

Helpful Guidelines for Your Trip to Uganda



- The culture is different; therefore ask your leader and ARM Guide before acting on impulse.
- For no reason should you leave your group without the consent of your leader.
- Protect your backpack and other personal belongings. This is your responsibility. Please do not ask anyone to carry or "watch" your belongings.
- Please know the arrangements your team leader has made for you daily.
- Your ARM Guide wants you to have a wonderful experience while you are in Uganda. Please be patient when things are done differently than they are at home.
- Please let your Team Leader voice any needs or concerns that you may have.
- Treat all who are in a service position with the highest respect. Be friendly. Ask those around you about their interests, school, jobs, etc. Please DO NOT ask sensitive questions about parents, family and/or tragedy in their lives.
- Do not feel pressure to give out your address or email address. This has become a problem and a burden to some in the past. If you make a special friend and have made the choice to communicate, ask them to write a letter first. Then you can make the choice to share more information with them. Please note: your new friend will want to communicate with you often. Choose friendships that you have time for and where you can share Christ-like discipleship on a long-term basis.
- Do not feel pressured to become a sponsor to anyone. Please refer those who ask you to the Child Sponsorship Office or to your ARM Guide.
- **ALL** correspondence with a sponsored child **MUST** go through the Sponsorship Office in Ggaba. Please do not encourage your child to write or email anything without the knowledge of the office. This guideline protects the integrity of the program and helps train the children to write appropriate letters to their sponsors. The Sponsorship Office feels strongly that the children should not ask for gifts, and this guideline is essential in this matter.
- It is not offensive to the children for you to have private time. Make yourself clear when you want to be without "attachments". The children will hold your hand until YOU let go!
- Please be aware of hand and facial gestures. They can often be offensive to those who are watching. Be mindful of your reaction to unpleasant sights and smells and being in strange situations. **JUST SMILE.**
- It is important for you to use hand sanitizer. However, please do not use it in front of children or adults, as it may be misunderstood. Please use discretion.
- Think before you hand out anything. There are always more little hands that you can see at that moment.
- If you want to leave clothes, toiletries or other gifts, please do not give them to individuals as this causes hurt feelings. Give ALL gifts to your ARM Guide to hand out at a later date. Label special gifts with the name of the recipient.
- Be willing to learn.
- Try something new.
- **Pray without ceasing.**