

Lacor Hospital Visitor Resource Pack

***The best possible treatment,
to the highest number of people,
at the lowest possible cost***

Piero Corti

INDEX

Introduction	3
St. Mary's Hospital Lacor	4
Travelling to Lacor	5
Location & Weather	5
Travel Health	6
Pre-trip vaccinations	6
Malaria Prophylaxis	6
Visa	7
Mandatory Professional Council Registration	8
Required documentation for application to UMDPC	8
Insurance	9
Travel & Connections	10
Costs	11
Payment	12
Living at Lacor Hospital	12
Guesthouse	12
Internet Connection & Wi-Fi	14
Money	14
Personal Safety	14
Uganda: important legal information	14
Lacor Hospital: important legal information	14
Farewell	16

Introduction

Thank you for applying for an experience at St. Mary's Hospital, Lacor! Whether you are going as a student, an intern, or you are part of a project, we encourage you to read this document thoroughly.

To enquire about working, a period of internship, volunteering or any other experience which would involve interaction with staff or patients at Lacor Hospital, you must send us an application email with three attachments, as follows:

1. Your completed Application Form.
2. An English language CV. For non-English speakers, a B2 level is required in both comprehension and speaking, in order to work in Lacor Hospital.
3. A cover letter explaining your expectations for your experience at Lacor Hospital.

After reviewing your application, we will forward it to the Hospital Directors, who will decide if your application can be accepted, depending on specific needs of departments and the Hospital (including the possibility of integrating you into the Hospital's regular activities safely and without burdening Hospital staff), and availability of lodging within the Hospital compound. We will relay their decision to you. If they approve your application, the organization through which you submitted your documentation will provide you with instructions and information regarding your journey and required formalities and paperwork. As explained in the section "Costs" all volunteering experiences, internships or other experiences require the payment of an attachment fee.

If you have never had an experience in a similar environment, it may be helpful to you to know that Lacor Hospital is completely dependent on its full-time Ugandan staff to ensure continuity of service. One of the Hospital's goals has always been to encourage local independence and empowerment. The Hospital cannot depend on volunteers, as the unpredictability of their competences, schedules and length of stay would prevent a regular provision of services to the population. Furthermore, professionals from different contexts, especially from high-income countries need time to adapt: common diseases, available diagnostics and treatments, technologies and working culture are very different and require a period of adjustment. At Lacor, there is a wide gap between the human and financial resources available and the vast unmet health needs, which makes it difficult to reach the level of dedicated staff, diagnostic means and treatment options that are considered essential requirements in high income countries. Moreover, the high burden of the sick (600 outpatients and 500 inpatients are present daily) and highly overstretched staff (ie about thirty doctors including newly graduated medical interns) makes it difficult to devote sufficient time to each patient, and impossible to dedicate time to volunteers who, often, will not stay long enough to contribute autonomously to Hospital's activities.

Exceptions: At its discretion, the Hospital may waive the attachment fee to professionals who are proven to be immediately operational upon arrival, due to previous experience gained in a similar context, or because they possess skills that are very extremely necessary.

St. Mary's Hospital Lacor



Lacor Hospital is the largest private non-profit hospital in Uganda. Its mission is to provide accessible health care to all, especially those most in need, without discrimination. Established in 1959 by the Italian Catholic Comboni missionaries, today, it is a non-government organization that operates in accordance with Ugandan laws and health policies.

The story of Lacor Hospital is also the story of Drs Piero Corti and Lucille Teasdale. The husband-and-wife team spent their life developing the hospital to provide the highest quality care to the most vulnerable. Over 40 years, they transformed a 30 bed missionary Hospital into a major health complex and created two dedicated support organizations, the [Fondazione Corti](#) in Milan (Italy) and the [Teasdale-Corti Foundation](#) in Montreal (Canada) to help ensure its continuity. St. Mary's Hospital Lacor is also one of the beneficiaries of the US organization [Social Promise](#).

Lacor Hospital Complex includes the Hospital (with 482 beds) and its three Peripheral Health Centres (Opit, Amuru and Pabbo each with 24 beds) offering preventive, curative and rehabilitative health care services, as well as some specialist services. The total number of patients treated averages 250,000 per year (of which between 35,000 and 45,000 are admissions). Lacor Hospital Complex includes a Health Training Institution with Nursing and Midwifery Training Schools, a Laboratory Training School and a School of Anaesthesia. Moreover, it is a teaching site for the Government Faculty of Medicine of Gulu University.

