



Manual and
Guidelines
Field of Dreams, Uganda



Welcome!

We are excited that you are joining us to participate in a short-term trip to Uganda! This manual will help answer many common questions regarding your stay. Please take the time to read it thoroughly. We have compiled this information to help prepare you for our upcoming adventures together. This manual will also help you to understand SMI's expectations for our team members while serving in Uganda. We want you to have a wonderful, life-changing time serving with Show Mercy International.

About Show Mercy International

Show Mercy International (SMI) was founded in 2004 by Mike and Lori Salley. SMI is a grassroots organization comprised of ordinary people passionate about living life on purpose. Together, we have heard the cry of injustice and are determined to make a difference. SMI demonstrates the love of God in practical ways, such as providing for orphaned and abandoned children, food, education, clothing, clean water, training, and medical care to the hurting people in Uganda. We encourage each child and family to believe they are created for a unique purpose in this life. While the actions of our ministry include providing for the many physical needs, our ultimate goal is to point them to a personal relationship with Jesus, who is their ultimate, most consistent, and best source of provision.

Show Mercy International's mission is to MOBILIZE, INSPIRE and EMPOWER

individuals worldwide to live life purposefully while reaching out in love.

You can demonstrate love to the orphaned, neglected, and abused children in our SMI programs. We desire to help them believe that ALL things are POSSIBLE with God!

Show Mercy is passionate about helping unlock team members and the Ugandan people's full potential. During our SMI trips, we encourage team members about the Father heart of God and His incredible plans and purposes for your lives. We love to challenge people to step past their "chicken line" and overcome the fears that hinder many from reaching their full potential. Please visit our website for more information.

www.showmercy.org/missions

We also invite you to follow us on social media to get an idea of what we do and what you will be a part of! Invite your friends and family to follow along as well!

Donations

You can begin fundraising once you are approved. We encourage you to allow others to sow into what God is doing through Show Mercy by supporting you to come and help fulfill the mission even if you don't need the finances. It helps spread the word about Show Mercy and gets more people involved. The more people involved, the more lives can be impacted and transformed.

You can log into your Manage Missions account and set up a profile for others to donate towards your trip expenses.

However, before you do any fundraising, please read, and sign our waiver in your Managed Missions account.

Donors can also write checks made out to "Show Mercy International" and mail them to P.O. Box 1003 Port Gibson, MS 39150. They can either write your name in the memo section of the check or include a note designating the donation to your trip. Donors may also make a one-time credit card or e-check donation online at www.showmercy.org.

In Managed Missions will find Tasks and Goals that will help you to prepare for your trip. The complete Show Mercy fee must be paid in full two weeks before you depart for Uganda.

**** A donation must be given to a nonprofit organization, not an individual, to be tax deductible. If, for some reason, you are unable to travel on the trip, donations received will not be returned to the donors or given to the team member. They will be used at the discretion of Show Mercy. Any donations received more than the cost of the trip will also not be returned to the donors or given to the team member.

If you cannot travel on this trip, the funds will be held for 12 months so you can travel on another Show Mercy trip.

If you receive more donations through fundraising than the SMI fee, Show Mercy will reimburse you for the items listed below. Receipts must be submitted to the Missions Department at missions@showmercy.org to receive reimbursement. Also, please note that if you come to Uganda and leave before your original scheduled departure date for any reason, refunds will not be given.

Reimbursable items, if funds are available in the designated account, include:

- Airfare to Uganda
- Visa Fees (\$50)
- Malaria Medication/Vaccinations
- Emergency Travel Insurance.

If you have any questions regarding these fundraising policies, please ask.

Vision for SMI Missions Teams

Providing opportunities to be a part of a mission team in Uganda is a core value of Show Mercy International.

During your stay, you will participate in various village outreaches, spend time with children in our sponsorship program in the surrounding villages and encourage and pray for the sick in local hospitals and our medical center. You can share in local schools, prisons, and churches. There are also opportunities to work on agricultural projects and many other activities.

GENERAL EXPECTATIONS

Expect God to Use You: You will participate in various outreaches and work alongside our staff and interpreter. While our ministry often provides for the physical needs, our goal is to point them to a personal relationship with Jesus. Expect opportunities to share your heart, passions, and life story, encourage others, and help inspire hope and love in their lives.

