



# Juna Amagara Ministries

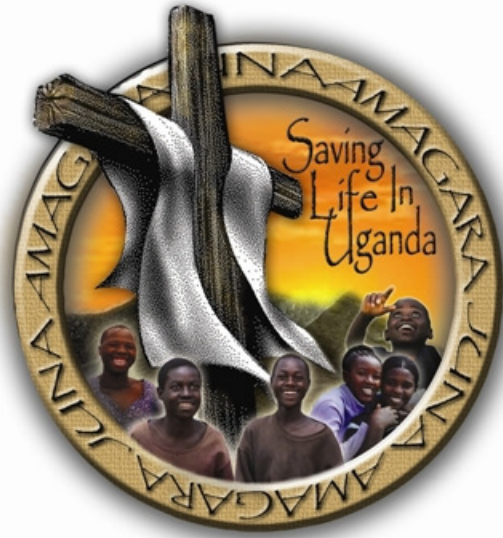
International Mission Team  
Travel Packet

Juna Amagara Ministries

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## Short Term Mission Trip Participant Information

Juna Amagara Ministries is excited and delighted you have answered God's call to share in the work we are doing in Uganda. This packet has been prepared to assist you in preparing for your trip and hopefully answer many of the questions you may have.

### Estimated costs

Your mission trip leader will determine the actual cost for your trip. In the past, round-trip airfare from Chicago has run from \$1,500 to 2,000 per person. In-country costs for accommodations, meals, transportation, tours and tips run from \$400 to \$500 per week per person. A Uganda visa costs \$50.00 at Entebbe airport. International Travel Insurance is required and runs from \$75-150.00 per person.

### Personal Covenant

Juna Amagara requires that all travelers agree to the Personal Covenant included with this document. You or your team leader will be responsible for collecting this document from each traveler and forwarding it to Juna Amagara prior to departure.

### Application and Waiver of Liability

Juna Amagara requires that all travelers fill out a Mission Trip Application and sign our Waiver of Liability. Your church or sponsoring organization may collect this document from you and forward it to Juna Amagara or, if you are traveling independently, you may send it to Juna Amagara directly. It is essential that we have this document in our hands prior to your departure. Each person must fill out an application and waiver even if multiple members of one family are traveling together

### Travel Insurance for Medical & Evacuation

Since it is likely that your US-based health insurance covers little or no cost of services outside of the U.S., Juna Amagara Ministries **requires** that you purchase international travel insurance for the duration of your trip. This insurance will cover any and all medical costs in case of injury including medical evacuation or air-lift. Each traveler is responsible for purchasing his or her own insurance; the cost and the coverage are NOT included in travel fees. Insurance sources we have used in the past include:

AIG Travel Guard: [www.travelguard.com](http://www.travelguard.com)

Multiple carriers: [www.insuremytrip.com](http://www.insuremytrip.com)

Multiple carriers: [www.travelinsure.com](http://www.travelinsure.com)

### Payment for Trip

If you are traveling with a church group or sponsored organization, you will most likely make payment for airfare directly to that organization which will, in turn, pay for travel services. If you are traveling independently, you may pay the travel agent for airfare directly. **In-country costs must be paid to Juna Amagara-USA in advance of departure.** Funds will be wired to Mission Team personnel in Uganda prior to arrival.

### Cancellation

If you cancel your participation in this trip prior to departure date, we cannot guarantee a refund. Some costs apply to the entire group's travel and are not refundable.

### Travel Plans

Travel plans may be made through one of the following travel agencies, specializing in missionary travel:

CTS: [suzy@ctsfares.com](mailto:suzy@ctsfares.com) or [sbichara1@comcast.net](mailto:sbichara1@comcast.net) (Suzi Bichara)

Menno Travel: [www.mennotravel-service.com](http://www.mennotravel-service.com) (Steve Menno)

MTAF: [www.missionarytripairfare.com](http://www.missionarytripairfare.com) (Beth Greenhill)

In order to fly at a missionary rate, some airlines require a letter from the missions organization certifying that the people who are going are actually going to assist the organization. Should your travel agent request such a letter from you, please make that request via [info@amagara.org](mailto:info@amagara.org).

### Passport / Visa

The traveler assumes all costs for passports and visas needed prior to arriving at Uganda. A visa may be purchased at the airport upon arrival for \$50.00 U.S.

