

**Programme for the trip to Uganda from Thursday, 8<sup>th</sup> of January until Friday, 23<sup>rd</sup> of January.**

| Datum                    | Activity  |
|--------------------------|---|
| Thursday,<br>08.01.2015  | <b>Fly</b> with Turkish airline from Frankfurt at 11.45 am  |
| Friday,<br>09.01.2015    | <b>Arrive in Entebbe</b> at 04.10 am. Drive to Jinja, there breakfast in Kingfisher Hotel, then boatride to the Source of the Nile, see numerous birds...<br>Relax at the pool of the hotel and continue to Mbale and SALEM Guesthouses   |
| Sat.,<br>10.01.2015      | <b>Get to know SALEM:</b> After a late breakfast, tour through SALEM, get to know an impression about the project.<br>Afternoon walk through the banana plantations, see wells, villages etc.   |
| Sunday,<br>11.01.2015    | <b><u>You have the choice:</u></b><br>By bicycle (or by pick-up) to the next trading Centre Kabwangasi for prayers, then visit the Kakoro rock paintings<br>Or if you like more sports, early morning trekking to Mount Wanale (about a 4 hr trekking to the Mountain near Mbale)<br>Afternoon: Relax in SALEM  |
| Monday,<br>12.01.2014    | The <b>Tukolere-Wamu Projects</b> introduce themselves – you have the choice: <ul style="list-style-type: none"> <li>1. leave early morning to Buchanagandi HC and one supported school.</li> <li>2. Other group visits Tukolere funded projects around SALEM.</li> </ul> For all: 4 pm join a village drama group and visit a Traditional Birth attendant  |
| Tuesday,<br>13.01.2015   | <b>Day of the child:</b> visit the SALEM Children village, Babyhouse and Nursery school (in small groups), thereafter visit a neighbouring school and get to know how to fight hunger of the pupils by the so called "Tusome Programme" where schools are equipped with oxen and ploughs.<br>In the afternoon walk with the SALEM socialworker to families who are either supported or who seek support |
| Wednesday,<br>14.01.2015 | <b>Get to know the scenery of the Mount Elgon mountains.</b> In Siipi different hiking-tours. After lunch experience how to make coffee from the coffee-cherry up to the ready coffee to drink or visit a traditional Women-group and experience their dances and traditions.   |
| Thursday,<br>15.01.2015  | <b>Your choice: Health, Environment, Fair-Trade and the town Mbale:</b><br>You can learn more about the health-system in Uganda, in the SALEM Hospital or visit a Hospital in Mbale or join an outreach.<br>Alternatively you can learn more about the environment, the erosion, get to know how the waste is disposed etc.   |



# Tugende

BEGEGNUNGSREISEN

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|--------------------------|---|
|                          | Who has the interest to visit a Fair-Trade-Coffee Factory? If you like you can ride to Mbale by bike.<br>All can get to know Mbale, the market, see some shops and have lunch there and enjoy the afternoon in a swimming pool.   |
| Friday,<br>16.01.2015    | <b>SALEM project-day:</b> your participation is welcome! Get involved according to your wishes and abilities, i.e. participate in Ox-ploughing or build jointly an energy-saving-stove, join a women-group in bead-making, organize games with the SALEM children or any other idea? Afternoon: packing and/or participation in African cooking for the evening. Evening: life music and dance, fashion-show..... |
| Saturday,<br>17.01.2015  | <b>The trip goes on, destination Lira.</b> First stop in Nyero, visit the famous rock-paintings. After a picknick continue along the swamps of Lake Kyoga to Lira, visit a polytechnical school. After checking-in in the Hotel, meet the director of Radio Wa and get to know more about their role in poverty alleviation.  |
| Sunday,<br>18.01.2015    | You are welcome to join the prayers in the cathedral. This day we shall get to learn more about the <b>post-war situation in Northern Uganda</b> . Visit of the Aboke Girls-School, where 139 girls have been abducted by rebels. How can farmers overcome poverty? Meet a group of them for exchange, learn more about microfinance-systems and their struggle with ox-ploughs.                                  |
| Monday,<br>19.01.2015    | <b>Murchison Falls Nationalpark:</b> The most spectaculare and with 3.840 km <sup>2</sup> the biggest Nationalpark in Uganda. You will see many animals of the savanna like buffaloe, antilopes, elephants, giraffes etc. Sleep in Red Chilli bandas and furnished safari tents.  |
| Tuesday,<br>20.01.2015.  | <b>Nile and rhinos:</b> Early morning boatride on the Nile towards the great Nile-waterfalls, see hippos, crocodiles, waterbucks etc. If you like hiking, walk to the top of the waterfalls, others follow by bus. Continue to Masindi and to the Ziwa Rhino Sanctuary and see the rare species.  |
| Wednesday,<br>21.01.2015 | <b>Kampala and crafts:</b> drive to Ugandas capital, according your choice visit a project of GIZ or visit the Marthyrer shrine. Possibility to purchase crafts. Sleep in Bananavillage near Entebbe  |
| Thursday,<br>22.01.2015  | Enjoy the environment of the <b>botanical garden in Entebbe</b> . Afternoon time to relax, enjoy the pool in Bananavillage.   |
| Friday,<br>23.01.2015    | <b>Flight:</b> After some little sleep drive to airport, fly at 05.10 with Turkish airline. Arrive in Frankfurt at 14.05 pm.  |

