

KAMPALA

Guide for Volunteers

Kampala being the capital city of Uganda makes it a very busy city with very many businesses, people from different tribes although Luganda and English language are the most prominently spoken. This guide shows you some of the places that may be useful to you while you are in the city.

Eating out

Kamwokya Town Centre

This is none like a restaurant or bar but it is a local street place and interesting where you can find fresh roasted chicken, tasty roasted goats' meat, rolex (chapatti with fried egg), and a flea market. A piece of chicken goes for 3,000-3,500 shs, a Rolex goes for 1,500 - 2,000shs depending on how many fried eggs you need and goats meat.

ACACIA MALL



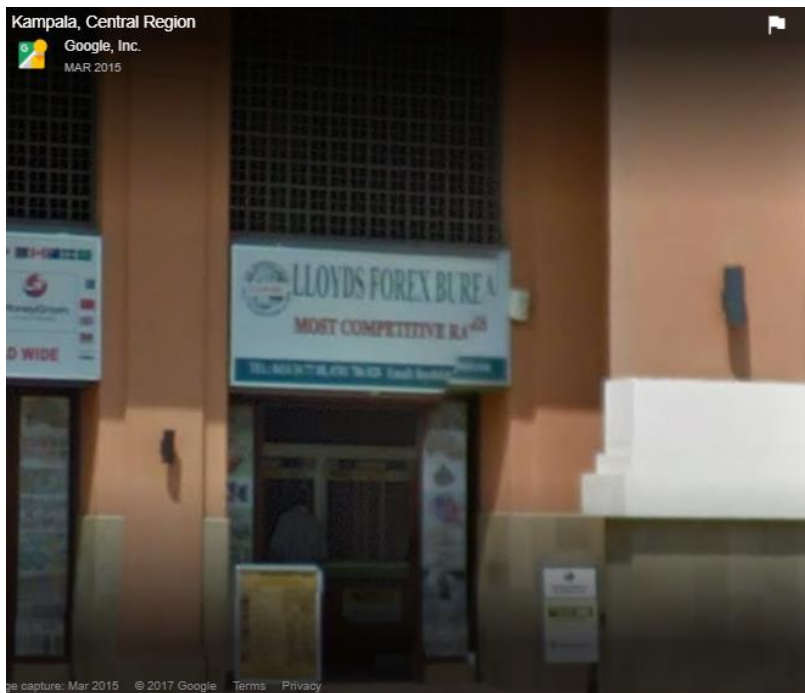
Acacia mall building

This is a mall targeting the Mzungu or international people. There are both shopping and eating places and you will need to navigate for your comfort spots. Acacia mall is right opposite the Acacia house and it is a five minute walk from the house.

Banking

Several banks are around the building these include Standard chartered bank, stanbic and Barclays. However the withdraw charges on ATM differ; Stanbic charges 10,000shs whereas the others charge more. Standard chartered charges 20,000shs and Barclays charges 16,000shs. Therefore you find stanbic cheaper than the rest. While moving to the Acacia mall from city oil you can easily see the Banks' posters, therefore they are strategically located.

Lloyds Forex Bureau.



Lloyds Forex Bureau

There is also a forex bureau known as Lloyds with cheaper rates than the bank although it closes at 6:00 pm. The banks are very expensive and we would advise you go to the forex bureaus for currency exchange. The Bureau is located on the left hand side at Acacia mall from city oil.

Another forex Bureau is at Kisementi with fine rates just behind Acacia mall near Millenium Supermarket.

KISEMENTI



The picture shows a few but it is a big building with lots of shopping places, restaurants, bars

At Kisementi which is behind Acacia mall, it is another place meant for internationals where you can truly find all you need and a very good place for chilling. It is a one of the places with restaurants, bars, forex bureaus, supermarkets, banks, and many more.

Some of the restaurants found in this place include, Endiro, Bistro, Sky Lounge, Pizza Hut Nawab restaurant and many more.

The supermarkets include, millennium and checkers supermarket where you can get most of the necessities and fresh vegetables, all at favourable prices. In the evening there are also street vendors at the place with fresh vegetables at good prices.

Other markets

The other markets where you could find cheaper vegetables include;

Kamwokya Market

This is a very cheap market with fresh vegetables although not easy to locate as it is so hidden inside. Infront of the market there are several butchers and on the side there is a way to the market. The market is near Kobil petrol station on the way to Bukoto, the route on the left hand side you see several butchers and shops. It is a walkable distance from the house.

