

Juna Amagara Ministries

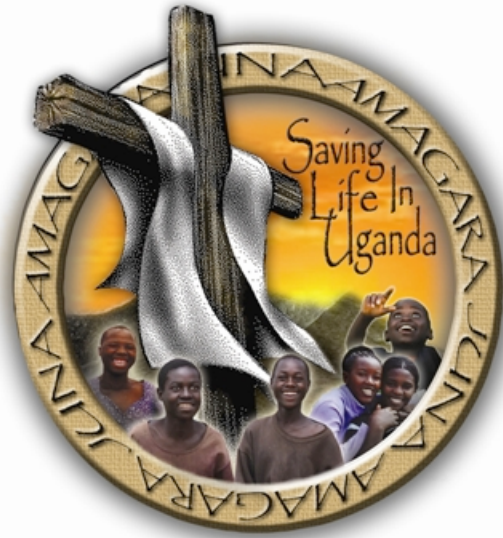
International Mission Team Travel Packet

Juna Amagara Ministries

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About Uganda

Uganda is a breathtakingly beautiful country that was named the top international tourist destination by Lonely Planet in 2014 for its mountain gorillas, white water rafting on the Nile River, mountain climbing and first-class national parks. It sits on the equator which yields a mild 78-84 degree Fahrenheit temperature all year. Independent since 1962, the country has a turbulent past but since 1986 has been governed as a parliamentary democracy mirroring the British system. The nation's President is Yoweri K. Museveni. Uganda is regarded as the most stable country in East Africa. It is the logistics center for UN operations and also the headquarters for regional U.S. diplomatic relations.

Uganda is a nation of strong faith with some 80% of people claiming to be Christians. At 15% there is also a growing Muslim population especially in the capital city, the north and eastern districts. Also practiced are traditional and pagan religions, some incorporating Christianity. Prominent denominations include Roman Catholic, Presbyterian, Pentacostal and Anglicans (Church of Uganda).

Public schools welcome visitors to visit and share the Gospel openly with students, often rearranging their schedule to make time to hear the visitors preach and share their faith stories. Most schools have Scripture Union clubs where students study the Bible.

The people of Uganda are known for their hospitality. They are happy to greet you and shake your hand. If someone offers you their wrist/arm rather than their hand it is probably because hands are wet or dirty. It is common to see men holding hands as they walk or put their arms around each other; this is a habit of friendship and NOT a sign of homosexuality. Public displays of affection are rare and are considered obscene.

For many people the sight of a white person is a novelty, especially in the rural villages. Children, excited to see a van full of whites, will often yell "Muzungu," which is a person from the white tribe. A wave from the window will make them jump for joy.

Ministry leadership in Uganda includes:

Herbert Ainamani, PhD – Director of Operations. Oversees the detail of running ministry child care, schools and communities.

Aggrey Ahimbisibwe –Director of Finance. Oversees accounts receivable, accounts payable, project budgets, all accounting and annual audit

Godfrey Dutki – Director of Evangelism including The House of Leadership Development in Kampala. Also oversees visitor travel in-country.

Sarah Ainamani – Director of Child Services including oversight of social workers at all locations and maintenance of child records.

Brenda Ninsiima, RN – Oversees the HEAL Medical Clinic in Rubanda and also manages the care center for that village

Short Term Mission Trip Participant Information

Juna Amagara Ministries is excited and delighted you have answered God's call to share in the work we are doing in Uganda. This packet has been prepared to assist you in preparing for your trip and hopefully answer many of the questions you may have.

Mission Trip Coordinator

Your first step in planning a trip to Uganda is to request a Mission Trip Coordinator (MTC) from Juna Amagara. The MTC will be responsible for connecting you with the appropriate staff in Uganda. S/he will also help you through the paperwork and will schedule an orientation for you and your team in advance of departure. Even if you know Juna Amagara people in Uganda, it is important to plan your trip through the MTC in the U.S. Please request your MTC from info@amagara.org.