Specialist is offered through the departments of Internal Medicine, Paediatrics and Child Health, Obstetrics and Gynaecology, Surgery and Anaesthesia. The Hospital is the only reference point in a vast area, including nearby regions of South Sudan and DRC, for selected specialised services which include treatment of childhood malignancies, surgery for obstetric fistula, endoscopy, detection and treatment of early cervical cancer, orthopaedics and urology.

The approach of Lacor Hospital is to supplement the government's efforts in health service provision. Over 80% of patients are women and children under the age of six. The operating costs of Lacor Hospital are approximately Euro 5 million (or US\$ 5,4 million or CAD 7,2 million a year), which is a huge figure in a country with a very poor population endeavouring to rebuild their lives following a violent conflict that lasted 30 years. It is, however, less than the cost of a single department of a large Western hospital.

Because of the extreme poverty in the region, the Hospital depends on foreign funds to meet 65-70% of its costs. The major supporter of Lacor Hospital is the Corti Foundation. Lacor Hospital recruits its staff in Uganda, except rarely when specific professional competence on-site can not be found.

Important notice: if you decide to spend professional time in Lacor Hospital, whether as a student, a trainee, an intern or a volunteer, you are expected to behave professionally and to observe and respect all working days and hours, exactly as all other hospital employees. Absence from the department you are attached to, at normal working hours, is unprofessional example and very disruptive to the local staff. Lacor Hospital is not a place for a vacation.

We warmly recommend you to be proactive and actively participate to meetings and to the daily life of the health workers.

WORKING HOURS AT LACOR HOSPITAL are to be respected by visitors:

Monday-Friday. 8.30 – 13 and 14.30-17

Saturday 8.30- 13. CME + WARD

Travelling to Lacor Hospital

Location & Weather

Uganda is a landlocked country in East- Africa whose capital is Kampala. The country is crossed by the Equator and this particularity allows it to have a diverse landscape and a mild climate. Uganda is in the African Great Lakes region and in the south part of the country you can find one of the world's biggest lakes, Lake Victoria.

Much of the country is a plateau, altitude ranging from 1,000 to 1,400 meters (3,300 to 4,600 feet).

The District of Gulu

- Latitude: 2.772404°
- Longitude: 32.288073°
- Elevation: 1114 m
- Population: 310.205



The Hospital is located in Gulu-district, 5 km west of Gulu town, the largest city in Northern Uganda with a population of 154,000. It is 340 km north from the country's capital Kampala, and 380 km from Entebbe International Airport (EBB). Both Lacor and Gulu are safe places.

Gulu is easily reached by collective taxi or "matatu" (in Swahili). You can stroll around, have dinner there or to do some shopping! Due to its geographical location Gulu has a savanna landscape. You can plan a trip to Murchison Falls National Park on a weekend, which you can reach by renting a car with a driver. However, if you decide to go on a safari, you should know that you are completely responsible for yourself and that neither the Hospital nor your organization of reference can be held responsible for your well-being and safety during the trip.

The weather comprises one dry and one wet season:

Dry season: lasts from November to March: Temperature: min 16/17°C or 61/63°F - max 29/32°C or 61/63°F. Rainfall index: average 55mm.

Wet season: lasts from April to October: Temperature: min 16/17°C or 61/63°F - max 26/28°C or 61/63°F. Rainfall index: average 176mm.

Climate change has had its effects here as well; originally there were four seasons but now even the divide between the two seasons is not as clear as it once was. Travelers are advised to pack extra clothes in case of a change of weather. There is one small break called "Little Dry season" during August where the constant rains stop for a couple of weeks.

Travel Health

The following paragraphs are only a guideline.

Before your departure, be sure to have a medical consultation with your own health travel advisory to learn which vaccinations and medical precautions are recommended.

Pre-trip vaccinations

Yellow Fever Vaccination is mandatory, and must be presented upon arrival unless one can provide a medical certification (in English) stating the reason why it is contraindicated. Failure to provide the required documentation will compel you to be vaccinated at the airport or denied entry. Remember that a Yellow Fever Vaccination is valid for your entire life.

