

Kassanda Children's Aid (KCA) Volunteering and Travel Guide: FOR First Time Visitors and Volunteers



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Key Contact –Information for KCA;

■ Kassanda Children's Aid

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Cell Phone +256-775-229988

- Police (Emergency Phone Number); 112 or 999

- Flying Doctors (Emergency Medical Evacuation);
Office Phone +254 20315 – 454
Cell Phone; +254 73362 - 8422

- American Embassy In Uganda;
Kampala, Plot 1577, Ggaba Road
American Embassy Complex - Nsambya , Po. Box 7007, Kampala
Phone: +256-414-259791/2/3/5
Fax; + 256- 4141- 259794
Email KampalaUSCitizen@state.gov KampalaWebContact@state.gov

- United Kingdom Embassy In Uganda;
British High Commission, Kampala, Uganda
10/12 Parliament Avenue P O Box 7070 Kampala
Tel: (256) (78) 312000
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<http://ukinuganda.fco.gov.uk/en> Email: bhcinfo@starcom.co.ug

About Uganda:

Uganda is in east Africa and neighbors Tanzania, Kenya, Ethiopia, Rwanda, South Sudan and Democratic Republic of Congo (DRC). Kampala is the capital city of Uganda and it is on the shores of Lake Victoria.

The main airport is Entebbe International Airport (EBB). It is located 25 miles (40km) southwest of Kampala. Local time is GMT +3.

The official language of Uganda is English. Other languages widely spoken are Luganda and Swahili. Over 30 tribes live in Uganda and each has its own language and traditions. 60 % of the population is Christian and the remainder comprises of indigenous religions and Muslim.

All health care staff are required to use English for medical work. (Please see the attached dictionary of basic terms in Luganda).

Getting Ready to Go:

Immunizations

Consult a travel doctor. Travel doctors can be found at many university medical centres, major hospitals, and clinics that specialize in work – related medicine.

By law you must be vaccinated against yellow fever to enter Uganda , and have certificate as proof. This should be given over 10 days before you enter the country to avoid complications. Several vaccinations are highly recommended when travelling to Uganda. They include

- Typhoid
- Hepatitis A &B
- diphtherias
- Yellow fever
- Rabies
- Tuberculosis
- Malaria

it is also recommended that you are up to date with your polio and tetanus vaccinations

Protect yourself from mosquito and other insect bites by using insect repellent on exposed skin. Long sleeved shirts and trousers should be worn in the evenings and insect repellent can be used in areas with mosquitoes.

Insurance

Most medical insurance companies do not cover out – of – country expenses. It is wise to buy travelers' insurance. There are wide varieties of companies that sell relatively inexpensive travelers' insurance online. Make sure that the company covers medical evacuation expenses.

If you need a medical evacuation, one reliable option is AMREF flying doctors. The company is based out of Nairobi. If your insurance does not cover medical evacuation , you can buy a membership for \$15 to \$ 50 and use their service for free. They operate 24 hours a day and have many phone numbers.

Office phone numbers; +254 20 315454 /315455/600090/602492/60060/600552/600833/600868.
Cell phone number; +254733639088 +25472231-4239

Website: www.amref/flying-doctor's.com

You can also contact flying doctors with a radio on frequencies HF 9116 HZ OR 5796 Khz LSB. Their call sign is 'foundation control'.

What to pack

Sun protection (sun screen, hat sunglasses) Note; sunscreen is hard to obtain in country, so bring plenty

Travel umbrella if you are staying during the rainy season

Mosquito spray. Note; preferably spray with deet content higher than 25%

Antiseptic cream

1% hydrocortisone cream (works great to stop itching if you get mosquito bites)

A needle and thread or duct tape to patch holes in mosquito nets

Plastic flip – flops to wear in the shower etc

Cash for your visa, a photocopy of your passport

Backup batteries – power cuts are common

An antibiotic and/or rehydration salts to treat travelers' diarrhoea e.g ciprofloxacin

Plug adaptors if you are bringing any electronics – The electricity supply in all parts of Uganda is 240 volts AC /50Hz. Plug type G – the rectangular blade plug (like UK).

