi Resort and Retreat Center to be an innovative convening space to encourage students, community leaders, and global travelers to think bigger and differently about complex issues related to international development. Over the past year and a half, hundreds of guests have stayed at Entusi for tourism or one of GLI's many conferences. Some of our major conferences and forums include women's leadership retreats, legal aid clinics, university study abroad courses, TEDx talks, a Fulbright alumni summit, mental health clinic and a HIV/AIDS awareness music festival.

Entusi also employs 18 Ugandans full time, promotes economic growth in the region, and engages the local community through various development efforts. The GLI understands the importance of sustainable development in growing our work in Uganda and Rwanda and anticipates that through academic and university research partnerships that its operations in Uganda will be 35 percent sustainable by January 2016.

As Entusi is located on a peninsula on the remote Lake Bunyonyi, the facility relies on a generator for energy. The generator is extremely expensive to operate and will only be available in the morning and evening for travelers to charge devices and use hot showers. Running the generator is at the discretion of the Entusi management and hours of operation will be clearly communicated to travelers.



## Safety of Lodging

All of the lodging accommodations are maintained by security companies that patrol the premise 24/7.

## Transportation in East Africa

In-country travel will rely on transportation by van or bus. We have vetted all of our drivers and ensure that travelers will be transported safely by knowledgeable and skilled professionals.

Traffic conditions are unpredictable (especially in Kampala) and can often lead to unexpected delays. We ask travelers to be patient while we adapt the itinerary to accommodate the dynamic challenges of motor transportation in East Africa.



## Crossing Borders

While traveling between Uganda and Rwanda you will be required to fill out departure forms to exit the country. Please consult the image below for guidance on how to complete a departure form.

**EAST AFRICAN COMMUNITY**  
USE ALL CAPS

THE REPUBLIC OF UGANDA  
DEPARTURE DECLARATION FORM / FOMU YA KUONDOKA NCHINI

Surname / Jina la ukoo... YOUR NAME

Other names / Majina mengine.....

Date of birth / Tarehe ya Kuzaliwa... DATE - MONTH - YEAR

Place of birth / mahali pa Kuzaliwa... USA

Gender / Sex / Jinsia Male/Mwanaume  Female/Mwanamke

Nationality / Uraia wako... USA

Country of Residence / Unalishi nchi gani... USA

Profession / Occupation / Kazi... STUDENT

Passport No. / Nambari ya pasipoti... YOUR PASSPORT #

Date of expiry / Tarehe ya mwisho wa pasipoti... DATE - MONTH - YR

Destination/Country /Unakwenda nchi gani... RWANDA

Flight/vessel No. Unasafiria chombo gani / nambari ya chombo.....

Mode of travel / Njia ya Usafiri Air  Road  Water  Ndaga/anga Gari/sarabara Meki/Maji

Date of Exit/Departure / Tarehe ya Kuondoka... DATE - MONTH - YR

Number of nights spent in Uganda/  
Umekaa siku ngapi nchini Uganda.....

Intended length of stay abroad (Residents only)  
Utamaliza muda gani ngambo(kwa wakaaji tu?).....

For Residents only/kwa wakaaji tu  
Main purpose of travel/Sababu ya msingi ya kusafiri

Returning resident Mkaaji anayerudi	<input type="checkbox"/> Tourism <input checked="" type="checkbox"/> Other	Investment Uwekezaji	Trade Biashara
Employment Kazi/ajira	Short Contract/Consultancy Mkutaba Mfuji wa kikazi	Education Elimu/masomo	Conference/Meeting Mkutano/Kongamano
Medical Treatment Kupata Matibabu	Visiting Friends/Relatives Kutembelea marafiki/taana	Transit Kupita	

Others / Sababu nyingine... SIGN

Signature/Sahihi:.....

