



Rafiki Africa Ministries

Providing hope and love through Jesus Christ



Information Packet for Short Term Missionaries (STMs)

Thank you for your interest in serving at the **Rafiki Africa Ministries** orphanage in Kampala, Uganda! We believe that God has given everyone special and unique gifts in how they serve and we want to be apart of cultivating these gifts and helping individuals utilize the talents and passions God has given them! We have many opportunities – cooking, teaching, ministering to staff, childcare, cleaning, medical care (always a child sick in the home), teaching memory verses, bible teaching, and much, much more.

“The harvest is plentiful but the workers are few. Ask the Lord of the harvest, therefore, to send out workers into His harvest fields.” Matthew 9:37-38

Where to Look:

History of Rafiki Africa Ministries.....pg. 3

Statement of Faith.....pg. 4

Description of Short Term Missionary.....pg. 4-5

Understanding Uganda and the Culture.....pg. 5-7

Frequently Asked Questions.....pg.8-11

Raising Support.....pg. 11

Packing List.....pg. 12-13

Donations to bring for the Ministry.....pg. 14-15

Accommodations at Children’s Home.....pg. 16

Day in the Life at Rafiki Children’s Home.....pg. 16-19

Suggested Activities.....pg. 19-20

Before You Come: Guidelines to Know.....pg. 20

Safari with Rafiki Adventures.....pg. 21

Travel Informationpg. 22-23





History of Rafiki Africa Ministries

Rafiki means “friend” in Swahili. Rafiki Africa Ministries is a 501©3 non-profit organization based in Kampala, Uganda. Joseph and Sara Kiwanuka are the founders and current directors. Sara started coming to Uganda on mission trips when she was about 21 years old. Joseph is from Uganda and has always had a heart for children and missions. They met in Uganda while serving at different ministries. They felt God leading them to start a home for orphaned, destitute, and vulnerable children. They founded Rafiki Africa Ministries Orphanage in 2009; in early 2010, Joseph and Sara rented a home in Kampala, Uganda, and began receiving orphaned and hurting children from the surrounding communities.

Currently (as of January 2016), the home has 12 children living in the home from ages 2 to 9 years old and 8 full-time Ugandan employees. The number of children in the home is always changing. There are 29 children (as of January 2016) in the Rafiki program. These children at one time lived at the Children’s Home and then later were resettled and reunited with family members. They remain in the Rafiki program and are supported in their families. Joseph, Sara, and their children live only five minutes away from the children’s home.

There are over 3 million orphaned children living in the streets and slums of Uganda. Many of these children are orphaned by poverty, war, disease, and malnutrition. A large number of them are due to HIV/AIDS. The goal of this ministry is to provide orphaned children of Uganda with hope and a future through discovering Jesus Christ. The home provides the love of Jesus, access to education, quality medical care, nutritional food and clean water, as well as shelter in a family-style home for these beautiful children. The children are spiritually mentored and loved as they grow up in our home. Our hope is that as they grow older they will become responsible Christians and productive Ugandan citizens.

Rafiki Africa Ministries is designed and dedicated to not only help meet the needs of orphaned and suffering children in Uganda, but also to transforming their lives. In the future, we want to have land, allowing us to be as self sustaining as possible through agriculture and animals, constructing children’s villages, schools and medical clinics as well as providing homes for many of the thousands of children in need.

In the past few years, volunteers from Europe, U.S., Canada, Australia, and others have joined us here in Uganda to serve alongside our staff at the home as well as in communities. We partner with other organizations and ministries in Kampala, working together to serve and love families and children in different communities. Some of these include serving at other babies’ and children’s homes, as well as with local schools, different special needs orphanages, slum and street ministries.

We believe that it’s important to work together, serving alongside other ministries that are making a difference in Jesus’ Name!

Statement of Faith

Rafiki Africa Ministries has adopted the following Statement of Faith, and we ask that all missionaries serving with us agree with these statements as set out below.

WE BELIEVE that there is one God, eternally existent in three persons, Father, Son, and Holy Spirit.

WE BELIEVE in God the Father, Creator of heaven and earth, perfect in holiness, infinite in wisdom and measureless in power. We rejoice that He concerns Himself mercifully in the affairs of men, that He hears and answers prayer, and that He saves from sin and death all those who come to Him through Jesus Christ.

WE BELIEVE in the deity and perfect humanity of our Lord Jesus Christ; in His virgin birth; in His sinless life; in His miracles; in His atoning death through His outpoured blood; in His bodily resurrection; in His ascension to the right hand of the Father and His personal return to power and glory.

WE BELIEVE in the present ministry of the Holy Spirit, by whose indwelling the Christian is enabled to live a godly life.

WE BELIEVE the Bible to be inspired in its entirety by God's Holy Spirit through human authors revealing God's truth to humanity. It is without error in all that it affirms. Christians must therefore submit to its supreme authority.

WE BELIEVE in the personal and visible return in glory of the Lord Jesus Christ to raise the dead and bring salvation and judgment in final completion.

WE BELIEVE in the spiritual unity of believers in Christ.



Description of Short Term Missionary (STM)

As a short-term missionary, you will be living at the Children's Home and working with our kids and staff on a daily basis. There are many, many opportunities to serve the kids and the staff each day.

You can help teach the kids, read bible lessons with a weekly

This packet is filled with great stuff for you to check out, learn about what we do here and how you would be serving with us! If you are coming to serve with us or are wanting to, **please read carefully as it will help your experience with us** be much more **rewarding, productive and fun!**

memory verse, plan activities and games to do with the kids (water Olympics, twister, hide and go seek, allow our older kids to read to you, craft projects, nature walks) help with cooking and cleaning, washing clothes and folding, teaching manners, disciplining, etc.