Earplugs in case you stay near a mosque (prayer and broad are broadcast at 5:00 am)

Do not pack a mosquito net, accommodation provides nets or spray -the rooms, so you don't have to take a net of your own with you when traveling.

Volunteers need to bring their own towels, face towels and other personal effects.

It is safe to bring your laptop, cameras, video cameras, hair dryers, shavers, mobile phone (participants use unlocked mobile phones after changing SIM cards) and other electrical products.

Other suggested items:

- ☐ Malaria tablets; consult your doctor for suggestions
- ☐ Good walking shoes (running/tennis shoes are fine) and sandals
- ☐ Moisturizing cream, suntan lotion/sun-block/sun-screen
- ☐ Insect repellent (e.g. Tabard, Rid, Jungle Juice, OFF, etc.)
- ☐ Basic medical kit (e.g. aspirins, plasters, immodium, antiseptic cream, and Anti-histamine cream, etc.)
- ☐ Remember your visas, tickets, passports, money, etc.
- ☐ Sunglasses and a hat
- ☐ Sleeping bag or liner depending on season

Important note;

Be sure to bring prophylaxis medication to prevent getting malaria **consult a travel doctor**.

The **most common drugs prescribed are**

■ doxycycline

- Good for longer lengths of time, but must be continued for 4 weeks after visiting
- can causes stomach upset if taken with out food.

■ malarone

- up to 95 % effective
- always must be taken with fatty meal or at least some milk

- Expensive for long periods, but only needs to be taken a few days either side
- **lariam;**
Cheaper than malarone but causes side effects; depression, anxiety, vivid nightmares, paranoia, schizophrenic's episodes and other extreme effects.

Note: Please keep in mind that prophylaxis lower your chances of contracting malaria but does not stop it all together. it is common for traveler to contract malaria despite prophylaxis. the drugs help to reduce severity in those whose who have contracted it . generally if you start to feel the symptoms of malaria after over 8 – 10 day of being bitten in a malaria endemic , consult a doctor to obtain anti – malaria treatment.

Clothing:

It is advisable to wear long pants, sleeves, and socks after 6:00 pm to protect against mosquitoes. Pack light, loose clothing.

In Uganda some parts can be very dusty; it is often best to wear close – toed shoes and stay away from white clothes. Also pack a few sweaters, as it can get cold at night. If you are traveling during the rainy season, bring a poncho or light rain jacket

It is important to remember to respect local customs. Avoid wearing shorts for work/official business and keep your shoulders covered if possible. In rural areas the dress is part of the culture, and locals will not consider short dresses and skirts on women or bare-chested men appropriate.

Note: Make a few photocopies of your passport. Take a couple with you, and store separately from your passport. Leave a copy with a contact person in your country of origin. A few passport sized photos are useful if you want to get a Ugandan SIM card.

Visas

Do I need visa to enter Uganda?

Most visitors to Uganda need to obtain a visa including Europeans, Americans and nationals from Commonwealth countries such as New Zealand, Canada, Australia, and the UK. Volunteers need to obtain a tourist visa to enter Uganda.

Visas are valid for three months from the date of entry and can be purchased upon arrival at Entebbe International Airport.

You can also get a visa before you travel from Uganda diplomatic missions overseas. You should apply well in advance, especially if you are doing it by mail.

A single-entry Uganda visa costs USD50 and a multiple entry visa USD100. Tourist visas can be extended for a further three month period.

Name of Uganda Embassy abroad	City Located	Address	Further Information
Embassy of Uganda in Japan	Tokyo	EMBASSY OF THE REPUBLIC OF UGANDA 9- 23 HACHIYAMA-CHO SHIBUYA-KU TOKYO 150- 0035 JAPAN Tel: +81334627107 Fax: +81334627108 Email: ugabassy@hpo.net	
Ugandan High Commission in UK	London	Uganda House, 58-59 Trafalgar Square London WC2N 5DX Tel: +44 207 839 5783 Fax: +44 207 839 8925 Email: info@ugandahighcommission.co.uk	
Uganda High Commission in Canada	Ottawa	231 Cobourg Street Ottawa, Ontario, Canada, K1N 8J2 Tel: +613.789.7797 Fax: +613.789.8909 Email: uhc@ugandahighcommission.com	Uganda High Commission to Canada: http://www.ugandahighcommission.com/

