

### Key information

<b>Course site:</b>	Kibale Forest
<b>Course dates:</b>	27 <sup>th</sup> July to 26 <sup>th</sup> August
<b>Meeting place:</b>	Kolping House Hotel, Kampala, 26 <sup>th</sup> July, 18:30
<b>Visa fee:</b>	\$50 US dollars – Single entry tourist visa
<b>Contact Person:</b>	Dr Jerry Lwanga, Makerere University Biological Field Station

### About the field site

The course will be based at the Makerere University Biological Field Station (MUBFS) in the north of Kibale Forest. The field station hosts field trips as well as researchers working in the forest throughout the year. It lies 20 km from the provincial capital Fort Portal, the nearest town with market, post office, banks, etc.

Kibale Forest National Park covers 766 km<sup>2</sup> and is situated in western Uganda (Map 1) at an altitude from 1,110 m to 1,590 m. Kibale has been classified as a moist evergreen forest but the park contains a mosaic of habitats including wetlands and grasslands. The course will include an excursion to see the savannah habitats that lie to the south in Queen Elizabeth National Park.

The forest has the highest density of primates in the world (comprising 11 species). Over 300 bird species have been recorded. An estimated 229 tree species are found in the park.

There are approximately 150 km of mapped trails in the forest near the field station, so you can reach most areas on foot. Research in Kibale has concentrated on the primates, forest regeneration, and the effects of logging. The birds have been well documented but not well studied, and the insects and plants have been largely neglected. There is still plenty to discover!

Annual rainfall averages 1,475 mm with two rainy seasons each year. Although, we will be in Kibale during the 'dry months' you should be prepared for rain (**good walking boots and raincoats essential!**). It can also be relatively cold, especially during rainy mornings, so **do bring warm clothing** too. (Temperatures day: 20°C, night: 16°C).

### What you can expect to find at the field station – facilities and accommodation

- You will sleep in a four-bed dormitory and share common toilet (pit latrine) and washing facilities.

- The water supply comes from rainfall and is stored on site. A daily shower should be available and most days the water is even hot! **In recent years, due to the unpredictability of the rains, the availability of water has varied; please be prepared to go without a shower occasionally – the water is best saved for cooking and drinking!**
- The station has a communal eating area and veranda, a library, and a laboratory.
- The field station is on mains electricity (generated hydro-electrically at Jinja), which is fairly reliable. However, power failures do occur – usually when you least expect them – so you should bring a good torch for black outs and night time forays into the forest.
- The field station also provides a laundry service for a small fee and there are also facilities for you to do your own washing by hand.

## Resources

- The TBA will provide everything you will need for the course field practicals and projects.
- There is a lecture room with slide and overhead projectors.
- The TBA has a fully equipped lab at MUBFS.
- There is a TBA and MUBFS library with a collection of books and papers covering tropical forest ecology, and previous research in the forest.
- There is a small shop at the field station that sells soap, washing powder, sweets, soft drinks, mineral water and beer.
- MUBFS is one hour's drive from the town of Fort Portal where other basic items can be bought and e-mails or faxes sent.

## Communications

- Mobile phone reception at the field station is good; however, please remember that there is a **strict TBA policy that phones should not be used during timetabled activities.** There will be an opportunity to access e-mail at least once during the course. **To avoid your own disappointment and worrying your relatives/friends, we suggest you don't promise to contact anyone while you are in Kibale.** You can tell people that lack of fast communication in rural Uganda is normal and that one month is not such a long time!
- Post to and from Europe usually takes between 8 - 14 days. A vehicle usually goes into the post office to send and receive mail once a week. There is a private telephone at the field station that can be used in emergencies only by TBA staff.

### Our address at Kibale:

**Tropical Biology Association**  
**Makerere University Biological Field Station (MUBFS)**  
**Kanyawara**  
**P O Box 409**  
**Fort Portal, UGANDA**  
**Fax: + 256 483 22636 (mark for Tropical Biology Association)**

**For emergency messages please contact the TBA Europe/African office**

## Specific health information

**As well as the health information found in the general course guide, there are a few health issues specific to Kibale:**

- **Mango flies:** These lay eggs on wet clothing, such as those left out to dry. Occasionally, the larvae burrow into human skin. These are easily avoided by ensuring that all your clothes are ironed, as this kills the eggs. Ironing is done at the field station. Don't bring clothes that can't be ironed.
- **Jiggers:** These are fleas that burrow under your toenails. They can be avoided by wearing shoes/trainers around the field station.