There will be one or two days a week that you will have the opportunity to see Kampala and serve alongside other ministries, we call these **outreach days**. Some of the things that you might be doing include praying with people, helping at other orphanages, teaching at local schools, door-to-door evangelism, helping with youth offenders at a juvenile delinquent center, work at babies homes, serving with street and slums ministries, and doing community outreach. There are many opportunities and you can tell us what your passion is and where you would like to serve. We also go grocery shopping each week. It is usually a half-day event. You are more than welcome to go with us to the open market and visit with the Ugandans selling food – this is a great chance to see more of the city, learn about local culture and food, as well as stretch your legs.

You'll need to have some **initiative** to do things. You can help in any area that you wish to...wherever you see a need. We really like our short-term missionaries to use their unique gifts and talents. We have an Administrator/Manager as well as Ugandan staff who will work with you to help you find areas that you can help in.

We are a home, a community, and a family. This means that it's important to **work together**, intentionally looking for ways to serve each other, respecting differences and teaching each other. We want to provide a united and strong example for the children and for our community, communication and working together is integral for this to happen. This means that we have to choose patience and learn to work with people from different backgrounds, with different personalities and communication styles – coming together to serve and be a family. An attitude of love and humility is needed from each of us to make this a reality.

Flexibility. Being flexible and adapting is the way of life here. Uganda has its own timetable. Things arise that need to be dealt with right away; power goes out, water get shut off, van breaks down, etc. All these things happen and so it means that we have to be flexible. We can make plans but it is always tentative, depending on what is going on and what comes up. Be willing to “go with the flow” when plans change slightly or even completely, or when things take much longer than you thought they would! Having a good attitude and being willing to adjust depends on you.

You will have **accommodations** at the home, staying with other short-term missionaries and full-time staff. Space is limited so you will most likely be sharing with others (guys share with guys and girls share with girls) depending on if there are other short-term people here serving with us when you are here. Some of them could only be there for 2 weeks, 2 months or more so there will most likely be some fluctuation in short term staff while you are here.

You can be in **contact** with your family if you wish. We have Internet at the home so you can email and you'll be able to set up Skype and use that to see your family using a webcam. Every once in awhile we might not have electricity but it is usually only for a few hours so it should not hinder you from contacting your family.

One of the things we require our volunteers to participate in is our **staff devotions**. These happen every night after the kids go to bed when we take some time to be together as staff. This time is set aside to relax,

breathe, process things about the day/week, encourage each other, and be with the Lord. We take turns leading this, depending on how many are at the home when you are here, you will only be leading once every one or two weeks! You can bring a devotional book with you to use or pick a scripture that encourages you or talk about what you are learning. We love for you to be creative and bring your personality into what you share with us.

Understanding Uganda & the Culture

You might find that African culture is a whole different way of thinking and living, so there is a lot to consider while you are on a trip or visit to Uganda. Do not go with the idea that your culture is superior or applicable. When in Africa you must adjust, attempt to be at home in the culture and not think you will change it all in the few days or weeks you are there. It is very important to respect local traditions and remember that you are a visitor in a foreign country.

Being culturally sensitive will greatly help you to avoid common mistakes that can lead to offense or embarrassment for you and others. If you have a question about Ugandan culture, do's and don'ts, etc. then feel free to ask us or our Ugandan staff!

For more information about Uganda's history, economy, culture and current events you can search online. It greatly helps if you know just some basic history, culture, and politics before you get here. This will allow you to adjust faster and it also allows you to be a little more prepared for what life is like here.



Background of Uganda

Uganda is a very friendly country. It is known as the country with the friendliest people. It is about 60% Christian, 30% Muslim, and 10% other & witchcraft. There are many different tribes in Uganda and they each have a unique culture. Kampala, where our home is located, is a huge city and it's very urban in some ways and yet underdeveloped in others. For more information on our city, you can Google "Kampala".

Idi Amin Dada's tyrannical regime (1971-79) was responsible for the deaths of at least 300,000 Ugandans. Guerrilla war and human rights abuses under Milton Obote (1980-85) are estimated to have claimed at least another 100,000 lives. The rule of Yoweri Museveni since 1986 has brought relative stability, but a 21 year long insurgency by the Lord's Resistance Army (LRA) led by Joseph Kony, has resulted in the displacement of at least 1.3m people and the recruitment of child soldiers.

Facts about Uganda

- There are currently over 3 million orphaned children in Uganda due to war, disease, and malnutrition. These children live on the streets and in ghettos. Many of these children live in abusive circumstances.

- 2/3 of the country's population is under the age of 15.

Men and Women: Men are the leading figures in society and at home, usually raising the funds to support the family. Women usually stay at home – raising the children, tending the garden, and maintaining the home. When women work outside the home, it is generally in teaching, nursing, housekeeping or secretarial positions. Because men are the leading figures in the society, it is more common for men to be forward and willing to introduce themselves. Women tend to behave more modestly, seeming shy. They may not approach you or speak to you directly. This is not because they do not want to talk or meet you, so please take the time to smile and introduce yourself.

Children: Children are the same all over the world. They are usually very friendly and love talking and playing with visitors. You will hear children from the side of the road yelling “Mzungu” and waving. The word “Mzungu” is the word that means white person in Swahili. This could be used for anyone from Asian, whites to light skinned blacks. It is used as an affectionate term by Ugandans and is not disrespectful.

Animals: In Africa, people treat animals differently. Sometimes it is lack of knowledge or the ability to care for them. Animals are seen as work animals and not as pets or fun to play with. Don't play with, or pet dogs – in Uganda, they are scavenging house guards and not playful pets. Animals frequently look skinny or sickly.



