

FOUNDATION FOR GLOBAL LEADERSHIP

Strengthening Developing Nations through Partnerships and Philanthropy



Student Leadership Safari: Uganda, East Africa August 1-11, 2008

You are invited to participate in a thought provoking and exciting summer adventure to East Africa. Known as the “Green Pearl of Africa,” Uganda is an extraordinary balance of culture wildlife and natural resources. Balancing the needs of people and preserving the natural environment is one of Africa’s greatest challenges.

As a volunteer, you will go “behind-the-scenes” to meet inspirational youth leaders committed to transforming their lives and their country. In addition, you will learn about Africa’s magnificent endangered animals (elephant, giraffe, lion, leopard, rhino, etc....) on safari in the lush Murchison Falls!



Chaired by youth leader, Katie Boehm, a trip veteran with a passion for Africa, in conjunction with the adult staff, this trip is specifically designed for students to share a meaningful experience and to make a difference in the lives of others!

Together with your peers, you will not only volunteer with programs in need of your support, but you will have an opportunity to individually and collectively determine the impact you want your generation to have on our ever-changing world.

What will I learn and how will this trip support my understanding of the world?

Imagine if:

- ⇒ You are 14 years-old and the head of your household (sole provider) for your 5 younger siblings. How do you survive?
- ⇒ You are an 18 year-old boy who grew up in an orphanage. The orphanage did the best they could and you received an education up until the 6th grade level, but now you have turned 18 and have “aged-out” of the orphanage. Where do you go? Unlike the United States, there are no social services, what are your options? How will you survive?
- ⇒ You are responsible for gathering your family’s firewood and water each day. However, due to deforestation, firewood is hard to come by and now soil erosion is leading to increased problems in your nearby water sources. What is being done to help you, your family and the environment?
- ⇒ You are 9 years old and you dream of going to university, yet your parents want you to discontinue school to help with the family chores. What are your options? How do you honor your parents and your dreams?

These are just a few “real world” scenarios that you will learn about on this summer’s *Student Leadership Safari*. By the end, you will understand not only the problems but the innovative solutions already in progress.

In addition, as part of the Foundation for Global Leadership’s sustainable development focus, you will experience “cutting edge” practices to make our world cleaner and more environmentally friendly and people economically self sufficient:

- ⇒ Organizations that use pig and cow manure to provide electricity as well as the animals serve a dual purpose of also providing the community with milk and food.
- ⇒ Reforestation projects using nitrogen producing trees that help to oxygenate the planet and minimize our carbon footprints.
- ⇒ Recycling projects.
- ⇒ Micro-loan organizations that help an individual turn an \$87 loan into a profitable business.
- ⇒ Go on safari to see the “Big Five” (lion, elephant, leopard, rhino and buffalo) during the legendary and ancient Wildebeest Migration and learn how laws of nature work in harmony to support several extraordinary eco-systems.

Program Highlights:

- Volunteer at Naguru Teen Center, a health clinic that services over 30,000 young people per month.
- Work with UYDEL, a youth development organization that conducts community outreach to street children and teenage commercial sex workers on HIV prevention. Join UYDEL youth staff in the slums and at their residential program to help redirect troubled youth toward alternative job skills.
- Volunteer at Nsambya Babies Home, an orphanage for children 0-6 years of age who have been abandoned or orphaned due to poverty or HIV/AIDS.
- Volunteer with Invisible Children in Gulu. Learn about Invisible Children’s work with former child soldiers and volunteer in their educational outreach and income generating programs.
- Go on safari at the legendary Murchison Falls Game Reserve. In addition to observing elephant, lion, leopard, buffalo, and hippo in the wild (among the plethora of game that lives within the park boundaries), you will learn how the Ugandan government is trying to engage local communities in conservation efforts.

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August 1 - Arrive Uganda

Upon arrival, you will be met at the airport and transferred to the Kampala Guest House. All profits of the guest house support the Nsambya Babies Home. The guest house also has an internet café that is popular with local Kampala youth.

Overnight – Kampala Guest House

August 2 – Visit Kankobe Orphanage and AIDCHILD

Today you will spend the day visiting two very different orphanages. Kankobe is home to 60 adolescent orphans ages 6-18 years old. AIDCHILD is a pediatric AIDS orphanage home to 35 children from toddlers to high school. You will have a chance to learn about the children's lives and share your life with them.

Overnight – Kampala Guest House

August 3- 4 - Volunteer UYDEL, Naguru and Nsambya Babies Home

For the next two days you will have very full days volunteering with UYDEL in the mornings doing outreach in the slums or helping at the residential center and the afternoons at the Naguru Teen Center. In the evenings, you will help the nuns and baby home workers bathe, feed and help put the young children to bed.

Overnight - Kampala Guest House

August 5 - Transfer to Gulu

Today you will enjoy a beautiful drive through the Uganda countryside to Gulu. Here the extraordinary organization Invisible Children has set up programs for former child soldiers and orphans from the war. For the next two days you will learn about Invisible Children's work and participate with their volunteers in refugee camps to help the victims of the conflict.

