



Leighton Park School UGANDA 2020

TRIP SUMMARY

PROPOSED ITINERARY

Leighton Park UGANDA 2020				
Date	Day	Location	Activities	Accom.
Thu	15-Oct	0	Depart UK	Plane
Fri	16-Oct	1	Arrive	Arrival at Airport. Met by Inspire Leaders, transfer to guest house in Entebbe. In-country orientation.
Sat	17-Oct	2	Project	Finish orientation training, before transferring to Jinja. Settle in, visit market.
Sun	18-Oct	3	Project	Church AM. Visit from charity partners PM.
Mon	19-Oct	4	Project	Project work
Tue	20-Oct	5	Project	Project work
Wed	21-Oct	6	Project	Project work
Thu	22-Oct	7	Project	Project work
Fri	23-Oct	8	Project	Project work
Sat	24-Oct	9	Project	Project work
Sun	25-Oct	10	Jinja > Murchison Falls National Park	Depart Jinja 6.00 am. Transfer to Murchison. Lunch Stop enroute. Dinner - Red Chilli
Mon	26-Oct	11	Murchison Falls	Safari a.m Boat Cruise p.m.
Tue	27-Oct	12	Murchison Falls> Entebbe	MF to Entebbe via Ziwa Rhino Sanctuary
Wed	28-Oct	13	Entebbe > Airport	Flight departs PM
Thu	29-Oct	14	UK	Return to UK

NB. Please note that this itinerary may be subject to small changes.

COMMUNITY PROJECT INFORMATION

The Jinja Educational Trust (www.jinjaedtrust.com)

The Jinja Educational Trust supports educational projects from nursery aged children right through to the end of secondary school.

The Trust's vision is to expand and develop practical, business and academic skills that can be used throughout the children's lives, and will improve well-being for themselves and future generations.



Projects

Nursery Education

The Trust has recently built a nursery in partnership with the YMCA in Jinja to replace the existing premises. It provides places for up to 80 children who benefit from this good start in education and provides much enhanced childcare provision for parents.

Student sponsorship

Children are very keen to go to school in Uganda but many lack the means to do so. The Trust supports children at a number of local primary schools by providing uniform, books and stationery; and by contributing to school fees at secondary level.

Orphanage support

Many children in Uganda are orphans as a result of their parents dying from AIDS and other diseases. The Trust has refurbished dormitories at Mama Jane's Orphanage and built toilets and a kitchen at Valley View Orphanage (which Leighton Park funded).

Future Plans: vocational education

The Trust is currently planning to develop a new school in one of the poorest areas of the Jinja district. The Jinja Educational Trust School will lay emphasis on vocational skills to complement an academic education. Pupils will learn skills and trades which will give them the ability to be independent and opportunities for meaningful employment.

What will the team from Leighton Park do?



Every Inspire project is tailor-made to the UK team and the overseas charity needs. Inspire listen to our charity partners' requests - it is our priority to ensure all projects we undertake with our school groups are requested, necessary and will be maintained by the community.

The Jinja Educational Trust has requested that students from Leighton Park School focus on projects related to children, health and sports. We are waiting for finalisation of what these projects will be, but they are likely to include sports training sessions with the local students (football, netball, volleyball), designing and painting murals, art and drama sessions with local students and some smaller infrastructure projects – such as plastering and painting or maybe working with local craftsmen to

construct shelves and desks for one of the Trust's partner schools.

Team members should be prepared for physical labour, which is very hands on. They will also need to be relatively fit, but the most important thing to have is a great attitude and willingness to get involved and stuck-in with the work.

WHAT TO EXPECT

The team will work alongside members of the local community and School employees. They will spend time learning about what life is like in Uganda and have the opportunity to see what challenges someone of their age faces.



The team will have the chance to spend time with the local community and potentially visit one of the local churches, which form the hub of all community activities in the villages.



SAFARI

After the project you will have the opportunity to explore the world famous **Murchison Falls** National Park. You will take a 4x4 safari through the Park. Keep your eyes peeled for elephants, buffalo, wildebeest, giraffe, warthog, lion and maybe even leopard. You will also take an afternoon boat cruise to the base of the spectacular Murchison Falls themselves – watching out for elephants, hippos and huge Nile Crocodiles.

On return from the Park, we will be stopping in at the **Ziwa Rhino Sanctuary**, where you will have the opportunity to track white rhino on foot – a once in a lifetime experience.

