

Lacor Hospital Visitor Resource Pack

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

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Introduction

Thank you for applying for an experience at St. Mary's Hospital, Lacor! Whether you are going as a student observing, an intern, or you are a member 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 (downloadable either on: <https://fondazionecorti.it/> or <https://becomepart.org/> depending through which organization you are applying).
2. An English language CV. For non-English speakers, a B2 level of competence is required in both aural comprehension and speaking, as a good knowledge of the language is essential to work in Lacor Hospital.
3. A cover letter explaining your expectations for your experience at Lacor Hospital.

After a preliminary review of your application, we will forward it to the Hospital Directors, who decide if applications are suitable. Their decisions are made in the light of specific needs of departments and the Hospital, including the possibility to integrate you into the Hospital's regular activities safely and without burdening Hospital staff. The availability of lodging within the Hospital compound is also a factor. We will relay the decision of the Hospital Directors to you. If they approve your application, the organization through which you submitted your documentation will provide you instructions and information regarding your journey and required procedures. 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. In fact, one of the goals of the Hospital has always be to encourage local independence and empowerment. Therefore, the Hospital cannot depend on volunteers, as the unpredictability of their specializations, schedules and lengths of stay would prevent a regular provision of services to the population. Furthermore, professionals from different contexts, especially from high-income countries, naturally, take time to adapt to the working environment and culture at the Hospital. Common diseases, available diagnostics and therapies, technologies and working culture are 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 basic requirements in the Western world. Moreover, the burden of the sick (600 outpatients and 500 inpatients are present daily) with only 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 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 specific or 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 the Hospital is the story of Piero Corti and Lucille Teasdale, bonded in love and devotion to the poor. Working side by side, their life together was spent caring for the most vulnerable. Lucille Teasdale and Piero Corti were physicians as well as husband and wife. Over 40 years, they transformed a small missionary Hospital into a major health complex and created the [Fondazione Corti](#) in Milan, to guarantee its continuity, in the future. To aid that continuity, the [Teasdale-Corti Foundation](#) was founded in Montreal, St. Mary's Lacor Hospital is also one of the beneficiaries of the US organization [Social Promise](#).

From a small 30-bed hospital 55 years ago, Lacor Hospital is now a complex with a 482-bed capacity and three Peripheral Health Centres - each with 24 beds (Opit, Amuru and Pabbo). It treats about 250,000 patients per year (of which more than 45,000 are admissions). Lacor is also a teaching hospital, with a Nurse and Midwifery Training School, a Laboratory Training School, School of Anaesthesia. Moreover, it is one of the teaching sites for the Government Faculty of Medicine of Gulu University.

The total bed capacity of the Hospital complex, including the three Health Centres, is 554. It offers curative, preventive and rehabilitative general health care services, some specialist services, and is a training centre for different cadres of health personnel. With its four main departments: Internal Medicine, Paediatrics and Child Health, Obstetrics and Gynaecology, Surgery, Anaesthesia. The selected specialised services provided include: treatment of childhood malignancies, Fistula surgeries, detection and treatment of early cervical cancers and endoscopy, 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 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 when there is a lack of health professionals on-site.

Travelling to Lacor

Location & Weather



Uganda is a landlock 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, 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 the Gulu-district, near the city of Gulu. With a population of 154,000, Gulu is the second largest city in Uganda. It is 334 km from the country's capital Kampala, and 377 km from Entebbe Airport (EBB). Both Lacor and Gulu are safe places. Gulu is only 5 km from the Hospital and 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. During the weekend, you could plan a trip to Murchison Falls National Park, 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 could be appointed responsible for your well-being and safety during the trip.

In contrast to the rest of the country, the weather here is divided in only two seasons, one dry and one wet season:

- Dry season: it 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 of 55mm.
- Wet season: it lasts April until October: Temperature min 16/17°C or 61/63°F - max 26/28°C or 61/63°F; Rainfall index: average of 176mm.

Climate change has had its effects here as well, originally there were four seasons which mutated into two big ones and now even the divide between the two seasons is not as clear as it once was. Travellers are advised to pack some extra clothes in case of a change of weather. There is one small break called "Little Dry season" in August where the constant rains stop for a period of two 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. To enter Uganda, you need to present documentation of your Yellow Fever Vaccination. Failure to provide the required documentation will compel you to be vaccinated at the airport, or even to be denied entry. If you cannot have this vaccination, you should provide medical certification (in English) stating why it is not recommended or is contraindicated. 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: the **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 Disease vaccination.**

For more information regarding vaccines and prophylaxis recommended for travel to Uganda, consult your country's general and country-specific advice:

<http://www.viaggiare Sicuri.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. 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 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 increases the likelihood of a less severe attack.