### Recommended Vaccinations

Contact your physician, a local travel clinic or your county health department to receive the following recommended **immunizations** 4-6 weeks prior to the trip to allow shots to take effect. **None** of these immunizations are required for entry into Uganda when you are coming from the US:

1. Yellow fever
2. Typhoid
3. Hepatitis A
4. Polio
5. Tetanus-diphtheria booster

### Prescription Medicine

If you take prescription medicine, make sure you bring enough for the whole trip.

The following prescribed medicines are recommended as precautions:

1. **Malaria medication.** Malarone is a daily medication. Mefloquin (Lariam) is weekly however it can have psychiatric side effects (bad dreams, anxiety etc). Doxycycline is daily and cheaper than the rest. However it can cause you to be sensitive to the sun, which might cause discomfort since Uganda is on the equator.
2. **Cipro** is an antibiotic that your doctor must prescribe for severe diarrhea that does not resolve with Immodium. Very important. Make sure you get some.

### Dealing with Money

The currency of Uganda is the Uganda Shilling, exchanging at approximately 1,800/= per US dollar. The most effective way to carry money to Uganda is to bring cash in \$100.00 bills that were issued in the year 2000 or later. Those can be changed to shillings at a local Foreign Exchange (Forex) office. Lower denominations and traveler's checks will be exchanged at higher rates. We do not recommend using traveler's checks as they are rarely accepted outside of the capital city of Kampala. ATMs are available at banks in most towns, but may not connect to your bank's network in the U.S.

## What to Bring & Not Bring

### DO NOT BRING:

- Candy or gifts to hand out to individual children. It is important that missionaries control the urge to just give treats to individuals. Such actions create a begging mentality that is detrimental to the ministry and the community.
- Valuables such as diamonds, jewelry or expensive watches.

### DO BRING:

Items collected for the ministry such as clothing, books, hand tools, school supplies and monetary donations. These will be distributed according to acceptable ministry guidelines; they will be accepted by the community with gratitude to you and our Great Lord God. Your team leader should have consulted with the Ministry to discover the most current urgent needs and will guide you in a team-wide collection effort. If you are bringing medical supplies, contact [info@amagara.or](mailto:info@amagara.or) for the latest needs.

### PERSONAL ITEMS:

1. A daypack or fanny pack to carry all personal items for the day
2. Minimum electrical appliances; pack an international power adapter that will allow you to charge batteries with 220-volt British plug
3. Hat for sun protection
4. Work gloves for building projects
5. Enough undergarments for trip (your host families may do some laundry for you if you ask however they will not wash your lingerie)
6. Sandals, gym shoes, hiking shoes, nicer sandals for church days
7. Women's clothing: comfortable, wrinkle free skirts and dresses that hang **below the knee**. Nice dress for Sunday church. Pants are not proper for our public appearances; Capri pants and jeans are ok for travel days or working. No shorts. No camisole, spaghetti string or tube tops. Shirts must be modest.
8. Men's clothing; wrinkle free pants and shirts. T-shirts and collar shirts only.
9. 2 rolls of 1000 sheet toilet paper (to be carried with you in your backpack)
10. Fleece jogsuit and socks for sleeping in Ben's village; it gets cold in the mountains.
11. Febreze for the clothes in your suitcase
12. Plastic (grocery store) bags to store your shoes in; they can become full of red mud and are a mess to pack when moving from place to place.
13. Alarm clock
14. Washcloths
15. 3-4 small towels for personal use
16. Small mirror to fix hair, shave etc; some accommodations do not have mirrors
17. Pillowcase for your personal use
18. Flip flops or shower shoes for bathing or wearing indoors at host's home
19. Small disposable garbage bags
20. Flashlight
21. Notebook or journal
22. Bible
23. Camera (digital cameras are a big hit with the kids)

## Timeline for Traveler

1. Advise your Trip Leader or Juna Amagara Ministries ([info@amagara.org](mailto:info@amagara.org)) of your interest in traveling to Uganda. You will be advised to download this packet of information to begin the process of preparation.
2. Make sure your passport is current, that is, it is not due to expire within six months of your last day in country. Apply early if you do not have one.
3. Fill out the trip application and send it to Juna Amagara or give it to your Trip Leader along with a copy of your passport. The travel agent will need the exact name on your passport in order to schedule international travel.
4. Read vaccination requirements and schedule a time to get any that are not current. Some vaccinations require a series of shots over a span of time.
5. Secure funding for your trip
6. You or your Trip Leader are responsible for securing air travel. Visas for Uganda need not be secured prior to travel; they will be purchased upon arrival.
7. Send in payment for travel before the deadline provided by your Trip Leader
8. Plan to attend at least one orientation sessions, in-person or on-line prior to travel.
9. Prepare for this trip in prayer.