Wandegeya Market

The market is in Wandegeya, a taxi (matatu) takes you at 500shs from the city oil stage near the house at Acacia. There you can find vegetables and more groceries. The market is located next to Wandegeya Round about and is in the North when coming from the Mulago or City oil while going to Town. Boarding a Taxi/ matatu is 500 shs.



Wandegeya Market.

Night clubs alongside Acacia Avenue.

This is one of the shinier streets in Kampala filled with most of the best night clubs, and restaurants in Kampala. The place is around 5-7minute walk from the Acacia House and you will navigate to find your best. These clubs include Casablanca Pub and Restaurant, Bubbles O'Leary's, Big Mike's Cocktail bar, Riders lounge, Fame lounge and restaurant.

Bubbles Olearly's Pub



Bubbles is an Irish Pub in Kampala located on Acacia avenue. It offers lunch, breakfast, stews, steaks and is an evening in pub for whites working or visiting Kampala. It is also an authentic hangout with theme nights, cold beers, wide screen for international games and Premier league matches and so much more. It also offers lunch, breakfast, stews, Steaks and many more.

Big Mike's Cocktail bar



Big Mike's Cocktail bar is one of the best bar in Kampala with awesome music to make you relax and feel at home. There is always something different going on every day till late one thing that will keep you feel at home.

Lawns wild game & barbebecue Restaurant

GAME MEATS AVAILABLE*
 SPRINGBOK, Kudu, WILD BEEST, HARTBEEST, OSTRICH, CROCODILE.
 *Subject to Availability

THE HEALTHY OPTION MENU
 If you're stuck at the intersection of "I want to lose 10 pounds" and "but there's no way I'm cooking tonight," here's a perfect meal option designed for you!

BARBECUE MENU
 Succulent Burgers, Pk Pork Ribs, Lamb & Pork Chops, Chickens, Wild Game & Barbecue Platters.
 Tuesday - Friday - (16:00-23:00)
 Saturdays - (12:00-23:00)
 Sundays - (12:00-21:30)
 Closed On Monday

FOOD DELIVERY SERVICE
 Your Favorite Meal Is Just A Call Away
 ORDER FROM 11:00AM TO 9:00PM

EVENTS
 SPECIAL EVENTS NEED SPECIAL VENUES
 Be it:
 Product Launches, Weddings, Networking Events, VIP Events, Trade Fairs and Shows, Conferences, Award Ceremonies, Celebrations, Family Events

THURSDAYS
 Whiskey, Barbecue & Live Band

Lawns wild game is an European restaurant offering different experiences as seen above in the picture. The restaurant is located on plot 3A, Lower Kololo Terrace, Kampala Uganda and gives you a very good service, interesting foods like ostrich are served though a bit expensive but very nice place to have an experience.

Carnival Restaurant



Carnival Restaurant is where you can taste wild meat, all types of beef that is crockdile, Buffalo, Antelope, beef, pork,goat, chicken all roasted. It is a place where you taste different kinds of meat, you eat until you drop at 50,000 shs. It is such a good experience. It is located at Plot 26-32 plot 26-32 katalima crescent,naguru hill Kampala, Uganda +256 776111784.

Ndere troupe for live music and dance

Ndere Troupe is amazing, organised and fills you with the whole culture in Uganda through the live cultural dances. There is an instructor who takes you through all the dances and explains the meaning as per the tribe. The cost fee is \$50 for international and 30,000shs for the locals.



TRANSPORTATION

Uber

Transportation is made easy in Kampala with the Uber app. Therefore if you want to travel around Kampala in any place with UBER you need the app on your phone and book wherever you are.

Taxi (Matatu)

The taxis (mini buses) are also very many and at all bus stages making it easier to go to any place in Kampala. These are very cheap, instant and available anytime during the day. At night and very late they may be so scarce. A taxi from Acacia house to Mulago goes for 500shs and from Acacia to Kampala main city goes for 1,000shs.



Ugandan Taxi

Boda Boda

Boda Boda in Kampala are very many and sometimes risky. It may not be advisable to hire one because some of them are reckless and they are the most cause a lot of accidents. Unless there is one trusted and these are mostly at the boda boda stage.

TOURIST ATTRACTIONS

There are several activities that keep you busy during the weekend so you don't get bored. Among these we have the;



Walter's Kampala Boda Boda city tour/walking tours

The boda bodas are safe since they are ridden by experienced people and the guides are good enough to even suggest places for you to go to. The charges depend on the tour. City tours of Kampala on a boda is 40\$ each and in car it's 90\$ for a car of 3-5 people. Safaris: Range from 50\$ - 120\$ each. Everywhere you want to go.