Kampala can get hot and dusty, so you'll need to keep well hydrated. However, don't be tempted to drink tap water or drinks with ice in them, as this water may not be very clean. Only buy mineral waters that come in sealed bottles.

## Arriving in Uganda - a step by step guide

**Passports, visas and entry cards in Uganda.**

**Make sure you have a VALID passport and tourist VISA (if applicable) before you travel. If you do not have one then please get one AS SOON AS POSSIBLE.**

### **Visa Requirements:**

At the time of writing (January 2010), the following applied. **All** visitors entering Uganda **except** nationals of the following countries require a visa:

Ireland and Malaysia (on reciprocity basis), East African Community citizens, Nationals of COMESA countries: Angola, Comoros, Eritrea, Kenya, Malawi, Mauritius, Madagascar, Rwanda, Seychelles, Swaziland, Tanzania, Zambia, and Zimbabwe. **This might well change before your course so we strongly recommend that you check with the Ugandan Embassy in your own country to find out whether you need a visa or not and how much it will cost.**

Nationals of Ireland and Malaysia need to have their passports endorsed with a visa but at no charge, whereas the other exempt nationals do not need visa endorsements at all.

### **Countries that require visas:**

- All foreign nationals, except the above, travelling to Uganda are required to obtain visas from Uganda Diplomatic and Consular Missions abroad before their travel.
- Visas can also be obtained at ports of entry in cases where foreign nationals cannot access a Uganda Diplomatic and Consular Mission abroad.
- Holders of Official, Service, and Diplomatic Passports receive visas free of charge i.e. gratis visas.

### **Visa fees:**

At present the following fees are being charged:

**Single entry tourist visa US\$ 50 (this is the type you should get)**

### **Requirements for visa application:**

- All applicants' passports must be valid for at least six months from the date of application.
- Applicants must complete one visa application form and attach one passport-size photograph.
- The applicant's passport must have a valid Immigration entry endorsement in country of application i.e. Kenya (or re-entry permit if one is a resident).

**African participants: if you have difficulties obtaining a VISA please contact the TBA Nairobi office AS SOON AS POSSIBLE**

**IMPORTANT: Your visa must be valid for the ENTIRE time you will be in Uganda and MUST BE STAMPED ON ARRIVAL. Your passport should be valid for AT LEAST six months after you arrive in Uganda. Whether you need a visa or not, when you enter Uganda, you will be given a standard entry card to fill out; recent experience indicates that you should make sure that you make the length of the stay that you require very clear at airport immigration. Remember that A STAMP FOR '1 MONTH' IS NOT SUFFICIENT and will mean that an extension will be needed. Please ensure that your visa is stamped on arrival.**

When filling in visa forms and entry cards, you MUST state that you are a TOURIST on the card. You will also need to give your address in Uganda, which will be:

**Makerere University Biological Field Station,  
PO Box 409, Fort Portal, Uganda.  
Our contact person here is: - Dr Jerry Lwanga**

### **Arriving in Uganda by air**

Entebbe Airport: Uganda's international airport is situated just outside the town of Entebbe, some 40km away from Kampala. The TBA will circulate everyone's flight details so that you can try to meet up with people on your flight.

**European participants - please send the TBA your flight details as soon as possible.**

The TBA will endeavour to meet all flights depending on our schedule (if you are arriving very early/leaving well after the course to do independent travelling you should make your own arrangements). If we have told you we will meet your flight look out for the TBA sign. If you are not being met, don't worry, there are 2 easy options to get from the airport to Kampala (which takes around an hour).

### **Arriving at night**

If arriving at night we strongly recommend that you stay at Entebbe rather than travelling into Kampala.

### **Getting from Entebbe airport to Kampala**

**Option 1:** take a private hire (taxi) from the airport to Kampala. This is the easiest but most expensive way. It will cost approximately 60,000 US\$. Remember to fix the price first.

