



2018

VOLUNTEER / INTERN

HAND BOOK

RHINO FUND UGANDA VOLUNTEER / INTERN HAND BOOK - 2018

Rhino Fund Uganda

Volunteer / Intern Hand Book 2018

Thank you for choosing Rhino Fund Uganda as your preferred Volunteer / Intern Program. We guarantee you will have a great time filled with new experiences and wonderful people.

Abbreviations: Rhino Fund Uganda (RFU), Ziwa Rhino Sanctuary (ZRS)

Rhino Fund Uganda has the responsibility of looking after the wellbeing of the only wild rhino in all of Uganda. Four of these rhino were bought from Solio Ranch in Kenya by Rhino Fund Uganda (with donor funding), two were donated by Disney Animal Kingdom USA and the rest are calves that were conceived and born naturally on Ziwa Rhino Sanctuary. Our sole objective is to protect, repopulate and ultimately reintroduce these wonderful animals back into the National Parks of Uganda.

RFU was established in 1997 as a non-governmental organization (NGO) to fulfill the following objectives and functions:

- To promote the reintroduction of rhinoceros to protected areas within Uganda.
- To promote breeding programs to ensure the long term viability of reintroduced rhinoceros populations in Uganda.
- To establish programs in conjunction with the Uganda Wildlife Authority (UWA) and Uganda Wildlife Education Centre (UWEC), district governments and local communities to ensure the protection of the rhinoceros populations from poaching
- To conduct educational programs about endangered rhinoceros.
- To build national support for the protection of rhinoceros populations in Uganda.
- To conduct fundraising campaigns and generate funds in support of translocation, protection and management of the reintroduced rhinoceros populations.

Mission:

To bring rhinos back to Uganda.

Vision:

A country where all Ugandans value their wildlife resources and work together to ensure the survival of rhinos and other animal species in the wild.

Goals:

- To provide high quality education programs (for schools & Tourists).
- To inspire conservation action to the Ugandan community (through newsletters, radio shows, wildlife clubs, workshops with stakeholders etc.)
- To create conservation activities for the nearby communities (produce crafts, drama groups etc.)
- To campaign for long-term survival of the rhinos and other wildlife species (guiding, data collection and monitoring, educational programs etc.)

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WHY CHOOSE RHINO FUND UGANDA VOLUNTEER / INTERN PROGRAM

RFU has planned and prepared the ideal conservation and wildlife Volunteer /Intern Program. This program has been formulated not only for people (young or old) wanting to contribute to conservation but for any person studying wildlife conservation, botany, guiding, game ranging, wildlife management, geology and/or zoology.

This is not a course but an exciting experience that gives individuals the opportunity to complete practical hours, gain knowledge, collect data or simply help conserve these magnificent animals while working with our dedicated rangers and staff. A basic outline of each subject is done, however the program is mostly hands on practical work rather than theory. With the variety of wildlife on our property and amazing staff you will definitely **live, laugh and learn**.

The first few pages of this hand book are a brief description of the duties you can expect to be doing and what you can be involved with.

VOLUNTEER / INTERN PROGRAM ACTIVITIES

The activities allocated below are in two sections namely General and Research. The volunteer / Intern should indicate which group of activities they wish to participate in.

General

- Rhino Monitoring Day (**only day shift**)
- Bull rhino track & locate (**only when applicable**)
- Animal track and Bird identification
- Guide Shadowing
- Reptile Identification
- Frog Patrol (Night) Frog Identification
- Foot night patrol & animal identification
- Fence check and Maintenance
- Maintenance (General Sanctuary)
- Problematic Plant Removal
- Small Animal Rehabilitation (**only when applicable**)
- School Outreach & Activities (**Hakuna Matata**)
- Any other duties as per requirements

Research

- Rhino Monitoring Day (**only day shift**)
- Animal Behavior Data Collection
- Vegetation Studies
- Animal and Bird Identification
- Reptile Identification
- Frog Patrol (Night) Frog Identification
- Any other duties as per requirements

If you have specific requirements you need to fulfill for your institution please inform us to enable us to include it in your program. For example: teaching in a Primary or Secondary School, working in a local clinic, a certain amount of local community work etc. Depending on which program you enter and your period of stay with us, you will be doing certain duties more than once. You will receive 1 day off per week in which time you will be able to do your laundry, clean your room and rest. This day off may NOT necessarily be over a weekend. If you need a specific day of for religious or other purposes, please indicate this on your application form to enable us to plan.

All Volunteers and Interns

All Volunteers / Interns. **Your last evening on the sanctuary** will be allocated to doing a small test, completing a review form and receiving your certificate from us. The test and review form are to assist us in keeping this program as beneficial as possible to volunteers, interns and RFU. Your certificate will state all the activities you completed during your stay with us.

GENERAL

Rhino Monitoring Day

Due to the ongoing epidemic of rhino poaching it is vital that our rhinos are monitored 24/7. The shifts are 12 hour shifts starting at 7 and ending at 7. During these shifts you will be required to track the rhino allocated to you as well as keep an up to date data sheet of the rhino behavior and activities during that shift. This data collection is of great importance for the RFU rhino behavior data base. It is to be completed with as much detail as possible i.e. other rhino joining your group, rhino fighting, mating, injuries, sounds, drinking, eating etc. These data sheets are handed to the data capturer after every shift. The number of monitoring shifts allocated to you depends on the length of your stay at the sanctuary. **For your safety you will only monitor rhino on day shifts.**

Bull rhino track & locate

This is a rather strenuous duty. The bull rhino roam extensive distances and need to be located on a daily basis. This duty involves finding a specific rhino's track and then locating him wherever he is within the sanctuary and normally takes a full shift (8 – 12 hours) unless you and the tracker are lucky.

Animal track and Bird Identification

There are many different animals on our property and identifying them is important. You will be shown how to identify antelope, birds, reptiles and mammals. You will also be shown how to identify the different spoor (tracks/prints) of the various animals as well as a brief introduction to each. With over 340 already identified species of birds on our property any Volunteer / Intern will definitely gain experience. You will be shown the most common birds of East Africa and their calls as well as their nesting habits and preferred habitats.