Orientation days

When your team arrives in Uganda you will spend the first evening and following day undertaking Inspire's in-country orientation training. This gives you the chance to acclimatise, get to know your Inspire Leaders a bit better and gradually adjust to being in Africa.

ACCOMMODATION

Project Site

For your duration of the project you and your team will be living in mid-range guesthouse accommodation in Jinja with access to hot showers and flush toilets. Each day you will be dropped at your project site by a privately hired mini-bus – but do be prepared to walk sometimes – as some of the projects we will visit will be around a 45 minute walk from your guesthouse.

Safari

During the safari you will stay in the Red Chilli Safari camp in simple bandas or safari tents, with beds and mattresses. Food will be provided and again, will be locally produced, although a bit more 'western' in style.

FOOD AND DRINK

Food is prepared over gas stoves in the guesthouse where you will be staying. You will all work as a team to prepare and cook your own meals – so you can have input into what you would like to cook – however, we will encourage you to try Ugandan-style food, such as maize meal and vegetable stew.

Typical daily meals are described below:

- Breakfast: Porridge with raisins, bananas or sugar.
Tea/coffee.
- Lunch: Bread from the local bakery, rice or potato based dish with traditional Ugandan vegetable stew.
- Dinner: Large rice or potato base dish with vegetables stew or salad.
- Pudding: Whatever ideas you can conjure up!



UGANDA BACKGROUND

The Republic of Uganda is a landlocked country in East Africa. The southern part of the country includes a substantial portion of Lake Victoria, which is also bordered by Kenya and Uganda.

Despite being on the equator Uganda is more temperate than the surrounding areas due to its altitude. The country is mostly plateau with a rim of mountains. This has made it more suitable to agriculture and less prone to tropical diseases than other nations in the region. The climate is tropical; generally rainy with two dry seasons (December to February, June to August).



Uganda takes its name from the Buganda kingdom, which encompassed a portion of the south of the country including the capital Kampala.

Half of the population of the country lives below the international poverty line of US\$1.25 a day.



Uganda is home to many different ethnic groups, none of whom forms a majority of the population. Around forty different languages are regularly and currently in use in the country. English became the official language of Uganda after independence. Ugandan English has a local flavour.

For decades, Uganda's economy suffered from devastating economic policies and instability, leaving Uganda as one of the world's poorest countries. The country has commenced economic reforms and growth has been robust. In 2008, Uganda recorded 7% growth despite the global downturn and regional instability.[18]

Uganda has substantial natural resources, including fertile soils, regular rainfall, and sizable mineral deposits of copper and cobalt. The country has largely untapped reserves of both crude oil and natural gas. Agriculture is the most important sector of the economy, employing over 80% of the work force, with coffee accounting for the bulk of export revenues.

Country Profile

Population: 32.7 million

Capital: Kampala

Major Languages: English, Swahili

Religions: Christianity, Islam

Life expectancy: 53 years

HIV/Aids: 5.4 %

Money: Shilling (approx 3,093:1 GBP)

Main exports: Coffee, fish and fish products, tea; tobacco, cotton, corn, beans, sesame

International Dialling Code: 00 256

SAFETY AND PEACE OF MIND



Leighton Park School has contracted professional trip provider, Inspire Worldwide (www.inspire-worldwide.com) to run the trip. Inspire specialise in linking UK organisations with rural communities in Africa and Asia, supporting and managing visits for teams to work alongside these partners.

Professionalism

Inspire Worldwide is a trading name of Wilderness Expertise Ltd and was established in January 1996 as a private limited company (Company Reg No: 0315 1618). Its Directors have a combined experience of over 40 years working in the expedition industry. Inspire holds professional Tour Operator Liability Insurance and has ATOL licence no. 6382 to protect all payments.

Safety

One of Inspire's main responsibilities as a Tour Operator is to ensure all the activities that the group take part in whilst they are overseas are safe, have been fully assessed and comply with health and safety policies and best practice guidelines.



Best Practice

WE Ltd is the only expedition organisation to hold certification to BS OHSAS 18001; Occupational Health and Safety Management, certified April 2017. All the ventures provided by Inspire Worldwide also conform to British Standard 8848:2014; Specification for the provision of visits, fieldwork, expeditions and adventurous activities outside the United Kingdom. Self-declared.



