



Uganda

Thank you for your interest in taking a trip with One Way Ministries! We are excited that God will use you in powerful ways as you minister in the name of Jesus Christ.

Please read over this packet of information and contact us with any questions. We are here to help you in any way possible. Here's how you can get in touch with us:

Phone:

Office – (205) 620-9190
Cell – (205) 245-3237 (JT)
(205) 245-3215 (Sheryl)
(270) 485-1379 (Karen)

Email:

Office: info@1wayministries.org
JT: jt@1wayministries.org
Joseph: joseph@1wayministries.org
Karen: karen@1wayministries.org
Meghan: meghan@1wayministries.org
Sheryl: sheryl@1wayministries.org
Accounting: accounting@1wayministries.org

(For all staff members, simply use the person's first name followed by @1wayministries.org.)

Transportation

All transportation will be secured by One Way Ministries. We will fly out of the Birmingham, Alabama airport (BHM) to Entebbe (EBB) in Uganda. Generally, we use Delta Airlines or South African Airways. There are several routes to Uganda (either straight to Africa or through Europe), and we choose the route that works best for our group for the particular time of year.

The airplane trip generally last a total of 24-30 hours with multiple stops (sometimes requiring an overnight stay). During the plane ride, there are at least 3 meals served as well as snacks.

While in Uganda, we generally stay in motel-like accommodations near the center of our ministry sites. Transportation generally comes in the form of vans while in country.

Cost

A non-refundable \$500 deposit is required for each person committing to a trip to Africa. A 7 day trip is \$950, 10 days is \$1350 and 14 days is \$1850. These prices include lodging, food, and trip leadership. Transportation (airfare) is a separate expense and is based on the departing airport as well as how far out the trip is booked.

The deadline for payments is as follows:

\$500 deposit is due 120 days prior to trip
½ of remainder is due 90 days prior to trip
Remainder is due 60 days prior to trip

All payments should be sent to One Way Ministries at 105 Silver Leaf Lane, Alabaster, AL 35007. Payments can also be made online at www.1wayministries.org using Paypal. For any payments made using Paypal, please add 3% for administrative costs associated with this service.

Cost Considerations

Due to the nature of an international trip and the expenses involved, the cost for children is the same and there are no discounts available.

Project Funding

There are numerous projects available in Africa that require additional funding. These projects include construction, community outreach, and orphanage care. We encourage individuals and groups to bring additional funds and/or items that would help support these efforts. For example, groups may raise funds or bring medical supplies, clothing, books or other needed items. A list of items needed for each trip is provided prior to the trip.

Necessary Health Information

Each mission trip participant must complete a medical form (one per year) and ensure that it dated and notarized. In addition, a copy of the participant's current health insurance card is required. These documents must be provided to OWM 60 days prior to the trip.

Though not required, OWM, highly recommends that each participant obtain the following vaccines prior to the trip:

Yellow Fever (required for a visa to Uganda)

Typhoid

Meningitis (for upper regions of Uganda)

Hepatitis A and B

Chicken pox booster

One time booster dose of polio for adults

Boosters(if needed) for tetanus-diphtheria, measles

OWM also highly recommends that each mission trip participant begin taking anti-malarial medication one week prior to the trip and weekly for the following seven weeks.

For more information and recent updates, you may visit the following website:

<http://www.cdc.gov/travel>

Sample Schedule

7:00 Personal Quiet Time
8:00 Breakfast with entire group
9:00 Projects (prepare to go out for the day, take lunch)
6:00 Return to lodging; debrief
7:00 Dinner with entire group
9:00 Team Meeting and Preparation
11:00 Bedtime

One of the most successful requirements for any mission trip is to totally depend on the presence of God for direction each day. We will begin each day with intense prayer time (as well as the night before) seeking God's plan for the next day. At any time, plans may change and we will adjust accordingly.

Time is relative in Africa, and we encourage participants to avoid using watches and paying close attention to matters of the clock.

Location Information

Weather

The weather in Uganda is fairly consistent as it is located on the equator. The average temperature is 86 degrees. However, depending on which part of the country we are in, the temperature can vary from 37 degrees to 100 degrees. The wet season is March-May and again from October-November. The dry season is December-February and June-August.

Families/Income

The average family in Uganda makes about \$320 US dollars a year. This amount is still one-half of the average income of a Sub-Saharan African average income. Uganda is one of the world's poorest countries.

Language

The primary languages spoken in Uganda are English (the official language) and Lugandan. However, many other languages including Swahili, Bantu and Nilotic are also spoken.

Geography

Uganda, located on the East African plateau, is surrounded by Tanzania, Kenya, Sudan, Rwanda and the Democratic Republic of the Congo. It is home to a large portion of Lake Victoria.

AIDS/HIV

As in many African countries, the spread of AIDS (acquired immunodeficiency syndrome) increased dramatically during the 1980s and 1990s. Though numbers have decreased since 2000, there are still an estimated 940,000 people living with HIV in Uganda. In addition, there are 1.2 million children who have been orphaned due to the AIDS virus.

The average life expectancy of a Ugandan has risen from 37 to 51 in part because of the treatment of AIDS.

Malaria

The Department of Health reported on April 25, 2007 that there has been a significant decrease of 65 percent in the number of malaria cases in the country. However, due to the nature of work in the country, each participant is required to carry malaria medicine on the trip.