Step Out of Your Comfort Zone: You will experience new smells, taste's, cultures, and sites. Be bold and push yourself out of your comfort zone and experience something greater than yourself.

Experience God: We aim to foster an atmosphere where you are encouraged to experience more of the love of the Father in your own life through worship, devotionals, and encouragement. We have seen hundreds of people leave with a passion for discovering God's unique purpose for their lives.

Lives are permanently changed when we step out of our comfort and into serving others.

Be Flexible: Many factors might cause our schedule to go differently than expected. Make sure to stay flexible and willing to go with the flow.

OUR STAFF

Please visit the Show Mercy International website at www.showmercy.org. Look under the About Us page for "Our Team" to see pictures of our staff in Uganda & the U.S.

WHERE WILL YOU STAY?

Show Mercy's compound is located in the village of Nawanswa/Kaliti in Wakiso District, Uganda.

We are about an hour's drive outside Kampala, Uganda's capital city, and approximately 1 ½ to 2 hours from Entebbe Airport, depending on traffic. Predominately Muslim, our village and the other surrounding villages are known for their agriculture and farming. In a rural community, the villagers' work consists primarily of growing crops such as matooke (bananas), maize, sugarcane and herding goats and cattle. Most homes are made of mud bricks and can house multiple generations in one home. A family-oriented culture is predominant, and the people are amiable and giving.

Field of Dreams

You will be staying on our 25-acre compound called Field of Dreams. You can read more and see photos of the Field of Dreams by visiting <https://www.showmercy.org/field-of-dreams>

Our Field of Dreams base is very safe, and our area is very peaceful. We have a fence built around the perimeter of our property and a security team available 24/7 to ensure your safety.

YOUR BEDROOM

Short-term team members will stay in the Field of Dreams compound dormitories. In each of the two houses, there are four bedrooms with two sets of bunk beds in each. Mosquito nets are available in the rooms. Each house has a living room with seating and space for team meetings or fellowship. Every room has a full bathroom with a shower, sink, mirror, and Western-style flush toilet. There is also one dresser with four drawers in each room to store clothing and other items. You can also store your suitcases under your bed. You will share your room with other short-term team members (when large teams visit).

THINGS TO KNOW ABOUT YOUR ROOM

- You are responsible for your room key. Please lock your room when you leave and

store all your items in your room, not the living room. Because we cannot find replacement keys for the doors and locks, there is a \$50 fee for a lost key to replace the entire lock.

- There is usually hot water, but please be mindful of how much water you use. You will share your hot water tank with up to 8 other people when all rooms are full. Take quick showers; water is a valuable resource in Uganda. It also takes electricity/generator power to pump our water. Keeping this in mind will help us conserve energy and water.
 - Turn off all lights when they are not in use.
 - Towels will be provided.
- Bedding and pillows are provided.
 - Please keep your rooms and especially the common area clean and tidy. It is honoring to Show Mercy and your roommates and fellow team members. We have been blessed with excellent facilities and want to be good stewards of what God has given us. We try to keep an atmosphere of peace in our compound. Disorganization and uncleanliness don't foster that environment.
 - Quiet time is at 10 pm. Since we live in a community, we ask that you respect the others in your house and the compound, including any activities such as worship, watching movies, praying, etc.

What Will You Do / Bring

MINISTRY AND OUTREACHES

Most of your time will involve participating in the ministries and outreaches Show Mercy has already established. Some of the SMI outreaches include:

- Working in the village schools, weekly discipleship ministry, prison ministry, weekly outreaches with our sponsorship children, Suubi Clubs, Lunch program elderly ministry, village medical outreaches, agriculture projects, administration, and organization at FOD.
- Other ministry opportunities might include handing out mosquito nets, street evangelism, building service projects, and hosting children's programs in the villages during school breaks.



JESUS-TIME

In the mornings, we often have Bible studies with the team, and time will be set aside for you to spend with the Lord. We encourage all of our teams to spend time getting refreshed and refilled to pour out in the community. There will also be times of worship and prayer as a team.