Embassy of Republic of Uganda in USA	Washington DC	5911 16th Street NW , Washington DC 20011 Tel: +(1) 202 726-7100 Fax: +(1) 202 726-1727	Embassy of Republic of Uganda to USA: :http://www.ugandaembassy.com/
Consulate of the Republic of Uganda in Australia	Auburn	52 Edgar Street Auburn NSW 2144 Australia Tel: +(61) 2 9646 4444 Fax: + (61) 2 9646 4443 Email: lukabyo@ozemail.com.au	
Embassy of the Republic of Uganda in Germany	Berlin	Flat no. 0391, Heinrich - Hein Street. 1810179 Berlin Tel: 049-30-24047556/ 2060990 Fax: 049-30-24047557 Email: ugembassy@yahoo.de	Embassy of Republic of Uganda to Germany: :http://www.konsulat-uganda.de/
Embassy of the Republic of Uganda in Italy	Rome	Embassy of the republic of Uganda Via Ennio Quirino Viscount S. 00193, Rome Tel: 0039 322 5220 Fax: 0039 322 5220	
Uganda Embassy in France	Paris	Ugandan Embassy 13, avenue Raymond Poincaré Paris 75116 Tel: +(33) 1 53 70 62 70 Fax: + (33) 1 53 70 85 15	
The High Commission of the Republic of Uganda in South Africa	Pretoria	P. O. Box 12442 , Hatfield, Pretoria 0028 Tel: (012) 342-6031/3 Fax: (012)342-6206	
Embassy of the Republic of Uganda in Belgium	Brussels	Avenue De Tervuren, 317, 1150 Brussels, Belgium Tel: +(32) 2 762 5825 Fax: +(32) 2 763 0438	

The High Commission of the Republic of Uganda in India	New Delhi	B-3/26, Vasant Vihar, New Delhi, 110-057, India Tel: -91-11-6145817/6144413 Fax: -91-11-6144405 Email: ughcom@ndb.vsnl.net.in	
Embassy of the Republic of Uganda in China	Beijing	5 Sanlitun Dong Jie, Beijing, 100600 Tel: +(86) 10 6532 1708 Fax: + (86) 10 6532 2242 Email: info@ugandaembassycn.org	

Travel

Arriving in Uganda

Air

There is only one international airport in Uganda which is Entebbe International. The main airlines which serve this airport are;

- British Airways
- SN Brussels
- Ethiopian Airways
- Air Tanzania
- KENYA AIRWAYS
- South African airways
- Egypt Air
- KLM Amsterdam
- Qatar
- Fly Emirates

Overland – Check FCO or similar website for up-to-date border information. There is no rail network in, or into Uganda so all overland is by road.

Traveling within Uganda

Travel from Entebbe airport to Kampala

For most HVU programmes, we will meet you at the airport; this will be included in the cost of your trip.

If we are not meeting you, from Entebbe airport to Kampala is 44km – Special taxi hire ranges from \$ 100 - \$120 depending on the season, fuel prices and type of vehicle. The cost of public transport is \$ 3 -5 but they are not allowed at the airport, and can be found 4km away in Entebbe Kitolo.

Cheap hotel within Kampala

1. Kampala city tourist hotel

Standard single room	=	55 USD
Standard single room	=	60 USD
Standard double room	=	70 USD
Superior double room	=	75 USD
Deluxe double room	=	85 USD
Extra - bed	=	22 USD

NOTE; The above rates are inclusive of bed and breakfast and 18% VAT.

- USD bills before 1996 are not accepted
- They accept Visa and master cards.
- check in /out time is 11:00am
- Breakfast time is 7:00 am – 10:00am.

2. Holiday express Total

Single occupancy	=	75 USD
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Double occupancy	--	95 USD
Child under 3 in parent's room	--	35 USD
Extra bed in a room	--	40 USD
Buffet lunch per person	--	15 USD

The rooms are fitted with;

- Air conditioner and internet.
- 21 inch color TVs with satellites
- Direct dial telephones
- Spacious study area with reading desk and light.
- Rates are inclusive of breakfast and VAT
- Breakfast served from 7; 00 am to 10; 00am daily.
- Checkout time is 1:00am.