Overnight - Achioli Inn

August 6 -7 - Volunteer Invisible Children

You will spend your days helping in makeshift schools and learn the training modules for Invisible Children's income generating projects to help families develop a means to economically take care of themselves.

Overnight - Achioli Inn

August 8 - Transfer to Murchison Falls – SAFARI!

Today you will drive 3 hours to Murchison Falls, considered one of East Africa's premier safari experiences! Arrive by lunchtime and after a delicious meal you will have your first game drive to experience Africa's famed wildlife in their natural setting. Elephant, lions, leopard, giraffe, zebras, hippos and hyenas are just a few of the magnificent animals you can expect to see!

Overnight - Para Lodge

August 9 – On SAFARI!

August 10 – Transfer to Kampala

After an early morning game drive, return to Kampala and celebrate your final night in Africa.

Overnight – Kampala Guest House

August 11 - Return to the U.S.A

After breakfast, you will have some time for last-minute souvenir shopping and then transfer to the airport for your flight home!

August 12 – Arrive back in U.S.A.

FOUNDATION FOR
GLOBAL LEADERSHIP

Student Leadership Safari:
Uganda, East Africa
August 1-11, 2009

Registration

Name: _____

School: _____

Address: _____

Phone: _____ Fax: _____ Email: _____

In case of an emergency:

Contact: _____ Relationship: _____

Phone: _____ Cell Phone: _____

Passport Information:

Your passport number: _____

Expiration Date: _____

(Please provide FGL with 1 copy of your passport and two extra passport photos)

Payment Information:

Total Tuition: \$3200.00 (inclusive except international airfare and visas)

Deposit: \$500.00

** No refunds will be made 45 days prior to departure.*

The trip is all-inclusive except international airfare from the U.S.A. to Uganda, visa, vaccinations and items of a personal nature.

Mail Tuition to:

Foundation for Global Leadership

4757 East Greenway Road, Ste. 107b-132

Phoenix, Arizona 85032

THE FOUNDATION
FOR GLOBAL LEADERSHIP

INDEMNIFICATION
FULL WAIVER AND RELEASE

**As prescribed by the Foundation for Global Leadership for International
Leadership Initiatives**

I, _____, (PRINT NAME) hereby knowingly and voluntarily accept all risk to my safety and/or health and hereby release, hold harmless and indemnify the Foundation for Global Leadership, its officers, trustees, agents and employees or affiliated companies, organizations or persons connected with the Foundation for Global Leadership from and against any and all liability, loss and damages which they or any of them may suffer as a result of claims, demands, suits, costs or judgments against them or any of them, including any attorney's fees and court costs resulting from any related illness, death or incident associated with my travel.

I understand that prior to my travel, it is my responsibility to determine through personal research whether the U.S. Department of State has issued a travel warning or public announcements against travel to areas in which I will be working. It is my responsibility to stay abreast of and accept the risks to myself and to others associated with my decision to travel to or from a location where the U.S. Department of State may subsequently issue a travel warning or public announcement. Should such travel result in any illness, death or other damages to me, my family, heirs, or assigns, or other associate with whom I come in contact, I hereby personally assume all risks in connection with such travel.

I understand that it is also my responsibility to ensure that I have adequate health insurance during my travels, have all the appropriate vaccinations, and am informed of any health risks in the areas I travel. In addition, I have ensured adequate provision for my removal from the country in case of serious illness, should that become necessary.

I HAVE CAREFULLY READ THIS AGREEMENT AND UNDERSTAND IT TO BE A RELEASE OF ALL CLAIMS AND CAUSES OF ACTION FOR MY ILLNESS, INJURY OR DEATH THAT OCCURS AS A RESULT OF MY CHOICE TO TRAVEL TO AN AREA OUTSIDE OF THE UNITED STATES AND THAT IT OBLIGATES ME TO INDEMNIFY THE FOUNDATION FOR GLOBAL LEADERSHIP AND OTHER IDENTIFIED PARTIES FOR ANY LIABILITY FOR ILLNESS, INJURY OR DEATH TO OTHERS AS A RESULT OF MY CHOICE TO TRAVEL TO SUCH AREAS OF THE WORLD. THIS AGREEMENT WILL BE CONSTRUED IN ACCORDANCE WITH THE LAWS OF THE STATE OF ARIZONA.

Delegate:

Print Name _____

Parent or Guardian if under 18 years of age: _____

Signature (*Parent/Guardian if under 18 years of age*) _____

Date _____

Packing List

Weather: 82(F) high to 62(F) low – June-August

* Average temperatures for this time of year, subject to variations via global climate change

Luggage: International airline weight restrictions average 23 kg (approx. 50 lbs). Many international airlines are adopting the 1 checked bag policy.

