



ST. MARY'S HOSPITAL LACOR

Lacor Hospital Visitor Resource Pack

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

Piero Corti

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Introduction

Thank you for applying for an experience at St. Mary's Hospital, Lacor!

In whatever capacity you are going, Lacor Hospital's support organizations (Corti Foundation Italy, Teasdale Corti Foundation Canada, Social Promise US) encourage you to read this document thoroughly.

To enquire about spending any amount of time in Lacor Hospital for an attachment as a volunteer or to gain exposure in tropical diseases or to the Hospital's technical facilities, you must send us an application email with the following attachments:

1. Your Application Form
2. An English language CV. For non-English speakers, a B2 level is required in both comprehension and speaking, as English is one of Uganda's official languages and the one used in Lacor Hospital
3. The Foundation questionnaire
4. A cover letter explaining your expectations for your experience at Lacor Hospital

After reviewing your application, we will forward it to the Hospital Directors.

The Directors will decide if your application can be accepted, depending on specific conditions of departments, (including the possibility of integrating you into regular activities safely and without burdening Hospital staff), and availability of lodging within the Hospital compound.

If the Directors approve your application, we will provide you with additional information regarding your journey and required formalities and paperwork.

Lacor Hospital

Lacor Hospital is completely dependent on its full-time Ugandan staff to ensure continuity of service. The Hospital does not depend on volunteers, as the unpredictability of their competences, schedules and length of stay would prevent a regular provision of services to the population.

At Lacor Hospital, there is a wide gap between the human and financial resources available and the vast unmet health needs of the population. This makes it very difficult to reach the level of dedicated staff, diagnostics and treatment options that are common in high-income countries. The high burden of the sick (up to 600 outpatients and 500 inpatients are present daily) and highly overstretched staff (ie forty doctors, including the newly graduated medical interns) makes it hard enough to devote sufficient time to each patient. It is therefore even harder to dedicate time to expatriates who will not stay long enough to contribute autonomously to Hospital activities.

Most expatriate professionals identify themselves as "volunteers", as they desire to offer service willingly and without pay. However, they need to spend on average between one to three months of time in Lacor in order to gain enough experience to contribute autonomously to Hospital activities. This is because common diseases, available diagnostics and treatments, working culture and English language use are very, very different from what they know.

All who come to Lacor Hospital to gain exposure in tropical diseases or to the Hospital's technical facilities must correspond an attachment fee, unless part of an organization with prior partnership or project agreement with Lacor Hospital.

Please make sure you register on your government website/ app before departure to enroll you with the nearest Embassy or High Commission to contact you in case of an emergency-

Italy: <https://www.dovesiamonelmondo.it/home.html.it>:

Canada: <https://travel.gc.ca/travelling/registration>

USA: <https://step.state.gov/step/>)

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, it is a non-government organization registered with the Government of Uganda and operates in accordance with Ugandan laws and health policies.

Drs Piero Corti and Lucille Teasdale, a husband-and-wife team, spent their lives developing the hospital to provide the highest possible quality care to the most vulnerable at the lowest cost. Over the course of 35 years, they transformed a 30-bed missionary Hospital into a major health complex.

Lacor Hospital Complex includes **the main 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 200,000 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 services are 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 6,7 million a year, which is a huge figure in an area where the population is very poor and struggling to rebuild their lives following a violent conflict that lasted over 20 years. It is, however, a fraction of the cost of an equivalent Western hospital.

Because of the region's extreme poverty, the Hospital depends on foreign funds to meet 65-70% of its running costs.

Drs. Piero and Lucille and created two dedicated support organizations, the **Corti Foundation** (Fondazione Corti) in Milan, Italy and the **Teasdale-Corti Foundation** in Montreal (Canada) to help ensure its continuity. Another strategic partner is **Social Promise**, a US based organization

Important notice: all expatriates, in whatever capacity they remain at Lacor Hospital, **are expected to behave professionally and respectfully.**

This includes wearing adequate attire in the Hospital which is essential to show respect for the local staff (wear what you would wear in your own wards at home. Shorts, miniskirts and tiny or transparent tops are OK for a beachside holiday not the Hospital wards and courtyards).

Please **respect working days and hours**, exactly as hospital employees. For health sector expatriates, absence from the department you are attached to during normal working hours, is unprofessional example and disruptive. Lacor Hospital is not a place for a vacation.

We warmly recommend you to be proactive and actively participate to meetings, such as the general Saturday CME and to the daily life of the Hospital's staff and community.

WORKING HOURS AT LACOR HOSPITAL
(to be respected by expatriates):
Monday-Friday. 8.30 AM to 1 PM and 2.30 PM to 5 PM.
Saturday 8.30 AM to 1 PM.

