

## Getting to and from Uganda and the Iowa State University – Uganda Program

### Pre-departure Preparation

Review CDC guidelines for travel to Uganda

<https://wwwnc.cdc.gov/travel/destinations/traveler/none/uganda>

Consult your health care provider to determine required and recommended vaccinations and drugs. Note: ISU's program in Uganda is located in a malarial area. If you are unwilling or unable to strictly follow your healthcare provider's guidance on taking malaria prophylaxis, then you are advised not to visit the ISU Uganda program.

Consult U.S. Department of State travel advisories for Uganda

<https://travel.state.gov/content/travel/en/international-travel/International-Travel-Country-Information-Pages/Uganda.html>

### Iowa State University faculty and staff

are required to register their trip with the [Office of Risk Management](#) at <https://isutrael.iastate.edu/>. Through this registration, ISU employees will be enrolled in On Call International, the university's contracted medical and emergency insurance coverage abroad. (The policy covers the cost of emergency medical needs and expenses associated with unexpected quarantine requirements).

Students need to register with [ISUAbroad](#)

Visit Procurement Services:

- [Before You Go Travel Checklist](#)
- [Travel FAQ](#)

### COVID-19 policy for resident visitors to ISU-UP Mpirigiti Rural Training Centre (MRTC)

1) Scientific evidence strongly supports the effectiveness of most COVID vaccinations and boosters. For visitors to MRTC, up-to-date COVID vaccinations are strongly recommended.

2) All visitors residing at MRTC (regardless of vaccination status) must take a COVID test on arrival at MRTC and obtain a negative result PRIOR to interacting with any vulnerable populations

- For groups, an ISU-UP Operations member will arrange for a local, professional clinic team to conduct the tests on day 1.
- For individuals, testing will be conducted under the direction of ISU-UP staff member Michael Kafuko or his designee.
- To ensure accuracy and consistency, COVID testing materials will be provided by ISU-UP at no charge to the visitor residing at MRTC.
- When tests are performed for an individual they will be conducted under the direction

of ISU-UP staff member Michael Kafuko or his designee

- 3) If a visitor residing at MRTC develops any COVID symptoms, they must test again (under the direction of ISU-UP staff member Michael Kafuko or his designee). If the test is negative, they will be permitted to interact with vulnerable populations only if they are masked. Alternatively, they may remain at the MRTC while following good social distancing practices.
- 4) Any visitors residing at MRTC who experience any COVID symptoms must retest daily (under the direction of ISU-UP staff member Michael Kafuko or his designee) for the duration of the symptoms
- 5) Visitors who reside at MRTC for more than a week will be tested along with all ISU-UP employees and other residential visitors during regularly scheduled testing.
- 6) Residential visitors who test positive for COVID shall follow CDC procedures: <https://www.cdc.gov/coronavirus/2019-ncov/easy-to-read/what-to-do-if-you-have-covid.html#:~:text=Stay%20at%20home%20when%20you,own%20room%20if%20you%20can>
  - Visitors who test positive will be provided with a private room at the center. Meals and other necessary provisions will be delivered to their room during the quarantine period.

### **Passport, Visa, and other entry requirements**

US citizens require the following to satisfy immigration officials upon entry to Uganda (travelers using other passports should consult the Ugandan Directorate of Citizenship and Immigration Control:

- A passport with at least 6 months validity and at least two (2) blank pages for visas. If applying for a passport, please allow three months to complete the process.
  - A Uganda Ordinary/Tourist Visa to enter Uganda (good for 45 days). You will need to apply for a single-entry Uganda Ordinary/Tourist Visa online at: <https://visas.immigration.go.ug/>

Before you begin the application, have ready electronic scanned copies of:

- your passport bio-data page
- recent passport-size photo
- Yellow Fever vaccination certificate (yellow booklet)
- COVID vaccination card

These electronic files can be PDF, JPEG, PNG, BMP and must be a min. of 5 Kb / max. 250 Kb

Suggestions for answers on the form for which you may have questions-

Visa or permit type: **Visa**

Category: **Uganda Ordinary/Tourist Visa**

Subcategory: **Single Entry**

Purpose: **Tourism**

Point of entry where you want to have your visa personalized: **Entebbe**

Enter your personal phone number without any spaces or dashes

Duration of stay (it appears that 7 days is the minimum entry)

You may use the following for your in-country contact information:

Dr. Gideon Nadiope 256 701 472 233  
Mpirigiti Rural Training Center Location  
Bugabula Block 10  
Kamuli, Uganda

There is a \$50 application fee (plus \$1.50 processing fee) which will require a credit card payment. (If using an ISU T&H or Pcard, you may need to contact ISU Card Services to allow the charge to go through on your Visa).