Other vaccinations. It is advisable to be up to date with your routine vaccinations which, depending on your country of origin, may include: **measles-mumps-rubella (MMR) vaccine, diphtheria-tetanus-pertussis vaccine, varicella (chickenpox) vaccine, polio vaccine.** Moreover, we recommend you to have **Hepatitis A & B and Meningococcal vaccination when required.**

Please consult your country's general and country-specific advice for information regarding vaccines and prophylaxis recommended for travelling to Uganda:

<http://www.viaggiasesicuri.it/country/UGA>

<https://travel.gc.ca/destinations/uganda>

<https://wwwnc.cdc.gov/travel/destinations/traveler/none/uganda>

Malaria Prophylaxis

Plasmodium falciparum, the parasite that causes the most dangerous and lethal type of human malaria,

is widespread in Uganda throughout the year. Gulu District is no exception, especially in the villages where the incidence of malaria is higher than in urban areas.

Malaria is potentially fatal, particularly for visitors and expatriates who lack any partial immunity to the parasite. For the same reason, it has always been one of the major causes of admission and death among children in Lacor Hospital. Therefore, **we STRONGLY recommend you to take a Malaria prophylaxis** during the first month of your stay, in order to reduce the risk of the most severe kind of malaria attack, until exposure to the parasite induces a partial immunity and reduces the likelihood of a very severe attack.

Due to common side effects caused by these drugs, please visit your local GP, pharmacy or your country's advice to discuss which drug is best for you.

NOTE:

we advise you to obtain the online VISA through the official Government of Uganda Immigration website

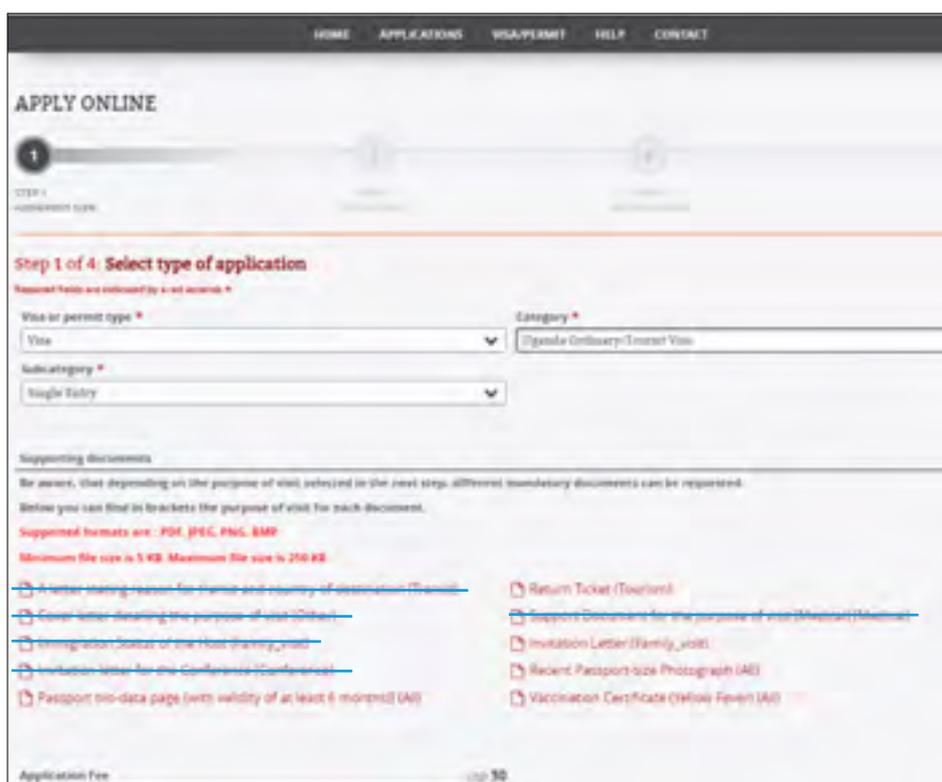
visas.immigration.go.ug/

many commercial websites that appear first when searching for "visa + Uganda" offer the service at a highly overcharged price

In addition to the antimalaria medication, all visitors should use the mosquito bed-net provided at Lacor guest house (remember to fold it up again in the morning, as leaving it down increases the likelihood of mosquitos entering the protected space). You should also bring and apply effective insect repellents to avoid being bitten by the Anopheles mosquito, which is active from sunset to sunrise. You should wear appropriate clothing, especially at night time, for added protection.

Visa

You need a Visa to enter Uganda. Although it can be obtained upon arrival, we strongly advise you to apply online at least two weeks before departure as some airlines will deny boarding if you attempt check-in without a Visa.