# Quick Guide to Rukiga/Runyankole

(This language is generally not spoken in Kampala)

<b>K is often pronounced “CH”</b>	Example: Rukiga= Roocheega
<b>C is often pronounced “CH”</b>	Example: Kacerere=Kacha-rarreh
<b>KY is often pronounced “CH”</b>	Example: Kyotera=Cho-tera
<b>R is often pronounced as an “L”</b>	Example: Kare= Colley
<b>GY is pronounced as a “J”</b>	Example: Tugyende= Tuh-jenday
<b>Multiple vowels mean stretched out sound</b>	Example: Omusiisi= oh moo seeeee si
<b>J is pronounced as a “ZH”</b>	Example: Kwija= Kwee-zha, Najuna=Na-zhoona
<b>E at the end of a word is “AY”</b>	Example: Arahe = Ara-hay

## Useful words and phrases:

Praise the Lord:	Mukama Asimwe
Praise Him indeed:	Asimwe Munonga
How is everyone?	Murigye Mwena?
We are fine	Ego, Turigye!      Note: Ego (ay-go) means “yes”
My name is...	Iziina Ryangye Ninye...
I am called...	Nebanyeta...
I come from America	Ninduga America
What are you called?	Nibakwetoha?
I was a sinner but Jesus saved me	Nkaba Ndi Omusiisi, Jesu Na Kanjuna
Now I walk with Jesus	Ningyenda Na Jesu
I greet you in Jesus’ name	Nimbaramusya Mwiziina Rya Yesu
I am happy to come here	Nashemererwa Kwija Hanu
Is there any hot water?	Hariyo Amaizi Agari Kwotzia
May the Lord bless you.	Mukama Abahe Omugisha
Thank you (very much)	Webare (Munonga)
Let us pray	Katushabe
Let’s go	Tugyende
Smile!	Sheka (or sheka sheka)
Hello, how are you?	Agandi
I am fine.	Nigye (pronounced Nidjeh)
Good morning	Oreiregye
Good afternoon	Osibiregye
You are welcome (to my house)	Mwebare Kwija
Goodbye (okay)	Kare (pron. Colley)
Bye bye	Kare Kare
Goodbye, Sir	Kare, Sebu
Goodbye, Lady	Kare, Yabu
Goodbye to several men	Kare, Basebu
Goodbye to several ladies	Kare, Bayabu

I am tired	Naruha
A drink	Ekyokunywa
Motorcar	Emotokar
Where's Ben?	Ben Arahe
Where are you?	Olyankahe

Father	Tata
God	Ruhanga
Jesus (King)	Mukama
Grandfather	Shwenkulu
Grandmother	Makaaka
Uncle	Shwento
Beautiful	Nimurunji
It is good	Nikirunji
Respected elder	Mzee (muh-zay)

Though it is in the Luganda language and not Rukiga, you will hear this song often when giving thanks to God:

Tukutendereza, Jesu,  
Jesu Orimwana Gwandi-ga  
Omusai Gwaigu Na-zi-za  
Nebaza, Omolokozi.

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Last updated 8/1/07

## Participant Application and Waiver Short Term Mission Trip – Juna Amagara Ministries

Traveling as a short term missionary for Juna Amagara Ministries (JAM) is not the same as typical vacation travel. You will visit remote areas of the world where logistical requirements for volunteers may involve modes of transportation and/or accommodations that are unfamiliar to Americans. In addition, JAM Short Term Mission trips contain the full range of risks and inconveniences of international travel and volunteer service including physical labor, timing delays, decision frustrations, surprises and changes in plans. It is important that you realize these facets of missionary travel are not meant to be an irritation but are, in fact a valuable part of the cross-cultural experience. As a necessary precaution, JAM requires that each program participant understand and execute the following application and waiver.