**Option 2:** take a share taxi from the airport to the town of Entebbe, and then take one of the frequent minibuses from Entebbe to Kampala. To find the share taxi, you need to cross the first road outside the airport and pass the private hire taxis. Share taxis should cost around 3,000 USh (\$1.75). The minibus costs around 2,000 USh and will drop you at the old Taxi Park in the centre of Kampala. Remember to fix the price first.

### **Arriving in Uganda by bus**

The bus station is near the centre of Kampala. African participants - we will try to meet you off your bus if you let us know when you are arriving. If we are meeting you look out for the TBA sign or TBA Land Rover.

### **Getting around Kampala – See Map 2**

English is the official language of Uganda and the most widely spoken. The time in Uganda is + 3 hours GMT. Most of the shops and offices you will want to visit are concentrated in a fairly small area in the centre of the city. The **Post Office** is on the main central street called Kampala Road, as are the banks and foreign exchange bureaux (Forex). Most of the airline offices are on Kimathi Avenue. Visitors are recommended not to travel round Kampala at night. Take private hires (private taxis) if you are unsure of where you are going.

### **Where to stay in Entebbe and Kampala**

We will provide accommodation in Kampala for the **night before and the last night of the course**. We leave Kampala very early on the morning of the start date of the course, so you **need to be in Kampala the evening before the start of the course** at the very latest.

### **Meeting up with the TBA in Uganda**

**The rendezvous or meeting place for ALL TBA course participants is:**

**KAMPALA KOLPING HOUSE, Bombo Road, Kampala**

**At 18:30 26<sup>th</sup> July**

**Please make sure you get to Kolping House before the course begins. We will be travelling to Kibale very early the next morning.**

**Further information will be sent to you before your course starts.**

The TBA will book and provide your accommodation with a meal in Kampala at Kolping House for the night before the course begins. Kolping House is located on Bombo Road (Plot 132 Bombo Rd, Makerere Kavule, P.O. Box 9841, Kampala - Uganda. **Tel:** +256 41 543990/031 277651. **Fax:** +256 41 543982. **Email:** kkolping@yahoo.com or uks\_net@yahoo.com) one of the main roads to the city centre; Kolping House is about 1 km to the north of the Makerere University campus.

If you arrive earlier than the night before your course, let us know if you want us to book additional accommodation at the course rendezvous. If you are arriving well in advance of the course start date to do some independent travelling, please feel free to contact the Cambridge Course Co-ordinator (courses@tropical-biology.org) for details of recommended accommodation in Entebbe & Kampala.

**Getting there:** You can either get a private hire taxi to Kolping House from the centre of Kampala which will cost you approximately 5,000 Ush, or you can get a minibus taxi from

the centre of town to Wandegaya then take a taxi from there. This will cost approximately 500 Ush. Kolping is located in the Bwaise district of the city.

### **Getting from Kampala to Kibale Forest with the TBA**

On the morning of the start date of the course, we will drive you all from Kampala to Kibale, which should take around 5 hours, including a lunch stop. The route passes through some lovely countryside, including several patches of forest and is a good chance to get to know your fellow course participants.

**If you miss the rendezvous**, you will have to make your own way to Kibale. You should try to contact the TBA (details will follow prior to the course).

## **References**

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### **General reading**

Travel guides are a good way to gain an overview of Uganda, its geography and places of interest. The best two are probably the **Guide to Uganda** by Philip Briggs (Bradt publications), which concentrates entirely on Uganda and **East Africa** (Lonely Planet Handbooks) which covers East Africa.

### **Useful websites**

Nature Uganda: <http://www.natureuganda.org/>

Uganda Wildlife Authority: <http://www.uwa.or.ug/>

Makerere University Biological Field Station: <http://www.usu.edu/mubfs/frames.html>

[http://www.worldtravelguide.net/country/288/country\\_guide/Africa/Uganda.html](http://www.worldtravelguide.net/country/288/country_guide/Africa/Uganda.html)

This website contains information on visas, things to do, transport and accommodation.

### **Academic references**

Please contact the Course co-ordinator at the Cambridge office ([courses@tropical-biology.org](mailto:courses@tropical-biology.org)) for a list of books and published papers that will provide useful background reading on tropical forests, and research in both Kibale and Uganda in general.