### You will be guided by the following Tourguides:

1. Gertrud Schweizer-Ehrler, pediatric Nurse and Social Manager, worked in SALEM Uganda from 1985 – 1995, now country tutor for Uganda with GIZ, in charge for the Uganda-website <http://liportal.giz.de/uganda/>, chairperson of the NGO "Tukolere Wamu" and director of Tugende tours.
2. Samuel Müller, director of SALEM International, who has travelled to Eastern Africa numerous times.



Denis Medeyi, the director of SALEM Uganda is a great supporter of all programmes in Uganda, supported by the whole SALEM Team.

**Preparation of the trip:** all relevant informations will be distributed in a hand out, questions are also welcome to the organizers. A joint preparatory meeting is usually organized, most likely end of November or early December in Germany, participation is voluntarily.

**Small groups:** especially within the SALEM Project we usually organize projects visits or walks in small groups of about 3 – 5 people. This gives you several times the opportunity to make your own choice of the programme. You can also choose at times the mode of transport, walk, ride a bike or a bicycle-taxi or sit on a pick up or in a mini-bus. For guests who are disabled or who have problems with mobility, we usually find an appropriate solution.

**Visa:** the cost for the visum is 50,-- USD. The visa can be obtained at entry point, in Entebbe. This is to be paid by the guest.

**Insurances:** we recommend a travel health insurance, other insurances according to your desire.

**Cost of the trip: 2050,-- Euro per person in a double room** (single room additionally 250,--, but single rooms cannot be guaranteed in Murchison Falls Nationalpark). The cost includes the flight, accommodation with breakfast, full-board on 5 days, half-board on 3 days, all entrance-fees and travel expenses in Uganda according to the programme. Excluded are the visa-fees, the drinks, tips, coffee, cakes, personal desires and cost for laundry.

**For guests from other countries than Germany,** we can offer the trip without the flight or if you wish, we can organize your flight from your country of residence. Just contact us.

Please note: the prize is guaranteed until a 15<sup>st</sup> of Octobre 2014, possible increments in flight-rates may increase the cost of the trip. In cases the airline has increments for kerosene, we have to forward this to you

### **Booking coupon**

Please fill in and send to

### **Tugende Begegnungsreisen UG (haftungsbeschränkt),**

Mrs. Gertrud Schweizer-Ehrler, In der Etmatt 14, D-79423 Heitersheim  
or per FAX: 07633 / 92 99 984, phone: 07633/82150

### **Journey-agreement**

Between the Tugende Begegnungsreisen UG (haftungsbeschränkt) and the above registered guest, we hereby accept the following contract:



I hereby register / us to travel to Uganda from 08.01. until 23.01. 2015, taking into account the business-conditions of Tugende UG (limited liability), which are part of the contract.

This can always be requested from us or are available as pdf on our website [www.tugende.org](http://www.tugende.org) for download.

Name: \_\_\_\_\_ Date of birth: \_\_\_\_\_

Name: \_\_\_\_\_ Date of birth: \_\_\_\_\_

street: \_\_\_\_\_

Postal code, town,  
country: \_\_\_\_\_

Tel.+ Fax, mobile number: \_\_\_\_\_

E-Mail: \_\_\_\_\_

Date/signature: \_\_\_\_\_

Name and telephone number of a contactperson at home:

\_\_\_\_\_

I would like to book:

- Double room
- single room (additional 250,- €)
- information on insurance for declining the trip

In case of cancellation of the trip, we are entitled to demand a lump sum compensation:

- up to 40 days before departure 25%
- 39 to 22 days prior to departure 40%
- 21 to 15 days prior to departure 60%
- 14 to 7 days prior to departure 70%
- 6 to 4 days before departure 80%
- from the 3rd day before departure or when canceled / no show on departure 90% of the total amount per participant.

Should it be possible for us to fill the vacant place at a withdrawal time again, falling apart a processing fee of 50, - € the potential costs of airlines to.