Religion

There are multiple religions in Uganda. Roman Catholics make up over 40% of the population but this group has some ancient traditions that are false. Over 12% are professing Muslims with that number rising daily. In addition, there are other sects including Bahai House of Worship, Hindu and Abayudaya. Many people have never even heard of the name of Jesus Christ. Those who have heard of Christianity have a skewed view of the church and need to be taught the authentic Word of God. People are very open to the Gospel.

Packing List

- ✓ Passport (keep at least 2 extra copies with you)
- ✓ Yellow Fever Immunization Card
- ✓ Sleeping bag (rated for zero degrees)
- ✓ Flashlight
- ✓ Mosquito Net
- ✓ Bug spray (with DEET)
- ✓ Sunscreen
- ✓ Rain jacket
- ✓ Coat (light coat for jacket for the evenings)
- ✓ Chapstick (preferably with sunscreen)
- ✓ Water bottle with your name on it
- ✓ Walking shoes
- ✓ Camera
- ✓ Medicines (OWM will provide a first aid kit).
- ✓ Towels/washcloths
- ✓ Alarm clock (several people may want to share one of these)
- ✓ Bible
- ✓ Pen
- ✓ Journal
- ✓ Sunglasses
- ✓ Backpack (may be used as your carry-on item on the plane)
- ✓ CD player/Ipod/MP3
- ✓ Music (Christian only please)
- ✓ Toiletry Items
- ✓ Clothes for daily work
- ✓ Clothes for Sunday worship at the church
- ✓ Visor/hat
- ✓ Money (enough for snacks/meals during travel, extra snacks during the trip and souvenirs)
- ✓ A great attitude
- ✓ A servant's heart
- ✓ An open and willing spirit

Frequently Asked Questions

Uganda

Is there a grocery store nearby?

There are many grocery stores, convenience stores and small food stands in the city. You are able to buy fruits, snacks and water as needed.

Can I drink the water in Uganda?

There are specific locations where you can and cannot drink the water. Depending on our lodging situation, we will let you know whether or not the water needs to be filtered. We will drink bottled water whenever we are in a township or village.

When will I know which team I'm on and what I'll be doing?

Each night, our team will meet and the leadership on the ground in Uganda will let us know what the needs for the next day are. Each participant is encouraged to pray about the projects, and as we gather the next day, we will divide into teams. The key to the effectiveness of the trip is flexibility and prayer!

What if I have a specific medical condition?

Please let us know of any specific medical condition on the medical form provided. We will attempt to accommodate any special needs you may have.

Where is the nearest hospital?

There is a hospital in Entebbe and Kampala where medical care can be secured.

Will my cell phone work in Uganda?

Contact your service provider to make sure your phone will work internationally. If you do not have international service, you can obtain a calling card at the airport in Johannesburg or Entebbe. Generally, a calling card is around \$12 for approximately 200 minutes.

Do I need a converter?

Yes, you will need a converter. However, do not purchase an international converter in the US as these will often not work in country. You can purchase a converter in country or at an international airport.

Is there a washer/dryer on the premises?

No, there is not a washer/dryer on the premises. We encourage you to bring clothes that can be worn multiple times. Also, you may want to bring Tide sink detergent for washing clothes in the bathroom sink.

Are there any special traveling instructions?

Yes, please remember the following: (1) only one suitcase per person (limit is 50 lbs). (2) Try to carry all of your goods in your carry-on bag (to increase the group's ability to carry supplies. (3) All prescription medicine that is in your carry on must be labeled with your name as listed on your passport. (4) Be familiar with the 3-1-1 rule and all other TSA requirements for baggage.

Mission

The mission of 1 Way Ministries is to boldly share the message of the One Way to receive eternal life and how to have that life in abundance, experiencing eternal life from today forward.

Vision

- ✚ to share the message of the Gospel through effective evangelism training with believers and church leaders.
- ✚ to encourage leaders in disciple-making and the kingdom work of evangelism.
- ✚ to preach boldly, without compromise, the whole truth of God's Word in every opportunity God provides.
- ✚ to reach the fringe members of society with a radical message of salvation and lordship found in Jesus.

Goals

- ✚ to reach impoverished, forgotten and desperate people groups with the Gospel of Jesus Christ through tangible, physical means (food distribution, home construction/repair, etc).
- ✚ to reach impoverished, forgotten and desperate people groups with the Gospel of Jesus Christ through educational programs (tutoring, VBS, sports camps, etc).
- ✚ to reach impoverished, forgotten and desperate people groups with the Gospel of Jesus Christ through personal evangelism (door to door, Crusades, etc).

Dress Code

- Shorts must come to mid thigh. Ugandans do not wear shorts often, and when they do, they are generally longer.
- No visible undergarments
- No spaghetti straps, tank tops or sleeveless shirts
- Shirts should fully cover tummy at all times
- No tight clothing
- Avoid messages on t-shirts – the plainer, the better
- Use modesty in order to witness through your dress
- Daily shoes should be extremely comfortable
- Daily clothes should be able to get dirty and messy
- If you are a worship leader (participating in the worship service in any capacity), please wear pants instead of shorts
- For worship at the church, please wear pants or capris.
- Many people come to Uganda with clothes that they wish to give away. Bring plenty!
- Dress in layers as this will maximize your clothing!

When on a mission trip, dress is extremely important. It communicates our first impression to the people we are attempting to minister to during the week. We want to avoid any sense of misunderstanding or judgments based on our clothing.

Group/team leaders will help to maintain modesty and to observe the dress code at all times!