### Participant Information – Please fill in all blanks

Name as it Appears on your Passport \_\_\_\_\_

Preferred Name \_\_\_\_\_ U.S. Passport No. \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_

E-mail Address \_\_\_\_\_

Phone Numbers: Home/Cell (\_\_\_\_) \_\_\_\_\_ Work (\_\_\_\_) \_\_\_\_\_

Emergency Contact Name: \_\_\_\_\_ Phone #: \_\_\_\_\_

Your Relationship to Emergency Contact: \_\_\_\_\_

Emergency Contact E-mail address \_\_\_\_\_

Male \_\_\_\_\_ Female \_\_\_\_\_ Occupation \_\_\_\_\_

Single \_\_\_\_\_ Married \_\_\_\_\_ Name of Spouse \_\_\_\_\_

Past Missions Team Experience (year/place/sponsoring organization)

1. \_\_\_\_\_

2. \_\_\_\_\_

This Trip's Sponsoring Church or Organization: \_\_\_\_\_

**Juna Amagara Ministries – Post Office Box 2384 Glen Ellyn, IL 60137 630-248-9472**

## Waiver and Release of Liability

I, \_\_\_\_\_, hereby apply to Juna Amagara Ministries (JAM), a charitable organization recognized by the U.S. Internal Revenue Service as a 501(c)3 not-for-profit corporation, to participate in the mission trip to Uganda, East Africa, scheduled for the dates from \_\_\_\_\_ to \_\_\_\_\_. JAM provides advisory services regarding the planning and logistics of this trip. In consideration of the mission opportunities provided to me by the JAM or any other sponsoring organization, and through the advisory services provided by JAM, which I agree are adequate consideration, I agree to what follows.

**Acknowledgment of Risks.** I acknowledge that I am a volunteer and assume all risks associated with international travel to non-tourist locations. I understand and acknowledge that due to the nature of the trip, preparing for it, traveling to and from it, and actually participating in it, involves risks of damage to or loss of property, harm to my body, mental faculties, or emotions, or those of my family and even death; by signing this legally binding contract, I hereby assume those risks. Sources of damage, loss, harm or death may include, but are not limited to, (1) harmful acts or failures to act in harmony with employees, agents and volunteers of JAM and other trip participants, who have varying levels of knowledge, experience, and judgment; (2) a remote, primitive, unsanitary, dangerous and at times inaccessible location; and (3) potentially dangerous construction work. I understand and acknowledge that JAM will act according to recognized mission agency procedures in the unlikely even of a kidnapping or hostage situation and will attempt to negotiate the release of a trip participant, but will not encourage the future abduction of missionaries by paying a ransom of any kind. I agree expressly and voluntarily to assume all risks and full responsibility for any bodily injury, death or property damages arising out of or related to this trip.

**Acknowledgment of Insurance.** I acknowledge that I have been advised by JAM to purchase international travel insurance to cover any necessary medical or evacuation expense while traveling. I hereby attest that by departure date I will have purchased international travel insurance and will provide the ministry a *bona fide* receipt for same.

**Facts About Me.** I am \_\_\_\_\_ years old. I am in good health and sound mind, and able to understand this Contract. I have or will discuss my participation in the trip with my physician, have or will receive any vaccination he or she deems necessary, and will participate in the trip only if I have received his or her approval and believe that I am able to endure the physical requirements that may be associated with such participation. If I am under the age of 18 years, it is understood that all risks assumed here will be borne by my parent or guardian as agreed by signature on this Contract.

**Approval for Participation.** I acknowledge that JAM reserves the right to deny participation in this mission trip to any applicant and I will abide by any such decision.

**Covenant Not to Sue, Release, and Indemnity.** I promise the following: (a) I WILL NEVER SUE JAM FOR DAMAGES, including damages resulting from JAM's negligence (excepting its willful and wanton misconduct.) That means that I hereby agree and covenant not to institute and suit or action at law or at equity against JAM. I intend this Instrument to be defense to any such suit or action, and a complete bar to the commencement and prosecution of any such suit or action. (b) I RELEASE AND DISCHARGE JAM FROM AND WAIVE ANY AND ALL LIABILITIES. (c) I WILL INDEMNIFY, HOLD HARMLESS, AND DEFEND JAM FROM ANY AND ALL LIABILITIES, including liabilities arising from its negligence, (excepting its willful and wanton misconduct), and including liabilities arising from my actions. In addition, I hereby give JAM permission to use my image as captured by still or video photography for ministry purposes.