MEALS

Meals are consumed in the Ark on the Show Mercy compound. The SMI hospitality staff prepares them

three times a day. They prepare incredible food for us, which is a huge blessing! You will have an opportunity to travel into town to shop for extra food and personal items.

BREAKFAST

Show Mercy provides bread for breakfast for toast, eggs, fruit, and tea/coffee. Breakfast is available between 7:00 am and 8:00 am.

LUNCH

Simple lunch is provided every day for those at the FOD base at noon. You will hear a "dinner bell" rung when the meal is ready. A typical meal consists of fruit, rice, beans, a simple Ugandan dish, or leftovers.

DINNER

Dinner is typically served at 5:30 pm in Ark. Again, the "dinner bell" is rung to notify everyone that the meal is ready. The menu for dinner varies from typical Ugandan-style foods (rice, beans, matooke, stir fry, chapati, etc.) to more familiar Western-type foods such as spaghetti and casseroles. Our staff loves to cook and try new things. Inform the hospitality team beforehand if you are late for dinner or need more lunch. If not, they may not set any food aside for you. The kitchen closes following dinner. All short-term teams will share the dish duty responsibility.



WHAT TO PACK

Field of Dreams is in a predominantly Muslim village with modest clothing standards.

We ask that you be conscious of how you dress when ministering in the villages and while on the FOD compound. On village outreaches, women will need to wear skirts below their knees and always need to have their shoulders covered. Remember, you must ensure your skirt is not transparent or tight-fitting since you will stretch your leg onto and over the boda boda (motorcycle taxi.)

In the compound or city, you may wear capri pants, jeans, wide-shouldered tank tops, t-shirts, long shorts, exercise clothing, and comfy pj pants. Depending on the time of year you come, it can stay hot into the evening, so bring something comfortable to sleep in.

We also ask that you be conscious of any writing or graphics on shirts and other clothing items, as we want to be careful about what messages we are sending. Please only bring jeans or pants with holes if they are used only to work on the base.

Typically, the seasons in Uganda are:
March-May/ Sept. – Nov. – Rainy season
June – Aug. / Dec. – Feb. – Dry season.

A SAMPLE PACKING LIST FOR LADIES' CLOTHES

Please keep our modesty policy in mind. In Uganda, shorts are generally unacceptable for women, even in the city. Showing your

thighs can be viewed as particularly scandalous.

- Several (5-7) below-the-knee length skirts (knits or cotton is best) things that are easy to wash and keep clean. (If a skirt is transparent, please bring a slip)
- Several shirts – we recommend mainly bringing T-shirts and a few tank tops. (No spaghetti straps or shirts that show the mid-drift) Please be conscious of how low the neckline of your shirts is. You will bend over often as you interact with the children and during other outreaches.
- A good pair of sandals, a pair of tennis shoes, and a pair of nice shoes for church or days in town. Make sure to have a pair of shoes that can get wet (during the rainy season).
- A few casual outfits you can wear into town on your off days (jeans, capris, tank tops)
- Rain jacket, warm sweatshirt, and sweaters. It does get cold here.
- Comfy lounging clothes for base- yoga pants, P.J. pants, sweatpants, etc. Nothing too tight or revealing. No short shorts.

A SAMPLE PACKING LIST FOR MEN'S CLOTHES

Most men in the villages will not wear shorts. However, it is acceptable for visitors to do so. Men on our team may bring and wear (knee-length) shorts along with pants in the villages.

- Dress in pants for church
- Several pairs of pants – khakis or light-colored pants are best, but remember you will be doing your laundry, so bring colors that best mask dirt stains. Men can wear

shorts, but they must be conservative. Please, no short shorts of any kind.

- Several (5-7) shirts – bring at least two dress shirts to wear to church
- A good pair of sandals, a pair of tennis shoes, and a pair of nice shoes for church or days in town. Also, bring a pair of shoes that can get wet. (During the rainy season)
- A few outfits you can wear into town on your off days. (Shorts, jeans, etc.)
- Rain jacket, warm sweatshirt, and sweaters. It does get cold here.

OTHER ITEMS TO BRING

In Uganda, many items are not readily available or are expensive and of poor quality. We have listed some items we recommend you bring for your trip. Consider leaving these items behind for other teams and future visitors after your trip.