Commonly seen or experienced in Uganda:

- Straight men holding hands or showing affection
- Women breastfeeding in public
- Lack of toilet facilities – often just a hole in the ground
- Body odor
- You may be called "Big" (fat). Do not get offended; this is considered a compliment in a country where most people do not get enough to eat. On the contrary, it's very offensive to say to someone, “Oh you are really thin.”

Taboo in Uganda:

- Conversations about relationships, particularly in the physical sense.
- Public displays of affection between men and women.
- Smoking and drinking. Out in the bush there is no distinction between having a drink and being drunk, and smoking is simply looked down upon by everyone.
- Pregnant women do not like to be asked about their pregnancies. Pregnancies are considered very private and are only talked about among family.
- For women to show their thighs. All skirts and shorts must cover your thighs/go just below the knee.
- Give money to individuals, including children.
- Give your email address, home address, and/or phone number to ANYONE (see director if you really want to maintain a contact). This is mainly for safety reasons and we will explain during your orientation after arriving in Uganda.

Frequently Asked Questions

What airport do I fly into? You will fly in the International Airport in Entebbe, not too far from the capital city of Kampala. We will be there to pick you up from the airport on arrival and drop you off at the airport at the end of your visit – the airport is roughly an hour and a half away from the home due to traffic.

How do I book airfare? We currently use a Christian Travel Agency called Raptim Travel. We recommend them to all short-term missionaries. They are able to get us missionary fare prices and are usually able to get extra checked baggage that would allow you to bring donations for the ministry. We can help you arrange your flight by working with the travel agency or if you would prefer to arrange your own flights then you can contact Peggy Bignell at peggy.bignell@raptim.org . You can also arrange your flights on your own without using our travel agent.

Do you have children with AIDS? All of our children in the home are currently HIV negative. We test all of the children when they first arrive at the home. We do have gloves in case you need to use them for any reason such as when a child has a scrape.

What about clothing? Light summer clothing supplemented by a sweater or jacket should be sufficient. Sandals or comfortable walking shoes are recommended. See Packing List on pages 12-13 for more in depth information on what to pack and a suggested list.

What about emergencies?

Family – If someone needed to go home early due to an emergency or family reason, we will change your flight and you will be able to go home as soon as possible.

Medical – We have a great British run clinic only 30 minutes away from the Children’s Home. They have wonderful specialists from all over the world. Their facilities include a lab and a pharmacy. If someone needed to go home early because of a medical reason, the doctors at the clinic would advise us whether the person can travel home or should continue the medical care in country.

Political – If there is some kind of political uprising or situation that makes it unsafe for our missionaries to stay in country, we would get them out of the country on the next available flight. We are in contact with the U.S. Embassy located in Kampala in case of any emergency situation.

What immunizations do I need? Check out immunizations section on page 22 for more information.

Do I need extra spending money? You will need to bring money for traveling and while you are in the airport. If you need travel arrangements made (ie: overnight stay during a layover), this needs to be added to your travel expenses. You can bring extra money if you would like to purchase presents or gifts for your friends and family, buy food that is not provided in our weekly budget, or plan on traveling around (going to different places in the city on days off, exploring, etc.) while you are here. **When you bring extra money with you, bring \$50 or \$100 bills that are 2009 or newer that look like new; there should be no tears or markings on the bills.**

Will my credit cards work in Kampala? - Visa and Master Card are not accepted at stores or restaurants. You can use your visa card to withdraw money from an ATM machine. However, we advise you bring cash to be on the safe side. Certain cards work with certain banks, our staff can help you sort this out when you are here!

What is the Ugandan currency? The Ugandan Shilling (UGX) is the currency used in Uganda. The exchange rates vary from time to time but are readily available from banks and Forex Bureaus (where we exchange US currency into UGX shillings). Foreign currency can be exchanged into local currency when you arrive. *Do not* exchange money at the airport because you will get a bad exchange rate, we know of the best places to exchange money. Let us know if you need to exchange money and we will help you.

What about food and water? Most things cooked on the streets are not good to eat but there are many restaurants in Kampala that are good and safe. All of our food at the home is safe to eat. We have bananas, pineapples, mangos, papaya, and apples, which make great snacks. Please let us know if you are a vegetarian or have food allergies to help us prepare. We use a water filter to make drinking water. You might want to use bottled water when brushing your teeth. Make sure to drink plenty of water to stay hydrated. *Bring a refillable water bottle or canteen* so that you can carry water with you when we leave the home. Breakfast is typically prepared by you (there are eggs, toast, peanut butter and jam available daily). Lunch is usually posho (a corn flour based paste) and beans. Dinner often includes rice and may be accompanied by Irish potatoes, sweet potatoes, cabbage, greens, beans, meat, and/or guacamole.

Will I be able to wash my clothes? Yes, we have a washing machine that you can use – as long as there is electricity. You can also wash clothes by hand (we provide the tubs and soap). We hang all the clothes on clothes lines to dry. For more information about clothes, check the Packing List.

Will I be able use Internet? We have Wifi Internet service at the home. Communication can be done easily thru Email and Skype. Internet is expensive and because we have many people needing to use it, please respect that it will be limited and only available to use during certain times.

Will I have access to a phone? Yes, we have several prepaid ministry phones that you are able to use for initial contact with your family and when you go out into town (on your day off, etc.). If you would like to talk with your family on a regular basis, we ask that you help purchase credit (airtime) for the phones. For relatively cheap, you can purchase an UNLOCKED PHONE through Amazon or eBay before leaving the US, bringing money for airtime and a SIM card here (both of which are not very expensive).