Money: U.S. dollars are accepted everywhere and ATM machines are widely available in Kampala. Hotels will change money for a commission. When bringing U.S. dollars abroad, it is important to bring new bills without marks or tears. If you are bringing \$100 denominations, the dates must be 2003 or higher in order to exchange for full value.

Recommended:

\$1's are very useful for tips, drinks and snacks and larger denominations are best for shopping and Visa/MasterCard are widely accepted however American Express is usually only accepted in hotels or upscale shopping.

The trip is inclusive of all except the following: visa, gratuities, drinks (except water), and items of a personal nature.

NOTE: You may want to notify your bank and credit card companies that you are traveling overseas. It is becoming more common for banks and credit card companies to put a hold on cards when they see they are being used abroad.

Visas: Upon arrival in Uganda, you will need to pay between \$30.00 -\$50.00 and provide immigration with **2 passport photos**, the completed Visa form (you can find the Visa form at www.traveldocs.com) as well as your international Yellow Fever Vaccination certificate.

Alternatively, you can obtain your visa ahead of time directly through the Uganda embassy in Washington D.C. (contact information listed on Visa form) or through a visa service such as www.traveldocs.com.

Travel Insurance: You will need to purchase medical and trip cancellation insurance prior to departure– this should include emergency evacuation as well as medical. Often you can purchase the necessary insurance when you purchase your international airfare or you can use a service such as www.traveldocs.com.

Electricity: Electricity overseas runs on 220 voltages. Make sure that any electrical appliances are dual voltage, if they are only 120V (standard for the U.S.), you will need to bring a converter. You will also need to bring an adapter in order to plug your appliances into the outlets. Often, people are confused by the difference between a converter and an adapter:

Converter: A specific plug that converts electricity

Adapter: The plug that allows a U.S. appliance to be plugged into the outlet in the country visited. If you bring your own appliances, you will need an adapter suitable for East Africa.

Most digital cameras, cell phones and laptops are dual voltage (check for the 120/220V on the charger). Unless specifically designed for travel, most hair dryers are 120V only and require a converter.

Appliances: It is highly recommended to bring as little luggage as possible. There may not always be enough electricity to accommodate air dryers, curling irons and electric razors. Kampala frequently has power outages, and although the guesthouse and hotels have back-up generators, electricity should be used sparingly.

Internet: The guest house has an internet café on premises.

Telephone: A local number will be provided for emergencies. In addition, FGL staff will have international cell phones with local SIM cards available for your use and you can buy “airtime” on arrival in Uganda.

Laundry: Laundry service is available at the guesthouse for a small cost.

Volunteer Program “to bring” list:

Clothing: Traveler’s Casual

We define traveler’s casual as comfortable and modest. Please DO NOT wear spaghetti straps, tank tops or shorts during at the project. Women’s shoulders should be covered with either shirt sleeves or a scarf. Men can wear nice t-shirts, polo shirts and long trousers.

Shoes: Closed-toed shoes are essential as many projects take place in slums or in areas where weather conditions can turn a dirt path to churning mud instantly.

Safari “to bring” list:

Clothing: Layers of light colored clothing (i.e. khaki or white). It will often be quite cold in the early mornings and in the evenings and then fairly warm during the day.

Light raincoat/ poncho (recommended)

Warm jacket, gloves and hat (recommended for early morning game drives)

Shoes: Comfortable walking shoes

Personal First Aid Kit (optional):

- Vitamins
- Prescription medications
- Pain medications – Advil, Motrin, Aspirin, etc...
- Cold medications and/or throat lozenges

- Malaria prophylaxis
- Anti- Diarrhea and upset stomach medication (i.e. Imodium or Pepto Bismal)
- Motion sickness prophylaxis (i.e. Dramamine)
- Band-aids or moleskin
- Antiseptic solution

Other items:

- Anti-bacterial wipes
- Day pack/ back pack or fanny pack
- Camera (back-up camera/ batteries optional)
- Sunglasses
- Insect repellent
- Travel alarm
- Binoculars
- Extra glasses (if necessary)
- Contact solution (if necessary)
- Sunscreen
- Hat
- Travel pillow/ear plugs (optional)
- Ziplock or plastic bags (to pack your liquids or protect your camera and binoculars from dust)
- Lens cleaning materials (optional)
- Power bars, nuts, or snacks
- Books, journal, pen

Other Travel Suggestions:

Bring 2 copies of your passport and put it in each piece of luggage (checked and carry-on). Make sure your regular luggage tags are firmly attached and have your current information.

Using stuff sacks for the inside of your suitcases helps you stay organized packing and repacking throughout the trip.

Keep one other copy of your flight itinerary somewhere in your luggage.

Leave some room in your luggage to bring home gifts.

You can bring pens or toys as small gifts for children that we will see and visit during our trip.

Leave your expensive watches and jewelry at home.

Often at the end of trips some people will decide to donate and leave items such as books and clothing with our guides or others. It is a great way to make room in your suitcase for the trip home.

Pack light, review, unpack and take out all the extra you had the first time!