Traveling from Kampala to Kassanda town, Mubende district, where KCA is located

From Entebbe airport to Kassanda town; it is 143 km in totality; Kampala to Kassanda town is 99km, the last 22 km the road will not be tarmaced, therefore dusty and bumpy.

If not being met by the in country team, you can use both public and special taxi hire depending on your preference, luggage etc. The cost of special taxi hire from Kampala to Kassanda town is \$120 – 150 depending on the type of vehicle you want to use, the fuel prices and season. Public means are much cheaper – it ranges from \$ 10 – 12 per person, in a matatu (share taxi).

Money

Ugandan currency:

The currency is Ugandan Shillings denoted by UGX. The shilling comprises 100 cents. Coins are in denominations of 50, 100, 200, 300, 500 and 1000 shillings. Bank notes are in denominations of 1,000, 5,000, 10,000, 20,000 and 50,000 shillings.

Importation of foreign currency is unlimited and does not have to be declared on arrival. The import and export of local currency is prohibited.

The value of the shilling fluctuates (currently around UGX2500=\$1). Check the value of the shilling with a currency converter just before you go. Do not change too much money at one time, and use banks not money changers if possible.

Generally ATMs accept VISA card, and some machines accept the other major credit cards within Kampala, try to avoid traveling with large amounts of money, but remember that KCA is based rurally, with no easy access to ATMs, and much poorer exchange rates.

Dollars, pounds sterling and Euros can be easily exchanged in Kampala, but may be difficult rurally; no one currency is more useful than another. Smaller denominations attract a lower rate, and are sometimes difficult to exchange (ideally use \$50+, GBP20+ etc).

Call your bank or card company before you travel, to tell them that you will be leaving the county, or they may put a stop-order on your card after one or two transactions. Bring their contact information with you

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in case a transaction tips off a stop order (keep some spare Ugandan shillings and dollars/GBP/euro in case this happens). Always request a receipt when withdrawing money from an ATM.

You will need cash for a visa at the airport, currently \$50, easiest to have this in USD if possible

Credit cards:

Major credit cards such as MasterCard and Visa are accepted. American Express, Discover, Solo, Switch and Diners Club are often not accepted. ATMs will mostly accept MasterCard, Visa and Visa Electron cards.

Major credit cards are accepted at supermarkets and expensive restaurants and hotels. However, it is advisable to carry some cash.

Travelers' cheques are not widely accepted outside Kampala. To avoid additional exchange rate charges, travelers are advised to take traveler's cheques in US Dollars or Pounds Sterling.

The Banking hours are Monday - Sat 0830 -1600pm and 0900 - 1400pm on Sunday. Forex bureau are open until 1700 and able to manage electronic transfers to and from overseas.

Practical Information

Safety information

Uganda is generally safe for tourists, volunteers, and other visitors at the moment. Although there have been problems in the past with violence. Follow government advice, check foreign office websites for up-to-date information. Travel in the north has become safer, but caution should still be exercised, and many foreign offices advise against all but essential travel.

Regardless, you should be aware of your surroundings and practice common sense:

- Make a copy of your passport and keep it separate to original.
- Don't carry your passport around with you.
- Don't walk on your own at night.
- Listen to the advice of locals, who will sometimes let foreigners know if they are walking in unsafe areas. Be aware of conmen – especially those who:
 - ❖ Pretend to be smart
 - ❖ Pretend to be sympathetic to people
 - ❖ Pretend to have knowledge of unusual things or areas.
 - ❖ Pretend to be police officers
- Be aware of beggars in cities.
- Be aware of prostitutes – there have been reports of robbery and murder
- HIV rate is high, exercise caution around sex, needles etc
- Don't carry large amount of cash with you.
- Wear a money belt that fits under your clothes.
- Be careful developing friendships and giving your details to people who are not part of the programme.
- Be aware of fake money in both USD and Uganda shillings in Kampala.
- Sleep under a mosquito net and wear long sleeved shirt and long trousers in the evenings.