- Medical scrubs

Suggested items you should carry personally onto the plane (backpack, purse)

- Valid Passport
- International Certificate of Yellow Fever Vaccination
- Visa Approval letter
- Health Insurance Documents
- Airline itineraries
- Digital copy of your passport
- Personal Funds - credit card/cash (Visa is much more accepted, but cash is preferred*** See Money Matters for important information on the type of cash you should bring to Uganda.)



SUGGESTED ITEMS FOR YOUR CARRY-ON

- Personal items (deodorant, toothbrush, hairbrush, face wipes, fresh undergarments, earplugs, breath freshener, gum, socks, sweatshirt or jacket, pillow.
- Camera, chargers, and memory cards
- Writing tablet and pens
- Bible and Leisure reading materials
- Headphones
- One change of clothes
- Anti-malarial tablets (most medicine should start before you arrive in Uganda)
 - Sleep Aids to help you sleep on the plane and overcome jet lag

ADDITIONAL ITEMS YOU MIGHT FIND USEFUL WHILE ON YOUR TRIP

Please bring enough for the duration of your stay.

- Personal items – toothbrush, toothpaste, deodorant, body soap, shampoo, conditioner, razors, dental floss, feminine care products, Q-tips, tweezers, nail clippers, sunscreen.
- Adaptor Type G to charge phone/computer (Ugandan power is 220v.) It can be purchased on Amazon.
- Converter is only necessary for items that do not have a built-in converter, like a hair dryer, flat iron, etc.
- Kindle, small Bluetooth speakers, USB flash drive (This is convenient for transferring files without the use of the internet)
- Zip Lock bags for miscellaneous items
- Slippers or indoor-type shoes to put on once you enter the house. Your shoes will

be filthy, and you will want to remove them before entering your house or other FOD buildings.

Multi-vitamins, sleeping pills, Melatonin for jet lag, protein supplements (meat is not typical for all meals) (all your preference)

- Personal first aid supplies
- Hand sanitizer and hand/feet wipes or baby wipes for face and body (wiping down feet after outreaches)
- Kleenex packages to use as toilet paper when out in villages
- Rain poncho or umbrella
- Snacks – at your discretion.
- A backpack or bag for short traveling
- Reusable water bottle

ITEMS WE ASK YOU TO BRING AND LEAVE FOR SMI TO USE.

- Cotton Twin Sheets and a Towel
- Outreach items, colored card stock or construction paper, craft items, balloons, black children's shoes, school supplies, undergarments for teen girls and boys, socks, travel size shampoo, and lotion (great for outreaches), coloring pages, Sunday school curriculum, English flashcards, balls, toys, games, children's

clothing, or undergarments. Children's vitamins, baby clothes, baby blankets, etc.

You can visit our Amazon Wishlist– [Amazon Wishlist](#), Where we've put together supplies and items that you can purchase to help bless our programs and outreaches.

INTERNET ACCESS/ CELL PHONES

A WIFI modem is available through SMI for \$50/ 20GB. You can access email, social media, iMessage, FaceTime, and WhatsApp at the Field of Dreams base.

You can also check with your phone carrier about an international plan for rates and accessibility while in Uganda.

HOW TO CALL TO AND FROM UGANDA

- *Calling Uganda from the U.S.:*
011+256+XXXXXXXXXX (9-digit number)
- *Calling United States from Uganda 000 1 (area code) 7-digit number 10*

Money Matters

The Field of Dreams doesn't function as a hotel or guest house. Our ministry base provides available accommodations for those who come to serve, specifically with Show Mercy International. Your fees are not "rental fees" but donations used to help expand the various SMI outreaches and the overall ministry of Show Mercy.

They also help to cover the following expenses:

- Accommodations – housing shared with roommates.
- Ground Transportation/Vehicle/Driver/Fuel
- Meals (see above 'Meals' section for more information)
- Safe Drinking water – bring a reusable bottle
- Ugandan Staff Expenses (Salaries, Food, etc.)
- Maintenance and Utility/Diesel Generator Expenses
- Vehicle Expenses/Fuel/Insurance/Maintenance
- Administration fees

You can exchange money at the airport for Uganda shillings. 2010 or newer bills in \$50 or \$100 denominations are REQUIRED. \$5s, \$10s, and \$20s ARE VERY DIFFICULT TO EXCHANGE in UGANDA. Make sure the bills are not torn or written on. Please remember to account for any

meals or items you might need in transit from your home to Uganda.