Guide Shadowing

We have well trained guides that take tourists / visitors to see the rhino on foot. You will shadow this guide from his safety briefing to clients up to his return to our reception. This gives you the opportunity to learn more from our guides and understand what visitors experience on Ziwa Rhino Sanctuary.

Reptile Identification

Supervised by a trained ranger, rocky areas on the sanctuary are screened in order to find and identify reptiles and any other insects living in that area. Anything interesting found is photographed and this data is entered into our species list database. This is done on foot during the day.

Frog Patrol (Night) Frog identification

Supervised by a trained ranger, swampy areas on the sanctuary are screened in order to find and identify frogs living in that area. Frogs are photographed and this data is entered into our species list database. This is done on foot during the early evening. Gloves are supplied to all volunteers / Interns. This activity is done in the swamp so you are going to get wet !

Night Foot Patrol & animal identification

Due to 90% of small animal poaching taking place at night, RFU has a team of dedicated anti-poaching rangers. Their duty is to patrol the fence lines and problematic areas on the sanctuary at night to ensure that no unauthorized persons are on the property or trying to illegally enter the property. We also take this opportunity to record any nocturnal animals found during patrols.

Fence check and Maintenance

A fence patrol involves a full perimeter check that all fences are powered and all solar panels and batteries are in full working condition. A fence patrol helps us identify any rhinos that may have broken through the fence and any poachers trying to get in. If there are any problems in the fence it is to be reported **immediately** to OPS (Operations Radio control room) and is to be repaired. You will be required to assist in fixing the fence if needed and record on a data sheet the full fence patrol. **Fence cleaning** involves physical cleaning of undergrowth under the fence line. This needs to be conducted on a regular basis to ensure the fence line is free of vegetation to enable the electricity flow of the fence to be constant.

Maintenance (General)

Maintenance on ZRS is never ending. There are many areas where maintenance is needed and depending on what maintenance is being done during your stay, you will take part in that maintenance. To name a few : erosion on the fence line, painting buildings, building, fixing rhino holding pen, road maintenance, cutting back bushes etc.

Problematic Plant Removal

It is important to know and remove problem plants (invasive species) from our sanctuary, as they become a challenge for other plant and tree growth, the rhino and other wildlife feeding grounds. This helps us expand the feeding grounds of all animals on the sanctuary. Although this is a very important part of our Biodiversity management, it is also important to note the plants that the animals do eat and use for nesting and the areas in which they grow best.

Small Animal Rehabilitation

Poaching is rife in Africa and the bush meat trade is growing. We have a rehabilitation program for babies that we rescue from local poachers or are found abandoned in the bush due to their mothers already having been killed by poachers or predators. Working with these animals is something not everyone gets to do in a life time. You will need to feed the babies milk at the required times every day and nurse them back to health. Once we can see they are eating enough on their own to sustain themselves we release them back into the wild. We have also had the opportunity to rehabilitate raptors, genet cats and owls. Depending on which animals, **if any**, we have during your stay you will have the privilege of working with them.

School Outreach & Activities

This activity can only take place during school terms

We have our own school on ZRS (Hakuna Matata). Interaction with our school children is very important and much enjoyed by all. There are also many little schools in our area and if your visit is long enough we will take the time to go to the schools and educate the children on animal conservation and wildlife in general. You will go with a RFU staff member to a local school and assist in the teaching, playing games or puppet show with the children. Painting playground equipment and classroom walls is also conducted from time to time.

RESEARCH

Rhino Monitoring Day

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Animal Behavior Data Collection (Rhino monitoring day)

This is one of the most important aspects of the program. Animal Behavior Data Collection is vital to the wellbeing and health of our animals. The shifts are 12 hour shifts starting at 7 and ending at 7. During these shifts you will be required to track the rhino allocated to you as well as keep an up to date data sheet of the rhino behavior and activities during that shift. This data collection is of great importance for the RFU rhino behavior data base. It is to be done with as much detail as possible i.e. other rhino joining your group, rhino fighting, mating, injuries, sounds, drinking, eating etc. Data sheets are handed to the data capturer after every shift. There is nowhere else known that monitors rhinos on a 24 hour basis and has such an extensive data collection base. It is very important for us to be notified of any changes in an animal's behavior as this may indicate significant problems. **For your safety you will only monitor rhino on day shifts.**

Vegetation Studies (Feeding Patterns of the Rhinos)

It is important to do studies of what our rhinos are feeding on, where they are feeding and when they feed. This will help us create better feeding grounds for our animals and a suitable area/place to stay. Identifying the more common grazing grounds and areas will also assist in identifying problematic plants or areas.

Animal track and Bird Identification

There are many different animals on our property and identifying them is important. You will be taught to identify antelope, birds, reptiles and mammals. You will also be taught to identify the different spoor (tracks/prints) of the various animals as well as a brief introduction to each. With over 340 already identified species of birds on our property any Volunteer / Intern will definitely gain experience and identification training. You will be taught the most common birds of East Africa and their calls as well as their nesting habits and preferred habitats. You will be taken through the swamps by African canoe to do some more identification and possibly the chance to see the elusive shoebill. It will be highly beneficial for you to bring your binoculars but it is not compulsory.

Reptile Identification

Supervised by a trained ranger, rocky areas on the sanctuary are screened in order to find and identify reptiles and any other insects living in that area. This data is entered into our species list database. This is done on foot during the day.

Frog Patrol (Night) Frog identification

Supervised by a trained ranger, swampy areas on the sanctuary are screened in order to find and identify frogs living in that area. This data is entered into our species list database. This is done on foot during the early evening. Gloves are supplied to all volunteers / Interns.

This activity is done in the swamp so you are going to get wet !