Travelling to Lacor Hospital

Location & Weather

Uganda is a landlocked country in East- Africa. Kampala is the capital city. Much of the country is a plateau and is located in the African Great Lakes region: lake Victoria, in the south, is one of the world's biggest lakes.

The altitude, ranging from 1,000 to 1,400 meters (3,300 to 4,600 feet), and the Equator which crosses the Country, offer the benefit of a mild climate.

Gulu District

- Latitude: 2.772404° - Longitude: 32.288073°
- Elevation: 1,114 m
- Population: 310,205

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

From Lacor Hospital you can reach Gulu town, to go shopping or dine in one of the restaurants with a *matatu*, or collective taxi, which only depart when all seats are occupied.

Gulu district has a savanna landscape. You can book a safari to Murchison Falls National Park on a weekend; however, remember 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 any safari or if you venture outside the Hospital.

The weather comprises **one dry season** (November to March, temp: min 16/17°C or 61/63°F - max 29/32°C or 61/63°F, average rainfall index 55mm) and **one wet season** (April to October, tem: min 16/17°C or 61/63°F - max 26/28°C or 61/63°F, average rainfall index 176mm). There is sometimes a Little Dry season during August when the rains stop for a few weeks. Climate change has disrupted the once very regular seasons, so visitors are advised to bring clothes for dry or rainy weather in any case.



Travel Health

Expatriates are responsible for their own health, including vaccinations, prophylaxis and precautions while travelling. Consult your nearest health travel advisory for general and country-specific advice for information regarding vaccines and prophylaxis recommended for travelling to Uganda.

Italy: <http://www.viaggiare Sicuri.it/country/UGA>

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

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

Note:

Yellow Fever Vaccination is mandatory, and must be presented upon arrival unless one can provide a medical certification (in English) in case of contraindications. You will be denied entry or offered to be vaccinated at the airport

Malaria prophylaxis *Plasmodium falciparum*, the most dangerous and lethal type of human malaria, is

widespread in Uganda and Gulu District throughout the year. In villages the incidence is higher than in urban areas. Malaria is potentially fatal, particularly for visitors 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. **We strongly recommend you take Malaria prophylaxis during the first month of your stay**, until exposure to the parasite induces a partial immunity and reduces the likelihood of a very severe attack.

Get advice on which drug is best for you considering side effects (which are never as dangerous as a severe malaria attack). Use the mosquito bed-net provided at Lacor guesthouse (roll it up during the day to reduce the likelihood of mosquitos entering the protected space). Bring effective insect repellents (malaria mosquitoes are active from sunset to sunrise).

Visa

Although a VISA can be obtained upon arrival, many **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.

Apply through the **Government of Uganda website** <https://visas.immigration.go.ug/> (commercial websites appear first when searching for “visa + Uganda” but are much more expensive).

As different kinds of Visas apply to different categories of travelers, **please refer to your support organization for information regarding which visa to apply for**. These organizations will also send you the Lacor Hospital invitation letter you will need to upload with the other required documents.

Make sure your visa does not expire during your stay. This is illegal and you will be severely fined. In case of need for extension, or any other need, ask the **Hospital Administrator, Mr. Piero Paul Ocaya**, for instructions before applying through the Government of Uganda website <https://visas.immigration.go.ug/>.

Mandatory Professional Council Registration

Provisional registration with the relevant Uganda Professional Council is **mandatory by law for all health professional volunteers** (consultants, Ph.D., specialists, doctors, postgraduate and master students, postgraduate interns, nurses, physiotherapists, midwives coming to Lacor Hospital for an attachment period **who might be involved in the care of patients**).

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

Your contact organization will send you the application form and list of documents you need to provide, and will then forward them to the hospital personnel office. The hospital will add the invitation letter and deliver the documents to the UMDPC office in Kampala and pay the registration fee (which you will be required to reimburse).

Undergraduate students are NOT allowed to carry out medical treatment and procedures, but can participate in Hospital activities **as observers**, under the supervision and responsibility of Heads of Dept.

NOTE FOR MEDICAL PROFESSIONALS:

- 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 by a Notary** (this can be expensive, especially if many documents need to be translated and verified; check with the issuing bodies if they can issue English language documents).
- Subsequent renewals require less documents and cost US\$ 200.

Research

For **any kind of research** regarding people, whether health or social, even if retrospective, a **full research proposal must be submitted** to the Lacor Hospital Institutional Research and Ethics Committee.

Your contact organization can send you:

- the submission form;
- the list of documents you need to provide;
- the USD fee and bank account.

In order to be considered at the next committee meeting, a proposal must be submitted at least 3 weeks before the date of that meeting (if the schedule is not yet full). Otherwise, the proposal will be considered at the subsequent meeting. The fee is USD 400 for a normal review process (USD 600 for fast track).