Can I bring a laptop or iPod? Yes, this is totally up to you. Just remember to bring all cables needed to charge it. We do have a ministry computer that is located in our office. This is available for use at any time. If

you bring your laptop, you are responsible for it (it will be safe kept in your room when you are not using it) This allows you to keep all your pictures together and something to use in your free time or at night to watch movies, use the internet, etc. If you are planning to use Skype to stay in contact with your family, please download it BEFORE you come. The ministry does have a CD player so feel free to bring music and your iPod.

What languages are spoken in Uganda and in the home? English is spoken in Uganda, especially in Kampala but many people in the villages do not speak English fluently. Luganda is the local language spoken most often in Kampala but there are many other tribal languages spoken throughout Uganda. All the children and most of our Ugandan staff speak English very well and they also speak Luganda often. Our kids and staff love teaching the Luganda language to anyone who is interested.

Do the children and staff go to church each week? Yes, we go to church each Sunday morning. We go to Watoto Church, you can check it out here: watotochurch.com.

Will I be able to take pictures and videos? Feel free to bring your digital camera and video camera, just make sure to bring all cables and battery chargers. We always want more pictures of the children, the home and staff, and day-to-day life in the home so you can take any and all pictures that you might want. We might be interested in using your pictures/videos for our newsletter, blog or Facebook. Most people you will meet outside the home are very friendly and welcoming, but sometimes they can be sensitive if people take their photograph. We advise that you always ask before you take anyone's picture. There are also some places that you will be asked NOT to take any pictures, please be respectful of this – if your asked not to photograph, please don't.

What about my security? Precautions should be taken as in any major city. You should not carry valuables with you. If you are carrying your camera or cell phone, then make sure to keep your camera in your purse/bag with it zipped up and close to your body. You do not need to carry your passport once you have arrived in Uganda and can leave your passport/other travel documents in your room at the home. We recommend that you do not walk alone or late at night. Please watch your belongings and be mindful of your surroundings, make smart decisions, and remember you are in a foreign country.

What is the weather like in Uganda? Temperatures range from 70s to 80s degrees Fahrenheit (between 21 and 31 degrees Celsius) all year around. You will need to check for up-to-date weather conditions in East Africa depending on when you will be with us.

Can I receive packages while I am in Uganda? FEDEX is really the safest way to ensure you receive packages, though it is somewhat expensive depending on what you are sending it is worth it. The mail system is slow and inconsistent, you also have to pay taxes upon receiving it (which can be high) and sometimes packages have been “gone through” meaning that things have been taken out of it. It is recommended that you bring as much as you think you will need with you.

Do I need a visa while I am there? Do I need a passport? All of our STM's must get a *tourist visa* upon arrival in Uganda. The visa can be purchased when going through customs at the Entebbe Airport and DOES NOT need to be purchased in advance from the Ugandan embassy. The visa costs \$100 USD, paid in the form of a \$100 bill works best - you will need to bring this money with you when traveling. Yes, you MUST have a valid passport – one that will not expire in 6 months and it must be valid for six months beyond the date of entry. Travelers should be aware that a visa does not determine how long a person may remain in Uganda. The Ugandan immigration officer at the port of entry will determine the length of authorized stay, which is generally from one to three months as a tourist.

IMPORTANT NOTE – When talking to the immigration officer upon arrival in Uganda, always double-check the length of stay they write in your passport for your visa. There are frequent times that they make mistakes.

Ask for a 3-month tourist visa no matter how long you are intending to stay in country. This makes sure that your visa is long enough.

Keep the following information with you when traveling through the airport so that you can use it on your visa form. You will be staying at the Rafiki Children's Home and it is located at:

**Kyadondo Block 222 Plot 1681
Namugongo, Kampala, Uganda**

Contact information:

Director and Founder: Sara Hamilton Kiwanuka

Email address: sara@rafikiministries.org

Ugandan phone number: (256) 783323583 from the U.S. add 011 as a prefix

Director and Founder: Joseph Kiwanuka

Email Address: joseph@rafikiministries.org

Ugandan phone number: (256) 784473774

U.S. cell phone number: (512) 413-2476

U.S. contact: Frank Hamilton (512) 771-0681

Email address: fhamilt10@hotmail.com

You can also leave this information with family. If there is an emergency and they need to get ahold of you then this is how they can be in contact.

Raising Support

Raising support is an important part of preparing to come and work with us. We realize that this might be intimidating for some, especially if you have never done this type of thing before. On the website we have put together some information to help you get started. There are examples of ideas for you to do as fundraisers. You can also Google other ideas that people have used to fundraise. It is so important that you **be creative, take initiative, and involve** others in this process.

When you have people wanting to give towards your mission trip – you can have them pay online through our paypal site (easily accessible off of our website) or send a check to:

Rafiki Africa Ministries

P.O. Box 3526

Pflugerville, Texas 78691-3526

Special Note: Make sure that checks are written out to: **Rafiki Africa Ministries**. For them to be credited toward your trip and time with us, your name *MUST be put on the memo line of the check* so that we know the funds are designated for you and not someone else.

You can let everyone know that **ALL DONATIONS** made to Rafiki for your mission trip are **TAX DEDUCTIBLE**. Make sure to tell people when sending out support letters that their donation will be tax-deductible – this encourages people to want to financially support you.

Packing List – Items to Bring

This is a list of suggested and recommended items to bring with you when you come and spend time with us. Please be aware that we have limited space at our home so pack as light as possible. If you have questions about packing, ask friends and others that have traveled overseas and served on mission trips.

