



Let's go to Uganda in 2010

Health Professionals have been working in Uganda for over 10 years on Community Projects involving Environmental Health. This work has been in and around the town of Iganga in the East of the country.

In previous years a party of interested people including several health professionals visited to take part in health projects, meet Ugandan health professionals, visit local communities and experience real Ugandan life.

Time is included to visit the Source of the Nile, at Jinja on Lake Victoria. A Safari to a Game park is also included at the end.

Are you interested in 2010?

**Total cost approximately £1250 at present
if you get a KLM flight at £566**

If so contact Peter Minhinnett on

0116 2393061 out of hours or peter@minhinnett.fsnet.co.uk.

Mobile 07876 475713

The Dates for 2010

Note Bookings only being taken for 19 days at present.

*19 days from approximately Wednesday 14th July
arriving home on Wednesday 4th August*

Fancy a holiday experience with a difference where you can use your skills and do something worthwhile for people in a developing country, whilst at the same time have a holiday to remember for the rest of your life?..... Then start getting involved with other health professionals and their work in developing countries.

This visit is being organised by Peter Minhinnett, Environmental Health Practitioner, and founder member of 'Daventry Friends of Iganga', a registered Charity. He has worked in Uganda on many occasions since 1998 and worked in Zambia before that. The East Midlands Region has formal links with the Environmental Health Workers Association of Uganda (EHWAU) and supports this visit as another step in developing links with Ugandan Health Professionals.



Peter is also a Trustee of the Charity 'Water for Kids' which is supporting the visit to Uganda in 2010.

Other Expenses to be considered:-

1. Insurance. You will need adequate insurance cover and if you have this already you will need to check that it will give you suitable cover. If not, I can get you suitable cover which cost approximately £50.00 in 2009.
2. Vaccinations. You must ensure you have all your vaccinations up to date for:
 - a) Typhoid, b) Polio, c) Tetanus + others as recommended by your doctor.
 - d) Meningitis also required in my opinion due to close proximity of young children.
 - e) Hepatitis A & B also recommended in my opinion as again you could be exposed to it when working or visiting health clinics. Note: *All of the above can cost you sometimes as much as £100 or even more depending on your doctor.*
 - f) Yellow Fever as an International requirement by many airlines although not always required by Uganda for entry. Costs £40+ depending on where you get it.
 - g) Rabies. In my opinion protection is not required.
3. Malaria protection. Again as recommended by your doctor and you will need a prescription for which you may be charged. I recommend Malarone, a daily tablet costing £2.20 at present and for a 19 day trip you need approximately 28 tablets so £60. Larium and doxycyclin is cheaper.
4. Visa on Entry to Uganda, purchase at the Airport in Entebbe on arrival £30 at present
5. *Minimum Donation of £150 to 'Daventry and District Friends of Iganga' or 'Water for kids' to be used for Project Funds and spent on Project works in Uganda. This has to be paid in full before the end of June 2010.*
(This will include your first years membership or renewal of DFOI, £10 and WFK, £26)

MORE DETAILS CAN BE GIVEN LATER.

Pcm.14/11/09

*The PROBABLE Dates for JULY 2010 are
19 days from Friday 16th July arriving home on Wednesday 4th August.
Flights with KLM are £566.*

*All inclusive costs are £680 making a total of £1250 for 19 days.
(The 19 days includes 3 days Safari at the end)*

possibly Chimp Trekking, Rhino walk, Game Drive and Nile Boat ride to Murchison Falls, or similar/ equivalent in Queen Elizabeth Park awesome!!)

PLEASE NOTE I AM ONLY CONSIDERING BOOKINGS at the present time FOR 19 DAYS,

As at November 2009. Flights with KLM available from London (Heathrow), Birmingham or Manchester. Via Amsterdam to Entebbe(Uganda).

Eg.

Birmingham on 16th July 0610 – 0830 arrive Amsterdam.

Amsterdam 10.40 – 19.30 arrive Entebbe

Return:

Entebbe 3rd August 21.50 - 05.15 arrive Amsterdam.

Amsterdam 4th August 06.50 – 07.05 arrive Birmingham

(There is a 1 hour time difference between UK and Amsterdam (add 1) and a 2 hour time difference between UK and Uganda (add 2))