AMUKA LODGE VOLUNTEER MENU (If staying at Amuka Lodge)

Monday	Breakfast	Toast with 2 eggs and seasonal fruit
	V - Breakfast	Toast with 2 eggs and seasonal fruit
	Lunch	BBQ'd chicken served with roast potatoes and vegetables
	V - Lunch	BBQ'd vegetable skewers served with roast potatoes and vegetables
	Dinner	Spaghetti Bolognese
	V - Dinner	Vegetarian spaghetti
Tuesday	Breakfast	2 slices of French toast and 50g of chicken sausages
	V - Breakfast	3 slices of French toast
	Lunch	Grilled cheese and tomatoes served with chips
	V - Lunch	Grilled cheese and tomatoes served with chips
	Dinner	Beef curry served with steamed rice and fresh bananas
	V - Dinner	Vegetable curry served with steamed rice and fresh bananas
Wednesday	Breakfast	Fresh bread with baked beans and 2 eggs
	V - Breakfast	Fresh bread with baked beans and 2 eggs
	Lunch	Meatballs served with buttered carrots and steamed rice
	V - Lunch	Mixed vegetables served with buttered carrots and steamed rice
	Dinner	Pasta and creamy sauce mixed with sliced pieces of carrots
	V - Dinner	Pasta and creamy sauce mixed with sliced pieces of carrots
Thursday	Breakfast	Homemade pancakes served with hash browns and 2 eggs
	V - Breakfast	Homemade pancakes served with hash browns and 2 eggs
	Lunch	BBQ'd beef fillet served with posho and fresh salad
	V - Lunch	BBQ'd vegetable skewers served with posho and fresh salad
	Dinner	Roast lamb served with pumpkin and steamed rice
	V - Dinner	Roast vegetables served with pumpkin and steamed rice
Friday	Breakfast	Toast with 2 eggs and seasonal fruit
	V - Breakfast	Toast with 2 eggs and seasonal fruit
	Lunch	Pizza and French fries
	V - Lunch	Pizza and French fries
	Dinner	Beef goulash served with steamed rice and buttered green beans
	V - Dinner	Mixed vegetables served with steamed rice and buttered green beans
Saturday	Breakfast	2 slices of French toast and 50g of chicken sausages
	V - Breakfast	3 slices of French toast
	Lunch	Bunny Chow. (French fries and mixed vegetables served in fresh bread)
	V - Lunch	Bunny Chow. (French fries and mixed vegetables served in fresh bread)
	Dinner	Cottage pie. (Ground beef layered with mashed potatoes)
	V - Dinner	Vegetable Pie. (Mixed vegetables layered with mashed potatoes)
Sunday	Breakfast	Fresh bread with baked beans and 2 eggs
	V - Breakfast	Fresh bread with baked beans and 2 eggs
	Lunch	Mince curry (ground beef) served with steamed rice
	V - Lunch	Vegetable curry served with steamed rice
	Dinner	Vegetable stir fry served with steamed rice
	V - Dinner	Vegetable stir fry served with steamed rice
Breakfasts can be substituted with fresh fruit and cereal (pre-arranged) All meals are subject to change based on seasonal availability All eggs served will be scrambled		

ZIWA VOLUNTEER MENU
(If staying at Ziwa Backpackers)

Menu could change according to availability of meat and vegetables
**“CEREAL & FRUIT BREAKFAST IS AVAILABLE FOR THOSE WHO
DO NOT WANT THE BREAKFASTS BELOW”**

MONDAY

Breakfast – 3 eggs & 2 Slices Toast/Bread

Lunch – Cheese and Tomato Sandwich with chips and salad

Dinner – Spaghetti Bolognese (Minced Beef)

TUESDAY

Breakfast – 3 Slices French Toast

Lunch – Chicken, Potatoes and Veggies

Dinner – Pasta with sliced sausage & sauce

WEDNESDAY

Breakfast – 2 Rolex (with egg inside)

Lunch – Toasted Chicken Mayonnaise with chips and salad

Dinner – Beef Curry and Rice

THURSDAY

Breakfast – 3 Eggs & 2 Slices Toast

Lunch – Vegetable Rice and Chicken Stew

Dinner – Sausages, Mash and Veggies

FRIDAY

Breakfast – 3 Slices French Toast

Lunch – Beef Pasta and Salad

Dinner – Pizza & Chips 😊

SATURDAY

Breakfast – 2 Rolex (with egg inside)

Lunch – Fish and Chips

Dinner –Pork Chops, Potatoes and Veggies

SUNDAY

Breakfast – 2 Slices French Toast with 2 sausages

Lunch – Egg Mayonnaise Sandwich with chips and salad

Dinner – Beef Fillet, Rice and Veggies

BACKGROUND INFORMATION

Until the early 1980's, two species of rhinos were present in Uganda: the Eastern Black Rhino (*Diceros bicornis michaeli*) and the Northern White Rhino (*Ceratotherium simum cottoni*).

Black Rhinos were common in the North and North-Eastern areas of Uganda. Populations existed in Kidepo Valley National Park and Karamoja. All of these animals were shot by poachers during civil unrest in the 1970's and early 80's. The last rhino in Uganda was seen in 1982.

The Northern White Rhinoceros, once common in Northern Uganda, no longer exists. There are only 3 Northern White Rhinos known to be alive on planet earth today.

In 1997, Rhino Fund Uganda was established as a non-Governmental organization with its single mission being the re-introduction of Rhinos into Uganda.

The reintroduction program has three phases:

Phase I: Importation of Southern White rhinos to the Uganda Wildlife Education Centre, for educational and awareness raising purposes as well as to Ziwa Rhino Sanctuary for breeding purposes;

Phase II: Breeding of Eastern Black and Southern (or if possible Northern) White rhinoceros in a safe and secure environment;

Phase III: Release of rhinoceros in Protected Areas in their original habitat;

Phase I was accomplished in December 2001, when two rhinos were brought to the Uganda Wildlife Education Centre in Entebbe. Preparations for phase II started in 2002, and the first rhinos arrived at ZRS Rhino Sanctuary in July 2005. Phase III will take place once areas in former habitat are secure enough to release rhinos.

PERSONAL CHECKLIST

This checklist has been compiled to help you prepare for your time at the Sanctuary.

BEFORE YOU LEAVE HOME...

Complete and return by e mail, the following forms (completed and signed) to the Executive Director Rhino Fund Uganda or the Programmes Manager:

- ❖ **Personal Information Form**
- ❖ **Liability and Confidentiality Release Form**
- ❖ **Code of Conduct**
- ❖ **All Medical Forms and Medical Questionnaire**

VISA REQUIREMENTS

A single entry “tourist” VISA will cost you USD 50 on arrival at Entebbe Airport. If you are staying longer than three months, we suggest that you get a “tourist” visa on entry and then later apply, through immigration, for a special pass of which is valid for an additional three months. You will not be able to get a tourist visa for any period longer than 3 months.