- Your Bible and a Servant’s Heart
- Journal or notepad / favorite pens to document your time here
- Passport – make sure your passport is NOT within 6 months of expiring while you are in Uganda
- Copy of passport stored away from original passport and 2 extra passport photos stored away from your original passport – these can be done with your digital camera and printed off
- Sunscreen and Chap stick
- Hat and Sunglasses
- Alarm clock or phone alarm to wake you up in the morning
- Swimsuit (for women, one piece or tankini/modest) – we do take the children swimming sometimes
- Personal Toiletries - shampoo, toothpaste, soap, etc. (purchasing here can be very expensive, they are imported goods)
- Bathing towel and hand towel or wash cloth
- Clothing – check below for more information on what clothing to bring
- Shoes – walking / sturdy sandal and something light to wear for the bathroom/around the home (flip-flops work great)
- Mosquito Repellant
- Refillable/re-usable water bottle or canteen so that you can refill and take water with you
- Snack foods if you are a picky eater
- Flashlight with new batteries
- Camera and memory cards with battery charger
- Lightweight small backpack, purse, or bag to carry water, snacks, lunch, jackets, etc. when we are out
- Ziploc bags – come in handy to pack many items in (lunches, etc.) multiple times a week
- Your daily medications including malaria medicine – be sure to pack these in your carry-on
- Over the counter medications – check medications/immunizations section for more information
- Dramamine if you are prone to air or carsickness
- Visa Debit Card - NO debit Master Card (check the **Frequently Asked Questions** for more information)
- Spending Money – bring \$100 bills or \$50 bills 2009 and newer in good condition (must look NEW) for a better exchange rate
- Card games / easily transportable games (banana grams, deck of cards, uno, etc.)
- Ipod and dock (optional) and any chargers needed
- Laptop (optional and at your own risk), and any chargers needed
- Books (spiritual encouragement, devotions, reading books) and Movies for time off

*****WE WILL PROVIDE MISQUITO NETS, BEDDING, AND BLANKETS*****



Clothing: Bring SUMMER clothes for one and half weeks or so. You will be able to hand wash your clothing or use a washing machine (depending on if we have electricity) and hang it out to dry. We will provide laundry detergent. You will be doing a variety of things and so bring clothing that you are okay with getting stained, dirty, wet/muddy, stretched out, and sweaty. Clothes that are light weight help with drying fast and help you stay cool. Remember that this culture is modest and we need to respect that, please bring clothing that reflects this.

Women:

- Skirts or dresses for church services
- Blouses or T-shirts – modest tops only (no midriff, too much shoulder or chest showing). The light Cotton shirts (from Target or Walmart) are wonderful – keeping you cool and they are easy to wash.
- Long pants, jeans, or crop pants (please NO shorts) – it is very taboo to show your thighs in Uganda
- Medium and longer skirts of lightweight material
- Lightweight sweater/sweatshirt/long sleeve shirt – for cool evenings
- Something light to sleep in (shorts are okay ONLY for sleeping in)
- Comfy pants for around the home (exercise pants, etc.) as long as they are appropriate
- Something for outreach days (clothes that can get dirty)

Men:

- Dress shirts and nice pants for church services
- T-shirts / light cotton shirts
- Long pants or shorts (shorts are okay ONLY for men outside the home)
- Lightweight sweater/sweatshirt / long sleeve shirt – for cool evenings
- Something for outreach days – shirts/shorts that can get dirty
- Comfy clothes for around the home
- Something light to sleep in



Donations to bring for the ministry

We get asked often what people can bring for the children and for the ministry, if you have extra space in your luggage, we would love for you to bring donations for the ministry.

If you raise extra money for your trip, we can use the money for current ministry needs – medical needs for children or school uniforms and tuition as well as purchasing land! *The ministry needs are always changing.* Sometimes we are in need of larger items or items that can be purchased in Uganda. You can always bring extra money with you to purchase donations while in Uganda, though some things aren't available here.

The following items are ones that we are always in need of:

Clothing

- Clothes for boys – sizes 3T to 14/16
- Clothes for girls – sizes 2T to 14/16
- Panties/underwear and socks for all kids
- Shoes (cros, tennis shoes, black dress shoes for church)

When bringing clothes donations, please adhere to the following: summer clothes are best for the children, dresses are great for the girls. Please accommodate for extra small sizes, some of the kids are extra tiny and some are skinny but tall, and some are typical sizes.

Hygiene items / Medicine

- Toothpaste, toothbrushes, bar soap, body wash, shampoo, etc.
- Kid's cough and cold medicine
- Kid's headache/fever medicine
- Kid's thermometers

Fun / Crafts

- Toys that are both educational and fun. We prefer toys that can be used by all of the children and that are really durable.
- Dress up clothes for the kids – cook, doctor, nurse, engineer,
- Coloring books and crayons
- Outdoor toys such as soccer balls, Nerf balls, Frisbees, etc. Any type of sports activities.
- Sidewalk chalk, bubbles, balloons, Play Dough, are LOVED!
- DVDs that the children can watch (Disney, Pixar, as long as they are suitable for ages 3-10)
- Games and puzzles, **educational and durable.**



Education

- Educational resources and activities – teaching workbooks for Preschool through 5th grade
- Children's books for all ages
- School supplies – markers, pens, pencils, erasers, pencil sharpeners, construction paper, glue, etc.

- Devotional books for children and ones for adults to be used by the ministry employees
- Construction Paper or Scrapbook paper
- Computer Ink – HP 901 Tricolor, HP 901X1 Black, HP 96 Black, and HP 97 Tricolor

For the home

- Bedding such as twin size sheets
- Towels and washcloths
- Flashlights with batteries and hand crank flashlights
- Boxed cakes with icing or brownies to use when celebrating birthdays
- Any kitchen gadgets, oven mitts and dish towels

Gifts for the Staff

This is optional, but if you want to bring something for our Ugandan staff members here are suggestions:

- Male employees – Christian books, movies, Medium or Large t-shirts, hygiene items, etc.
- Female employees – Christian books, hygiene items, movies, lip-gloss, nail polish, lotion, etc.



