

INFORMATION FOR ICNT 15 DELEGATES

1. Welcome to Uganda!

We are proud to welcome you to Uganda, 'the Pearl of Africa'. We especially look forward to an opportunity to share with you the many heritage resources the country has to offer, to let you appreciate the welcome of our people in their diversity - 45 languages are spoken but English is widely used. Our small (by African standards) but fertile land also accommodates high mountain ranges (the snow-capped Mountains of the Moon), the Source of the Nile, near desert and extraordinary national parks (see www.visituganda.com).

We straddle the equator but, because of our altitude, our climate is remarkably friendly. In September-October, we can expect warm temperature (daily average highs around 26°C throughout the month, dropping to a cool 19° C at night). This is when our light rain season may begin, so please bring a cardigan and a raincoat!

2. Entebbe – the conference and hotel location

The conference will take place in Entebbe town at the Golf Course Hotel (www.imperialhotels.co.ug) located just 5 minutes' taxi ride from Entebbe International Airport, where all the delegates coming by air will land.

Entebbe was Uganda's capital city during the colonial period and it still exudes the tranquillity of a 'garden city on the equator'. The conference area is 5 minutes' walk from the Botanical Gardens (one of the first to be established on the African continent), to the Wildlife Education Centre and to the magnificent Lake Victoria – an inland sea with its islands visible on the horizon.

Entebbe hosts all necessary facilities – banks and foreign exchange desks; internet facilities (free wireless at the Golf Course Hotel); clinics, etc.

3. Travelling to Uganda

If you are travelling by air: as the tourism industry grows, so does the number of airlines offering flights to Entebbe International Airport: Qatar Airways, Turkish Airlines, British Airways, Egypt Air, Emirates, Ethiopian Airlines, Kenya Airways, KLM Royal Dutch Airlines, Rwanda Air Express, SN Brussels, South African Airways, Air Uganda.

Discounts: The conference takes place during the low season – so discounts should be available. The conference organisers are currently negotiating discounts with selected airlines. So far, SN Brussels Airlines have offered a 10% discount. The code is 11119906 (tick on the "I have a promo code" section, on www.brusselsairlines.com). Discounts are also available from KLM, Kenya Airways and British Airways. Contact us for details

Transport to the Golf Course Hotel from the airport is by taxi (a 5 min drive – which should cost you about 10 USD)

If you are coming by road, the main entry points are Malaba and Busia at the border with Kenya; Mutukula at the border with Tanzania and Katuna at the border with Rwanda. There are frequent bus services to Kampala, where you can change for any minibus to take you to Entebbe, about 40 Kms away.

4. Visa and other requirements

Uganda visas may be obtained at Uganda missions abroad or on arrival at Entebbe Airport or other entry points. Tourist visas are normally issued for a period of three months at a cost of 50\$ at entry point in Uganda. See more at www.ugandahighcommission.co.uk

Every visitor is required to carry a passport with validity beyond one year (or the East African passport for East Africans). An invitation letter to the conference may be required and will be issued by CCFU upon request once your application form has been received. For a list of nationals who do not require a visa, check www.immigration.go.ug

There are no vaccinations required – but do ensure that you are adequately covered against malaria.

5. Accommodation options

- a. Golf Course Hotel, Entebbe www.imperialhotels.co.ug is the recommended option. We have negotiated a special rate for conference participants (USD 90 for half board accommodation in a self-contained single room, with breakfast and dinner.) - (Lunches are provided as part of the conference package). The conference facilities are located within the hotel.
- b. Should you wish us to advise on alternative accommodation, please contact ccfu@crossculturalfoundation.or.ug

6. To plan your journey – summary conference programme

ICNT 15 will take place over 5 days (Monday to Friday inclusive) as follows:

- *Monday 30th September:* INTO congress (for INTO members) in the morning. Opening session and plenary (2.00 pm); welcoming evening activity
- *Tuesday 1st October:* Parallel conference sessions
- *Wednesday 2nd October:* “Learning Journeys”
- *Thursday 3rd October:* “Learning Journeys” (morning), conference sessions (afternoon), exhibition and cultural evening
- *Friday 4th October:* Conference sessions and close at 1.00 pm. Optional half-day trip to Ngamba Island (afternoon)

Additional information is available in the [first ICNT newsletter](#).

7. The learning journeys

One of the unusual features of the conference will be 1 ½ day learning journeys to 4 interesting destinations on Wednesday and Thursday morning. We strongly recommend that all delegates take part in this important aspect of the conference.

These journeys will provide you with an exciting opportunity to explore aspects of intangible and tangible heritage promotion work in Uganda to underscore the conference themes. Transport will be by mini-coach; all meals, entry fees, accommodation for the one night spent away from the conference venue will be provided. There are 4 learning journeys to select from:

Journey 1: Traditional healing, spiritual and physical health

Most Ugandans depend on the wealth of indigenous knowledge in relation to plants and health.

- Visit the forest site of PROMETRA (Promoting Traditional Medicine) - Uganda, where herbalists and spiritual healers undergo training. The evening will be spent around an open air fire with healers and cultural leaders. The night will be under tents in the forest (or in a nearby dormitory, if you prefer).
- On the Thursday morning, visit craftsmen who produce bark-cloth, recognised by UNESCO as a Masterpiece of the Intangible Heritage of Humanity.

NB: PROMETRA is approx. 2 hours way from Entebbe. Bring walking shoes or boots for this journey.

Journey 2: People and stories at the Source of the Nile

Uganda's heritage underscores fascinating stories. Jinja, at the Source of the Nile, is our second city:

- Follow the footsteps of one of the country's pioneer entrepreneurial families, the Madhvani's. Learn about their arrival at the time of the lunatic express – the railway built by the British all the way from the Indian Ocean coast, visit and have lunch in their vast sugar estate, started in the late 1920's.
- The contemporary history of Uganda is also the story of the resilience of a people greatly affected by HIV and AIDS: meet a group of grannies whose wisdom helps young orphans around Jinja cope with the crisis. Spend the evening around the fireplace as the grannies share their experiences.
- The next morning, enjoy a guided bicycle tour of historic Jinja town and visit the Source of the Nile.

NB: Jinja is approx. 3 hours away from Entebbe.

Journey 3: Cultural values and national parks

Uganda's National Parks illustrate the challenges of managing bio-cultural diversity.

- Visit the 'Cultural Values and Conservation Project' and learn how the cultural values of neighbouring communities have been integrated in the management of Lake Mburo National Park.
- Visit an outstanding example of a community museum along the way, the Igongo Cultural Centre.
- Spend the night in Lake Mburo National Park and enjoy a game drive in the early morning.

NB: this journey entails an estimated travel time of approx. 4 hours, with stop-over at the Equator.

Journey 4: An African Kingdom in the 21st century

The Buganda Kingdom, the largest traditional kingdom in East Africa, has a long and rich history.

- Visit Kasubi Royal Tombs, the only man-made UNESCO world heritage site in the country, under reconstruction near Kampala, the capital city.
- See a bark-cloth making project, the Buganda Kingdom Parliament, and visit the Uganda National Museum in Kampala.
- On Thursday morning, visit sites around Entebbe, Uganda's old colonial capital, including the 1898 Botanical Gardens.

NB: Kampala is 1 hour away from Entebbe. There is no 'night away' for this learning journey – accommodation will be at Entebbe.