  
Website/Wavuti: <http://www.immigration.go.ug>  
Email Address/Anwani pepe: [info@immigration.go.ug](mailto:info@immigration.go.ug)  
*See you soon, in the pearl of Africa*

# Packing

## Luggage

- 1 larger suitcase, backpack or duffel bag, with name/address tag (inside and out).
- 1 backpack/daypack for carry-on with name/address tag. *We recommend that you take a carry on with your basic essentials in the case of delayed or lost luggage. In your carry-on we suggest packing*
  - **Orientation packet**
  - **Reusable water bottle**
  - **Passport and vaccination records**
  - **Money belt or neck pouch**
  - **Health insurance information**
  - **E-tickets/flight itinerary**
  - **All medications and a copy of any prescriptions**
  - **Money: cash, ATM or credit cards**
    - *Cash should be new \$100 U.S. bills printed after 2005. Exchange companies and banks are very particular about this*
  - **One change of clothing**
  - **Toiletries (all liquids must be in plastic bottles, no larger than 3 oz.)**
  - **Copy of passport and other important documents (carry separate from original documents)**
- Because international flights allow passengers to bring two checked bags, we ask that travelers who will not be checking two bags to volunteer to check a bag of supplies (typically medical equipment or laptops) through to East Africa. If you have a spare piece of luggage that you would like to donate to GLI, we can pack it with supplies. If not, we have extra luggage that we can pack and bring to the airport for you to check through. All you will need to do is check the bag at the counter, retrieve it from the carousel upon arrival, and then GLI staff will coordinate delivery of the supplies from there. The majority of these supplies will be distributed throughout your travel in East Africa, and they are essential to the partnerships that we have built over the years. If you would be willing to check a bag of supplies, please email [traveler@globallivingston.org](mailto:traveler@globallivingston.org) to coordinate the details prior to your departure.

## Packing Tips

- Carry all essential items in your carry-on luggage. If you are a light packer, we encourage you to pack everything into your carry-on.
- Pack sparingly as you will be carrying your luggage to various locations.
- Lightweight, hand washable and interchangeable clothes are useful.
- We strongly encourage you to bring a daypack for day excursions. Avoid luggage that is hard to carry or that can be easily damaged.
- Put money in more than one safe place.
- If you bring tampons, there may not be anywhere to dispose of them, so bring extra Ziploc bags.

### **Suggested Items to Pack**

- 4-5 changes of clothes
- One nice outfit (collared shirt and a pair nice pants or a top and skirt)
- Good, comfortable walking shoes (closed-toe shoes/boots)
- Rain Jacket/Poncho
- Sweatshirt or light jacket
- Long socks
- Water bottle
- Money for personal expenses
- Toiletries and personal items
- Travel tissue packets or half-used roll of toilet paper in Ziploc bag
- Bathing suit
- Hat/sunglasses
- First Aid/Medications

- Sunscreen
- Insect repellent with DEET
- Pocket size hand sanitizer gel/wipes
- Snacks: granola/ meal replacement bars
- Flashlight
- Small toys for children (soccer balls (deflated) or Frisbees that can be shared among many, stickers, bubbles, etc.)
- Adaptor/ converter: Voltage is 240 volts; 2-pin (circular) socket for Uganda and 3-pin (square) socket for Rwanda. See below.



### **Things NOT to Bring**

- Avoid bringing expensive looking watches and jewelry. Keep in mind that although your jewelry may not be expensive, it may still *look* expensive.
- Do not bring unnecessary valuables or items that cannot be replaced. GLI does not assume responsible for any lost or stolen personal property.
- We do not recommend bringing laptops unless required for work or academic commitments. WiFi is available in East Africa, but the connection is often weak and unreliable. As a result, travelers are encouraged to bring a smartphone or tablet to check-in with family and friends. Internet access is limited so plan on using your connection to send a quick email to update people back home, but do not expect to be able to stream content, Skype/FaceTime or upload pictures. We encourage travelers to download the apps Viber and WhatsApp prior to departure.

### **Cell Phone and Data Usage**

All of the major cell phone companies offer a range of data packages while traveling internationally. GLI does not require you to purchase an international cell phone plan, but if it would make you more comfortable while traveling we encourage you to explore international options with your cell phone provider before leaving for your trip.