- Additional expenses you should budget for that ARE NOT included in your SMI fee (unless otherwise pre-arranged.)
- Airfare and Visa (\$50 apply online)
 - Transportation for personal outings to Kampala or tourism, including public transportation/taxis/boda bodas.
 - Additional Snacks and Meals while away from Field of Dreams.
 - Purchase of sodas and other items at Field of Dreams
 - Laundry Expenses – There are two options for your laundry. The first is to wash your clothes in the traditional Ugandan style (by hand.) Buckets and water are provided. This option has no cost other than laundry soap and a little sweat. The second option, for a fee of 10,000 shillings per load (approximately \$4), you may use one of our automatic washing machines. We ask that you limit your usage to one load per week. There are no electric dryers, only the sunshine and drying lines which is free!
- Souvenirs- This expense will depend entirely on how much and what you buy. Former team members have spent between \$50 and \$150.
- Optional Gifts to Show Mercy for projects as they become available. (Some

outreaches you may consider donating towards while you are here: sponsoring a feeding, clothing purchases, Bible purchases, sponsoring a child, funding a medical outreach, etc.)

CURRENCY

The unit of currency is the Ugandan shilling. Currency is circulated in 1,000, 2,000, 5,000, 10,000, 20,000, and 50,000 notes. The exchange rate varies daily and monthly according to the U.S. dollars available in Uganda and the world money markets. The average exchange rate is around 3,600 shillings per \$1 U.S. dollar. Please exchange at the airport. You can also withdraw funds from the ATM (VISA preferred). Credit Cards are accepted at the majority of restaurants and stores.

WHAT IF MY HEART IS MOVED TO GIVE MONEY TO PEOPLE?

Please do not give money or gifts to individuals, including children, staff, or other Ugandans you might meet. Instead, give the money to SMI privately and designate the funds. SMI will honor those requests if they fit into our mission. Please don't tell people you are giving money to SMI for them. Rather than just giving toys, candy, or gifts, SMI encourages you to give love, hugs, smiles, prayers, encouragement, and time. These are the gifts that make a lasting impact. We do not want to perpetuate a begging mentality that is so prevalent in Africa. Our heart is to build people up and

help them feel good about what they can accomplish with what God has given them, not always showing them what we can do for them.



Medicines and Immunizations

Your health is crucial as you prepare for your trip to Uganda. Ensure you consult your doctor or travel medicine clinic at least one or two months before departure. Some general recommendations are listed below.

YELLOW FEVER VACCINATION AND OTHERS

The Centers for Disease Control (CDC) requires Yellow Fever immunization for anyone traveling to Uganda from the USA. Please check with your doctor for other potential immunizations/medicines to take. We suggest you make an appointment for your immunizations well before the trip. The international travel clinics will sometimes run out of the vaccine for long periods. You can visit the CDC's website to read more: <http://wwwnc.cdc.gov/travel/destinations/traveler/none/Uganda>

PRESCRIPTION MEDICINE

If you take prescription medicine, bring enough for the whole stay. The following prescribed medicines are recommended or required:

- Malaria medication (required). Malarone is a daily medication that we suggest. We do not recommend Mefloquine (Lariam) unless you have used it before with no problems. It can have psychiatric side effects (bad dreams, anxiety, etc.) Doxycycline is a daily preventative and much cheaper than the rest. However, it can cause you to be sensitive to the sun, which might cause discomfort since Uganda is on the equator. You can purchase Malarone or Doxycycline through Show Mercy. Please refer to your Managed Missions account for more information and costs. Please let us know **TWO WEEKS** before **YOUR TRIP** if you would like to purchase this medication from our clinic in Uganda.

*Cipro (RECOMMENDED) is an antibiotic your doctor must prescribe for severe diarrhea that does not resolve with Imodium. We suggest you bring some.

TRAVEL MEDICAL INSURANCE

Travel medical insurance is required for your stay. If you already have health insurance, please check with your agent to ensure you will be covered during your stay. Some policies will not cover trips of this nature. Check your Managed Mission account for more information.