*Due to possible issuing delay, we recommend that you **apply at least two weeks prior to your departure.***

*A normal/tourist visa can be granted for a maximum three months. **Make sure your visa does not expire during your stay, as this is illegal and you will be severely fined.***

In case of need for extension, ask the hospital administration for support in applying for extension in Gulu town.

Price: US\$50. A few countries, such as Ireland, are Visa exempt due to reciprocal arrangements; please check on the Uganda immigration website to determine if you are exempted.

Type: Uganda Ordinary / Tourist Visa

Subcategory: Single Entry

Required Documentation:

- Passport copy (bio-data page) your passport should have at least six months' validity following your departure from Uganda.
- Vaccination Certificate (Yellow-Fever).
- Recent Passport-size Photograph.
- Letter of invitation from the Hospital

Mandatory Professional Council Registration

Registration with the relevant Uganda Professional Council is mandatory by law for all health professionals in Lacor Hospital.

NOTE:

- The **UMDPC** office in Kampala **requires** at least **3 months to process a registration**.
- The costs is **US\$ 400**.
- **All documents written in a language other than English must be accompanied by an official translation verified (asseverati) by a Notary** (this can be expensive, especially if many documents need to be translated and verified; check with the issuing bodies below if they can issue English language documents).
- Subsequent renewals require less documents and costs 200US\$.

These documents are to be sent by mail to Corti Foundation info@fondazionecorti.it

Corti Foundation will forward them to the hospital officer who will add the hospital's invitation letter and deliver them to the UMDPC office in Kampala and pay the registration fee (which you will be required to reimburse).

Medical doctors (specialists, doctors, postgraduate and master students, postgraduate interns) and other health professionals (nurses, physiotherapists, midwives) **who will be involved in the care of patients must be registered**.

- [Ugandan Medical & Dental Practitioners Council](#) (UMDPC)
- [Uganda Nurses and Midwives Council](#) (UNMC)
- [Uganda Allied Health Professional Council](#) (AHPC)

Undergraduate students can only participate in Hospital activities as observers, unless under direct supervision and responsibility of the head of Department.

Required documentation for first temporary registration to UMDPC

1. Duly filled and signed [application form](#)
2. Two recent Passport-size colour photographs;

3. University Degree/Professional Medical or Dental Qualification Certificates;
4. Transcripts of University degree/Professional Medical or Dental Qualification Certificates (*list of all examinations sustained*);
5. Current Certificate of Registration (*to Professional body*) in Country of Origin
6. Certificate of Good Standing/professional Status from Medical Council/Board (*for Italian professionals: this can be obtained from your medical council in the same document item 5 by specifying it is for "non EU countries"*);
7. Letter of invitation/Introduction from intended Ugandan employer (*Lacor Hospital will prepare this letter upon receipt of all other documents*);
8. Curriculum Vitae;
9. Reference letters from three (3) Professional Associates;
10. For Specialists: Evidence of Postgraduate Training of at least three years;
11. All documents written in a language other than English must be accompanied by a copy of an official translation verified by a Notary
12. Letter of clearance from International Police (Interpol) (*in Italy Ministry of Justice Certificato Generale Casellario Giudiziale*);
13. Pre-registration examination (where applicable);
14. Registration Fee (400 US\$ *that you can either reimburse the hospital on its account or in cash to the hospital treasury through accounts department*).

Insurance

All guests staying at the hospital, whether for a visit, internship, or work experience, are required to submit evidence of **adequate insurance coverage**. (Note: it is your responsibility to verify if your insurance is adequate. The request, by hospital and foundation, of receiving evidence of adequate coverage is simply for documentation and is NOT an approval of the insurance contents).

Additionally, in order to travel in Hospital vehicles, all foreigners **must have an insurance coverage for travel risks with the minimum coverage indicated below**.

Make sure your policy insures the following amounts, and specify:

- that it is **for travel in Africa**;
- that you will be **residing in a hospital compound**.

The minimum accident insurance coverage required is €250,000 / CAD340,000 / USD260,000 for death and €250,000 / CAD340,000 / USD260,000 for permanent disability.

a) Medical emergency repatriation and, in case of death, return of the body to home town;

b) Accidents including permanent disability or death.

The minimum accident insurance coverage required is €250,000 / CAD340,000 / USD260,000 for death and €250,000 / CAD340,000 / USD260,000 for permanent disability.

All visiting health professionals, interns, and students require an additional insurance coverage:

c) Accidents and professional risks, including tropical diseases and HIV.