Most locations we will be at will have access to WiFi. However, access will be limited at Global Livingston facilities. Students are encouraged to blog and send emails, albeit sparingly, so as to preserve the experience of East Africa.

# Money and Currency Exchange

## Money

It is best to plan on bringing cash (U.S. dollars) to East Africa. Uganda and Rwanda will not exchange bills from the year 2005 or before. The U.S. bills that you bring must be year 2006 or newer. Please also ensure that your bills are in good condition without tears.

Debit and credit cards can be used in some places, but plan on relying primarily on cash. If you plan on bringing a debit or credit card, it is important that you contact your bank or credit card provider before leaving to let them the dates that you will be in East Africa. We recommend speaking with your specific bank individually prior to your departure to determine the best options while traveling internationally.

You will have access to ATM's in both Uganda and Rwanda. Travelers often ask how much cash they should bring for their trip. While everyone is different, we suggest bringing \$300 upon arrival as you will have the opportunity to withdraw more money if need be.

## Withdrawing U.S. Cash in Kigali

For those who will be staying in East Africa for a longer duration, U.S. bills can be withdrawn at the headquarters of Bank of Kigali. You will need your debit card and passport to do so. If traveling to other countries following your time with GLI, it might be a good idea to withdraw some additional U.S. currency as you will likely receive a much stronger exchange rate in your travels.



## Currency Exchange

We can exchange money once we arrive. Do not carry all your money in one place. Exchange rates change frequently, to see the most current exchange rates, visit [www.oanda.com](http://www.oanda.com).

Ugandan shilling (sign: USh and code: UGX)

Rwandan franc (RFr or sometimes Frw)

# Expectations

## **Drug and Alcohol Usage Policy**

The use, transportation, sale, possession, distribution, purchase, or solicitation of drugs while traveling with GLI is explicitly forbidden. Travelers who require drugs as prescribed by a medical doctor must be able to demonstrate evidence of so while participating in a GLI program. Illegal drug usage in Uganda and Rwanda will be met with strict penalties. Violating drug laws can result in significant consequences that neither GLI nor the American Embassy will be able to mitigate.

Travelers are subject to the alcohol laws of Uganda and Rwanda. Currently, the minimum legal drinking age in both countries is 18. We ask travelers to consult and become familiar with these laws before traveling with GLI. Alcohol can significantly impair judgement and GLI requires that travelers practice modesty while consuming alcohol. Any behavior during the consumption of alcohol that jeopardizes the safety, quality of experience, or wellbeing of oneself or another traveler is considered alcohol misuse and will result in expulsion from GLI programming.

Violation of GLI's drug and alcohol policy is met with zero tolerance. Travelers found to be in violation of the drug and alcohol policy will be required to withdraw from all GLI programming and return home. Travelers that violate GLI's drug and alcohol policy will not have the opportunity for a refund of any trip costs, projected or otherwise. In addition, GLI is not responsible for damages inflicted or costs incurred by travelers as a result of a breach of the GLI drug and alcohol policy.

## **Boda-Bodas**

The motorcycle taxis, boda-bodas, are extremely dangerous and travelers are not permitted to ride them.



## **Internet**

GLI pre-purchases the appropriate amount of internet airtime for travelers on a trip. Therefore, internet access will typically be restricted to early mornings and evenings so that travelers can send a short email or text message to check-in with their family. Travelers are asked to not download music, watch videos, or upload large albums of photos. This can be extremely expensive, jam the network, and use all of the pre-purchased airtime.

Limited internet access also is conducive to stimulating the face-to-face conversations GLI hopes all travelers will engage in with each other.

## **Exploring During Your Leisure Time**

Permission is required for travelers to leave their place of lodging during a GLI program. This rule is in place simply for safety reasons, and reasonable excursions during downtime will always be allowed. GLI wants to ensure that the whereabouts of travelers are accounted for at all times.