PLEASE DO NOT BRING

- **Toys with small pieces**, we have younger children that can choke.
- **Toy guns or action figures**, no warlike toys.
- **Stuffed animals**, they get dirty too quickly and carry germs.



Accommodations

Our home is located in Namugongo, Kampala, Uganda. We rent a house that is enclosed – called a compound. The main house includes a small kitchen, a dining room, a family area, an office and 4 bedrooms – three of these are for the children and one for our staff. Behind the main house we have a two-floor guesthouse, on the bottom level one bedroom houses male staff members, the other being a storage room, and on the top level there are two bedrooms for female volunteers. There are bathrooms on each level. For privacy, only female volunteers and staff are allowed on the top level.



We do have running water and electricity available – but this is Uganda and so we do lose one or the other occasionally. Please be patient with this as there is usually nothing we can do about it but be flexible. We do have a rain tank so water is always available. We have lanterns for nights without power - flashlights (called torches here) come in handy often.

To maximize space, we have *twin bunk beds* for all our volunteers and staff. Because space is limited, please come prepared to stay as clean and as organized with your stuff as possible – reducing potential conflict and frustration. You will have access to some shelving but it might be limited. *Mosquito nets* are provided for every bed, please use these each night.

We provide several power adapters for laptops, cameras, etc. You can also bring one with you if you have one / want to bring your own – just make sure that it will work with the plugs in Uganda.

Day in the life at Rafiki Children's Home

Below is just an outline of the basic weekly schedule at the home. You will be given a more thorough schedule for your time with us when you arrive. The schedule will include more information about weekly outreach ministries (which will typically be Monday and Thursday). And depending on your gifts and talents and the time of year, it could include more opportunities to serve at other ministries. The schedule will also be different depending on if the children are in school or not – Ugandan children attend school year round with a few holidays for breaks.

The weekly schedule can change at any time and you must be flexible, this is Uganda!

*The *(italics)* parts in the sections below denotes some of what you will be able to do; including planning activities, bathing children, childcare, and chores around the home.

<u>Schedule for Sunday:</u>	<u>Schedule for Monday - Friday:</u>	<u>Schedule for Saturday:</u>
	6:45-7am Children start bathing/dressing <i>(Help bathe children)</i>	
8am Everyone wakes up and gets ready for church	7:30-7:45 am Breakfast <i>(You can eat during this time or wait until later)</i>	8am Children wake up / bathe <i>(Help bathe children)</i>
9am Breakfast	7:45 am Leaving the gate to walk to school	9am Breakfast
9:30am Leave for church	8am School for all kids old enough	9:30am Play time with kids
	8am – 12:30pm Chores / Childcare <i>(Clean, Wash Clothes, work with Staff)</i>	
12:30pm Return from church	12:30pm Pick up kids from school	
1pm Lunch time for kids and staff	1pm Lunch time for kids and staff	1pm Lunch time for kids and staff
1:30pm Kids nap time/rest time /planning time for volunteers	1:30pm Kids nap time/rest time /planning time for volunteers	1:30pm Kids nap time/rest time /planning time for volunteers
4pm Snack Time	4pm Snack Time	4pm Snack Time
4:30pm Activity time with kids	4:30pm Activity time with kids	4:30pm Activity time with kids
6pm Bathing time for kids <i>(Help bath kids)</i>	6pm Bathing time for kids <i>(Help bath kids)</i>	6pm Bathing time for kids <i>(Help bath kids)</i>
6:30pm Reading or Movie time <i>(Read story books or watch movie)</i>	6:30pm Reading or Movie time <i>(Read story books or watch movie)</i>	6:30pm Reading or Movie time <i>(Read story books or watch movie)</i>
7pm Dinner Time	7pm Dinner Time	7pm Dinner Time
8pm Devotional Time for children <i>(dancing/reading the bible story)</i>	8pm Devotional Time for children <i>(dancing/reading the bible story)</i>	8pm Devotional Time for children <i>(dancing/reading the bible story)</i>
8:30pm Bed time for children	8:30pm Bed time for children	8:30pm Movie Night
9pm Staff Devotional Time	9pm Staff Devotional Time	9:30pm Bed time for children
9:30-10:30pm Prepare for bed	9:30-10:30pm Prepare for bed	9:30-10:30pm Prepare for bed

What you will be doing on a Day-to-Day Basis

This was written by a previous summer volunteer that served for 2 months, describing a day in the life of a Rafiki volunteer:

We woke up around 7:15 to take a few minutes getting ready and then go downstairs to help the kids finish getting ready and sent off to school. Then we ate breakfast. We played with the little kids and did preschool activities - things like games, relays, singing, ABC practice with magnets & flashcards, use the toys to learn colors & shapes, coloring, cooking, connect-the-dots, play dough, counting with drums.

Sometimes we had goals to accomplish for that week, and we would spend some time before lunch doing those things while the kids played. Things like mending holes in the kids' clothes, organizing the clothes in drawers, organizing the cabinet, completing growth charts on each of the kids, making/finding/printing homework sheets for each of the kids based on their age & developmental level.

Then right before lunch we would either go get the younger school kids from school or wait for them to return home. After school, we would help the school kids change out of their uniforms into play clothes and make sure they hang their uniforms where they belong. We would have the kids put their mats out, serve up lunch, and pour water. We would eat lunch while the kids finish their food & drink their water.