Insurance

All expatriates staying travelling to Lacor Hospital are required to submit evidence of **adequate insurance coverage**. Note: it is the traveler's own responsibility to verify that his/her insurance is adequate. Lacor Hospital and support organizations require evidence of coverage, but **this does NOT imply any kind of approval** of the insurance contents.

Additionally, in order to travel in Hospital vehicles, all expatriates **must cover the following travel risks**:

- 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.

Remember to specify that it is **for travel in Africa**, and that you will be **residing in a hospital compound**.

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

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

Cost: indicative package including all the above: €250 for two months, and €360 for three months (prices can be higher for higher premiums).

Warning: the greatest risks to foreign visitors when in Uganda are **malaria** and **road traffic accidents**. Please read the Travel Health section above and the Personal Safety section below.

Travel & Connections

The Hospital is located in Gulu, 340 km north of Kampala, 380 km from Entebbe International Airport (EBB), which is served by many international airlines.

Travelling at night is dangerous: we strongly recommend that expatriates arriving in Uganda at night stay at a nearby hotel that can guarantee pick up service from Entebbe Airport.

We can organize for a hospital vehicle that will take you to Gulu, but please note:

- you must provide prior evidence of the relevant accident insurance (see insurance section);
- please 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 day or time you prefer, 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 takes between six and eight hours. The cost, in case of a hospital vehicle, is US\$ 300 (single trip) or US\$ 600 (round trip), which can be shared if more than visitors are travelling together. In case of a rented vehicle, it can be slightly less. Public transport is very cheap but also more dangerous. You can reimburse the Hospital through the cashier in the administration block. The hospital accepts payment in UGX, USD, Euro.

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 or more, according to the category.
3. **Professional Council Registration Fee** (if applicable): US\$400 for UMDPC, US\$ 200 - US\$ 400 for AHPC, US\$ 350 for UNMC. The Hospital submits applications to the Council office in Kampala and anticipates the fee. You can reimburse the Hospital through the cashier in the administration block. The hospital accepts payment in UGX, USD, Euro.
4. **Insurance.**
5. **Flight Ticket.**
6. **Transfer from EBB airport to Gulu:** Hospital or other transport.
7. **Lacor Hospital Attachment Fee:** all expatriates who are not part of an organization with prior partnership or project agreement with Lacor Hospital, who stay in Lacor Hospital to carry out a **volunteer attachment period in order to gain exposure in tropical diseases or to the Hospital's technical facilities**, must cover primarily the cost of their experience.

Lacor Hospital attachment fee for gaining exposure in tropical diseases or to the Hospital's technical facilities		No boarding	Full boarding
Foreign medical students or other undergraduate students		200 USD	750 USD
Medical doctors, engineers & other foreign professionals	Stay less than 3 months	200 USD	750 USD
	Stay 3 months and longer	150 USD	500 USD

The above fees include professional liability coverage, medical and other consumables, induction, supervision, etc. The Boarding fee includes full board accommodation in a single room, breakfast, lunch, dinner and laundry.

- The following discounts are available:
- Shared room (if available): 10% discount
- One meal only: 15% discount
- Bed and breakfast only: 30% discount

Discounts can be granted only if **requested in advance**. Shared rooms depend on availability. Changes during the stay must regard the following month, and must be requested to the Guesthouse In-Charge, (Ms Evelyne) and **communicated by email before the following month to the Administration**, at info@lacorhospital.org

Institutional Exchange Programs/ Sponsoring Agreements:

If the attachment is within a formal Institutional exchange, or under a sponsoring agreement between Lacor Hospital and a sending Institution, the payment will be according to the agreement between the institutions.

Hospital Volunteers:

Hospital Volunteers that were specifically invited by the Hospital, in particular Pediatric Surgeons, Pathologists, or other professionals with competences that are difficult to attract locally, or where there is an acute staff shortage, will not pay the attachment fee, but only if this was formally agreed in advance with the Hospital Management.

Payments: The Hospital has a Euro and USD accounts you can use for payment.

Your contact organization will send you the ATTACHMENT PAYMENT FORM and conditions

Living at Lacor Hospital

Hospital working clothes & equipment

Bring your own Hospital gowns and working clothes, equipment (as needed: stethoscope, surgical and K95 masks, protective visors, etc). You can also purchase these at a local pharmacy.

Guesthouse

Lacor Hospital guesthouse offers lodging and accommodation to expatriates who come for an attachment period to volunteer or to gain exposure in tropical diseases or to the Hospital's technical facilities. Donors and partners with approved agreements can also be accommodated free of charge, as the Hospital's survival and offer of care at a highly subsidized price 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, keeping personal rooms tidy, discontinuing noise and music from 10PM onwards and asking the guesthouse staff and the other guest's permission before inviting an outsider.