For example the insurance company package we use includes the following, for a total amount indicatively

of €250 for two months, and €360 for three months (prices can be higher for higher premiums):

- Resident No Problem (EUROP ASSISTANCE - 11888) - Valid all over the world, Italy excluded: Medical expenses due to: Illness AMOUNTS ACTUALLY PAID - due of accident up to 40,000 € -
- Injuries and Death (Generali Italia - 764063712 ex 415278) – Valid all over the world. Covered risks: death and permanent invalidity due to accident, war, and tropical disease and permanent invalidity to generic disease. - Option B: Death following injury € 180,000 – P.D. following injury / illness € 210,000.
- Hospital Daily Cash due to Illness and Convalescence Benefit (Generali Italia - 764063712 ex 415278) - You can take out only with Injuries and Death Policy Generali- Optional cover: Hospital Daily Cash due to Illness and Convalescence Benefit.
- Medical Expenses Reimbursement (Generali Italia - 764063711 ex 415277) - Not valid in Italy – You can take out only with Injuries and Death Policy Generali 764063712 - Single Option - Hospitalization up to € 30,000.
- Civil Liability Insurance Policy (UNIPOL - 758/65/37870281) - Only for contractual liability of workers - limit up to € 3.000.000,00

Warning: the greatest risks to foreign visitors when in Uganda are **malaria** and **road traffic accidents**. Many visitors fear the side effects of malaria prophylaxis, but no side effect causes death within a few days, which is what you risk in the event of having a severe attack of local *Plasmodium falciparum* malaria. For decades, this has been the major cause of admission and death in children (who, like foreigners, have not yet built up a partial immunity).

Road traffic in Uganda is extremely intense and chaotic with different and informal rules, and vehicles are often in very bad conditions. Unofficial drivers are often reckless and excessive drinking at night before driving is common. We strongly recommend not to travel at night and not to drive your own rented vehicle.

You can subscribe to your own policies, provided they comply with the Foundation and Hospital's requests, as stated above. It is your responsibility to compare the policy with the requirements and to show proof of compliance.

In case of difficulties, the above-mentioned basic insurance policies can be subscribed through the Foundation's broker, against refund to the Foundation for the amount of the policy.

Travel & Connections

The Hospital is located in Gulu, in the north of Uganda. In order to reach Gulu, you should take a plane to Entebbe International airport (50 km south of the capital Kampala).

We strongly recommend that visitors arriving in Uganda in the evening or at night stay in Entebbe at a hotel with airport pick up service.

We can organize for a hospital vehicle or give you contacts to book a rented vehicle to take you to Gulu the next day – (in case of hospital vehicle, you must provide prior evidence of the relevant accident insurance. See Insurance section on page 9). Note: if you decide for a hospital vehicle, you must be aware that the vehicle is not at your exclusive service. The hospital will try to accommodate your timetable, but you might not be able to travel at the precise time you wish, if other passengers or goods need to travel with you. The hospital vehicle is also not allowed to make detours for other than hospital business.

The journey from Kampala to Gulu is about 370 km and takes between six and eight hours. The cost, both in

case of a hospital or rented vehicle, is US\$ 250 (single trip) or US\$500 (round trip), which can be shared if more than one visitor are travelling together.

Costs

Unless you are part of a project or agreement that covers part or all of your mission, you are expected to pay for all costs determined by your journey. These include:

1. **Vaccinations** (we can provide a letter stating that you are travelling on a humanitarian mission for health providers who offer discounts for these reasons).
2. **Visa:** US\$ 50.
3. **Professional Council Registration Fee** (if applicable): US\$400 for UMDPC, US\$ 200 - US\$ 400 for AHPC, US\$ 350 for UNMC.
4. **Insurance.**
5. **Flight Ticket.**
6. **Transfer from EBB airport to Gulu:** Hospital or private transport or post-bus.
7. **Lacor Hospital Attachment Fee:** Visitors to Lacor for a student or a professional training experience on the ground (VAT does not apply).

ST MARY'S HOSPITAL ATTACHMENT FEES

ATTACHMENT FEE PER DAY		ATTACHMENT FEE PER MONTH	
Single Room accommodation	USD\$	Single Room accommodation	USD\$
Full Board per day	30	Full Board per month	750
Half Board per day	25	Half Board per month	625
Bed and Breakfast per day	20	Bed and Breakfast per month	500
Shared Room per Person	USD\$	Shared Room per Person	USD\$
Full Board per day	25	Full Board per month	625
Half Board per day	20	Half Board per month	500
Bed and Breakfast per day	17	Bed and Breakfast	425

1. Please remember to inform the staff as soon as you know that you will be absent for a meal, in order to avoid waste (which is significant when several people forget to inform the staff)
2. Laundry Service is included
3. Payment can be done in Uganda shillings at current exchange rate

Note: special conditions can apply in case of individual, specific cases to be agreed on:

- Foreign professionals offering volunteer technical expertise in fields that are severely needed in Uganda (ie, paediatric surgery or other teams);
- in case of partner agreements or projects;
- In case of a stay for more than 3 months.