Estimated costs

Your mission trip leader will determine the actual cost for your trip. In the past, round-trip airfare from Chicago has run from \$1,500 to 2,000 per person. In-country costs for accommodations, meals, transportation, tours and tips is figured at \$80.00 per day per person. A Uganda one-time visa costs \$50.00 at Entebbe airport. A Rwanda one-time visa costs \$30.00 at Kigali airport. You can purchase an East African Tourist Visa which will allow travel between Uganda, Rwanda, Tanzania and Kenya for \$100.00. International Travel Insurance is required and runs from \$75-150.00 per person. Additional costs may be incurred for immunization.

Personal Covenant

Juna Amagara requires that all travelers agree to the Personal Covenant included with this document. You or your team leader will be responsible for collecting this document from each traveler and forwarding it to Juna Amagara prior to departure.

Application and Waiver of Liability

Juna Amagara requires that all travelers fill out a Mission Trip Application and sign our Waiver of Liability. Your church or sponsoring organization may collect this document from you and forward it to Juna Amagara or, if you are traveling independently, you may send it to Juna Amagara directly. It is essential that we have this document in our hands prior to your departure. Each person must fill out an application and waiver even if multiple members of one family are traveling together

Travel Insurance for Medical & Evacuation

Since it is likely that your US-based health insurance covers little or no cost of services outside of the U.S., Juna Amagara Ministries **requires** that you purchase international travel insurance for the duration of your trip. This insurance will cover any and all medical costs in case of life-threatening injury including medical evacuation or air-lift. Each traveler is responsible for purchasing his or her own insurance; the cost and the coverage are NOT included in travel fees. Insurance sources we have used in the past include:

AIG Travel Guard: www.travelguard.com

Multiple carriers: www.insuremytrip.com

Multiple carriers: www.travelinsure.com

Payment for Trip

If you are traveling with a church group or sponsored organization, you will most likely make payment for airfare directly to that organization which will, in turn, pay for travel services. If you are traveling independently, you may pay the travel agent for airfare directly. **In-country costs must be paid to Juna Amagara-USA in advance of departure.** Funds will be wired to Mission Team personnel in Uganda prior to your arrival.

Cancellation

If you cancel your participation in this trip prior to departure date, the only way you can get a refund is if you purchased trip cancellation insurance from AIG Travelguard. Some in-country costs apply to the entire group's travel and are not refundable.

Booking Air Travel

Airline tickets are the responsibility of each team. Flights may be booked through any travel agency. Here are a few that specialize in missionary travel:

GTS: www.goldenruletravel.com

MKI: www.mkitravelgroup.com

Adoption Airfare: www.adoptionairfare.com

In order to fly at a missionary rate, some airlines require a letter from the missions organization certifying that the people who are going are actually going to assist the organization. Should your travel agent request such a letter from you, please make that request to your MTC via info@amagara.org.

Passport / Visa

The traveler assumes all costs for passports and visas needed prior to arriving at Uganda. **Very important:** Be sure the expiration of your visa is more than six months away from your date of return to the U.S. A Uganda single-entry visa may be purchased at Entebbe airport upon arrival for \$50.00 U.S. It is not necessary to go to the Uganda embassy for visas.

Recommended Vaccinations

Contact your physician, a local travel clinic or your county health department to receive recommended immunizations 4-6 weeks prior to the trip to allow shots to take effect. Typically, none of these immunizations are required for entry into Uganda when you are coming from the U.S. Your MTC will know the entry requirements and advise you to get the appropriate shots and documentation. If funds are limited, items 1-3 are the most highly recommended.

1. Yellow fever
2. Typhoid
3. Hepatitis A
4. Polio
5. Tetanus-diphtheria booster

Prescription Medicine

If you take prescription medicine, make sure you bring enough for the whole trip.

The following prescribed medicines are recommended as precautions:

1. **Malaria medication.** Malarone is a daily medication. Mefloquin (Lariam) is weekly however it can have psychiatric side effects (bad dreams, anxiety etc). Doxycycline is daily and cheaper than the others. However it can cause you to be sensitive to the sun, which might cause discomfort since Uganda is on the equator.
2. **Cipro** is an antibiotic that your doctor must prescribe for severe diarrhea that does not resolve with Immodium. If you are sensitive to a change in diet, Cipro will help.
3. When bringing prescription medicine, be sure to leave it in original containers
4. Please notify your MTC of any food allergies or medical conditions if it might be important for your safety. This information will be passed to the people in Uganda.