If there is a Ugandan Embassy in your country, you will be able to get multi-entry or East African Visa. This will be useful to those of you who will be in and out of Uganda during your stay.

HEALTH

Vaccination Requirements

Sufficient Insurance cover – Medical and Life

Vaccination and Medical Check-up to be done by a Registered Medical Doctor

Vaccination and health requirements for work with RFU include:

- ❖ Hepatitis B vaccination (**Mandatory**)
- ❖ Yellow fever (**Mandatory**)
- ❖ Rabies vaccination (**Mandatory**)
- ❖ Tetanus vaccination (up to date) (**Advised but not Mandatory**)
- ❖ Meningococcal meningitis (Menomune vaccine) (**Advised but not Mandatory**)
- ❖ HIV Status (**Would be appreciated / helpful but not Mandatory**)

The strictest confidence with regards to HIV status is insured. Being HIV positive does not mean you will not qualify for Volunteer / Internship however as we work closely with other staff and accidents can happen, it would be helpful for Management to be aware of your status.

If you wish to travel further in Africa, consult a physician or your local health authorities for more details on vaccines required for travel in other African countries (some vaccines are mandatory before a visa will be issued).

Please list special health problems, (i.e. diabetes, epilepsy, haemophilia or others) and any special prescribed medication you may be taking, on the **Medical Questionnaire**.

Insurance

Volunteers / Interns are required to be covered by medical and life insurance which includes emergency evacuation coverage and direct contact work with wildlife. You will need to give us a copy of your health insurance when you arrive. **DO NOT TRAVEL WITHOUT IT.** Holders of the international student card may be covered – please check. Contact your local insurance agent for more information.

Malaria Risk and Prophylaxis

Malaria risk is high and chloroquine resistance is a problem in Uganda. A prophylactic medication such as Mefloquine (Larium) or Doxycycline is recommended. Travellers should also carry malaria treatment such as Lonart or Coartem (also available in Uganda, probably much cheaper than in your home country). Please consult and discuss with your physician which treatment is most suitable for you.

Whether or not to take malaria prophylaxis is entirely up to you, but be aware that malaria is common at the sanctuary, as well as in Kampala and Entebbe.

The most effective prevention of contracting malaria has been found to be the use of mosquito nets sprayed with repellent and wearing long sleeved shirts and trousers after sundown and frequent spraying of mosquito repellent. This is highly recommended especially on the sanctuary.

At our roadside village (Nakitoma) Ziwa Rhino Sanctuary there are malaria testing kits and given the fact that within a few hours one can be in Kampala, malaria can be efficiently treated (usually with a cocktail of Artemis/Coartem and Doxycycline). However, we would recommend that, if you test positive, that you consult a doctor in Kampala and discuss treatment measures with him/her.

Other Health Risks

Bilharzia is a snail born disease, found around inhabited lakeshores and swamps. Lake Victoria does host Bilharzia. Ziwa Rhino Sanctuary has a lot of swamp area and we do walk and work in the swamp where Bilharzia can be found. It is advisable to get yourself tested for Bilharzia once every 6 months for 2 years after leaving the sanctuary and if positive, take the treatment (Praziquantel). The test is simple and the treatment is cheap. Once again “The Surgery” (doctors rooms) in Kampala can provide both testing and treatment and medicine is readily available in Uganda (which you can buy prior to your departure).

The above mentioned ailments are the most dangerous /common illnesses one may encounter in this area. There are a few insects in Uganda that may cause discomfort but none are life threatening. Jiggers and Mango flies (insects that bury larvae under human skin) can be found at the sanctuary. Cuts and scratches do have a tendency of getting infected very quickly so disinfecting wounds immediately is a good policy.

Our Head Quarters has a fully stocked first aid kit that is regularly updated and checked, as well as staff members with First Aid qualifications.

The most important general suggestion is to keep a close check on your health and well being. Anything you may be experiencing is likely to have been experienced by someone else in the vicinity so ask for assistance.

We have two clinics/surgeries that we recommend in Kampala, both of which have treated past Volunteers/Interns and also treat staff members. Both are very helpful and easily accessible in Kampala.

- ❖ **The Surgery**, Naguru, Kampala (Dr Dick Stockley)
- ❖ **International Medical Centre**, Bombo Road, Kampala (Dr Ian Clarke)

Drinking Water

It is important to drink water 2-3 liters per day to avoid any dehydration due to the extreme heat. Always drink boiled or bottled water and wash your hands before the consumption of any food items.

Wildlife Safety

Always walk with a **flashlight at night** and always check with **OPS** (radio control room) to find out where the rhinos are during the day or night. All wildlife living on the sanctuary or outside **must** be respected. A number of venomous **snakes** live on the sanctuary; they are occasionally around buildings, although they mostly spend time in the thick bush. Unless harassed, they are not prone to attack humans. The best thing to do is to keep your accommodation area clean and avoid them should you see one. **NO** animal or reptile is killed on the sanctuary and if a snake is found around Head Quarters or accommodations, it is captured and released.

DRIVERS LICENSE

You are not required to drive project vehicles, and there is no car available for your personal use. Renting a car for safaris is a possibility with several companies in Kampala. UK and USA driving licenses are accepted in Uganda (permissible for 12 months before having to get a Ugandan license) and an AA international driving license is widely recognized.

WHAT TO BRING

ALL the items below are important and necessary. Rhino Fund Uganda cannot provide you with any of them. Should you arrive without them, you will not be allowed to start your volunteer / Intern program. Any specific clothing or dress code mentioned is mandatory

➤ FOR BUSH WORK

- ❖ Two sets of bush wear (dark in colour) – dark green, blue or brown
- ❖ Rain Coat (dark in colour) – dark green, blue or brown
- ❖ Gum Boots (Wellingtons) black or green
- ❖ Back pack (dark in colour)
- ❖ Good quality Flash Light rechargeable or with additional batteries
- ❖ Strong Water bottle (2ltr capacity)
- ❖ Food canister for taking food to the bush
- ❖ Note Book
- ❖ Civilian clothing (to wear when off duty) – Please read up on socially acceptable wear in Uganda and comply !