# Helpful Information

## **Tipping**

Tipping is not required in East Africa, but we encourage travelers who have felt that the staff provided exceptional service and hospitality to give accordingly within their means. It is not uncommon for a traveler or a group to collectively tip a bus or van driver, the staff at Entusi, restaurants that accommodated a large group and guides for activities like rafting, gorilla trekking and game drives. However, tipping is certainly not limited to these activities.

## **Gifts from Abroad**

During your travel with GLI you will undoubtedly form personal and lifelong relationships with the people you meet throughout East Africa. Because GLI partners with so many different individuals and organizations, we ask that travelers do not promise to bring or send items back to specific persons. We understand that you may develop a special relationship with an individual, however, tension is created in the communities we work when a single person or family receives gifts or items from former GLI travelers. Often times this creates an expectation for services and resources that GLI does not have the capacity to fill. If you plan to leave clothes before departing for the U.S., please give them to the manager at Entusi so that he can distribute fairly and evenly to the entire staff. If you wish to support the Lake Bunyonyi community, please contact Will at [will@globallivingston.org](mailto:will@globallivingston.org) to receive an up to date list of Entusi's current needs.

## **Africa Time**

Scheduling and meeting times are different in Africa! We ask that travelers exercise patience and flexibility as we coordinate with our local partners. Below is an excerpt from Wikipedia about the concept of "Africa time". You can read the full article, complete with sources [here](#).

*The appearance of a simple lack of punctuality or a lax attitude about time in Africa, may instead reflect a different approach and method in managing tasks, events, and interactions. African cultures are often described as "polychronic," which means people tend to manage more than one thing at a time rather than in a strict sequence. Personal interactions and relationships are also managed in this way, such that it is not uncommon to have more than one simultaneous conversation. An African "emotional time consciousness" has been suggested which contrasts with Western "mechanical time consciousness".*