Before naptime, we would make sure the kids each go to the bathroom and wash hands before they lay down to take their nap. During naptime we did lots of different things. We made sure there was a snack ready for the kids when they woke up. Sometimes we kept making homework sheets, baked, went for a walk, spent time reading or journaling, or took a nap as well. When it was time for the kids to get up from nap we would go check on them and see if we should let them get up or not. Sometimes they were all still sleeping and we left them to sleep.

After nap, we would play with the kids while they woke up and then give them their snack. Around that time the older kids come home from school and would go about doing their chores. Once the big kids finished their chores & the kids had some time to play, we would sit down at the kitchen table with the school kids and do homework with them. It was almost always the homework sheets we had made for them to reinforce what they were learning at school for the younger children. The older kids would always bring home homework. I loved the kids' enthusiasm to do homework =)

By the time homework was done, it was almost always bath time. Sometimes I would lay out their pajamas before they got done bathing to lessen the chaos but not always. Then we would help the kids dry off, get dressed in their pajamas, and make sure they each hung up their towel where it belonged. To calm down the kids before dinner we would read them a book or put a movie on.

For dinner time, we made sure the kids put out the place mats, and then we served them their dinner & water. And we all ate dinner together. =) Often times the kids would returning to the living room once they finished & put their dishes away. Then we turned the movie back on for a few minutes until devotion time. This helped keep the kids calmed down for bedtime and keep them from pulling out toys & making a mess.

During devotion time we sang & danced with the kids and then read them their Bible story for the night. We always asked questions about the previous night's story, read the story for that night, and then asked them questions to see if they were paying attention and to help them learn how to apply the stories to their own lives.

We regulated teeth brushing time and used that time to teach them the correct way to brush their teeth and proper hygiene when using the restroom. Then I gave each of the kids goodnight kisses and tucked them into bed. =)

The extent of how busy you are depends on how proactive you are. Asking what needs to be done or finding needs and then meeting them is how you are going to find more to do than just play with the kids all day long. That is the general routine for a day at the house. Some days entailed doctor visits, grocery shopping, or other errands. And on the weekends we always had special things planned for the kids like Health Weekend, camp outs, tea parties, special activities or crafts, or swimming. Planning even a bunch of little things helps keep the kids excited and engaged which means less misbehaving. There are lots of things to do like games, get out the recorders, dress up, play dough, coloring a page for the Bible verse that week, washing toys, cooking something special like pizza or cookies, going on a walk, relay races. Be creative! =)

Suggested Activities for Volunteers

Below is a list of activities that our volunteers are a part of during their time with us. We work hard to divide up the tasks that need to be done each day; you will be working alongside our Ugandan staff to make sure things get done. You might be asked to do something completely random that is not mentioned on this list, please be flexible and take initiative – asking the staff what is needed to be done on any given day. Our staff are with the children on a consistent basis and offer stability in the home. It is important that the children have this, as most of their backgrounds have been very unstable. Our staff is here to offer the best care possible for our children, when you are here you will be working alongside them to do the same.

- Make kids beds and tidy up their room
- Laundry – wash clothes, hang wet clothes on the clothes line, fold clothes after they are dry and put them away
- Plan activities – such as bible verses that can be taught each week, bible stories, crafts, weekend playtime activities, and games for the kids (it is great to plan some activities before you come). You can use children activity books, Pinterest, etc. to plan activities in advance. Bring some supplies with you. Example: If you want to do a lesson on flowers and have the children make flower patterns – make sure you bring paper plates, glue, construction paper, or whatever else you will need. We also have items available at the Children's Home that you are free to use with any activities.
- Meal time – help with cooking for breakfast, lunch, and dinner; serve children meals and help during meal time
- After Meals – help clean up and wash dishes
- Teaching – help Sara with planning weekly curriculum; help the older kids with their homework after school
- After school – help children clean their shoes and wash school uniforms
- Devotional Time - Lead children's devotion time and lead adult devotion time
- Bath Time – help the kids take their baths and get in their pajamas

- Bedtime – help kids brush their teeth and get ready for bed
- Grocery shopping once a week for the home
- Nursing or Medical skills – working with our nurse to do CPR/First Aid training and hygiene lessons for kids
- Photos and Videos of the children and employees
- Write a blog or story about the children/ministry and let us include your stories in the ministry newsletters
- Promoting the ministry and fundraising through blogs, videos, social media, YouTube, etc.
- Discipleship, mentoring, and tutoring the children
- Plan music, dance, and drama programs
- Cooking, cleaning and other house work – sweeping and mopping house/verandas, dust, wash windows, etc.
- Walking the children to school and from school



Before you come – Guidelines to Know

Below are some guidelines we have for those volunteering with us. These will be gone over more in depth during orientation once you arrive at our home in Uganda. These are for your safety while you are here with us:

- Not allowed to leave freely on your own unless accompanied by a Rafiki Africa Ministries staff member or with another short term missionary and going to another ministry project or for your day off. Rafiki staff must know where you are at all times.
- Not allowed to start a romantic relationship with a staff member, other team member, or Ugandan while staying in the home.
- Not allowed to give out emails or contact information – again, this is for your safety. If there is a specific situation that you feel you want to pursue, please speak with directors BEFORE committing to it.
- Not allowed to give or promise money/gifts to individuals that you come across. Do not promise school fees to a child or family – if you would like to sponsor a certain child then let us know and we will work with you to do this.
- There are other rules and guidelines that will be reviewed during your orientation.

Safari with Rafiki Adventures Tour Company



Do you want to combine your Mission Trip with a safari experience?? Book your safari with **Rafiki Adventure Tours** and experience the real Uganda!