BUSHWEAR MEANS – Sleeved shirt (short or long), long pants and closed walking shoes

If you are dressed in inappropriate clothing at any time while on the sanctuary, the Executive Director or Program coordinator will ask you to change into something more appropriate

Other needed items:

- ❖ 1 x Passport photo (if not scanned on your application form)
- ❖ 2 x Towels
- ❖ Hat
- ❖ Sunscreen (Can be purchased in Kampala)
- ❖ Mosquito repellent (Can be purchased in Kampala, you will need a few bottles)
- ❖ Washing Powder

Other recommendations:

- ❖ Snacks
- ❖ Spending money
- ❖ Sunglasses
- ❖ Money belt
- ❖ Small supply of snack items you cannot do without!!!
- ❖ Personal toiletries – Please note most products are readily available in Uganda but if you prefer specific brands then you should bring them with you.
- ❖ Adaptor plugs for electrical items (we are on the same system as the UK)
- ❖ Transformer (220v to 110v) if you intend using electrical appliances from the USA
- ❖ Lonely Planet Guides (for Uganda and further travelling)
- ❖ Ziploc bags (to protect your possessions)
- ❖ WE WORK WITH SOLAR POWER – NO HAIRDRYERS OR ELEMENTS ALLOWED

Other useful items:

- ❖ Books to read
- ❖ iPod & Cables
- ❖ Photographic equipment and film (an extra camera battery is advisable)
- ❖ Video camera and blank tapes
- ❖ Pictures of home (local communities like to see where you are from)
- ❖ Mobile phone (see *Communications*)

Recommended research equipment:

- ❖ Battery charger + rechargeable batteries
- ❖ Laptop (surge protector, adapter and extra battery is recommended)
- ❖ Video camera and digital photo camera with charger + batteries
- ❖ Binoculars

Due to the fact that you will be doing duties in close proximity of the rhinos, it is mandatory that you bring dark coloured bush wear - The rhinos have poor eye sight and any bright colours will attract their attention and possibly frighten them or cause for them to approach you. Plenty of mosquito repellent is highly recommended. It does cool down during the rainy season and at night so warm clothing is a strongly advised.

You will during your time with us be expected to ride on the back of a pick-up and if you have no objections on the back of a motorcycle. The pick-up is our main means of transport to get volunteers / interns from point A to point B. If this mode of transport (pick-up) is not acceptable to you, a different vehicle can be hired at an additional cost to you.

GENERAL INFORMATION

REPORTING

Volunteers / Interns are to report directly to the Program Coordinator, unless agreed otherwise. You are responsible for your own personal expenses, including airfares, local transportation, medical insurance & VISAS.

If you have any problems or concerns during your time with the Project, you are to report directly to the Program Coordinator. Remember that this is a sanctuary and we all work together. You do not have any authority over any member of staff. You will be required to take instructions from a senior member of staff, as applicable for the tasks that have been assigned to you. If there is a conflict with another member of staff or any problems, again, please report to the Program Coordinator.

Everyone is to respect each other's roles and adhere to all the rules and Code of Conduct of RFU. Failure to do so will unfortunately result in you being asked to leave.

RESPONSIBILITIES

We must stress that we expect people to arrive with a completely flexible attitude as things can change, and usually do! You will be expected to work different hours depending on your days shift but we normally start our day at 9:00am.

The Program Coordinator must be kept informed if you wish to leave during your roster/shift. Any other travel plans (i.e. to see the gorillas or visit the National Parks) should rather be done before or after you work at the Sanctuary.

FACILITIES

Here at Ziwa all of our power is run on solar power or generator. Due to this we cannot allow for certain equipment to be used, like hairdryers, hair irons, kettles, toasters and electric irons. Uganda has 230/245 volts and uses the British-style plugs (with three pins). There are power outlets for charging laptops, printers, batteries, etc. in the office.

Once at the sanctuary, you will receive all the necessary instructions from the Program Coordinator (during your orientation) as to how everything works and operates here at Ziwa. It is everyone's responsibility to look after your own and any project equipment that you may borrow or is assigned to you for use.

ACCOMMODATION

You will be accommodated in a twin room or comfortable twin tent with beds in. Depending on the number of Volunteers / Interns at the time you may be required to share a room. We will not put males and females in the same room unless specifically requested. All rooms are fully supplied with bedding, mosquito nets and lighting. Bathrooms are shared and have hot water showers and flushing toilets.

All the water in the bathrooms is safe and Bilharzia free as it is pumped daily from our borehole (water well).

You are expected to keep your room clean and do your own laundry (make sure you bring washing powder along with you). Should you require that your laundry is done by a hospitality staff member, this must be arranged with our Program Coordinator on arrival at the sanctuary. There will be a fee payable, our Program Coordinator will advise you accordingly. UNDER NO CIRCUMSTANCES may you arrange this privately with any other staff member and/or pay tips for this to be done. Room inspection will be done regularly by our Program Coordinator.

If you borrow or are issued any equipment from the Sanctuary it is expected to be returned in the same condition you received it. If this is not the case you will be responsible for replacing that particular item.

Accommodation off of the sanctuary is your own responsibility (see "*Kampala /Places to Stay*" for recommendations.)

FOOD

All your meals will be provided to you by our resident chef. Your meals will be wholesome and tasty but basic. All our meat is purchased in Kampala and is kept frozen at all times. If you have any dietary restrictions please make sure you inform us by including this information on your application forms before sending them. This will enable the Chefs to prepare accordingly.

TRANSPORTATION

Several bus companies operate between Kampala and Masindi or Gulu and pass Nakitoma village on the main road. The drop off is about 7kms from the sanctuary HQ. Transport to and from Kampala costs approx 20,000/= (6.50 US\$ - depending on the season). A Boda Boda can be taken from the bus drop off in our roadside village to the Rhino Fund HQ (reception) for around 6000/= (2 US\$)

Volunteers / Interns are responsible for all transportation costs including their airport collection and drop off however, if you would prefer that Rhino Fund driver collects you and brings you to the Sanctuary that can be arranged at an additional fee.