Most Hotels offer the use of a safety box. Use it. Have the manager make two lists of the Items that you put into the box and sign the lists. Put one list in the box with the items and hold on to the second list yourself.

Unlike in many American cities, the city centre is generally safer than the outskirts.

Food

Ugandan food is varied and healthy. The breakfast usually consists of tea/coffee/cocoa/porridge, bread and eggs.

The staple dish is matooke (made from steamed green plantains), other dishes include cassava, sweet potato, millet bread, rice or yams served with beans, beef, chicken stew or sometimes soup.

Special arrangements can be made for people with special dietary requirements. Make arrangements for this well in advance.

Water:

It is recommended that you drink bottled water during your stay in Uganda. You can buy bottled water from any supermarket and most shops in Uganda, but bottled water for your volunteer stay is included in the cost. The most common water-borne diseases in Uganda are cholera and typhoid.

Use caution to avoid ingesting untreated water:

- Don't rinse your mouth out with tap water.
- Don't wash your toothbrush in tap water.
- Keep your mouth closed in the shower.
- Peel fruit and vegetables
- Clean off the tops of bottles before drinking from them.
- Use a napkin to wipe your silverware and the inside of your glass before using them (restaurants even provide napkins when giving you a glass specifically for that purpose).

Be aware of bottled water that looks as if it has already been opened – con men sometimes try to sell you tap water within bottles.

Climate

Uganda has a tropical climate. The temperature usually ranges from 21 to 25°C (70 to 77°F). It is cool in some parts of the country due to the country's high altitude. The hottest months are December to February and the temperature can reach 29°C during that period.

Uganda experiences 2 wet seasons per year – march to may and September to December

In the uplands of west Uganda there are hot days and cool Nights the rest of the county especially the central and northern regions, has a moderate tropical climate.

Ensure you use insect repellent during the day and night and protect your skin with sun block.

Phones

In Uganda the most widely spread telephone companies are Airtel, K2, Warid, Smile, Orange, MTN and mango. You can either take an unlocked phone or buy a cheap phone for around \$25 locally. Foreigners need a passport copy and passport sized photo when registering a SIM.

Internet

Internet access can be obtained via a mobile modem/dongle, you can bring one with you or we have some to borrow (ask us before traveling). These can then be used with a local SIM loaded with data; prices vary depending on your length of stay.

Local customs

The Ugandans are generally decent, with most of them being humble and gentle. They appreciate good service, and are appreciative of people who help their country.

Greetings are important in Uganda, saying hello and asking 'how are you?' is normal practice, and can significantly improve interactions. Men will normally offer to shake hands, prolonged handshakes/holding are normal and seen as a sign of respect.

The following are cultural tips:

- Do not sneeze and wipe your nose whilst eating food in public
- Do not eat whilst talking.
- Do not spit in public.
- Do not eat whilst walking
- Do not have conversations related to sex in public.
- Avoid contact, which could be construed as sexual or provocative, with the opposite sex in public. Rurally it is not common for unmarried men and women to walk together; however it should not offend if foreigners do this.
- Homosexual and lesbian acts are considered a capital offence.

Language

English – Luganda

<u>English</u>	<u>Luganda</u>
1. Hello	Hallo (Short Greeting)
2. How Are You	Olyotya?
3. Fine (Response)	Bulungi/ Jendi
4. Goodbye	Welaba / Mweraba (Many)
5. See you Later	Tunalabagana
6. Nice To Meet You	Nsanyuse Okulaba/ Nesimye Okulaba
7. Goodnight	Sula Bulungi / Ekiro Ekirungi
8. Please Come	Jangu
9. Good evening	Osibye Otya/ Musibye Mutya (Many)
10. Please Let's Go	Tugende
11. Dear	Wattu.
12. My Dear	Munange
13. Plural	Obungi/ Ebinji
Civilities	
1. Yes	Yee/ Kituufe
2. No	Nedda
3. Thank You	Wabale/ Gundi/ Owange
4. Okey/ok	Kale/Yee /Ddala Kyekyo.
5. Thank You Very Much	Webale Nnyo/ Mwebalire/Plural.
6. Excuse Me	Nsonyiwa/Owange.
7. You Are Welcome	Nsanyuse Okulaba
8. Can You Help Me?	Oyinza Okunyamba

