



ARUA
African Research
Universities Alliance

ARUA 2025 Biennial International Conference



Travel Guide to Uganda

For International ARUA African Research
Universities Alliance Delegates

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MAKERERE UNIVERSITY



Welcome to Uganda

The Pearl of Africa!



Discover the charm of Uganda, that was pronounced by Sir. Winston Churchill as the Pearl of Africa, for her breathtaking landscapes, diverse wildlife, and the warm hospitality of her people.

This guide will give you everything you need to know to make your visit enjoyable and memorable.

1. Safety

The conference will be held at Makerere University located in the center of Kampala, Uganda's capital city. Kampala is considered as one of Africa's safest and most vibrant cities, but like any other big city, visitors are advised to be vigilant when visiting crowded areas, especially at night. The rest of the country is also safe for travel and visitors that can stay longer after the conference are encouraged to explore the vast tourist attractions that the Pearl of Africa offers. The following tips will help to keep you safe and enjoy your stay in Kampala:



Transportation:

Always use registered taxis or ride-hailing services like Uber.



Public Transport:

Public transport is mainly by minibuses known locally as matatu and motorcycles popularly known as boda.



City walks:

Avoid walking alone at night;



Belongings:

You are advised not to walk in crowded places wearing expensive jewellery or with large amounts of cash.



Long Distances:

Consider domestic flights for convenience or use reputable bus services for overland travel.

Transportation Tip:

When using boda-bodas, always negotiate the fare before the ride and ensure the driver provides a helmet.

2. Climate

Uganda experiences a tropical Rain forest Climate:

Packing Tips:



Temperature Range

16°C to 27°C
(60°F to 80°F)



Rainy Seasons

March to May and
August to November



Dry Seasons

June to August
and December
to February



Daytime

Light clothing
Suitable for warm
Weather



Evenings & Highlands

Warmer layers for
Cooler temperatures



Rain Gear

A lightweight
Raincoat or umbrella
during the rainy seasons

3. Kampala by Night

Kampala, the vibrant capital of Uganda, offers a lively nightlife. There are many places that offer evening entertainment, including Restaurants, Theaters, and Night clubs. You may wish to check out the following restaurants:



Misfit Lounge

Famous for its lively atmosphere and music.



The Lawns

A chic spot with a relaxed ambiance



Café Javas

Ideal for late-night coffee or a snack.



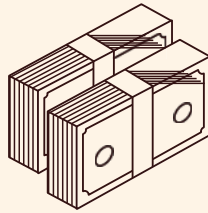
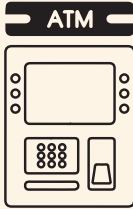
Beyond Kampala

Explore beachside bars and restaurants in Entebbe for a more relaxed evening

4. Currency and Payments

The official currency of Uganda is the Uganda Shilling (UGX). The exchange rate is approximately UGX 3,700 for one United States dollar. Most international currencies can be exchanged at the many forex bureaus and banks. It is advisable to use credit or debit cards that are accepted at most restaurants and many shops. ►

ATMs & Credit Cards:
Widely available in cities and tourist areas. However, it's advisable to carry cash, especially in rural areas.



Currency Tip

Regularly check the exchange rate during your stay for the best conversion rates.

5. Visa Requirements



E-Visa: Most visitors require a visa to enter Uganda. Apply online before your trip via the

Uganda E-Visa portal:

<https://visas.immigration.go.ug>

Documents Needed: Passport, recent passport- sized photo, and relevant vaccination certificates (e.g., Yellow Fever).

6. Health



Malaria: Malaria is prevalent in Uganda. Take antimalarial medication as prescribed and use insect repellent.

Vaccinations: Ensure you are up to date on routine vaccinations. Yellow Fever vaccination is mandatory for visitors.

7. Local Customs and Etiquette

Uganda is a culturally diverse country with over 50 ethnic groups. The people are welcoming and friendly.



Respect

Be mindful of local customs and traditions, especially in rural areas and religious sites.



Greetings

Handshakes are common; however, it's polite to inquire about the health and well-being of the person before getting to the point.



Dress Code:

Dress modestly, particularly when visiting places of worship or rural communities.

8. Recommended Hotels and Places to Visit

Golden Trip

https://canaan-kampala.goldentulip.com/en-us/?sr=SEO_GOOGLE



Emin Pasha

<https://eminpasha.com/>



Protea

<https://protea-hotel-kampala.kampala-hotels-ug.com/en/>



9. Selected Tourism Cites

3. Kampala **Kasubi Tombs:**

A UNESCO World Heritage Site.
Uganda National Museum:
Offers insights into the country's
history and culture
Namugongo Martyrs Shrine,
a Christian Religious Pilgrimage
site.



Entebbe: Lake Victoria: Enjoy a boat ride
Uganda: or relax by the lake.
Uganda Wildlife Education
Centre: A great place to see
wildlife up close.



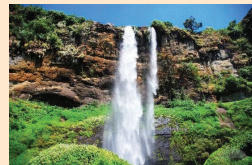
Western Uganda: Bwindi Impenetrable Forest
Famous For Gorilla Trekking.
Queen Elizabeth National Park:
Known for its wildlife safaris



Northern Uganda: Murchison Falls National Park:
The spectacular Murchison Falls,
where the Nile, the longest river
in the World is squeezed into an
8-meter gorge



Eastern Uganda: Sipi Falls
Mount Elgon National Park
Source of the Nile



10. Useful Phrases in Luganda

Learning a few local phrases can enhance your experience:

Hello	“Oli otya?”
Thank you	“Webale”
Yes:	“Ye”
No:	“Nedda”





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