**Definitions.** When I use the following words, I mean the following: (a) "DAMAGES" means any damage of every kind and nature, including damage or loss to property, financial loss, harm to body, mental faculties or emotions, or death, resulting from, in connection with, or in any way related to the trip whether caused by JAM's negligence (excepting its willful and wanton misconduct), or any other cause. "DAMAGES" includes, but is not limited to, damage that occurs or is caused during the planning of, preparation for, travel to or from the site of, and actual conduct of, the trip. (b) "I" means myself, my spouse, members of my family, my insurers, heirs, estate, legal representative, executor, administrators, successors, and assigns. (c) "LIABILITIES" means any liability of every kind and nature in connection with my participation in the trip, including any and all causes of action, actions, suits, claims, demands, rights, damages, judgments, executions, court costs, attorney and other legal fees, and including such liabilities that arise from claims for contribution by others that I have sued or from whom I have received compensation for DAMAGES. (d) Juna Amagara Ministries (JAM) means its directors, officers, employees, agents, volunteers, affiliates, associates, sponsoring churches, and cooperative institutions, including the spouse, insurers, heirs, estates, legal representatives, executors, administrators, successors, estates, and assigns of the foregoing.

**Governing Law and Disputes.** I agree that the laws of the State of Illinois only will govern every aspect of this Contract, and my rights and responsibilities in connection with the trip. I intend this Contract to be as broad and inclusive as permitted by the laws of the State of Illinois. I may sue only in state or federal court in DuPage County, Illinois.

**Complete Reading and Understanding.** I have carefully read this Agreement and fully understand its contents. I am aware that this is a complete and irrevocable Release of Liability and a Contract between myself (along with my parent or guardian if applicable) and Juna Amagara Ministries and/or their affiliates. No oral representations, statements or inducements apart from this Agreement have been made by me. I sign this Agreement of my own free will.

**Signature of Applicant (Releasor)**

Date: \_\_\_\_\_

By: \_\_\_\_\_

Signature of Applicant

\_\_\_\_\_  
Printed Name

**Parent / Guardian (if applicable)**

I have read this document and agree to be governed by all of its terms and conditions as they apply to my child during this trip

Date: \_\_\_\_\_

By: \_\_\_\_\_

Signature Parent/Guardian

\_\_\_\_\_  
Printed Name

**Witness Signature**

Date: \_\_\_\_\_

By: \_\_\_\_\_

Signature of Witness

\_\_\_\_\_  
Printed Name

## Juna Amagara Mission Trip Personal Covenant

As a traveler to Uganda for Juna Amagara Ministries, I agree to conduct myself in a courteous and respectful manner both to people in Uganda and my fellow team members. In this regard, I hereby agree to:

- Accept responsibility to represent myself and my organization with dignity and cultural sensitivity by being a positive role model in Uganda.
- Accept and submit to the leadership and authority of the team leader and promise to abide by his/her decisions as they concern this mission trip.
- Abstain from and not tolerate physical or verbal abuse of people or animals.
- Abstain from and not tolerate foul language, jokes or gestures, being especially insensitive to cultural differences in gestures and clothing, politics, customs or traditions.
- Not attempt to establish my own agenda or methods, but instead will comply with nationals and show deference to customs and differences in lifestyles.
- Not use any forms of tobacco, alcoholic beverages or prohibited substances while in country.
- Refrain from giving gifts (money, clothing, jewelry or other items) to individuals. If I feel compelled to make a gift to someone I have met, I will first consult with the team leaders before promising or making such a gift. This covenant does not apply to host gifts.
- Refrain from promising sponsorship to any individual without first consulting Juna Amagara team leaders.
- Care for and manage all property and equipment both owned and borrowed by Juna Amagara, its agents or other members.

I agree that in the event my conduct is considered so unsatisfactory that it jeopardizes the success of this trip, and that mediation during the trip has failed to correct my behavior, that my services in connection with this mission shall end and I shall return home immediately at my own expense.

In signing this covenant, I represent that I am eighteen (18) years of age or older. If I am under the age of 18, my parent or legal guardian signs on my behalf. This (these) signatures seal my acceptance of these conditions declared in this covenant.

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Signature

Date

---

Parent / Guardian

Date

---

Printed Name

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Printed Name