Dealing with Money

The currency of Uganda is the Uganda Shilling, exchanging at approximately 3,000/= per US dollar. The most effective way to carry money to Uganda is to bring cash in \$100.00 bills that were issued in the year 2015 or later. Those can be changed to shillings at a local Foreign Exchange (Forex) office. Lower denominations may not be accepted or will be exchanged at higher rates. We do not recommend using traveler's checks as they are rarely accepted outside of the capital city of Kampala. ATMs are available at banks in most towns, but may not connect to your bank's network in the U.S.

First Aid Items

These items can be carried individually or as a first aid kit for the team:

1. Immodium or other anti-diarrhea medicine
2. Laxative
3. Assorted bandages
4. Antibacterial cream (like Neosporin)
5. Hydrocortisone cream
6. Antihistamine tablets
7. Motrin, Advil or Tylenol
8. Powdered electrolyte packs (Gatorade) for rehydration
9. Aloe vera gel for sunburn
10. Tums

If you do become ill or sustain minor injury, our HEAL Clinic in Rubanda is well-equipped with competent staff to take care of you and, if necessary, transfer you to a quality health care facility.

For personal use, everyone should carry:

1. Sunscreen (no stores sell sunburn products in Uganda)
2. Mosquito spray / cream (Cutter's Lotion)
3. Hand gel (Purel) or hand wipes

What to Bring & Not Bring

DO NOT BRING:

- Candy or gifts to hand out to individual children. It is important that missionaries control the urge to just give treats to individuals, especially children. Such actions create a begging mentality that is detrimental to the ministry and the community.
- Valuables such as diamonds, jewelry or expensive watches.

DO BRING:

Items collected for the ministry such as clothing, books, hand tools, school supplies and monetary donations. These will be distributed according to standard ministry guidelines; they will be accepted by the community with gratitude to you and our Great Lord God. Your team leader should have consulted with the Ministry to discover the most current urgent needs and will guide you in a team-wide collection effort. If you are bringing medical supplies, contact info@amagara.or for the latest needs and shipping requirements.

PERSONAL ITEMS:

1. A daypack or fanny pack to carry all personal items for the day
2. Minimum electrical appliances; pack an international power adapter that will allow you to charge batteries with 220-volt British plug
3. Hat for sun protection
4. Work gloves for building projects
5. Enough undergarments for trip (your host family or hotel may do some laundry for you if you ask. However, out of courtesy, they will not wash your lingerie)
6. Sandals, gym shoes, hiking shoes, nicer sandals for church days
7. Women's clothing: comfortable, wrinkle free skirts and dresses that hang **below the knee**. Nice dress for Sunday church. Capri pants and jeans are ok for travel days or working. No short shorts. No camisole, spaghetti string or tube tops. Shirts must be modest.
8. Men's clothing; wrinkle free pants and shirts. T-shirts and collar shirts only. Shorts are OK except for church.
9. Fleece jog suit and socks for sleeping in Ben's village; it gets cold in the highlands.
10. Febreeze for the clothes in your suitcase
11. Plastic (grocery store) bags to store your shoes in; they can become full of red mud and can be a mess to pack when moving from place to place.
12. Alarm clock
13. Washcloths
14. Small mirror to fix hair, shave etc; some accommodations do not have mirrors
15. Pillowcase for your personal use
16. Small disposable garbage bags
17. Flashlight
18. Notebook or journal
19. Bible
20. Camera or phone with camera
21. Snacks for in-between meals or long journeys (especially if hypoglycemic). Nuts, trail mix, dried fruit, beef jerky, power bars and M&M peanuts travel well. Flavored tea or lemonade in powder form for bottled water also works well.