Due to common side effects caused by these drugs, please visit your local GP surgery, pharmacy or travel health clinic to discuss which drug is best for you.

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 at night, especially at sunset and sunrise. You should wear appropriate clothing, especially at night time, for added protection

Visa

You need a Visa to enter Uganda. At the time of writing this document, it can be obtained both online and at the airport immigration control upon arrival. However, many airline companies require proof of Visa request to let you embark your flight

Online Visa should **ONLY** be obtained through the official government of Uganda immigration website:

→→→ <https://visas.immigration.go.ug/> ←←←

NOTE: there are many scam websites selling overcharged online visas.

Price: US\$50. A few countries, such as Ireland, are Visa exempt due to reciprocal arrangements, so please check on the Uganda immigration website to determine if citizens from your Country are exempt.

Type: Uganda Ordinary / Tourist Visa

Subcategory: Single Entry

Required Documentation:

- Passport copy (bio-data page) your passport should have a validity of at least six months from the date you intend to travel.
- Vaccination Certificate (Yellow-Fever).
- Recent Passport-size Photograph.

N.B due to possible issuing delay, we recommend that you submit a Visa application at least two weeks prior to your departure. Should you not have your Visa by the day of your departure, we suggest that you take a print-out of the e-mail confirmation you received upon payment, which is proof of your Visa Application.

Mandatory Professional Council Registration

If you are going to Lacor as a health professional you must register with the relevant [Council: Ugandan Medical & Dental Practitioners Council](#) (UMDPC), [Uganda Nurses and Midwives Council](#) (UNMC), [Uganda Allied Health Professional Council](#) (AHPC).

The only category of visitors excluded from this procedure are Undergraduate Students.

It is **IMPERATIVE** that specialists, doctors, nurses, physiotherapists, midwives, interns, postgraduate students, etc. who wish to participate in the Hospital's activities (even as an observer) are registered with the relevant Uganda Professional Council (UMDPC, UNMC, AHPC).

After a preliminary review of your application, as specified in the Introduction section, we will forward it to the Hospital Directors, who decide if applications are suitable.

Once we receive the Hospital's initial approval of your stay at St. Mary's Hospital, your organization of reference will send you the registration form and the checklist of documents required for registration.

Required documentation for application 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
5. Current Certificate of Registration in Country of Origin
6. Certificate of Good Standing/professional Status from Medical Council/Board
7. Letter of invitation/Introduction from intended Ugandan employer (Lacor Hospital will prepare this)
8. Curriculum Vitae
9. Reference letters from three 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
13. Pre-registration examination (where applicable)
14. Registration Fee (400 US\$)

It takes a minimum of three months for the UMDPC office in Kampala to process and approve registration. Renewals are less expensive and require less documents. (Info: <http://umdpc.com/>).

Insurance

All guests staying at the hospital, whether for a visit, internship, or work experience, are required to submit evidence of adequate insurance coverage. Additionally, to travel in Hospital vehicles, you must have:

Insurance coverage for travel risks (this applies to all visitors):

- 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 that is acceptable is **€200,000 / CAD300,000 / USD250,000 for death and €250,000 / CAD 400,000 / USD 300,000** for permanent disability.

You must ensure your insurance is valid for a person residing and working within a hospital. There is an additional insurance coverage for all visiting health professionals, interns, and students:

- c) Coverage for accidents and professional risks including tropical diseases and HIV

The Hospital is insured to the maximum amounts available in Uganda, which are very low compared to Western countries and would not adequately cover any accidents.

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.

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 (45 km south of the capital Kampala).

For visitors arriving in Uganda in the evening/night we recommend staying at a hotel in Entebbe which arranges pick up services from the airport.

We can arrange for a car and driver to collect you and transport you to Gulu – (you must provide us prior evidence of the relevant accident insurance. See Insurance section on page 07). The journey to Gulu is about 350 km and takes between six and eight hours. The hospital must charge you US\$ 250 (single trip) or US\$500 (round trip) for this service, which is to offset the cost of a two-day trip for drivers, fuel and car upkeep. Travellers travelling together can share this cost.

Another option is to **travel by post bus** from Kampala to Gulu. This costs 25,000 Uganda Shillings (UGX) and is scheduled to take roughly six hours. The Hospital can provide you with a transfer to the Kampala bus stop and from the Gulu bus stop to the hospital. As convenient as this solution might sound, you should take into consideration that there is always a possibility of the bus breaking down in the middle of nowhere and consequently putting yourself at risk.

