



The Great
Canadian
Travel Group
Inc.

1349 Portage Avenue
Winnipeg, Manitoba
Canada R3G 0V7

1-800-661-3830

www.greatcanadiantravel.com

Uganda Practical Information

Uganda, officially the Republic of Uganda, is a landlocked country in East Africa within the African Great Lakes Region. The country is located on the East African Plateau and averages about 1,100 metres (3,609 ft) above sea level. Much of the country is heavily influenced by one of the world's biggest lakes, Lake Victoria. Sir Winston Churchill once wrote, "Uganda is a fairy-tale. You climb up a railway instead of a beanstalk, and at the end there is a wonderful new world." This was when the country was under British rule. Churchill called it "the pearl of Africa."



Documentation



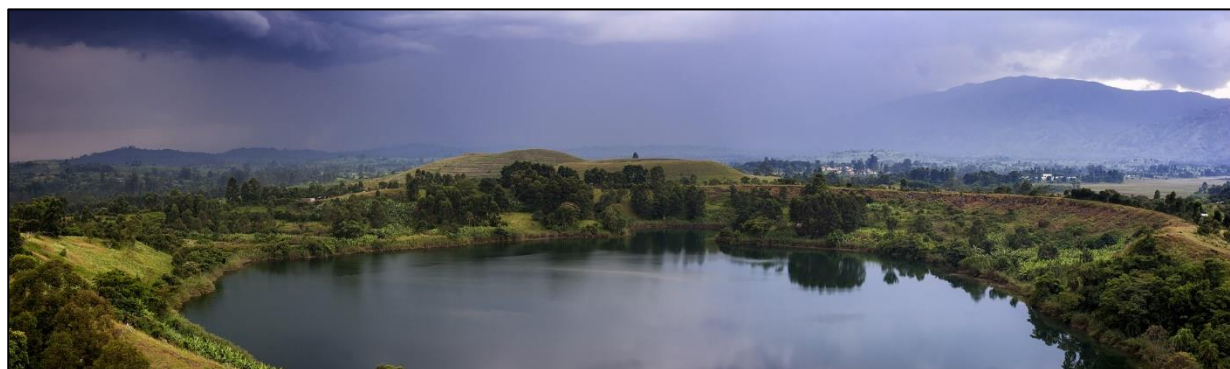
Canadian/USA Passports are required for visitors to travel to Uganda and must be valid for at least six months beyond the date of expected departure from Uganda. While you can obtain a visa on arrival, it is strongly suggested that you should attempt to get a visa online first. Apply as far in advance of your trip as possible, as delays could occur. Apply for an electronic visa [here](#).

Airports – Entebbe International Airport

The international airport in Uganda is located near the town of Entebbe, on the shores of Lake Victoria and approximately 25mins by road from the central business district of Kampala, the capital and largest city of Uganda.

Location and Geography

Uganda is located on the East African Plateau and lies almost completely within the Nile basin. It covers just over 93,000 sq. miles, with 15% of the country covered in water. It is roughly the same size as Great



Britain and is bordered to the east by Kenya, to the north by South Sudan, to the west by the Democratic Republic of the Congo, to the south-west by Rwanda, and to the south by Tanzania. Mountainous regions run along the border with the Democratic Republic of the Congo, along the border with Rwanda and the Democratic Republic of the Congo and in the southwest of the country. An extinct volcano, Mount Elgon, straddles the border with Kenya.



Population

The population of Uganda is just over 44 million people, up 2.5 million people since 2016. The country has a significant overpopulation problem, it has the fifth highest total fertility rate in the world, at 5.97 children born per woman (2014).

The population remains mostly rural, although the number of people living in the cities is increasing. Kampala, the capital, is the largest city; others include Jinja, Mbale, Masaka, Entebbe, and Gulu. All of these cities, except for Gulu, are located in the south.

People and Culture

Due to the large number of communities, culture within Uganda is diverse. Many Asians, mostly from India, who were expelled in 1972, have returned to the country. The people of Uganda were hunter-gatherers until 1,700 to 2,300 years ago, when Bantu-speaking populations migrated to the southern parts of the country. From 1874-1962, Uganda was ruled as a protectorate by the UK, they gained independence on 9 October 1962.

Although there are many different ethnic groups inhabiting Uganda, a division is usually made between the “Nilotic North” and the “Bantu South”. There are at least 32 languages spoken in Uganda, but English and Swahili are both the official languages.

Uganda’s religious heritage is varied. There are various indigenous religions, Islam and Christianity. About four-fifths of the population is



Christian, primarily divided between Roman Catholics and Protestants (mostly Anglicans, but includes Pentecostals, Seventh-day Adventists, Baptists and Presbyterians). About one-eighth of the population is Muslim. Most of the remainder practice traditional religions.

Language

Swahili, a widely used language throughout the African Great Lakes region, is the country's second official language, English being the first. There are many other languages spoken in the country by the various villages and towns.