9. Help Me	Nyamba
10. What Is Your Name?	Erinya, Gwe Anni/ Oyitibwa
My Name Is	Erinnya Lyange
11. Where Are You From	Ova Wa?/Ovudde Wa?
12. I'm From	Nva/ Nvudde Wa?
13. May I Take A Picture	Nkube Ekifananyi/ Nkukub Ekifananyi?
14. Do You Speak English	Oyogera Oluzungu/Olungereza?
15. Do You Speak Luganda	Oyigera Oluganda?
16. Just a Little Bit	Sinnyo/ Katonotono
17. How Do You Say in Luganda	Oyogera Otya?
18. I Don't Understand	Simaanyi/ Sitegeera?.
19. Friend	Mukwano/Owomukwano
20. Thank You for the Work Done	Jebaleko emirimo gy'okoze?
21. No Work Done	Toyina Kyokoze
22. How Is Work?	Omulumu Guli Gutya / Omulimo Gugamba Ki?.

Getting Around;

1. Where Is The	Kiriludawa
2. Where Is It?	Kiri Waa?
3. Where Are They?	Bali Ludawa?
4. I Don't Know.	Simanyi
5. They Are Some Where There	Bali Awantu
6. They Are There	Bali Wali/ Baabali
7. They Are About Here	Babadde Wo
8. Bus Station	walindirwa Baasi/Bbaasi Weyimirira
9. Bus Stop	Awarindirwa Baasi/ Baasi Weyimiriratai
10. Taxi Station	Awalindirwa Taxi
11. Train Station	Eggali Yoomuka Weyimirira.
12. Bank	Baanka.
13. Market	Akaatale
14. Police Station	Ekitebbe Kya Police
15. Post Office	Ekifo Ekiwerezebwa Ebiterke.
16. Run	Dduka
17. Go There	Genda Eli.
18. Come Here	Jangu Wano.
19. Worship Place	Amasinzizo/Esinzizo (Singular)
20. Mosque	Omuzigiti
21. Catholic	Abakatiriki
22. Protestant	Abapolsitanti/Omukulisitayo/(Singular).
23. Tourist Office	Ekitebbe Kyobulambuzi

24.Toilet	Kabuyonjo
25.Bathroom	Kinabiro
26.Bus	Baasi
27.Mini Bus	Taxi Akkatono.
28.Plane	Enyonyi
29.Train	Egaali Y'omuka
30.Is It Near?	Kiri Kumpi/Kitukika Amangu?
31.There	Eri
32.Over There	Eri Eri
33.Ticket	Tieti/Tikitti
34.Hotel	Wooteli
35.Room	Kisenge
36.Reservation	Okutegekera/Okutegera Tekera
37.Are There Vacancies For Tonight?	Waliwo Ebifo Ekiro Kyalero
38.How Much Is It Per Night?	Waliwo Ebifo Ekiro Kyalero?.
39.Is There A Bus Going To ?	Waliwo Bus Egenda?
40.I Would Like To Buy A Ticket	Nandyagadde Okwegulira Tikitti
41.Mosquito Net	Akaimba Kensiri
42.White Person	Omuzungu
43.close the door	Galawo olujji
DAYS	ENAKKU.
1. today	Leero
2. tomorrow	Enkeera / enkya
3. yesterday	Eggulo
4. now	Kaati
5. later	Oluvanyuma
6. everyday	buli lunaku
7. Monday	olwakusooka
8. Tuesday	olwokubiri
9. Wednesday	olwokusaatu
10.Thursday	olwokuna
11.Friday	olwokutsano
12.Saturday	olwomukaaga
13.Sunday	sande