Costs

Unless you are part of a project that funds your mission, you are expected to fund all your costs. These include:

1. **Vaccinations** (we can provide a letter stating that you are travelling on a humanitarian mission if your health provider offers 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:** either Hospital car or post-bus.
7. **Attachment Fee:** All students, professionals and volunteers carrying out internships or other learning or work experiences at Lacor Hospital are required to pay an attachment fee of US\$ 75 per week (US\$300 per month).
8. **Guest House Accommodation & Meal Costs:** Laundry service is included. Each room has a toilet and shower, bed net, bed linen changed once a week, towels, a soap bar and toilet paper. Cleaning is done every day except for periods of particular crowding of guesthouses. The payment should be made immediately upon your arrival at the Hospital in any of the following currencies: Euro, US\$, Ugandan Shillings.

<p>Single room:</p> <ul style="list-style-type: none"> • Full board: 90,000 shillings per day • Half board: 75,000 shillings per day • Bed & breakfast: 60,000 shillings per day 	<p>Room with two beds, price <u>per person</u>:</p> <ul style="list-style-type: none"> • Full board: 75,000 shillings per day • Half board: 60,000 shillings per day • Bed & breakfast: 50,000 shillings per day
<p>Single room for stays exceeding <u>20 days</u> (price per month):</p> <ul style="list-style-type: none"> • Full board: 1,800,000 shillings per month • Half board: 1,500,000 shillings per month • Bed & breakfast: 1,100,000 shillings per month 	<p>Room with two beds for stays <u>exceeding 20 days</u> (price per month), <u>per person</u>:</p> <ul style="list-style-type: none"> • Full board: 1,500,000 shillings per month • Half board: 1,100,000 shillings per month • Bed & breakfast: 800,000 shillings per month

Payment

There are a couple of ways you can pay for your stay. You can carry the entire sum of money with you on your journey or pay in advance, through Wester Union by wiring the money to the hospital's Western Union account. You can transfer money to yourself, through Western Union and collect the money upon your arrival at the Western Union office in front of the Hospital (please check the transaction fees for this solution).

You can also wire money to the Hospital, by Bank Transfer, bare in mind that international bank transfers are subjected to high bank charges which you should pay for. Please specify this at the moment of your transaction.

Please notify your organization of reference about the method of payment of your choice so that they can give you detailed instructions.

Living at Lacor Hospital

Guesthouse

During your stay at Lacor you will most likely live in the Hospital guest house, which we underline, is not a hotel. Rather, it is a simple accommodation which includes shared spaces. We require you to respect your fellow residents, which includes asking their permission before bringing an outsider into the guest house and keeping the shared spaces clean.

- Dining: all the meals are prepared by the cooks employed by the hospital for the guesthouse. Meals are mostly Western recipes (pasta, pizza, rice, meat, fish, eggs, vegetables, etc.), with some taste of local cuisine for those guests who are interested in exploring the culinary culture of Uganda.
- Rooms: rooms are welcoming and supplied with linen and bed nets. Sheets are changed weekly and the rooms are cleaned regularly. All rooms have electronic sockets, some are European some are Ugandan (three-pronged, as in the UK), therefore we advise you to bring an adapter (suitable for UK and European sockets). In Uganda the standard voltage is 240 V and the frequency is 50 Hz. You can use your electric appliances in Uganda, if the standard voltage in your country is in between 220 - 240 V (as is in the UK, Europe, Australia and most of Asia and Africa). If the standard voltage in your country is in the range of 100 V - 127 V (as is in the US, Canada and most South American countries), you need a voltage converter in Uganda. You may also consider a combined power plug adapter/voltage converter. 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.
- Swimming pool: there is a swimming pool in front of the guesthouse, which is accessible to all guests, for a reasonable price.

Internet Connection & Wi-Fi

You will find a Wi-Fi connection at the guesthouse. However, depending on your needs, you may want to purchase a Ugandan SIM card with mobile data, especially if you are planning to travel around. You can buy one directly at the airport or in Gulu. We suggest MTN, which is the network that works best in the Gulu area.

Money

This will vary for each person, so we offer the following information only as a guideline. There are plenty of ATM machines outside the Hospital and in Gulu. Before your departure, make sure your bank enables your card to withdraw cash from banks in Uganda, otherwise the transaction might not

be allowed. However, you can also decide to carry enough money to pay for your accommodation and meals upon arrival. You can change your currency to Uganda Shillings at ubiquitous Forex Bureaus located in most towns; those at the airport or hotels tend to have terrible rates so only change small amounts there, in case of need. There is also a Western Union point at the Post Bank located at the entrance to the Hospital where you can change your currency. As mentioned above, Western Union could also be used to 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. Many Governments offer their citizens the possibility of registering one's destination/s abroad through a website an app in order to track or contact you in case of an emergency and send you important updates on the country you are travelling in.