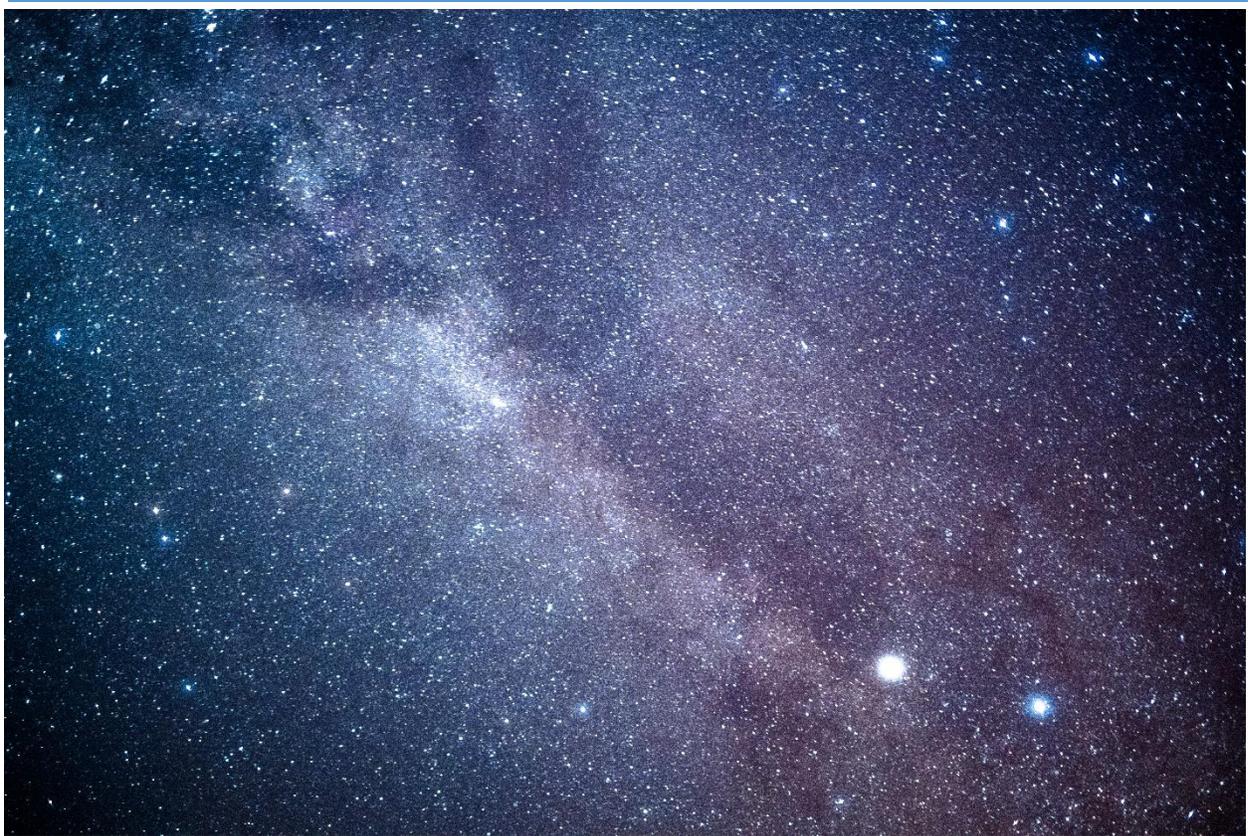
# Sharing Your Experience

As you travel in East Africa, we encourage you to share your photos, thoughts, and blogs with GLI online and via social media. If you would like GLI to share your travel blog please send a link to Will at [will@globallivingston.org](mailto:will@globallivingston.org) so that it can be included on our website and social media. In addition, feel free to tag GLI on social media as you upload photos and updates during your travel. Here is a list including GLI's website and social media accounts:

- Website: <http://www.globallivingston.org/>
- Facebook: The Global Livingston Institute  
<https://www.facebook.com/globallivingston?fref=ts>
- Instagram: @listen\_think\_act
- Twitter: @listenthinkact

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*“Ex Africa semper aliquid -- Out of Africa  
always something new.” —Pliny the Elder*



# Contact Information

Global Livingston Institute Staff	United States Embassies
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**ACCIDENT WAIVER AND RELEASE OF LIABILITY FORM**

I HEREBY ASSUME ALL OF THE RISKS OF PARTICIPATING IN ANY/ALL ACTIVITIES ASSOCIATED WITH THIS EVENT, including by way of example and not limitation, any risks.

I certify that I am physically fit, have sufficiently prepared or trained for participation in this activity, and have not been advised to not participate by a qualified medical professional. I certify that there are no health-related reasons or problems which preclude my participation in this activity.

I acknowledge that this Accident Waiver and Release of Liability Form will be used by the event holders, sponsors, and organizers of the activity in which I may participate, and that it will govern my actions and responsibilities at said activity.

In consideration of my application and permitting me to participate in this activity, I hereby take action for myself, my executors, administrators, heirs, next of kin, successors, and assigns as follows:

(A) I WAIVE, RELEASE, AND DISCHARGE from any and all liability, including but not limited to, liability arising from the negligence or fault of the entities or persons released, for my death, disability, personal injury, property damage, property theft, or actions of any kind which may hereafter occur to me including my traveling to and from this activity, THE FOLLOWING ENTITIES OR PERSONS: Global Livingston Institute, (GLI) and/or their directors, officers, employees, volunteers, representatives, and agents, and the activity holders, sponsors, and volunteers;

(B) INDEMNIFY, HOLD HARMLESS, AND PROMISE NOT TO SUE the entities or persons mentioned in this paragraph from any and all liabilities or claims made as a result of participation in this activity, whether caused by the negligence of release or otherwise.

I acknowledge that GLI and their directors, officers, volunteers, representatives, and agents are NOT responsible for the errors, omissions, acts, or failures to act of any party or entity conducting a specific activity on their behalf.

I acknowledge that this activity may involve a test of a person's physical and mental limits and carries with it the potential for death, serious injury, and property loss. The risks include, but are not limited to, those caused by terrain, facilities, temperature, weather, condition of participants, equipment, vehicular traffic, lack of hydration, and actions of other people including, but not limited to, participants, volunteers, monitors, and/or producers of the activity. These risks are not only inherent to participants, but are also present for volunteers.