Dining: cooks employed by the Hospital prepare mostly western style meals with some taste of local cuisine. Subject to informing the guesthouse before arrival, vegetarian alternatives to meat and chicken can be offered.

However, strict vegan diets and other special dietary needs such as, but not limited to, coeliac disease (gluten allergy/intolerance) cannot be accommodated. Guests are also not allowed to cook in the guesthouse kitchen.

If your stay depends upon preparing your own food, it is **your own responsibility to find lodging outside the hospital or in Gulu town prior to your departure as the Hospital cannot accommodate special dietary needs.**

Please notify the guesthouse staff in reasonable advance if you will be absent at one or more meals.

Indicative example of weekly menu

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
BREAKFAST						
Tea, Coffee	Tea, Coffee	Tea, Coffee	Tea, Coffee	Tea, Coffee	Tea, Coffee	Tea, Coffee
Milk, sugar	Milk, sugar	Milk, sugar	Milk, sugar	Milk, sugar	Milk, sugar	Milk, sugar
Bread & margarine	Bread & margarine	Bread & margarine	Bread & margarine	Bread & margarine	Bread & margarine	Bread & margarine
Peanut butter	Peanut butter	Peanut butter	Peanut butter	Peanut butter	Peanut butter	Peanut butter
Jam	Jam	Jam	Jam	Jam	Jam	Jam
					Fried eggs	Boiled eggs
LUNCH						
Gnocchi	Rice & green	Pasta with	Posho1 &	Rice and beans	Meatballs with	Lasagna
Tomatoes	Cooked leaf	tomato sauce	Malakwang2	Samosa3	tomato sauce	Beans
Salad	vegetable	Salad	Carrots	Cauliflower	Cabbage	Green pepper
Banana or passion fruit**	Tomatoes	Green pepper	Green beans	Avocado or mango**	Green peas	Passion fruit or mango**
	Pineapple or Mango**	Papaya or passion fruit**	Papaya or pineapple**		Pineapple or mango**	
SUPPER						
Goat meat*	Eggs & chapati	Hamburger*	Pizza	Fish* & chips	Soup	Chicken* & chips
	French fries	Bread bun	Zucchini	Cooked leaf	Potato omelet	Cauliflower
Zucchini	Cabbage	Tomato	Pineapple	vegetable	Green beans	Cooked leaf
Papaya or pineapple**	Eggplants	Salad	or banana **	Tomatoes	Eggplant	vegetable
	Avocado or papaya**	Avocado		Pineapple or papaya**	Papaya	Bananas
		French fries			or banana**	or pineapple**

NOTE: Please be aware that all foods may contain, or may come into contact with, common allergens such as dairy, eggs, wheat, soybeans, tree nuts, peanuts, fish, shellfish or wheat.

* 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 & personal effects: have two beds and are supplied with bed linen, towels and bed nets. Sheets are changed once a week and the rooms are cleaned every day, except at times when the guesthouse is very crowded. Each room has a toilet and shower, soap is provided. Visitors should bring their own toiletries, work clothes and instruments such as stethoscopes. 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 need to bring an adapter if you are from Europe. Standard voltage in Uganda is 240V/50Hz, as in UK, Europe, Australia and most of Asia and Africa, but you will need a combined plug/voltage adapter if your voltage is 100 V - 127 V (as in the US, Canada and most South American countries).

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

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

There are 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 (airport or hotels 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.

Please make sure you register yourself and your destination on your Government's website/ app to allow contacting you in case of an emergency and/or sending you important latest information on the Country you are travelling in.

- Italy: dovesiamonelfondo.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. 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, 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. This 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. Follow the advice given by your travel advisory (see the section on travel health).The [CDC](#) advises to consume food when served hot and well cooked; avoid raw food, beverages, ice and vegetables unless sure that safe water was used; in case of doubt only drink bottled water or drinks; avoid street food.
- **Petty theft is extremely frequent**, ranging from street pickpockets to thieves who sneak into any of the Hospital's rooms and apartments, or insert poles within windows to snatch bags or other items. Be careful with personal effects of value. Almost all rooms in the Hospital Guest house have a safe built into the wardrobe; in other cases, a suitcase with a lock or combination will allow you to store documents, money and valuables safely 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**. In 2018 the WHO has ranked Uganda among the countries with the highest road traffic accident death rates, estimated at **29 car deaths per 100,000 people** (18.0 per 100,000 people global average for deaths, respectively), with pedestrians constituting 40% of victims. 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**. Should you be involved in any form of car accident, the police advice is to 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, pain-relief, antipyretics and antibiotics upon your doctor’s recommendation. If you need prescription medications be sure to pack enough to last for your stay and keep them in your hand luggage during your flight. We suggest you 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 hope your experience at Lacor Hospital will be positive and enriching and wish you safe travels and a nice stay.