Payment

Any payment (attachment fee) or reimbursement (registration to Government bodies such as Uganda Medical and Dental Practitioner Council) should be anticipated or paid immediately upon arrival.

Note: International bank transfers and currency exchange can be subject to very high bank charges and that can vary significantly between the options and day by day: please check which is more convenient for you.

- Cash to the Hospital Treasury accepts payments in some foreign currencies (Euro, \$US) to facilitate guests;
- Withdraw UGX with your credit card at a local ATM (even just outside the hospital); please make sure this procedure is allowed by your credit card;
- Transfer money to yourself through Western Union and collect it at the Western Union office in front of the Hospital.

Living at Lacor Hospital

Guesthouse

During your stay you will most likely stay in the Hospital guest house.

Lacor Hospital guesthouse offers free lodging and accommodation to visitors who come with an attachment approved by the Hospital for training or to carry out volunteer work within the Hospital. Donors are also accommodated free of charge, as the Hospital's survival depends on them for 70% of its annual income.

Please note that the guesthouse is not a hotel. You are expected to respect your fellow residents, which includes respectful behavior towards every staff and guest, keeping the shared spaces clean and asking the guesthouse staff and the other guest's permission before inviting an outsider.

Dining: cooks employed by the Hospital for the guesthouse prepare meals. Recipes are mostly western (pasta, pizza, rice, meat, fish, eggs, vegetable etc) with some taste of local cuisine. Please see below a typical weekly menu. The Hospital guesthouse can accommodate, if informed beforehand, simple vegetarian alternatives to meat and chicken.

However, **strict vegan diets and other special dietary needs cannot be accommodated.** Guests are also not allowed to cook in the guesthouse kitchen. If you have this kind of dietary requirements you can request to lodge in an apartment (if available) with cooking stove and organize your own meals independently.

Guests are required to notify guest house staff in reasonable advance if they will be absent at one or more meals.

INDICATIVE EXAMPLE OF WEEKLY MENU

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Tea, Coffee Milk, sugar Bread & margarine Peanut butter Jam	Tea, Coffee Milk, sugar Bread & margarine Peanut butter Jam	Tea, Coffee Milk, sugar Bread & margarine Peanut butter Jam	Tea, Coffee Milk, sugar Bread & margarine Peanut butter Jam	Tea, Coffee Milk, sugar Bread & margarine Peanut butter Jam	Tea, Coffee Milk, sugar Bread & margarine Peanut butter Jam Fried eggs	Tea, Coffee Milk, sugar Bread & margarine Peanut butter Jam Boiled eggs
Gnocchi Tomatoes Salad Banana or passion fruit**	Rice & green peas Cooked leaf vegetable Tomatoes Pineapple or Mango**	Pasta with tomato sauce Salad Green pepper Papaya or passion fruit**	Posho ¹ & chicken Malakwang ² Carrots Green beans Papaya or pineapple**	Rice and beans Samosa ³ Cauliflower Avocado or mango**	Meatballs with tomato sauce Cabbage Green peas Pineapple or mango**	Lasagna Beans Green pepper Passion fruit or mango**
Goat meat* Mashed potatoes Zucchini Papaya or pineapple**	Eggs & chapati French fries Cabbage Eggplants Avocado or papaya**	Hamburger* Bread bun Tomato Salad Avocado French fries Banana**	Pizza Zucchini Pineapple or banana **	Fish* & chips Cooked leaf vegetable Tomatoes Pineapple or papaya**	Soup Potato omelet Green beans Eggplant Papaya or banana**	Chicken* & chips Cauliflower Cooked leaf vegetable Bananas or pineapple**

* Beans / green peas / green beans / lentils / veggie burger or other vegetarian alternatives can be a substitute on request

** Given fruit and vegetables are seasonal, they may vary depending on availability

¹ Ugali (kwon in Acholi): maize flour (cornmeal) cooked with water to a porridge- or dough-like consistency

² Malakwang: Local vegetable & sweet potatoes cooked in peanut butter

³ Samosa: fried pastry with either meat and veg filling

Ingredients can be substituted with a similar one in case unavailable for seasonal or other reasons.