I acknowledge that GLI does not assume responsible for any lost or stolen personal property.

I hereby consent to receive medical treatment which may be deemed advisable in the event of injury, accident, and/or illness during this activity.

I understand while participating in this activity, I may be photographed. I agree to allow my photo, video, or film likeness to be used for any legitimate purpose by the activity holders, producers, sponsors, organizers, and assigns. The Accident Waiver and Release of Liability Form shall be construed broadly to provide a release and waiver to the maximum extent permissible under applicable law.

I CERTIFY THAT I HAVE READ THIS DOCUMENT AND I FULLY UNDERSTAND ITS CONTENT. I AM AWARE THAT THIS IS A RELEASE OF LIABILITY AND A CONTRACT AND I SIGN IT OF MY OWN FREE WILL.

\_\_\_\_\_  
Participant's Signature  
(Please print legibly.)

\_\_\_\_\_  
Date

\_\_\_\_\_  
Participant's Name

\_\_\_\_\_  
Age

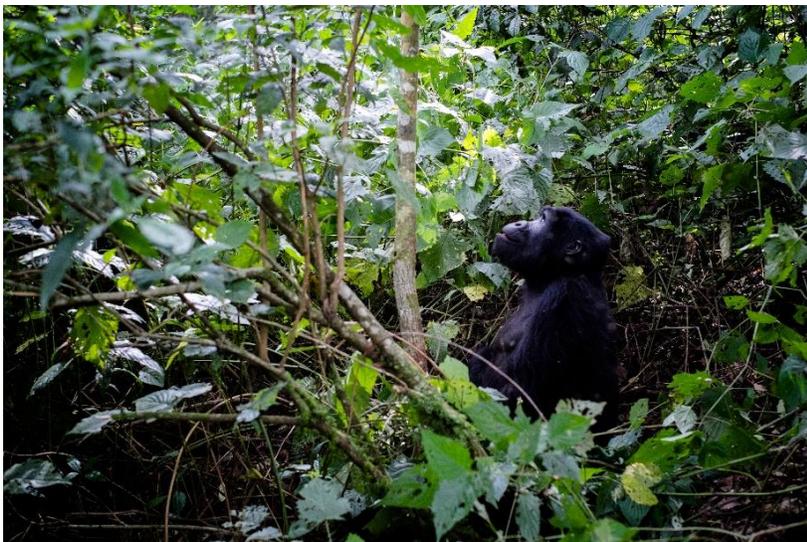
\_\_\_\_\_  
Parent/Guardian Signature

\_\_\_\_\_  
Date

(If under 18 years old, Parent or Guardian must also sign.)

# Gorilla Trekking

Please note that gorilla trekking is a strenuous activity and one should be physically fit to enjoy this safari. Minimum trekking age is fifteen years. Anyone with signs of communicable disease will not be allowed to trek. While possession of a gorilla permit is a guarantee of trekking and sighting the gorillas, the quality of the gorilla trekking cannot be



guaranteed. Maximum time allowed with the gorillas will not exceed one hour. You can read more about gorilla trekking in [this travel feature](#) from *The New York Time's*.

For gorilla trekking, we strongly recommend bringing a rain poncho, knapsack, long-sleeved shirt and trousers, sturdy hiking boots, leather gardening type gloves, sunscreen, insect repellent and any necessary medications. Cameras and video cameras are allowed.

## **Some items travelers have found helpful for the trek**

- Rain jacket/poncho
- Long socks
- Long-sleeved shirt and pants
- Good, closed-toe, comfortable walking shoes or boots
- Water bottle

## **Rules**

For those planning on trekking mountain gorillas in Uganda, Rwanda or the D.R. Congo, the following briefing information will apply in any of the 3 countries where you may trek mountain gorillas.

Much of the content has been taken from the printed leaflet by the Uganda Wildlife Authority. The “Gorilla Rules” will be provided and reviewed with trekkers on the morning of the actual visit to the gorillas, administered by the various park authorities or the park guides.