SHARING CONTACT INFORMATION

Show Mercy has a firm policy concerning the sharing of personal contact information. We ask that you not share your personal contact information with our Uganda staff and any Ugandans you meet while serving with SMI. Our Ugandan staff has agreed not to share their personal information or to ask you for your information, and we ask that you do the same. If you receive contact information from a Ugandan, especially our staff, please do not contact them and let us know so we can continue working with them in this area. This includes phone numbers, emails, Facebook friending, and social media following. Sharing such contact information can and has led to many misunderstandings. In the Ugandan culture, friendship means commitment. Financial support is often expected from "friends." After leading many teams, we ask that you trust our experience and respect our policy of not giving out contact information. If someone asks for your number or email, you can direct them to our website or Show Mercy email, info@showmercy.org. Or say you prefer to keep your personal information private. Please ask if you have any questions about this policy.

TRANSPORTATION

Transportation is typically included on team trips for SMI outreaches and some pre-planned personal outings. This does not include visiting other projects you might be involved in or personal tourism.

Travel Information

OBTAINING A VISA

Please refer to your Managed Missions account on how to apply for your visa online. There are step-by-step instructions that will help you complete your application. You must apply online to obtain a visa.

<https://visas.immigration.go.ug>

BEFORE YOU APPLY: *You must have a valid passport, a copy of your yellow fever vaccine card, a return flight, and a passport photo. You will need to upload scans of the required documents. You will pay for your visa online (\$50). Please be prepared to do so.*

Please apply at least two weeks before departure. Once you have applied, you will receive a confirmation email with an attached barcode within a few days. Please print the email with the barcode and bring it with you. Your visa application will be in the database for your arrival in Entebbe.

ARRIVAL

When you arrive in Uganda by air, you will arrive at Entebbe International Airport (airport code: EBB). You will be directed to the main terminal as you depart from your plane.

CLEARING IMMIGRATION

The first matter of business is to clear immigration in the arrival hall. You will

present to the immigration officer your passport and your printed barcode for the visa, and your Yellow Fever certificate. Your visa is a 'sticker' or sometimes a stamp placed inside your passport. They may take your picture or scan your fingerprints at the counter.

CLAIMING YOUR LUGGAGE

Once you have your visa, you will move past the immigration booths to the right. That will take you into the luggage claim area. There are luggage trollies available for your use at no charge. If, for some reason, all your bags do not arrive, there is a lost luggage claim area to the left of the luggage hall, and airline staff will try to assist you. Once you have all your bags, you will move towards the customs area.

CLEARING CUSTOMS

You will place your luggage through the security scanners. The customs official may stop you and ask you some questions about your luggage. However, that is very rare. Ugandan Customs officials are generally very courteous, and they appreciate the same response from you. Just keep your eyes on the exit and proceed through.

AFTER CLEARING CUSTOMS

After you have cleared the customs area, you will exit the airport. One of our SMI staff or drivers holding an SMI sign will meet you there. If you are not met as expected, wait patiently in the waiting area, and someone will arrive shortly. Many taxi drivers will offer to assist you with a ride, or baggage handlers will try to help you with your luggage. Tell them no thank you and wait in the waiting area. You can be assured that someone from SMI will pick you up. At times, traffic delays do occur.

MISSIONS TEAM CONTACT

If you have any issues when you arrive or exit the airport, call our staff via WhatsApp at +256 758872325. They will be waiting outside the airport for you.



Be a Voice/Advocate

Part of what we would ask of you as a Show Mercy team member is to be a voice for Show Mercy when you go home and when you are here. Be intentional to share with friends and family about Show Mercy and your experience. Invite them to be part of what you are doing.

HOW CAN I BE A VOICE?

- Great question! Here are a few ways you can help answer the cry of injustice: Ask friends and family to “Like” and “Follow” Show Mercy on all social media platforms.
- Inspire your circle of family and friends to take a trip or participate in an internship.
 - Update your F.B./Instagram page with stories about children in the SMI sponsorship program or other outreaches we are doing.
 - Rally your friends and family to raise support for an upcoming SMI project. Being on the ground gives your perspective credibility.
 - Organize a team in the future. If you gather ten or more people, your SMI fee is waived!
 - Write a personal blog to get the word out about what Show Mercy is doing.
 - Share and comment on the SMI Facebook page updates to your F.B. page.