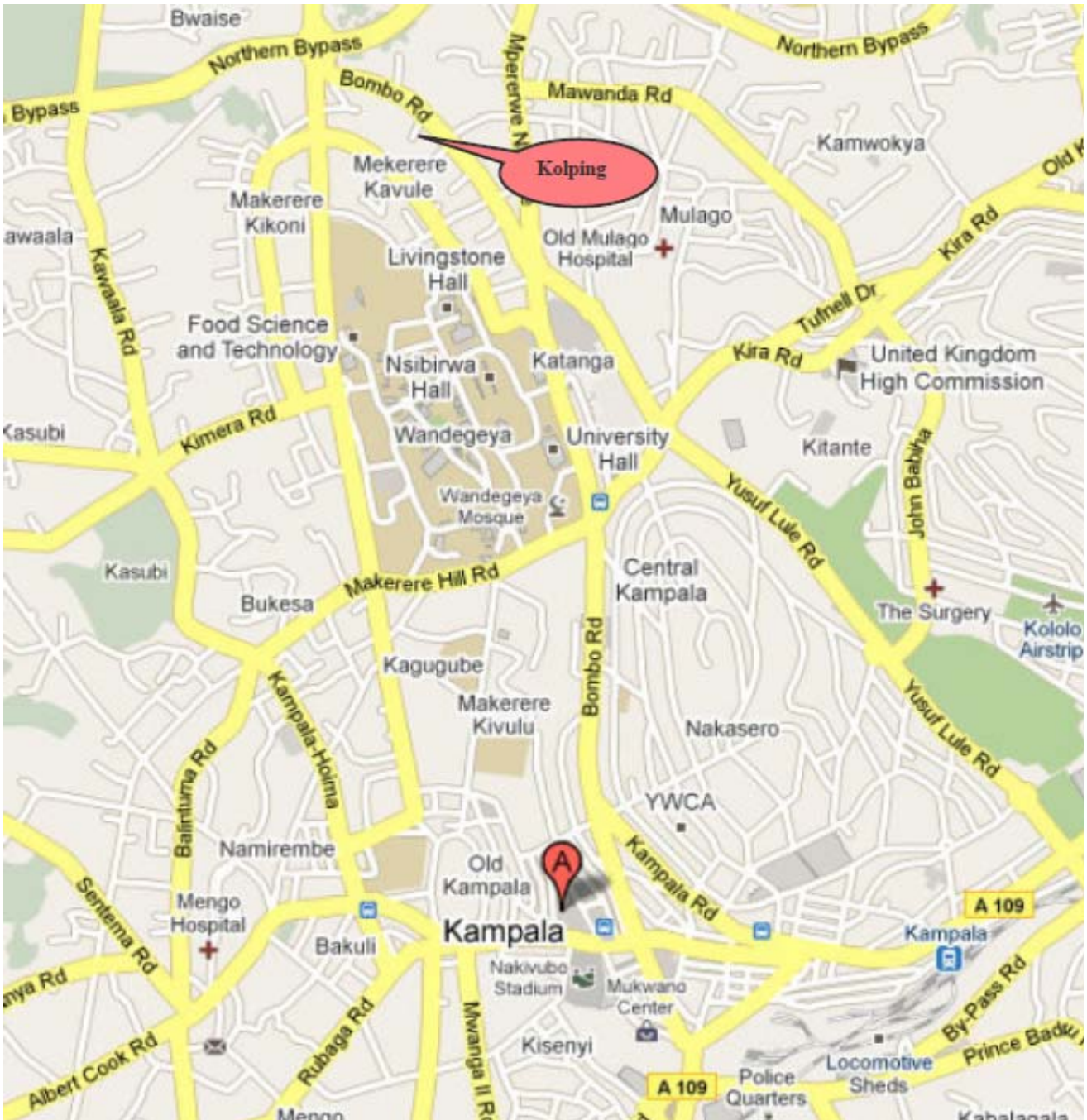
### **Past projects**

Examples of past student projects and published work undertaken during TBA courses at Kibale can be found at: -

Link: <http://www.tropical-biology.org/resources/courseabstracts.htm#uganda>



## Map 2. Kampala City Centre



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