

## Uganda Safety, Health, and Security

**Be Prepared: Use International ISOS.** By now, you have registered with International SOS. Prepare for your visit to Uganda by visiting their website (<http://www.internationalsos.com/>), signing in with Northwestern's group membership number (11BCAS000003), and reading the **Medical Tools** pages as well as the **Security Tools**.

**ISOS Travel Security Risk Summary on Uganda:** "Petty crime poses the main risk to travellers in the capital Kampala. The government's ability to maintain security in remote areas away from Kampala remains limited. Despite the fact that a peace process is under way and the Lord's Resistance Army (LRA) leadership has withdrawn into central Africa, the group still presents a security risk, including in several national parks. The areas worst affected by LRA-related insecurity are Gulu, Kitgum and Pader. Border areas with Congo (DRC), including the Arua, Nebbi, Bundibugyo, Kasese, Kanungu and Kisoro districts, suffer from instability. Cattle-rustling raids mounted by armed members of the Karamojong tribal group pose a regular security threat in the north-eastern districts of Kotido, Moroto and Nakapiripirit. The twin bombings in Kampala in July 2010 highlight the persistent risk from occasional high-impact attacks by Islamist terrorist groups, on 'soft' targets such as recreational facilities, particularly those associated with foreign personnel." **GESI participants are not allowed to visit the border areas listed above.**

### **Please follow ISOS's standing travel advise:**

- Most visitors travel in central Uganda where rates of crime are relatively low; take basic security precautions to mitigate the risk of petty and street crime in these areas.
- Protests and disturbances occur periodically in the capital Kampala and can prompt heavy-handed interventions by the security forces. Although foreigners are not commonly targeted, they have been on occasion. Strictly avoid all demonstrations and rallies as a precaution; do not stop to watch or photograph them. In the event of unrest, where possible to do so safely, return to your accommodation immediately and remain there until the situation has stabilized.
- Although the country does not offer a high-profile or high-priority target for transnational terrorist organizations, there is nonetheless an underlying threat of terrorist attack by Islamist extremists. Visitors should anticipate a periodic tightening of security measures, including additional checks at Entebbe International Airport and in the city centre.

### **FSD Emergency Contacts: Please program these into your cell phone.**

- **Program Director: Margaret Nassozi Amanyire** Cell:(+256) 0702 989 971 OR (+256) 0772 989 971
- **Program Coordinator: Jonan Nandolo** Cell: (+256) 0712 218014
- **Program Coordinator: Caroline Fruth** Cell: *(to be provided later)*
- **US Embassy in Uganda:** Work hours: (256)041259791/2/3/5; After hours (for emergencies only): (256) 041 259792
- **FSD SFO Emergency Line:** 1-415-828-8414
- **Police/Fire/emergency: 999**
- **Police Jinja specific: 112**
- **Local Doctors:**
- **Crescent Medical Centre; ANJUM S.F (Director Administration); Cell:(256) 0712868353**
- **Dr. Debbie (see below)** (+256) 0712419471

**Health.** General health preparation is covered in your FSD Predeparture Packet. **If you are ill (and it is not an emergency), FIRST please contact the FSD site team and your host family.** In addition, here is a list of medical contacts that you should have with you at all times. Program them into your cell phone.

### **1 – FSD Medical Care Provider: Crescent Medical Centre**

Plot 1, Nalufenya Road  
P.O. Box 662, Jinja  
Tel: +256434120156

### **2- Back-up Primary Care Provider: Dr. Debbie Selam Aherom**

Cell: (+256) 0712419471

(Jinja primary health care clinic associated with Surgery Clinic in Kampala specializing in treating foreigners - <http://www.thesurgeryuganda.org/>).

### **3 - Referral Hospital:** The Surgery Clinic in Kampala, Uganda

Physical Address: 2 Acacia Avenue, Kampala.

Postal Address: P O Box 24100, Kampala, Uganda.

Dr On Call (out of hours) +256 (0)752 756 003

Nurse 24-hours Mobile +256 (0)772 756 003

Nurse 24-Hours (5 lines) +256 (0)414 256 003

Website: <http://www.thesurgeryuganda.org/>

Remember:

- **HTH** can help direct you to the nearest physician or hospital. Call (collect) **+610.254.8771**.
- **ISOS** can “advise you, help you select the correct doctor and hospital, and make any necessary appointments on your behalf.” Call **+27 (11) 541 1300**.

**Northwestern Contacts.** If any incident arises that involves your on-site administrators and you do not feel comfortable broaching an issue with them (including, but not limited to, discrimination or sexual harassment), please know that you can contact staff members at the NU GESI Office:

- Brian Hanson: [bhanson@northwestern.edu](mailto:bhanson@northwestern.edu), **847-491-5058; cell: 847-660-3771**
- Nicole Patel: [nicole-patel@northwestern.edu](mailto:nicole-patel@northwestern.edu), **847-467-0844; cell: 847-602-3616**

**Mental Health.** Your mental health is critical to your success on GESI and to your overall wellbeing. If there is anything that you think the FSD site team, your host family, or GESI staff might need to know about your mental health history in order to help you stay healthy while you are abroad, don't hesitate to let us know. As long as you are not a risk to yourself or others, we will keep this information confidential.

While you are in country, the FSD site team is always available to discuss your mental health and to provide you with recommendations for mental health care. If you are experiencing a mental health crisis, contact the FSD staff on their cell phones. Alternatively, Northwestern's Counseling and Psychological Services (CAPS) has a crisis counselor on-duty 24 hours a day. During daytime (CST), call **(847) 491-2151**. After hours, call **(847) 491-8100**. Ask to speak to the crisis counselor on duty. They will help you talk through your situation and decide what next steps to take.

The Northwestern University Study Abroad Office and Counseling and Psychological Services has put together a helpful web resource to assist you in caring for your mental health abroad. You can access it here:

[http://www.northwestern.edu/studyabroad/health\\_safety/Mental\\_Health\\_Abroad.html](http://www.northwestern.edu/studyabroad/health_safety/Mental_Health_Abroad.html).

**Sexual Orientation and Gender Identity.** You may already identify yourself as a heterosexual, gay, lesbian, bisexual, or transgender student, or you may still be exploring these issues. In either case, you will find that the social climate, laws, and personal interactions of your host culture often differ from the U.S.

Gender roles in your host country may differ greatly from those in the U.S. You may choose not to behave in exactly the same ways a local men and women do; however, it's important to educate yourself about cultural gender roles within your host community in order to make sensitive choices about how you will behave while abroad, and to understand how your personal views and opinions may be interpreted by your host culture.

In preparing for GESI, it will be important for you to research the LGBT climate of Uganda. You should be informed about specific laws pertaining to sexual behavior and sexual/gender orientation. When doing your research, try to ascertain:

- The legality of same-sex sexual behavior (sometimes male-male sexual behavior while female-female sexual behavior is not)
- The age consent for sexual behavior
- Restrictions on freedom of association or expression for LGBT people
- Anti-discrimination laws
- Sodomy laws

Your FSD Predeparture Packet includes a short summary of attitudes and laws relating to gender and sexuality, but you may want to conduct your own research in order to understand the complete picture and increase your comfort level before arriving in-country. For more on this topic, visit the NAFSA Rainbow Special Interest Group website (<http://www.indiana.edu/~overseas/lesbigay/student.htm>). This is a very comprehensive site on issues of concern to lesbian and gay students abroad. Another site with Uganda-specific resources (including laws and news relating to LGBT issues) is <http://www.mask.org.za/index.php?page=uganda>.