- **Italy:** <https://www.dovesiamonelmondo.it/home.html>. See Section on “Turismo - Operatori umanitari e di cooperazione”.
- **Canada:** <https://travel.gc.ca/destinations/uganda>
- **USA:** <https://travel.state.gov/content/travel/en/international-travel/before-you-go.html>
- **UK:** <https://www.gov.uk/foreign-travel-advice/uganda>
- **WHO:** The World Health Organization www.who.int/ith/precautions/en/

Although Uganda is generally a safe country, there are many ways in which you can minimize risks during your stay.

The following rules are non-negotiable for visitors to Lacor Hospital:

- **Sexual Relationships:** The Hospital and its partners will not tolerate any form of sexual misconduct. Needless to say, this includes acts against human right laws, but also intimate affiliations linked to unequal relationships due to abuse of social or economic power or psychological manipulation. Sexual relationships MUST always be consensual, in compliance with local customs and your home countries. We also highlight that due to high rates of HIV and other STDs in Uganda, safe-sex practices are extremely important.

In Uganda crimes such as Paedophilia and Rape are punished by the death penalty. Promiscuity is widely accepted in Africa. Although prostitution is common in Uganda, it is illegal. Western-looking people should be aware that they have greater likelihood of being approached by sex-workers.

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 gender expression.

However, all travellers should be aware that homosexuality in Uganda is illegal and carries the potential penalty of 7 years to life imprisonment.

- **Alcohol & Drugs:** The use of illegal drugs and/or excessive consumption of alcohol is prohibited at all times for all guests of Lacor Hospital. Cannabis consumption, possession, cultivation and sale are considered serious crimes in Uganda, punishable by a prison

sentence. Please bear in mind that the Hospital cannot support you or facilitate your release in any way, if you get charged with any of these crimes.

- **Photography:** As is true in your home country, photographs of patients should be taken very seriously. Photographs should only be taken with the consent of the portrayed subject, or of the parent, if the subject is a minor. Taking pictures or film of a suffering or very ill patient is not acceptable, as informed consent cannot be expected and is therefore a violation of that person's dignity. If you are taking clinical photos you should always inform your patients of your reasons for taking the picture and how you intend to use it. Patients have the right to deny you permission to take their picture or film them. Always be respectful and empathetic towards your subject.
- **Clothing:** Your attire should be compliant to a hospital environment. Typical dress includes: trousers, clothes that adequately cover the chest, shoulders, and upper thighs, and clothes that are not tightly form fitting. When working at the Hospital, you should wear formal wear in accordance with local customs, 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 during dry season. During the rainy season, thunderstorms may occur more than once a day.

Despite the fact that poisonous snakes are common in Uganda, they are rarely seen and usually only when they have been killed. There is no report of any visitor or volunteer ever having suffered a snakebite. However, we recommend using a flashlight at night, closed footwear and not walking in tall grass or bushes. Paths and sidewalks may also be in a bad state of repair and you should watch out for holes.

The following are suggestions for personal safety that we encourage you to take seriously:

- **Food & Beverages:** Learning about a new culture can include its cuisine. 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. Here are some general rules about food and beverages ([CDC](#)):
 - 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 washed thoroughly in safe water.
 - Drink only beverages from sealed bottles or cans.
 - Water is safe if it has been boiled, filtered or chemically treated.
 - Avoid ice unless made from bottled/disinfected water.
 - Be careful with street food, if you are not sure of its safety, avoid it.

Please discuss the option of packing an antibiotic for self-treatment of travellers' diarrhoea with your doctor, prior to your trip.

- **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 of 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 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 number of valuables with you, 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:** 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, so try to minimize the risks. Although you will see them everywhere, you should avoid travelling on a boda-boda". These are motorcycle taxis, which are often unregulated and rarely provide a helmet for the passenger. You should also avoid rental vehicles if you are not sure that the driver has an official licence. Public transport, as Westerners understand it, does not exist in Uganda. Walking on the side of the road is very dangerous, due to the absence of sidewalks and due to the fact that cars and trucks have an unpredictable trajectory and drivers generally expect pedestrians to jump out of their way. When travelling in a taxi, follow your instincts and if you feel the driver is unreliable or under the influence of any substances (alcohol and/or drugs) ask 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 to the nearest police station, immediately.
- **Roaming Around at Night:** Always remain within the walls of 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 walled perimeter of the Hospital.
- **Medicines:** We advise you to bring your own over-the-counter medication. For instance, in addition to the previously mentioned malaria prophylaxis, you may prefer having your usual pain-relief, antipyretics and antibiotics (the latter upon recommendation of your doctor). If you suffer from a medical condition and you need to take prescription medication, please pack a quantity that will last for your entire stay and keep them in your hand luggage during your flight. We suggest you to check with your country's Travel Advisory about medicines to take with you.