NUMBERS		EMIWENDO
I	1	Emu
Ii	2	Bbiri
Iii	3	Ssaatu
Iv	4	Nnya
V	5	Tano
Vi	6	Mukaaga
Vii	7	Musanvu
Viii	8	Munana
Ix	9	Mwenda
Xii	10	Kkumi
Xi	11	Kumi Nnemu
Xii	20	Bbiri
Xiii		Abbiri Mwemu.
Xiv	30	Assatu
Xv	40	Anna
Xvi	50	Ataano
Xvii	60	Kkaaga
Xviii	70	Nsanvu
Xix	80	Kinana
Xx	90	Kyenda
Xx1	100	Kikumi

food and drink**FOOD**

1. Hot Drinks
2. Hot Drinks
3. Cold Food
4. Cold Drinks
5. Water
6. Hot Water
7. Drinking Water

ebyokulya ne byokunywa**EMMERE**

- Emmetre Eyokya
 Ebyokunywa Ebyokya
 EMmere Ennyogoga
 Ebyokunywa Ebinyogoga
 Amazzi
 Amazzi Agookya Ennyo
 Amazzi Agokuywa

8. Safe Drinking Water
9. Soda
10. Beer
11. Milk
12. Goat Meat
13. Beef
14. Fish
15. Chicken
16. Fruits
17. Mangoes
18. Oranges
19. Pineapple S
20. Vegetables
21. Passion Juice
22. Fruits Juices
23. Banana (Popula Food)
24. Posho
25. Millet
26. Sweet Potatoes
27. Irish Potatoes
28. Beans
29. Ground Nuts
30. Black Tea/ Coffee

Health

1. Where Can I Find
2. Doctor
3. Health Personnel
4. Hospital
5. Medical Center
6. Clinic
7. I'm Sick
8. I Need A Doctor
9. It Hurts Here
10. I Have A Lot Of Pain
11. Fever / Malaria
12. Aids
13. Hiv
14. Headache
15. Diarrhoea
16. Vomiting

- Amazzi Gokunywa
Soda
Biiya
Amaatta
Enyama Ye Mbuzi
Ennyama Ye Nte
Ekyenyanja/ Ebyenyanja
Ennyama Ye Nkoko
Ebibala/Ebibala(Singular)
Emiyembe/ Omuyembe (Singular)
Emikyungwa
Enansaasi
Enva Endirwa.
Omubiisi
Omubissigwebibala
Matooke
Kawunga
Akaalo
Lumonde
Obumonde Obuzungu.
Ebijanjala
Ebinyebwa.
Kyayi.

Ebyobulamu

- Wa Wenyinza Okusanga?
Dokiita
Omussawo
Eddwaliro
Ewafunirwa Obujjanjabi
Akalwaliro Akatono
Ndimulwadde.
Netaaga Dikita
Wano Wanuma.
Nina Obulumi Bungi
Omusujja.
Mukenennya
Akawuka Akaleeta Sirimu
Okulumwa Omutwe
Ekidukano
Okusesema.

17.Medicine

Domestic Items

1. Knife
2. Basin
3. Sasucepan
4. Kettle
5. Plates
6. Cups
7. Spoons
8. Folk
9. Chairs
- 10.Please Give Me A Knife
- 11.Kitchen

Eddagala / Amalagala.

(Ebikoseba Ewaka)

Akaso/ Akaambe.

Ebaaffu

Esefuliya

Bbinika

Amasowani/ Esowani(Singular)

Ebikopo/ Ekikooopo

Ebijiko/Ekijiko (Singular)

Wuma

Entebbe

Mpa Akambe.

Ekiyungu

Out side a House

Compound

Garden

Trees

Olujja

Ennimiro

Emitti Egiwumulirwamu.

Transport

1. Tarmac
2. Marum Roads
3. Feeder Road
4. Telephone

Eenguudo Zakolasi

Enguudo Zettaka

Enguudo Zomubyalo

Esimu.

Family Members;

1. Mr
2. Mrs
3. My Son
4. Grandmother
5. My Aunt
6. Grand Father
7. My Uncle
8. My Cousin Brother
9. My Casin Sister
- 10.My Sister

SSebo/ Mwami Gwe.

Nyabo/ Mukyala Gwe

Mutabani Wange

Jjaaja Omukazi

Ssenga Wange

Jjaajja Omusajja

Taata Omutto Oba / Kojja Wange

Mutabni Wange (From The Aunt)

Muwala Wange (From The Aunt)

Muganda Wange Omuwala

My Brother

Muganda Wange Omulenzi.