PERSONAL VISITORS

Personal visits can be arranged during your off days. Make sure our Program Coordinator is aware of these visits well before the time. Personal visitors will be required to pay normal rates for their activities, meals and accommodation.

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PHONES

Phoning to and from Uganda is often difficult, as well as expensive. There are pay phones in Nakitoma (and all over the country), and you can buy phone cards which enable you to also call internationally.

If you want to bring your own mobile phone, first check that it is not “sim locked”, otherwise it will cost you anywhere up to Ushs 50,000/= to have it “unlocked”. You can purchase a sim card (locally known as a “Line”). You would need a copy of your passport as well as 2 passport photographs to purchase a sim card. Airtime is available for purchase anywhere in Uganda. There are many different cell phone companies but currently MTN and AIRTEL have the best coverage at the sanctuary but is still not great. You can also check with your mobile phone provider at home, if roaming is offered in Uganda. In that case you don't need to purchase a local sim card.

MAIL

The postage service in Uganda is not good. Mail often gets lost and does not reach its destination on time. Personal mail and parcels can be sent to you and will be collected by our driver in Kampala but it is not guaranteed to arrive during your visit. We cannot be held liable for any lost mail.

Our mailing address is as follows:

C/o Rhino Fund Uganda,
P O Box 71020,
Kampala, Uganda

Please inform your Program Coordinator if you are expecting post so that we can check the mail box for you. For packages, you should expect to pay a fee to have your parcel collected.

INTERNET & EMAIL

The wireless internet on the sanctuary (at Rhino Fund Head Quarters) is for **Office use only**. Should you require such services, it is advised that you purchase and internet dongle and have it activated in Kampala or register your phone for internet use. Amuka Lodge does have free Wi Fi (limited MB) The network on the sanctuary is not the best and will only be picked up in certain areas around Head Quarters (reception). Downloading or sharing of offensive material or Porn is strictly prohibited and if you are found to be doing this, your volunteer / intern program with RFU will be ended immediately.

CASH & EXCHANGING MONEY

There is a wide array of banks and Forex bureau's to choose from, with several international banks represented (Barclays, Standard Chartered, Stanbic). We suggest you bring cash with you as opposed to traveller's cheques, as traveller's cheques are not well known in Uganda.

Despite what some guidebooks claim, credit cards are not widely accepted and hefty surcharges (6%) are common with the larger hotels and companies. Rhino Fund does have the facilities to accept credit cards. Most banks now offer automated cash machines for (their own) cards. Stanbic Bank and Barclays Bank have a branch in Masindi town; otherwise you have to travel to Kampala. The US dollar, Euro and Pound Sterling are the strongest currencies used in Uganda and are the easiest to exchange. All the forex bureaus take cash – look around for the best exchange rate. It's advisable that you change money in Kampala as the exchange rates up country are not very compatible. Always make sure that you have got a few small Ugandan shillings on you for transport fares. Uganda shillings work in the following notes 50.000, 20.000, 10.000, 5.000, 2.000 and 1.000.

NOTE : US Dollar notes smaller than 50 are exchanged at a far lower rate and US Dollar notes older than 2009, washed notes, marked notes or stamped notes are not accepted in Uganda at all.

VALUABLES AND PERSONAL POSSESSIONS

We suggest that on arrival at the sanctuary you hand in any passports, ID documents or any other valuable items to the Executive Director to be locked in the safe. No one other than the Executive Director will have access to that safe should you wish to remove anything.

COPYRIGHT AND USAGE OF PHOTOS AND VIDEO FOOTAGE

All Volunteers / Interns are required to sign a release form allowing the use of their images, name and affiliation in commercial and RFU activities. Written permission is required from the Rhino Fund Uganda Executive Director to publish any material obtained on the sanctuary (written or photographic).

In the case of Volunteers / Interns using RFU provided recording devices, still photo and video camera, RFU is granted full copyright ownership of material produced. Non-exclusive, non-commercial, non-transferable use would be granted to the person concerned for their personal use. In the case of publication or production of any of the material, they must seek approval from RFU.

In the case of a Volunteer / Interns using their own equipment and expenses to record material, shared copyright applies subject to the confidentiality agreement. The originals of any materials must be accessible for RFU use.

MEDIA VISITS

In case the Sanctuary is visited by film crews or journalists, you may be included in their footage/photos. If you are required to take part you will be required to wear a Sanctuary t-shirt or uniform which will be provided to you.

PROGRAM COSTS

PLEASE NOTE: YOU ARE REQUIRED TO PAY THE FULL PROGRAM FEE ON ARRIVAL AT ZIWA RHINO SANCTUARY – THIS IS TO BE PAID TO THE RHINO FUND UGANDA RECEPTION

➤ USD 65 per person per day

THE ABOVE COST INCLUDES THE FOLLOWING:

- ☞ Full program as per manual / handbook
- ☞ Staff assistance during program
- ☞ Transport (with our driver) within the sanctuary to places of work where necessary (vehicle or motorcycle)
- ☞ Accommodation (either a room or comfortable tent with beds and mosquito nets depending what is available on booking)
- ☞ Hot water showers and flushing toilets (solar geysers)
- ☞ 3 Meals per day (As per menu in handbook)

Payment can be made in cash or by Debit/Credit card at the RFU reception on the sanctuary on arrival

Payment can be made other currencies. The exchange rate will be given to you at the RFU reception on the sanctuary

The exchange rate will be specified on the day of payment

**We Look Forward To
Working With You!**

The rest of this hand book is helpful information for your stay in Uganda as well as prior to your arrival.

UGANDA

There is much to see and do in Uganda and you might want to look at options and excursions to do before or after your time at Ziwa. A good guide book, such as Bradt Guides or Lonely Planet Guides are useful sources of information. The Uganda Wildlife Authority (UWA) in Kampala (situated on Kira Road in the northern part of town) has a booking office for gorilla permits and includes lots of information on all the parks. The Uganda Tourist Board (UTB) on Kimathi Avenue will help you more with the logistical side of things.