Timeline for Traveling

1. Secure a Mission Trip Coordinator (MTC) via info@amagara.org. You will be advised to download this packet of information to begin the process of preparation. Read the packet and prepare questions for your MTC. Remember, s/he is there to help you prepare well and have a successful trip. 6-9 months in advance
2. Make sure your passport is current, that is, it is not due to expire within six months of your last day in country. Apply to the U.S. passport office, post office or library early if you do not already have travel documents. 3-4 months in advance
3. Read vaccination requirements and schedule a time to get any that are not current. Some vaccinations require a series of shots over a span of time. 1-4 months in advance.
4. Secure funding for your trip. Start 6 months in advance.
5. You or your Trip Leader are responsible for securing air travel. Reservations recommended at least 90 days in advance. Visas for Uganda need not be secured prior to travel; they will be purchased upon arrival.
6. Plan to attend at least one orientation session in-person or on-line prior to travel. 2-3 weeks in advance.
7. Prepare for this trip in prayer.

Quick Guide to Rukiga/Runyankole

(This language is generally spoken everywhere we work except Kampala)

K is often pronounced “CH”	Example: Rukiga= Roocheega
C is often pronounced “CH”	Example: Kacerere=Kacha-rarreh
KY is often pronounced “CH”	Example: Kyotera=Cho-tera
R is often pronounced as an “L”	Example: Kare= Colley
GY is pronounced as a “J”	Example: Tugyende= Tuh-jenday
Multiple vowels mean stretched out sound	Example: Omusiisi= oh moo seeeeee si
J is pronounced as a “ZH”	Example: Kwija= Kwee-zha, Najuna=Na-zhoona
E at the end of a word is “AY”	Example: Arahe = Ara-hay

Useful words and phrases:

Praise the Lord:	Mukama Asiiimwe
Praise Him indeed:	Asiiimwe Munonga
How is everyone?	Murigyeye Mwena?
We are fine	Ego, Turigyeye! Note: Ego (ay-go) means “yes”
My name is...	Iziina Ryangye Ninnye...
I am called...	Nebanyeta...
I come from America	Ninduga America
What are you called?	Nibakwetoha?
I was a sinner but Jesus saved me	Nkaba Ndi Omusiisi, Jesu Na Kanjuna
Now I walk with Jesus	Ningyenda Na Jesu
I greet you in Jesus’ name	Nimbaramusya Mwiziina Rya Yesu
I am happy to come here	Nashemererwa Kwija Hanu
Is there any hot water?	Hariyo Amaizi Agari Kwotzia
May the Lord bless you.	Mukama Abahe Omugisha
Thank you (very much)	Webare (Munonga)
Let us pray	Katushabe
Let’s go	Tugyende
Smile!	Sheka (or sheka sheka) (many = msheka)
Hello, how are you?	Agandi
I am fine.	Nigyeye (pronounced Nidjeh)
Good morning	Oreiregyeye
Good afternoon	Osibiregyeye
You are welcome (to my house)	Mwebare Kwija
Goodbye (okay)	Kare (pron. Colley)
Bye bye	Kare Kare
Goodbye, Sir	Kare, Sebu
Goodbye, Lady	Kare, Yabu
Goodbye to several men	Kare, Basebu
Goodbye to several ladies	Kare, Bayabu

I am tired	Naruha
A drink	Ekyokunywa
Motorcar	Emotokar
Where's Ben?	Ben Arahe
Where are you?	Olyankahe

Father	Tata
God	Ruhanga
Jesus (King)	Mukama
Grandfather	Shwenkulu
Grandmother	Makaaka
Uncle	Shwento
Beautiful	Nimurunji
It is good	Nikirunji
Respected elder	Mzee (muh-zay)

Though it is in the Luganda language and not Rukiga, you will hear this song often when giving thanks to God:

Tukutendereza, Jesu,
Jesu Orimwana Gwandi-ga
Omusai Goo-na Na-zi-za
Nebaza
Omolokozi.

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Last updated 2-9-16

Participant Application and Waiver Short Term Mission Trip – Juna Amagara Ministries

Traveling as a short term missionary for Juna Amagara Ministries (JAM) is not the same as typical vacation travel. You will visit remote areas of the world where logistical requirements for volunteers may involve modes of transportation and/or accommodations that are unfamiliar to Americans. In addition, JAM Short Term Mission trips contain the full range of risks and inconveniences of international travel and volunteer service including physical labor, timing delays, decision frustrations, surprises and changes in plans. It is important that you realize these facets of missionary travel are not meant to be an irritation but are, in fact a valuable part of the cross-cultural experience. As a necessary precaution, JAM requires that each program participant understand and execute the following application and waiver.

