

Uganda

Travel



Experience Uganda

What does life in Uganda look like? Uganda is famous for its equatorial climate, diverse landscapes of rolling hills and vast savannahs, incredible safaris, and an array of cultures living together in one small country. Life in Kampala, Uganda's capital and vibrant urban centre, offers an entirely different lifestyle in East Africa. From bustling urban life in the city, to weekends spent exploring Uganda's Nile River, savannahs teeming with animals, to the impenetrable primate-filled forests in Uganda's western region, your 12 weeks in Uganda will be a truly unforgettable and enriching experience.

Did you know ...

- Uganda is a land-locked nation surrounded by 5 other countries, including: Democratic Republic of Congo (DRC), Rwanda, Tanzania, Kenya, and South Sudan.
- Uganda is roughly the size of the state of Oregon, or the country of England.
- The population of Uganda is about 44 million people. 70% of the population is below the age of 25 years old.
- Uganda is a multilingual country, with the official national language being English. English is the language used in all primary schools. In addition to English, the main language spoken in Kampala is Luganda. There are forty living native languages in Uganda, which can be grouped into three main language families: Bantu, Central Sudanic, and Nilotic.





Did you know ...

- Many regions in Uganda have kingdoms including Buganda, Busoga, Bunyoro and Toro. Ugandans are remarkably hospitable and hail from a diversity of rich cultures.
- Bicycles are the main form of transportation in rural areas or small towns. Boda-bodas are motorcycle taxis which also transport people around urban and rural areas. Kampala has Uber, a taxi system, and public transit.
- Most Ugandans are religious. It is not uncommon to see people praying before meals or work meetings, hear the sound of church choirs on Sundays, or observe a variety of Christian or Muslim celebrations. Approximately 84% of the population is Christian and 14% is Muslim.
- Pan-fried grasshoppers, called Nsenene, are a seasonal delicacy in Uganda. This treat is especially popular on the streets during the rainy periods when grasshoppers are abundant.
- Uganda lies across the equator and therefore has the perfect climate to grow fruits and other produce year-round. Uganda grows more bananas than any other African nation. Pineapples, mangos, passion fruit, citrus fruits, watermelons, papayas and jackfruit are also commonly found throughout the country.
- Uganda is home to over 450 mountain gorillas, with the majority of them living in Bwindi Impenetrable Forest, in southwestern Uganda.

Visa, flights & arrivals

You will be responsible for booking your own flight to Uganda and your Program Director will review the correct procedure with you to ensure you obtain the right visa to cover your time in Uganda.

Your Program Director can provide recommendations and contact information for a travel agent should you require assistance with this process. The recommended arrival and departure dates will be shared with you upon your acceptance into the program.

You will fly into Entebbe (EBB) International Airport, where you will be met by a friendly Insight-approved driver who will greet you with an 'Insight Global Education' sign in hand!



Arrival in Kampala

first week

From the airport, it will be approximately one hour drive to Kampala, our program home base. Once picked up at the airport, you will be driven directly to our accommodation in Kampala. Your Program Director will be waiting to greet you and show you around your new home. Once you've had a chance to settle in, in-country staff will take you on a neighbourhood orientation and help to set you up with a sim card, ATM withdrawal, currency exchange, and groceries. The current exchange rate is \$1 CAD = 2,800 UGX (Uganda Shillings), or \$1 USD = 3,800 UGX (January 2024).

You'll also take part in a 3.5 day in-country orientation alongside your fellow participants. This will help you to get your bearings so that you're feeling comfortable and well-prepared to begin your internship the following week.





Budgeting

Fees & Finance

Insight believes in providing a program that is of the best possible value to a student who is intent on furthering their knowledge and experience abroad.

For students who want to challenge themselves while exploring a new culture, the costs involved don't even compare to the life experiences gained while travelling abroad! However, we understand that spending a semester abroad is a financial sacrifice for many students, so we want to ensure all participants have a full understanding of the costs involved in participating in the Semester Abroad Uganda program.