Economy

The economy is basically agricultural, which employs about four-fifths of the working population. Due to Uganda's moderate climate, production of both livestock and crops does very well. These farms are mainly situated in the south where there is more rainfall and fertile soil. And because lakes and rivers cover nearly 20% of Uganda, fishing holds a major potential for the country for export.



Climate and Weather

Uganda has a warm tropical climate. There is heavy rain between March and May and between September and November, making road travel more difficult in certain parts of the country. The best time for trekking is during the dry seasons, between January and February and June to August. Wildlife viewing is best at the end of the dry seasons, when game is more concentrated around water sources.

Temperature

with temperatures ranging from 25-29°C (77-84°F), apart from the mountainous areas, which are much cooler. The hottest months are December to February. Evenings can feel chilly after the heat of the day.

Clothing

Lightweight clothes with a warm cover-up for the evenings are advised. Take a pair of good walking shoes or boots for forest trekking, and long-sleeved tops to protect against mosquitoes. If you're planning to go to mountainous areas, be sure to take warm clothing, as temperatures drop substantially. Opt for darker colours as white clothes get dirty very quickly with Uganda's red dust roads.

Electricity

Voltage is 240V. Frequency is 50Hz and power sockets are type G.



Currency

The unit of currency used in Uganda is the Ugandan shilling (UGX). Since 2013, the shilling has no subdivision. The USD is widely accepted as is the pound sterling and the euro. Foreign currency may be exchanged at the Central Bank, commercial banks and foreign exchange bureaux.

Credit Cards

All major credit cards are accepted, although usage is not advised as the service fees are generally very high.

Business and Banking Hours



The opening hours of most banks are from 8:30am to 2:00pm Monday to Friday, Saturdays from 9:00am – 12:00pm, and are closed on Sundays and public holidays. Shopping hours are Monday – Saturday from 10:00am to 6:00pm, with some shops closing earlier on Saturdays. The main towns of Kampala, Entebbe and Jinja all have a relatively lively nightlight with bars and clubs opening until late.

Tipping

In Uganda, it is customary to tip your driver/guide at the end of a safari or hike, as well as any cook or porter that accompanies you. Roughly US\$10-US\$20 would be a fair benchmark, though you can always check this with your safari company in advance. It is not customary to tip for service in local bars and hotels, although you may sometimes want to leave a tip.

Telephone and Emergency

The International Dialling Code is +256 followed by the area code of 011. To dial to Canada or the United States, you dial 000 1 (area code) (phone number).



The **emergency phone** number is 999 or 112, this will connect you with the Uganda Police Force.

If you need to use your cell phone, make sure that it is an unlocked mobile phone that will work on the local Ugandan or Rwandan system that has 900 1800 megahertz frequency. Those coming from North America are in luck if they have an unlocked quad cell phone.

Health Information

There are 155 private and public hospitals in Uganda. Of these, two are National Referral Hospitals, 14 are Regional Referral Hospitals, and 139 are General Hospitals. Travellers should take out sufficient health and travel insurance, including emergency evacuation coverage and bring regularly prescribed medicine, as your brand may not be available in Uganda.

Public Holidays & Events

January - March:

New Year's Day – This is a public holiday and almost everything is closed.

26 January - Liberation Day – This is a public holiday and is a day off for the general population, schools and most businesses are closed.

17 February - Remembrance Day of Archbishop Janani Luwum - This is a public holiday and is a day off for the general population, schools and most businesses are closed.

08 March – International Women's Day - This is a public holiday and is a day off for the general population, schools and most businesses are closed.

April - May:

Good Friday - This is a public holiday and is a day off for the general population, schools and most businesses are closed.

Easter Sunday - This is a public holiday and is a day off for the general population, schools and most businesses are closed.

Easter Monday - This is a public holiday and is a day off for the general population, schools and most businesses are closed.

01 May - This is a public holiday and is a day off for the general population, schools and most businesses are closed.

June:

03 June - Martyr's Day - This is a public holiday and is a day off for the general population, schools and most businesses are closed.

05 June – Eid al-Fitr – This is the first day of the Islamic month of Shawwal. It marks the end of Ramamdan. This is a public holiday and is a day off for the general population, schools and most businesses are closed.

09 June – National Heroes Day - This is a public holiday and is a day off for the general population, schools and most businesses are closed.

August:

12 August – Eid al-Adha – This is an Islamic festival to celebrate the Feast of the Sacrifice and is a public holiday and is a day off for the general population, schools and most businesses are closed

October:

09 October - Independence Day - This is a public holiday and is a day off for the general population, schools and most businesses are closed.

December:

25 December – Christmas Day - This is a public holiday and is a day off for the general population, schools and most businesses are closed.

26 December – Boxing Day - This is a public holiday and is a day off for the general population, schools and most businesses are closed.

Tourist Information Centres

Uganda Tourism Center

Plot 70, Kanjokya Street

Kololo, Kampala, Uganda

Tel: +256 392 614718, +256 703 461 884

www.ugandatourismcenter.com

Tourism Uganda

6th Floor, Block C, Lugogo House

Plot 42 Lugogo Bypass (Rotary Avenue), Lugogo, Kampala

Tel: +256 414 342196

www.utb.go.ug