Some of the various places toured during the walking or Boda Boda tour are the seven hills where we find the Moslem mosque, Catholic Church, Anglican Church, the African Baha'i Temple, Lubiri palace, etc

Gaddafi National Mosque

This has over 200 floors and the view when you reach up is amazing!



Uganda Matyrs Namugongo



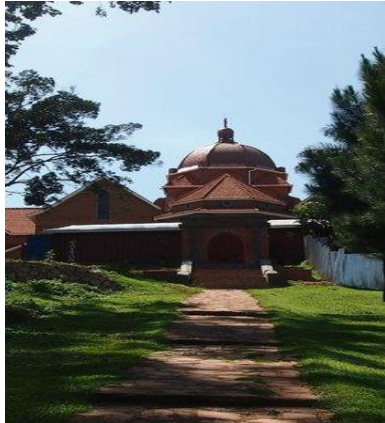
Baha'i Temple



Uganda Museum



Lubiri Palace



Kasubi Tombs

*Namirembe
Kathedrale*



NATURE & PARKS

There are more places out of Kampala and you need to book for weekend tours for the specific places you are interested in. There are various places with different activities such as places in Jinja where you can tour the source of the Nile, Camping at Mabira, water rafting at falls, and many more. In September there is an exceptional place too to go to that is; the Nyege Nyege.

If you want to tour any places to visit outside Kampala Mr. Mugerwa Bob is a good one to answer your questions. His number is **+256772866700,+256755453513**.

HEALTHCARE

Overview

The government health care system is, in theory, free for all and structured as follows: Mulago in Kampala is the National Referral Hospital, below this there are 13 Regional Referral Hospital (one in FP), below this there are district hospitals. More rurally there are health centres, a grade IV health centre is the highest functioning, it should have a theatre for minor procedures and caesarean sections. A grade III health centre should have delivery services. Grades I & II are extremely rural and you are unlikely to come across these. The government system is significantly propped up by the private system. In general, if you can afford to go private you do. Most doctors who have a government job also have a private job, and this often causes a conflict, but no-one has a solution to this as the government pay is poor, there are no repercussions for poor work and everyone does the same thing.

Mulago National Referral Hospital

This is the main Government hospital in Uganda it known as the national referral hospital and at the moment it is under renovation. Patients with very complicated situations are sent to Kawempe or Kiruddu Health centres. In Mulago only the causality section is still operating. The hospital is just 15- 20 minutes' walk from the house at Kayunga road opposite Acacia Avenue.

Inside Mulago there is also the cancer institute for cancer patients, Medical school, College of Health sciences and many more buildings and departments.

Other health facilities around town including the private hospitals include; Nakasero Hospital, Kampala Hospital, Kampala International Hospital and many more. These are very expensive as per the common man. However there are those attached to Government or religious based that are cheap. These include; Kisenyi Health centre, Nsambya Hospital, Naguru Hospital, Rubaga Hospital, Mengo Hospital and many more.

Restaurants in Mulago

Good Samaritan

At Good Samaritan and Mulago guest house is where you will find a very welcoming and cool environment for chilling and having a meal at Mulago. It serves both local and English foods. The place also has guest house. The guest house is a bit expensive with very spacious rooms and environment. The other beauty of the place are the monkeys that are in this place that move around with no harm.

Mama Box

Mama Box has got very cheap food local food ranging from 3,000shs -8,000shs all at your service. One has to be at the place by 12:00 noon, later than that you may have to wait for long since it is the cheapest eating place many people go there.

Vocabulary

Kampala is full of so many people from different tribes and different languages although the most prominent local language is Luganda, a few basics such as greetings and thank you go a long way.

English – Luganda

Good morning, how are you? (To a single person)	Oli Otya?
Good afternoon, how are you? (To a single person)	Osiibye Otya?
Good morning, how are you? (To many people)	Muli mutya?
Good afternoon, how are you? (To many people)	Musiibye mutya?
I am fine (in response to the above greetings)	Bulungi
Thank you	Webale

Thank you very much

Webale nnyo

Thank you for the good work

Gyebaleko emirimu

Location of the house (Students' House)

The house is located on plot 45 Bukoto street, Kamwokya near Senaca security Group

https://www.google.com/maps/place/Senaca+Security/@0.3388764,32.5851029,15z/data=!4m2!3m1!1s0x0:0xced4d64cbc18f2f?sa=X&ved=0ahUKEwjpoJCQ8u_VAhVFORQKHW22CCQQ_BllfzAL