KAMPALA INFORMATION

For a good guide to Kampala (including a map) get a copy of “The Eye” magazine which is readily available in most shopping malls, guest houses, lodges and coffee shops. This is a free magazine and will provide you with all the addresses you are likely to need during your stay, as well as useful tips on travel itineraries and medical issues. Kampala is a friendly and safe city. Most people will be more than happy to give you indications during your first days there. It has excellent restaurants, interesting markets, a cinema, a couple of theatres, large supermarkets, nightclubs and bars.

There are various modes of transport. The “boda-boda” is a motorcycle taxi. For short journeys expect to pay Ush 1000/=, and for anything longer expect to bargain a little. Special hires, i.e. regular car taxi's, cost more and bargaining is definitely required. “Matatus” (14 seater mini-van which act as buses), no bargaining required, but if in doubt ask a fellow passenger before climbing aboard as they do tend to charge non-residents (locally known as “mzungu” or “bazungu” meaning traveller) a much higher price.

You can catch a “matatu” (mini-bus taxi) from the “stage” or by flagging it down on the side of the road. The ride Kampala / Nakitoma takes about 3 hours 30 minutes and costs Approx Ush 9,000/= for a one way fare. In Kampala you will be dropped off at the Old Taxi Park in down town and you will need to take another “matatu” or “boda-boda” to wherever you are going.

PLACES TO STAY IN KAMPALA

There are two budget/backpacker hostels in Kampala which offer either dorm beds or single rooms at adequate costs (see addresses below). Both of the below are **Highly Recommended**.

❖ FAT CAT BACKPACKERS / KOMBI NATION TOURS

Backpacker accommodation as well as tailored and/or budget safaris to Queen Elizabeth National Park and Murchison Falls National Park.

Tours can include Predator Tracking, Primates, Cultural, Birding, Hiking, Mountaineering. Plot 13, Bukoto street, Kisimenti, Kampala

Telephone : +256 792933773, email: info@kombitours.com; website: www.kombitours.com

❖ RED CHILLI HIDEAWAY

They have cottages, camping, dorms, rooms, swimming pool, bar and restaurant. Situated on the outskirts of town. The cottages are fully contained with lounge, kitchen and bathroom: - All linen is provided in all rooms. If you wish to camp you will be able hire a tent, mattress and linen. Telephone: 031-220-2903 or +256-772-270-9151, email: office@redchillihideaway.com;

website: www.redchillihideaway.com

THINGS TO DO IN KAMPALA

- ❖ Owino Market – excellent for second-hand clothing and shoes, as well as hardware, food, household items, etc. (VERY POPULAR)
- ❖ Bahai Temple – the only one in all of Africa
- ❖ National Theatre – see The Eye Magazine for plays and events
- ❖ Kasubi Tombs – most impressive royal tombs of the ancient Buganda Kingdom
- ❖ National Museum
- ❖ Namugongo Shrine
- ❖ Cineplex Cinema
- ❖ Uganda Wildlife Education Center (UWEC) – The zoo in Entebbe

MORE DETAILS

Restaurants

Kampala offers an amazing variety of international cuisine, including Italian (Mambo Point), Chinese (Fang Fang), Thai (Krua Thai), Greek (Andy the Greeks), Al Tarboush (Lebanese), Indian (Masala Chat/Handii's), Ugandan (Ekitobeero), Ethiopian (Fasika), European (Sam's)... to name a few! **HelloFood** is a service that delivers food orders to wherever you are www.hellofood.ug

Post Office

The Post Office is centrally located on Kampala Road near Barclays Bank, open Monday to Friday, 9.00 am – 5.00 pm and Saturdays 10.00 am – 2.00 pm. Closed on Sundays.

Groceries

Shoprite - is located at Lugogo Shopping Mall on Jinja Road and in Acacia Mall Kisimente.

Game - is located at Lugogo Shopping Mall on Jinja Road.

Capital Shoppers - has several outlets around the city.

All the above mentioned shops will assist you with just about anything you need, toiletries, snacks, clothes, shoes etc.

Medical

International Medical Centre, Pentecostal Church Building, Bombo Road (opposite Hotel Equatoria), (Dr Ian Clarke) - phone 041 341 291

The Surgery, Naguru Drive, Naguru, Kampala (Dr Dick Stockley) - phone 041 256 003 or 0778098738 or 0772756003

Crafts

There is a craft shop at the sanctuary. There are also many craft shops throughout the city. A great place for textiles (sarongs, bedspreads, table cloths) is the **Textile Centre** at UGMA Showgrounds, near Metro Cash and Carry. Try the local crafts market behind the **National Theatre** for a variety of handmade items where you can bargain. **UCOTA** located on Gaba Road in Kansanga is a great place for handmade crafts, made by community groups from all over the country. **Banana Boat** in Kisimenti (near Just Kicking), at Lugogo Mall and Garden City Mall offers exclusive crafts from Kenya and Uganda. A little pricey but definitely worth a look, especially for something a little more special. **Cassava Republic**, under Wagadugu's, and their sister shop just around the corner, **ANY TAXI DRIVER (UBER) WILL BE ABLE TO TAKE YOU TO ALL OF THE ABOVE PLACES**