***Be sure to make a note of your visa application number in case there are any problems.***

Once submitted, you should receive an email confirmation.

About 1-2 business days later, you should receive your approval (it sometimes takes longer). **Be sure to print the travel authorization page with barcode/QR code and bring it with you in your travel documents to present at immigration. We suggest you also scan the code on the form using your phone before departing the U.S. to verify it scans well. And use your phone to take a photo of the form and code for back-up.**

**STEP.** Travelers are also encouraged to register in the U.S. Department of State Smart Traveler Enrollment Program (STEP), <https://step.state.gov/step/>. STEP is a free service to allow U.S. citizens and nationals traveling and living abroad to enroll their trip with the nearest U.S. Embassy or Consulate. Benefits:

- Receive important information from the Embassy about safety conditions in your destination country, helping you make informed decisions about your travel plans.
- Help the U.S. Embassy contact you in an emergency, whether natural disaster, civil unrest, or family emergency.
- Help family and friends get in touch with you in an emergency

**Other:**

Consider whether you need to update your cellular/data plan for international travel

**Getting there**

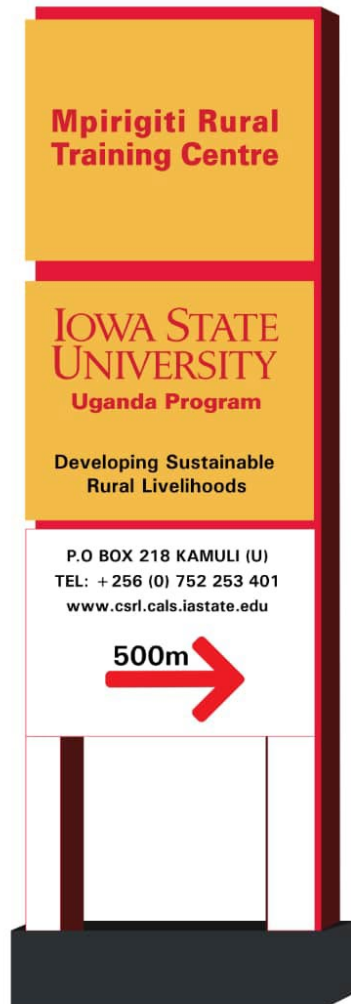
The only international airport in Uganda is Entebbe International Airport (EBB). The journey from Des Moines (DSM) to Uganda is approximately 26-30 hours one-way. Most ISU travelers take Delta to Amsterdam from the US and transfer to KLM Royal Dutch Airlines. Economy tickets are typically available for \$1,400 - \$1,500 per person round trip. Other connections are available through Doha, Dubai, Addis Ababa, Cairo, Brussels, Kigali, Nairobi and Istanbul.

Flights to/from Entebbe usually arrive and depart in the late evening. Upon arrival, it is advisable to stay in a hotel near the Entebbe airport (most of these hotels have airport transportation, some require advance arrangements with the hotel). Overnighting in Entebbe is preferable for security as well as personal comfort. It allows you to get a good night's rest and breakfast before the approximately 3 ½ -hour drive to Kamuli during daylight hours.

The map below shows the location of Entebbe, Kampala and Kamuli within Uganda. The town of Entebbe is about a 10-minute drive from the airport. Kampala is approximately a 1-hour drive from the airport, and Kamuli is approximately 3 hours from Kampala.



## Driving to MRTC



Mpirigiti Rural Training Centre is on Google Maps!

From Jinja, you will drive north on the Jinja-Kamuli highway until 1 km south of the Kamuli Central Business District, where you will spot a 3-meter tall sign on the right-hand side of the road (see photo). Turn right into the one-lane unpaved track and follow it for 500 meters, where the road ends. There you will find the gate to ISU's Mpirigiti Rural Training Center.

The security guard will open the gate for you, and you can park your vehicle.

The physical address for the Mpirigiti Rural Training Center is:  
Bugabula Block 10

Kamuli

Google Earth Coordinates: [NO 56.004 E33 07.144](#)