There are usually 2 different kinds of cooked vegetables on top of main dish (salad can replace one veg.)

In case of large quantities of leftovers, these shall be used for the next meal instead of cooking more food, in order to reduce waste of food and money for the hospital.

Rooms: have two beds and are supplied with bed linen, towels and bed nets. Sheets are changed weekly and the rooms are cleaned every day, except at times when the guesthouse is very crowded. Each room has a toilet and shower. Visitors should bring all their own toiletries. Most rooms are equipped with a built-in safe, otherwise a suitcase with a combination lock allows for safe storage of documents, money and valuables when you are out of the room.

Electricity: all rooms have electric sockets, some have European model sockets (type C, F & L) while others have Uganda model (type G as in the UK). You do not need an adapter if you are from the UK, but we advise you to bring an adapter if you are from Europe. The standard voltage in Uganda is 240V/50Hz. You do not need a power adapter (or converter) if you are from the UK, Europe, Australia and most of Asia and Africa, but you will need one if your standard voltage is 100 V - 127 V (as in the US, Canada and most South American countries). You should consider purchasing a combined plug adapters/voltage converters before your departure.

Swimming pool: there is a swimming pool in front of the guesthouse, which is accessible to all guests, at a reasonable price.

Internet Connection & Wi-Fi

The guesthouse has a Wi-Fi. Depending on your needs, you may want to purchase a Ugandan SIM card with mobile data, especially if you are planning to travel. You can buy one directly at the airport or in towns. MTN is the network that works best in the Gulu area.

Money

The following information is offered as guideline. There are plenty of ATM machines outside the Hospital and in Gulu town. Before your departure, make sure your bank enables your card to withdraw cash from banks in Uganda. Alternatively, you can change your own currency to Uganda Shillings at ubiquitous Forex Bureaus located in most towns (only change small amounts at airport or hotels, which tend to have the worst rates). There is a Western Union point at the Post Bank located at the Hospital entrance, where you can change money or collect money wired to your name.

Personal Safety

Personal safety must be taken very seriously. We advise you to refer to the information and precautions issued by your country's travel advisory, and register your destination abroad on your Government's website/app to allow contacting you in case of an emergency and/or sending you important information on the Country you are travelling in.

- Italy: dovesiamonelmondo.it. Section: "Turismo – Operatori umanitari e di cooperazione".
- Canada: travel.gc.ca/destinations/uganda
- USA: travel.state.gov/
- UK: gov.uk/foreign-travel-advice/uganda
- WHO: [The World Health Organization](https://www.who.int)

Uganda: Important legal information

In Uganda, crimes such as **paedophilia and rape** are punishable with **death penalty**. Although promiscuity is widely tolerated, **prostitution is illegal**. Western-looking people should be aware that they have greater likelihood of being approached by sex-workers.

Travelers should also be aware that **homosexuality** in Uganda is illegal and carries the potential penalty of 7 years to life imprisonment.

Lacor Hospital: Important legal information

Lacor Hospital and its partners adhere to a non-discrimination policy in regard to race, colour, religion (creed), sex, disability, marital status, national origin, sexual orientation, gender identity or expression.

However, non-negotiable rules for visitors to Lacor Hospital include:

- **Sexual Misconduct:** The Hospital and its partners will not tolerate any form of sexual misconduct. This includes acts against human right laws in compliance with local and your home countries' customs, as well as sexual relationships which, even when apparently between consenting adults, can imply unequal power relationship abuse due to social or economic disparity, or psychological manipulation.
- **Alcohol & Drugs:** The use of illegal drugs and/or excessive consumption of alcohol is prohibited at all times for all guests at Lacor Hospital. Cannabis consumption, possession, cultivation and sale are considered serious crimes in Uganda, punishable by a prison sentence. In the event of being charged with any of these crimes, the Hospital cannot support you or facilitate your release in any way.
- **Video or Photography:** As in your home country, taking a photo or video of any person requires their consent (or their parent's consent in case of minors) in order to avoid violation of their privacy rights, and should be taken very seriously. Taking pictures or video of a suffering or very ill patient is not acceptable, as informed consent cannot be expected and is therefore also a violation of that person's dignity. If you are taking clinical photos you should always inform your patients of your reasons for taking their image and how you intend to use it. Patients have the right to deny you permission to take their picture or film. Always be respectful and empathetic towards your subjects.
- **Clothing:** Your attire should be compliant to a hospital environment: trousers, clothes that are not tightly form fitting and adequately cover the chest, shoulders, and upper thighs. When working at the Hospital, you should wear formal wear in accordance with local customs and out of respect for your colleagues: male Doctors usually wear trousers, button down shirts and tie, while female doctors wear the same or modest long skirts or dresses. We advise you to pack light-weight, year-round summer clothes, but be prepared for occasional rain, even in the dry season. During the rainy season, thunderstorms may occur more than once a day.
- **Poisonous snakes** are common in Uganda, but they are rarely seen and usually only when they have been killed. There is no report of any visitor or volunteer ever having been bitten by a snake. However, we recommend closed footwear and the use of a flashlight at night, and avoiding tall grass or bushes. Paths and sidewalks may also be in a bad state of repair and you should watch out for holes.
- **Food & Beverages:** While food and beverages at the Lacor Guest house are safe, the same cannot be said for what might be available outside the Guest house. The [CDC](#) advises:
 - › Make sure your food is always well cooked, especially meat, fish, and eggs.
 - › Avoid cooked food served at room temperature.
 - › Avoid raw food, including raw vegetables unless you are sure they have been thoroughly washed in safe water.
 - › Only drink beverages from sealed bottles or cans.
 - › Water is safe if it has been boiled, filtered or chemically treated.
 - › Avoid ice unless you are sure it was made from bottled/disinfected water.
 - › Be careful with street food, if you are not sure of its safety, avoid it.
- **Petty theft** is extremely frequent, ranging from street pickpockets to thieves who sneak into any of the Hospital's rooms and apartments. Please be careful with personal effects of value. Almost all rooms in the Hospital Guest house have a safe built into the wardrobe. In all other cases, a suitcase with a lock or combination will allow you to safely store documents, money and valuables when you are out of the room. If you absolutely need to bring a significant amount of valuables, inform the Hospital administration in advance so they can identify an ad hoc solution. Within the Hospital, any significant sum of money should always be kept on you, ideally in a purse under your clothes. Never take significant sums of money outside the Hospital walls but leave them with a person you trust.

- **Roads:** For non UK travelers, remember that **driving is on the left**. Be very careful, when crossing a road, to LOOK towards your RIGHT. Road accidents are very common in Uganda. Avoid travelling on a “boda-boda”, the ubiquitous motorcycle taxis, who rarely provide a passenger helmet and are the main cause for admission to casualty. You should also avoid rental vehicles if you are not sure that the driver has an official license. Public transport, as Westerners understand it, does not exist in Uganda. Car taxis and minivans (matatus) are convenient but will only depart when all seats are occupied. A “taxi special hire” is one you hire just for yourself and is much more expensive. Walking on the side of the road is very dangerous, due to the absence of sidewalks and to the fact that cars and trucks have an unpredictable trajectory and drivers generally expect pedestrians to jump out of their way. When travelling on a boda-boda or on a taxi special hire, do not hesitate to ask the driver to slow down; if you feel the driver is unreliable or under the influence of any substance (alcohol and/or drugs) require him to stop and get out immediately. Your life is more important than causing offence.

In the event of a car accident, the local population can be very hostile and there have been cases of lynching on the spot. Therefore, it is important to be extremely cautious if this unfortunate event occurs. Should you be involved in any form of car accident, stay in the car and drive immediately to the nearest police station.

- **Roaming at Night:** Always remain within the Hospital compound after dark, unless you are part of a group you trust and you are traveling in reliable vehicles. Always be very prudent when you leave the Hospital.
- **Medicines:** We advise you to bring your own over-the-counter medications such as malaria prophylaxis, your usual pain-relief, antipyretics and antibiotics upon your doctor's recommendation. If you suffer from a medical condition and you need to take prescription medication, pack enough to last for your stay and keep it in your hand luggage during your flight. We suggest you to check with your country's Travel Advisory about medicines to take with you. Discuss the option of packing an antibiotic for self-treatment of travelers' diarrhea with your doctor, prior to your trip.

Farewell

We are grateful that you had the patience to read this far. If you did, you are probably highly motivated to adapt and understand the new environment, culture and people you are going to meet in Uganda, and this is so necessary. We hope your experience at Lacor Hospital will be as positive and enriching as it can be and wish you a nice stay.