Participant Information – Please fill in all blanks

Name as it Appears on your Passport _____

Preferred Name _____ U.S. Passport No. _____

Address _____

City _____ State _____ Zip Code _____

E-mail Address _____

Phone Numbers: Home/Cell (____) _____ Work (____) _____

Emergency Contact Name: _____ Phone #: _____

Your Relationship to Emergency Contact: _____

Emergency Contact E-mail address _____

Male _____ Female _____ Occupation _____

Single _____ Married _____ Name of Spouse _____

Past Missions Team Experience (year/place/sponsoring organization)

1. _____

2. _____

This Trip's Sponsoring Church or Organization: _____

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Waiver and Release of Liability

I, _____, hereby apply to Juna Amagara Ministries (JAM), a charitable organization recognized by the U.S. Internal Revenue Service as a 501(c)3 not-for-profit corporation, to participate in the mission trip to Uganda, East Africa, scheduled for the dates from _____ to _____. JAM provides advisory services regarding the planning and logistics of this trip. In consideration of the mission opportunities provided to me by the JAM or any other sponsoring organization, and through the advisory services provided by JAM, which I agree are adequate consideration, I agree to what follows.

Acknowledgment of Risks. I acknowledge that I am a volunteer and assume all risks associated with international travel to non-tourist locations. I understand and acknowledge that due to the nature of the trip, preparing for it, traveling to and from it, and actually participating in it, involves risks of damage to or loss of property, harm to my body, mental faculties, or emotions, or those of my family and even death; by signing this legally binding contract, I hereby assume those risks. Sources of damage, loss, harm or death may include, but are not limited to, (1) harmful acts or failures to act in harmony with employees, agents and volunteers of JAM and other trip participants, who have varying levels of knowledge, experience, and judgment; (2) a remote, primitive, unsanitary, dangerous and at times inaccessible location; and (3) potentially dangerous construction work. I understand and acknowledge that JAM will act according to recognized mission agency procedures in the unlikely even of a kidnapping or hostage situation and will attempt to negotiate the release of a trip participant, but will not encourage the future abduction of missionaries by paying a ransom of any kind. I agree expressly and voluntarily to assume all risks and full responsibility for any bodily injury, death or property damages arising out of or related to this trip.

Acknowledgment of Insurance. I acknowledge that I have been advised by JAM to purchase international travel insurance to cover any necessary medical or evacuation expense while traveling. I hereby attest that by departure date I will have purchased international travel insurance and will provide the ministry a *bona fide* receipt for same.

Facts About Me. I am _____ years old. I am in good health and sound mind, and able to understand this Contract. I have or will discuss my participation in the trip with my physician, have or will receive any vaccination he or she deems necessary, and will participate in the trip only if I have received his or her approval and believe that I am able to endure the physical requirements that may be associated with such participation. If I am under the age of 18 years, it is understood that all risks assumed here will be borne by my parent or guardian as agreed by signature on this Contract.

Approval for Participation. I acknowledge that JAM reserves the right to deny participation in this mission trip to any applicant and I will abide by any such decision.

Covenant Not to Sue, Release, and Indemnity. I promise the following: (a) I WILL NEVER SUE JAM FOR DAMAGES, including damages resulting from JAM's negligence (excepting its willful and wanton misconduct.) That means that I hereby agree and covenant not to institute and suit or action at law or at equity against JAM. I intend this Instrument to be defense to any such suit or action, and a complete bar to the commencement and prosecution of any such suit or action. (b) I RELEASE AND DISCHARGE JAM FROM AND WAIVE ANY AND ALL LIABILITIES. (c) I WILL INDEMNIFY, HOLD HARMLESS, AND DEFEND JAM FROM ANY AND ALL LIABILITIES, including liabilities arising from its negligence, (excepting its willful and wanton

misconduct), and including liabilities arising from my actions. In addition, I hereby give JAM permission to use my image as captured by still or video photography for ministry purposes.