Our passion is to inspire people to live on purpose. Remember, Jesus said it is better to give than receive. Help your friends and families discover this true principle.

Cultural Tips

Greeting someone is so important that people interrupt a conversation to greet you if they pass by. Be sure to make a proper greeting before conducting any business with someone.

- People eat the same thing every day according to their tribal customs. For example, the people in our area “take” tea in the early morning, Porridge mid-morning, Posho (ground maize) and beans for lunch, and rice or matoke (a banana that tastes like a potato) and beans for dinner. Sometimes on the weekend, they eat meat, matoke, rice, and beans.
- Women mostly wear skirts and dresses in the village, which is frowned upon by many older generations when a woman wears pants. In the city, pants are acceptable.
- When greeting, a person may offer you their wrist rather than their hand if they are dirty.
- Often, a person may kneel when greeting you as a sign of respect.
- There are no “boy” or “girl” colors for clothing. Boys like pink!
- Traveling somewhere on foot is called “footing.”
- Gasoline is often purchased daily. They buy only the amount they think they will use that day.
- Motorcycles are called boda-bodas. It used to be when traveling between countries. A person would need to walk from the exit place of one country to the entrance of another. Out of convenience,

motorcycle drivers offered to help people out for a fee. They would yell “boda boda” (border to border).

- School-age girls and boys shave their heads.
- Ugandans drive on the left side of the road. 99% don’t drive at all.
- Malaria-carrying mosquitos typically bite between 9 pm and 5 am.
- Food is usually cooked over an open fire in the village.
- If a person happens to have money, it is considered available to anyone in need. Therefore, many people put their money into land and start building houses, so they have no money available. Driving around, you will see many unfinished houses.
- The extended family is so vital that an Aunt may be called Mother, and a cousin might be called a brother or sister.
- A child is considered an orphan in the Ugandan culture if one parent has died.
- Married women often wear a traditional dress called a Gomesi. It has puffed sleeves and a wide belt around the waist and hips.
- White people are called Muzungu, and children often chant “Hi Muzungu, Hi Muzungu.” or “Bye Muzungu, bye Muzungu.”
- Men often hold hands, a sign of friendship. This does not indicate they are in an intimate relationship.
- Time: Most Ugandans will not keep time. They are more ‘event-oriented’ than ‘time-oriented’ as we are in America. Quite a few may have wristwatches, but

they look at the sun instead. It is said that in America, everyone has a watch but no time. In Uganda, few have wristwatches but all the time in the world.

A 1:00 pm appointment may mean lunchtime between 12:00 pm and 2:00 pm.

- Africans are very community oriented. They care for each other, watch their children, and are extremely family oriented. The African family consists of their immediate family and their extended family, and close, caring friends.
- Breastfeeding is naturally accepted in public. Nobody cares!
- Uganda is a male-dominated culture. Women will, for example, kneel when greeting men. This is not expected of Muzungu (white) ladies. Women and children often do not eat with the men. Men are served first and are the dominant figure in the family.
- Ugandans are generally very friendly to strangers. Many people may approach a

Muzungu (white person) mainly because they want to be of help in any way possible. However, care must be taken, as many, if not all, people here associate Muzungu with money or any other economic benefits.

- Little public romantic expression is acceptable in Ugandan culture, even between husband and wife. This includes holding hands, kissing, etc.
- When taking photographs of a Ugandan, you need to ask their permission as a matter of common courtesy, just as you would ask permission at home. Usually, street scenes, church services, and pictures at children's homes are welcomed, but we always ask just to be sure. It is illegal to take pictures at the airport, of government buildings, police stations, and of official personnel unless special permission has been given.

We are excited to have you join us!

We know your trip will be life-changing. Our heart is that you return home full of amazing life-changing testimonies. We also pray that each person comes to know Jesus more and more. We want you to grow, step out of your comfort zone, and enjoy your time as a Show Mercy team member. Be assured that SMI wants to inspire, encourage, and facilitate you stepping into what God has for you in Uganda. We all have an opportunity to be awakened to LOVE like never before.

Expect Great Things!