We specialize in tailor-made safaris that suit your time and budget constraints as well as your life style and pace. We will be more than happy to assist you in planning your dream Safari trip to either Bwindi Impenetrable forest for Gorilla tracking, Queen Elizabeth National Park, Murchison Falls National Park, Lake Mburo National Park, and many more safari destinations. Our trips will allow you to see the wild life of Uganda's most popular safari parks and experience a taste of the culture.

Safari Cost: The cost of a safari can vary depending on the national park that you are wanting to go to (which area of Uganda) and hotel accommodations (budget, medium, or high-end). If interested in a safari, then please feel free to contact Joseph Kiwanuka at the information below. The cost of a safari usually includes all meals and accommodation as per the itinerary. It includes all ground transportation, park entrance fees, 1 boat trip, all game drives, and all activities as stipulated in the itinerary.



For more information about safari trips in Uganda contact Joseph Kiwanuka at rafikiadventures@gmail.com. Also check out the website at: www.rafikiadventures.com and through our social media sites:

<http://www.facebook.com/RafikiAdventures> and <http://rafikiadventures.blogspot.com/>



Travel Information

Immunizations, Vaccines, and Medicines

All short-term missionaries should contact their medical professional about immunizations required for travel and stay in Uganda. This information is intended, solely to provide general information on vaccinations and immunizations for missionaries to Uganda and is for the personal use of the reader, who accepts full responsibility for its use.

You are advised to see your doctor as early as you can at least 4–6 weeks before your mission trip to allow time for shots to take effect. If it is less than 4 weeks before you leave for your trip to Uganda, you should still see your doctor. It might not be too late to get your shots or medications as well as other information about how to protect yourself from illness and injury while traveling. Discuss your travel plans and personal health with a health-care provider to determine which vaccines you need.

The following immunizations and medications are required and/or recommended for travel to Uganda:

1. Yellow Fever (*recommended strongly*) – The certificate is no longer required for entry into Uganda, however, it is recommended.
2. Malaria Tablets (*recommended strongly*) – Your travel doctor can prescribe the required tablets. (Mefloquine, Doxycycline, Atovaquone, Proguanil)
3. Typhoid (*recommended strongly*)
4. Tetanus (required) – Needs to be current within the last 10 years.
5. Hepatitis A (*recommended strongly*) and Hepatitis B (*recommended strongly*)
7. Polio Adult Booster (*recommended strongly*)
8. Flu Shot (*optional*)

Other Medications - *Make sure to bring any and all of your own doctor prescribed medications.*

- Allergy medicine
- Bonine or Dramamine (if you easily become air or car sick)
- Imodium or Pepto-Bismol - Anti-diarrheal medicine
- Ciprofloxacin for traveler's diarrhea
- Cold / fever medication
- And any other medications you feel that you might need
- Ibuprofen/ Tylenol / Advil

Luggage Regulations and Travel Insurance

This information may vary depending on which airways you travel with. Please verify with them what requirements they have before traveling.

Checked Luggage and Limitations – If your first flight starts on **British Airways** you will be allowed two 50lb (22.73 kg) checked-in pieces of luggage at no extra charge. Otherwise, those starting their trip on a domestic flight that connects with British Airways will be limited to only one 50lb (22.73 kg) checked-in pieces of luggage. Other airlines have different restrictions. Make sure to check what the current checked luggage is with the flight carrier before traveling.

Carry On Bags – Carryon luggage is limited to ONE small suitcase or backpack and ONE personal carryon (laptop, briefcase, or purse). All carryon bags must be able to fit under the seat in front of you or in the overhead bin. The airlines are very strict on these requirements.

Liquids in Carryon Hand Baggage – Government authorities in many countries have now defined restrictions on the type and quantity of liquids that may be carried in hand baggage through the airport, or on flights arriving into or departing from their country. Liquids include liquid make-up, lotion, sunscreen, creams, perfumes, shampoo, body wash, water and other drinks, etc. Each liquid must be in an individual container no larger than 3 fl. oz. (100 ml). All individual containers must be carried in a separate clear plastic, Ziploc bag, or re-sealable bag that does not exceed 8” x 8” (20cm x 20cm) or equivalent to 1.75-pint (1 liter) capacity. At the airport security search, the plastic bag must be removed from the carry-on bag and screened separately. You are **NOT allowed** to pack any aerosol spray cans such as hair spray or spray deodorants in your carryon hand baggage. These items must be packed in your checked luggage.

Travel Insurance – Insurance for mission trips to Uganda is optional and is not included in our pricing. If you want insurance you will need to take care of this on your own. Most policies do NOT offer airline ticket refunds if you simply change your mind. Most travel agents offer some type of travel insurance. Please ask the travel agent for more information about travel insurance if you are interested.

Travel Information for Americans

American travelers can sign up with the U.S. Department of State in their Smart Traveler Enrollment Program or (STEP). You can sign up for this program online. This program lets the State department know where and when you are traveling and sends you online alerts of any kind issued for your country of choice.

Smart Traveler Enrollment Program (STEP): If you are going to come to Uganda, please take the time to tell the U.S. Embassy about your trip. If you enroll, the U. S. Department of State can keep you up to date with important safety and security announcements. It will also help your friends and family get in touch with you in an emergency. Here’s the link to the program at <https://step.state.gov/step/>

Embassy of the United States of America located in Kampala – <http://kampala.usembassy.gov/>

1577 Ggaba Road, Kampala, Uganda, East Africa

Telephone: 256-414-259-791 or 256-414-306-001 or Facsimile: 256-414-258-451

Travel Information for Non-Americans

Make sure to check with your government’s embassy for updated travel information.