Definitions. When I use the following words, I mean the following: (a) “DAMAGES” means any damage of every kind and nature, including damage or loss to property, financial loss, harm to body, mental faculties or emotions, or death, resulting from, in connection with, or in any way related to the trip whether caused by JAM’s negligence (excepting its willful and wanton misconduct), or any other cause. “DAMAGES” includes, but is not limited to, damage that occurs or is caused during the planning of, preparation for, travel to or from the site of, and actual conduct of, the trip. (b) “I” means myself, my spouse, members of my family, my insurers, heirs, estate, legal representative, executor, administrators, successors, and assigns. (c) “LIABILITIES” means any liability of every kind and nature in connection with my participation in the trip, including any and all causes of action, actions, suits, claims, demands, rights, damages, judgments, executions, court costs, attorney and other legal fees, and including such liabilities that arise from claims for contribution by others that I have sued or from whom I have received compensation for DAMAGES. (d) Juna Amagara Ministries (JAM) means its directors, officers, employees, agents, volunteers, affiliates, associates, sponsoring churches, and cooperative institutions, including the spouse, insurers, heirs, estates, legal representatives, executors, administrators, successors, estates, and assigns of the foregoing.

Governing Law and Disputes. I agree that the laws of the State of Illinois only will govern every aspect of this Contract, and my rights and responsibilities in connection with the trip. I intend this Contract to be as broad and inclusive as permitted by the laws of the State of Illinois. I may sue only in state or federal court in DuPage County, Illinois.

Complete Reading and Understanding. I have carefully read this Agreement and fully understand its contents. I am aware that this is a complete and irrevocable Release of Liability and a Contract between myself (along with my parent or guardian if applicable) and Juna Amagara Ministries and/or their affiliates. No oral representations, statements or inducements apart from this Agreement have been made by me. I sign this Agreement of my own free will.

Signature of Applicant (Releasor)

Date: _____

By: _____

Signature of Applicant

Printed Name

Parent / Guardian (if applicable)

I have read this document and agree to be governed by all of its terms and conditions as they apply to my child during this trip

Date: _____

By: _____

Signature Parent/Guardian

Printed Name

Witness Signature

Date: _____

By: _____

Signature of Witness

Printed Name

Juna Amagara Mission Trip Personal Covenant

As a traveler to Uganda for Juna Amagara Ministries, I agree to conduct myself in a courteous and respectful manner both to people in Uganda and my fellow team members. In this regard, I hereby agree to:

- Accept responsibility to represent myself and my organization with dignity and cultural sensitivity by being a positive role model in Uganda.
- Accept and submit to the leadership and authority of the team leader and promise to abide by his/her decisions as they concern this mission trip.
- Abstain from and not tolerate physical or verbal abuse of people or animals.
- Abstain from and not tolerate foul language, jokes or gestures, being especially insensitive to cultural differences in gestures and clothing, politics, customs or traditions.
- Not attempt to establish my own agenda or methods, but instead will comply with nationals and show deference to customs and differences in lifestyles.
- Not use any forms of tobacco, alcoholic beverages or prohibited substances while in country.
- Refrain from giving gifts (money, clothing, jewelry or other items) to individuals. If I feel compelled to make a gift to someone I have met, I will first consult with the team leaders before promising or making such a gift. This covenant does not apply to host gifts.
- Refrain from promising sponsorship to any individual without first consulting Juna Amagara team leaders.
- Care for and manage all property and equipment both owned and borrowed by Juna Amagara, its agents or other members.

I agree that in the event my conduct is considered so unsatisfactory that it jeopardizes the success of this trip, and that mediation during the trip has failed to correct my behavior, that my services in connection with this mission shall end and I shall return home immediately at my own expense.

In signing this covenant, I represent that I am eighteen (18) years of age or older. If I am under the age of 18, my parent or legal guardian signs on my behalf. This (these) signatures seal my acceptance of these conditions declared in this covenant.

Signature

Date

Parent / Guardian

Date

Printed Name

Printed Name