PLACES OF INTEREST

- ❖ **Jinja** – the Source of the Nile, a short drive from Kampala, lots of places to stay, and for those of you brave enough, white water rafting and bungee jumping. A very social town with lots of internationals.
Nile River Explorers – Telephone +256-772-422-373, – Email rafting@raftafrica.com
Adrift Rafting - Telephone +256-31-2237338 - Email raft@adrift.ug
- ❖ **Ssese Islands** - camping, site seeing and beautiful white beaches on the shores of Lake Victoria.
- ❖ **Lake Mburo National Park** – this park covers 256 sq kms and is the only National Park to contain an entire lake. It has the largest number of impala and is only one of two parks that have zebra. **Mihingo Lodge** – Telephone +256-752-410-509 – Email safari@mihingolodge.com – Website www.mihingolodge.com
- ❖ **Bwindi Impenetrable National Park** – 6 hours drive from Kampala, is famous for gorilla trekking. As it's name suggests “impenetrable”, a little harder trekking and gorilla permits are more expensive but well worth the visit. Permits available only through the UWA office.
Buhoma Lodge – Telephone +256-772-721-115 – Email reservations@ugandaexclusivecamps.com – Website www.ugandaexclusivecamps.com
- ❖ **Kibale National Park** – home to the largest community of wild chimpanzees, Kanyanchu Tourist Centre is the flagship site for wild chimpanzee trekking. Kibale Forest has over 13 species of primate including the chimpanzee.
Primate Lodge – Telephone +256-772-426-368 – Email info@ugandalodges.com – Website www.ugandalodges.com
- ❖ **Fort Portal** – the town you drive through before getting to Kibale. Lots of lovely places to stay and wonderful views of the Rwenzori Mountain range (or “Mountains of the Moon” as they are also known). **Backpackers Hostel** – Telephone +256-772-780-350 – Email yesuganda@gmail.com – Website – www.ugandaforhim.com
- ❖ **Rwenzori Mountains National Park** – recently re-opened to visitors, for those of you brave enough to climb the mountains, we hear that it is an amazing experience.
Ruboni Community Camp Site – Telephone +256-414-501-866 or +256-752-503-445
- ❖ **Queen Elizabeth National Park** – one of Uganda’s oldest national parks, home to a large array of wildlife (elephants, lions, hyaenas, hippos, etc.), with the famous “Kazinga Channel” trip, where you will see the largest number of hippos and birdlife in Uganda.
Equator Camps Ltd – Telephone +256-772-602-205 – Email equator_camps@yahoo.com
- ❖ **Murchison Falls National Park** – with the stunning falls and views, another great place to visit, especially for the hippos. It’s the closest National Park to the Sanctuary.
(Red Chilli Hideaway - See places to stay in Kampala. Make sure you ask for bookings at Murchison as the reservations office is in Kampala.)

- ❖ **Sipi Falls** (not far from Mount Elgon) – stunning falls with amazing views of the Karamoja plains. **The Crows Nest** offers tented camping or log cabin accommodation, with great food (salsa and guacamole!) and the best views of the falls from their camp.
- ❖ **Kidepo Valley National Park** – not so accessible without a vehicle, and extremely remote in the very north of Uganda, bordering Sudan, has a wonderful array of wildlife, set in the picturesque Karamoja plains. **Nga’Muro Wildreness Camp** : +256- 754500555 - Email afriamax.holdings@gmail.com. These contact details can also be used for accommodation in **Kitgum “Fugly’s Guest House”**

OTHER USEFUL INFORMATION ABOUT UGANDA

WEATHER

Uganda is sunny most of the year, with temperatures rarely rising above 29°C. The heavy rain season is March-May, light rain season November-December, though there will always be a few hours of sunshine. Days are warm but nights are cool.

LANGUAGE

The official languages in Uganda are English, Luganda and Swahili. For good translation books and any other books **Aristoc** is a wonderful book store in Garden City Mall. Swahili would help on the sanctuary as the two languages most commonly used on the sanctuary are Swahili and English. These are also the only languages allowed to be used during radio communication on the sanctuary.

FOOD AND DRINK

Uganda with its agricultural resources, combined with the conducive climate, produces a wide range of food products. Bananas, millet, maize, sorghum, rice, wheat, sweet potatoes, Irish potatoes and cassava grow in abundance. Fruits and other vegetables are also plentiful - watermelon, passion fruits (granadilla), pineapples, mangoes, tomatoes, eggplant and green peppers. You will probably eat better here than you do at home! Tea and coffee is readily available almost everywhere and the latest craze is coffee houses or cafes. Soda (coke, fanta, sprite, bitter lemon, pepsi, mountain dew, mirinda and tonic) are sold by the (glass) bottle, which are returnable and recycled. Local beers (lagers only) are as good as any international beer and there are many to choose from – Bell, Club, ESB, Pilsner, Nile, Castle, Guinness (all brewed in Uganda).

CAR HIRE

There is a car rental desk in the airport but for car hire in and around Kampala try the following:

☞ **Kirunda Ivan Private Hire (Entebbe, Kampala and up Country)**

+256-772-409782 / +256-70 1-455244

RECOMMENDED READING

YOU CAN BUY 90% OF THE FOLLOWING BOOKS AT ARISTOC BOOK STORE IN GARDEN CITY MALL.

GUIDE BOOKS

- ❖ Spectrum Guide to Uganda, by CAMERAPIX*
- ❖ Bradt Guide to Uganda*
- ❖ Lonely Planet Guide to East Africa*
- ❖ Lonely Planet – Africa on a Shoestring*
- ❖ Collins Field Guides (Birds, Mammals, etc)*
- ❖ East African Birds- (Highly Recommended For Any Bird Watchers)*

AFRICA

- ❖ **I Dreamed of Africa (Kuki Galman)**
- ❖ **Rhinos the brink of extinction (Ana Mertz)**
- ❖ **Babelons Ark, The Elephant Whisperer, The last rhinos (Anthony Lawrence)**
- ❖ Scramble for Africa
- ❖ The Tree where Man was Born (Tim Matheson)
- ❖ Into Africa (Craig Packer)
- ❖ Blood Sisters (Keaton Sisters)

UGANDA

- ❖ Abyssinian Chronicles (Moses Isegawa)
- ❖ East of the Mountains of the Moon
- ❖ The Mountain People
- ❖ Sowing the Mustard Seed (Yoweri Kaguta Museveni, President of Uganda)
- ❖ The Man with the key has gone (Dr Ian Clarke)

WEBSITES OF INTEREST

- ❖ www.rhinofund.org (Ziwa Rhino Sanctuary and Rhino Fund Uganda)
- ❖ www.amukalodgeuganda.com(Amuka Safari Lodge within Ziwa Rhino Sanctuary)
- ❖ www.uwezoo.org (Ugandan Wildlife Education Centre)
- ❖ www.uwa.or.ug (Uganda Wildlife Authority)
- ❖ www.theeye.co.ug (Free Local Magazine, Very Helpful)
- ❖ www.enteruganda.com (Info about Uganda)
- ❖ www.traveluganda.com (Info about Uganda)
- ❖ www.visituganda.com (Info about Uganda)
- ❖ www.newvision.co.ug (Local Daily Ugandan newspaper)
- ❖ www.wildfrontiers.org (Local Tour operator)
- ❖ www.pearlofraficatours.com (Local Tour Operator)
- ❖ www.inkampala.com (Information about places to visit)