### **How You are Contributing to the Conservation of the Mountain Gorillas**

The mountain gorilla (*Gorilla beringei beringei*), the world's most endangered ape, is found only in small portions of protected afro-montane forests in southwestern Uganda, northwestern Rwanda, and eastern DRC. The mountain gorilla is one of many species unique to these forests. The forests are also home to many birds, primates, large mammals, reptiles, insects and plants.

The mountain gorillas are divided into two populations. 2003 figures estimate the total population to be about 710 individuals. One population of about 320 is found in Bwindi Impenetrable National park in southwestern Uganda, covering 330 square kilometers, and the other 390 in the Virunga Volcano Range. The Virunga Volcano Range is ecologically homogenous, having the same flora and fauna, covering three contiguous National Parks in three separate countries: Mgahinga Gorilla National Park in Uganda, Volcano National Park in Rwanda and Virunga National Park in the Democratic Republic of Congo, covering a total of 450 square kilometers.

The threats to the mountain gorilla population and its habitat are many. One of these threats is the possibility of disease transmission from humans to gorillas. To address the issue of potential disease transmission to the gorillas and to reduce behavioral disturbances to this fragile population, these gorilla rules have been developed.

By following these rules noted below and through the purchase of a permit, you are contributing to the conservation of the mountain gorillas. The Protected Area Authorities use the funds generated from the sale of permits to fund the management of the National Parks and Wildlife Reserves. A percentage of the funds raised from the park entrance fees and the community levy on permits is shared with the local communities living adjacent to the parks which contributes to community development projects and to the improvement of natural resource management in the region.

### **On the Way to the Gorillas**

- A maximum number of 8 visitors may visit a group of habituated gorillas in a day. This minimizes behavioral disturbance to the gorillas and the risk of their exposure to human-borne diseases.
- Please always keep your voices low. You will also be able to observe the great bird life and other wildlife in the forest.
- DO NOT leave trash in the park. Whatever you bring into the forest should be carried back with you.
- You will be taken to where the guides left the gorillas the day before. From there you will follow the gorillas' trail to find them. Look out for the gorillas' nesting sites along the way!
- When you approach the gorillas, the guides will inform you when to get your camera ready

### **When You are with the Gorillas**

- Keep a minimum of 7 meters (20 feet) from the gorillas. This is to protect gorillas from human disease transmission. It also protects you from gorillas.
- You must stay in a tight group when you are near the gorillas.
- Keep your voices low at all times. However, it is okay to ask the guide questions.
- DO NOT eat or drink while you are near the gorillas to reduce the risk of disease transmission.
- Sometimes the gorillas charge. Follow the guide's example – crouch down slowly, DO NOT look the gorillas in the eye, wait for the animals to pass. DO NOT attempt to run away. Running away will increase the risk of attack and accidents.
- Flash photography is not permitted! When taking pictures, move slowly and carefully.
- DO NOT touch the gorillas. They are wild animals.
- The maximum time visitors are allowed to spend with the gorillas is one hour, which limits disturbance of their routines. If the gorillas become agitated or nervous, the guide may end the visit early.
- After the visit, keep your voices down until you are more than 200 meters away from the gorillas.

### **General Health Rules**

REMEMBER gorillas are very susceptible to human diseases. The following are ways to minimize the risk your visit might pose to them:

- Respect the limit imposed on the time that visitors are allowed with the gorillas each day. This minimized the risk of disease transmission and stress to the group.
- If you are feeling ill, or have a contagious disease when you are already at the park, please volunteer to stay behind. An alternative visit will be arranged for you, or you will be refunded your money.
- If you feel the urge to cough or sneeze when you are near the gorillas, please turn your head away and cover your nose and mouth in order to minimize the spread of bacteria or viruses.
- Always stay 7 meters (20 feet) away from the gorillas. The further back you are, the more relaxed the group will be.
- DO NOT leave any trash e.g. food wrappers, in the park. Such items can harbor diseases or other contaminants.

Note: Any breach of these rules may lead to termination of tracking without any refund