



Safety in Uganda

Is Uganda safe?

Yes, Uganda is an amazing country that over 1.5 million tourists visit each year and is classed as an excellent place to travel, due to not only to what it has to offer but also its stability and safety. Uganda has won awards for being the 'Number 1 country to visit in the world' and has the same risk level as Australia, Belgium and France. There is one region of Uganda that is advised against travelling to due to local tribal issues within the desert area in the far North East. We do not go within 36 hours of this area and have no reason to.

What does PAI do to ensure my safety?

As an organisation we follow all of the UK commonwealth travel advice for Uganda and take the security and safety of our staff and volunteers very seriously. We follow the British Standards 8848 in international expeditions, trip and volunteer projects. We are fully insured, and all volunteers fall under our employer's liability insurance. We have a large support team in Uganda, both in our offices and onsite of your project. Since 2009 we have had hundreds of volunteers visit Uganda with us without any major incidents.

What if I get ill?

We have partnerships with several professional and fully qualified doctors and surgeries around Jinja– all of which are assessed by Play Action International. If you fall ill, we will take you to the doctors and they will provide you with a prescription to take to the pharmacy if necessary. PAI also have a comfortable house in Jinja with spare beds where you are welcome to stay until you feel better.

What if I hurt myself?

When on project, we can treat minor injuries at the school. In case of an emergency or more serious injury, we have several vehicles on hand to take you directly to hospital where you will get the help that you need. If you hurt yourself off project (e.g. when in Jinja town, at the hostel on weekends, or on activity weekends) there will always be a trusted staff member nearby who can assess the injury and take you to a surgery/hospital if necessary.

What about dangerous animals?

It is extremely rare to spot a dangerous animal outside of the safari national parks – all of which are a considerable distance from Jinja (over 300km). Mosquitoes are present in some areas but with mosquito nets, insect repellents and anti malarial tablets - these are extremely unlikely to be an issue. Before arriving in Uganda, we will explain about how to protect yourself best from particular insects that may be on your project.



Where is the closest doctor?

Depending on where your project is located will depend on the distance from the doctor. On project, you will never be more than 45 minutes away from a doctor. PAI will have a trained first aider on each project to help with any issue before arriving at a doctor as well as a support vehicle on standby at all times.

Can I be catered for with my dietary requirements?

As long as you warn us about any intolerances or requirements before you arrive in Uganda, then we will be able to accommodate them. Our cooking team in Uganda are extremely accommodating for any food requirements and allergies.

What if I have medical issues?

As long as we are aware of any issues before you come out to Uganda then we can make sure we are fully prepared to support you. We have had volunteers in the past that have had a variety of conditions, such as deafness, diabetes and many allergies and intolerances – so please do not hesitate to ask how we can accommodate you.

If you have any further questions in regard to safety on project or just want some extra reassurance, please contact us at hello@playactioninternational.org and we can arrange a phone call to chat things through.