Inspire's Safety Management System and Risk Assessments are available to any participants or parents who wish to view them. Inspire have a comprehensive incident management plan and carry out pre-trip reces and activity risk assessments. All third party providers are checked and must meet Inspire's standards before they agree to work with them.

Leaders

Inspire employ two professional Leaders from the UK to manage the trip. The Leaders are based with the group 24 hours a day and deal with any problems or issues that might arise whilst they are overseas. All Inspire Leaders hold remote first aid certificates and have been Enhanced DBS checked. They all have experience travelling or working in rural Africa as well as leading volunteer teams on project sites in rural communities.

Training

Inspire provide comprehensive pre-departure briefings and trip information packs for each group. These provide the team with a wealth of information about the country they are travelling to, vaccinations, kit list, health issues, cultural awareness, background to the project and much more.

Additional Support from the UK

Inspire HQ are on call 24 hours a day in the UK whilst teams are overseas and provide all volunteers and their families with a 24-hour phone number in case of any problems. Inspire's Medical Advisors, Remote Medical Services, are on call and the company is also supported by the wider Wilderness Expertise Group in the event of any emergency situation.

We also update a **team blog** every day to keep friends and family up to date with activities in Uganda.

FAQ's

Will the project actually make a difference?

Absolutely. It is Inspire's priority to ensure all projects undertaken are requested and will be maintained by the Jinja Educational Trust. We listen to the charity's needs and requests and match those needs with the funds that UK participants think they can raise.



Won't I be taking work away from the local community?

No. You will be funding extra employment by creating jobs for local labourers, cooks and guards whilst you are in Uganda. Inspire maintain quality by ensuring you work with local skilled builders (fundis) on any construction project. The fundis ensure you do everything properly and all structures are completed to a high standard.

How will taking part help me towards hours for the International Baccalaureate?

Many aspects of the trip to Uganda can be used towards the Creativity, Action and Service (CAS) section of the IB – a core part of gaining your IB. By creatively raising funds, taking part in a hands-on expedition and carrying out a community service project you will be able to show evidence of completing hours towards the CAS section of the IB.

COSTS

The estimated cost for the 2 week trip is £2,600-£2,700p/p (dependent on final team size). This includes;

Complete management of the trip by Inspire Worldwide including;

- Pre-Departure Training, risk assessments, incident management plan; 24 hour on-call and emergency phone support from Inspire when the team are in Africa; All food; In-country transport including 24 hour emergency vehicle on call; Accommodation; Local park entrance fees; Safari & activities as listed in the itinerary and two Inspire Leaders based with the team 24 hours.

Plus;

- Return flights (ATOL protected no 6382);
- Personal travel insurance (provided by LP);
- UK transfers to Heathrow airport (provided by LP);
- Two LP staff based with the team 24 hours

Trip Cost excludes:

- Visas (\$50)
- Personal kit;
- Vaccinations and anti-malarials;
- Spending money.

We also ask all team members to fundraise a **minimum of £300p/p** which is donated directly to Jinja Educational Trust to cover the costs for your project materials and local labour. We are aiming to raise more than this as a team.

How do I pay?

All payments should be made to Leighton Park School with the reference 'Uganda 2020'. A non-refundable deposit of **£700** is required to secure your place on the team.

HOW TO TAKE PART

The Uganda Trip is planned to depart on the 15th October 2020 until the 29th October 2020.

There will be up to **18 spaces** available and all interested participants will be asked to complete an application and medical form for a place on the team.

Final team selections will be made by Inspire Worldwide and Leighton Park School and a reserve list will also be drawn up.

If you are interested in going on an African expedition, you will need to return your Application Form along with a non-returnable deposit for **£700 as soon as possible, but no later than 13th December 2019.**

The timeline for remaining payments for the trip will be as follows:

Spring Term invoice - £750

Summer Term invoice - £750

Final balance - transfer of remaining balance before end of summer term (end of first week in July)

September (date TBC) – Pre-Departure Training Day for all team members held at Leighton Park.

Should you have any initial questions or queries about the trip, please do not hesitate to contact Helen directly via email: HelenTaylor@leightonpark.com

If you have any questions about the Uganda project or to view the Safety Plans and Risk Assessments for the trip, please contact Anneliese on **01256 886 543** or e-mail anneliese@inspire-worldwide.com

For more information on Jinja Educational Trust please visit: www.jinjaedtrust.com



See you soon!