Admitted participants will be asked to confirm their spot in the Semester Abroad Program within by making a non-refundable deposit of \$1000 USD within 10 days of their official offer of acceptance. Remaining costs are outlined within your acceptance letter, and are related to what term you'll be travelling abroad with us.

What We Provide

In-Country Support

Unlike most international programs, the Semester Abroad includes in-person support throughout the program. Our in-country staff arrange and liaise internships, oversee program safety and security, run orientation upon arrival, facilitate educational reflection sessions, organize social and personal/professional development activities, and provide ongoing personalized support as needed.

Tuition & Academic Expenses

You will learn from experienced local professors in private classes to learn subjects from a new perspective in the local context. Upon the completion of these courses, your transcripts are delivered directly to your school so that you can earn credits.

Internship Coordination

We put in the time and effort to find a placement that is right for you; one where you can learn about social/global issues in a relevant and hands-on context, develop transferable skills, and see what it's like to work in a different country. Through a collaborative and personalized process, we will work with you to pair you with suitable internship opportunities.



Accommodation

Program participants will be provided with safe and secure accommodation, living in shared dorm-style rooms during their stay with access to a kitchen, laundry/cleaning services, and utilities. Housing will be located within 30 minutes of internships and near a number of restaurants, shops, and more!

Orientation & Arrival Airport Pick-Up

We want to ensure you feel comfortable, safe, and excited as soon as you arrive! You'll be picked up from the airport and taken directly to your new home, where you will be immediately greeted by our in-country staff. We'll help you settle in and get you set up for the remainder of the program, while also running a number of fun activities for you to get to know the city and your fellow cohort members. Additionally, you'll be provided with detailed pre-departure orientation prior to your arrival.



Personal Costs

Insight gives students the freedom to experience the semester abroad on their own terms. Many programs will force students onto set meal plans, strict allowances, and mandatory arrival and departure dates. Our program allows students to spend as much, or as little as they want on what they value when travelling. For this reason, we have not included the following items to our program cost, and we allow students determine their own budgets.





International flights

It is very common for students to travel on their own, or with friends prior to arriving in-country. The following prices are estimates of round trip flights with no other stops, booked 3-4 months prior to departure. Your itinerary may be quite different!

Toronto to Entebbe (roundtrip) - **\$900+**
Vancouver to Entebbe
(roundtrip) - **\$1,000+**

Food, transportation, and personal expenses

Some of our participants buy groceries at the local markets and meal prep for themselves, while others will eat out almost every night! Some participants leave their semester abroad with less than what they brought, while others can't fit all the souvenirs into their bags. How you choose to live during your semester abroad is entirely your choice. Below, we've included some sample budgets for you to get a better sense of costs in-country varies.

Health/Travel insurance

We require that all participants of the Semester Abroad have travel insurance before arriving in-country. Some academic institutions offer travel insurance with tuition, while some credit cards also offer travel insurance. Who you decide to go with, and the price is up to you.

Approximately **\$250 USD***

*Estimate based on quote from World Nomads

Vaccinations, medication, etc.

Travel clinic consultation **\$35 CAD**

Required Vaccination: Yellow fever **\$185 CAD**

Other Vaccines to consider: hepatitis A and B **\$185 CAD** and typhoid **\$65 CAD** Malaria Tablets **\$60 CAD**

Passports, documentation, or entry visa

Single-entry Visa for Uganda - **\$50 USD**

East African Visa (for travel between Uganda, Kenya, Rwanda) - **\$100 USD**



Sample Budgets

It helps to know how much people have spent on their trips. The following are real budgets from past student trips. All prices are listed in CAD.

KATE, SUMMER 2016

ROUTINE EXPENDITURES

transportation	\$ 400
groceries	\$ 500
going out (restuarants, bars, clubs etc.)	\$ 400

EXCURSIONS (ALL-INCLUSIVE)

jinja	\$ 150
rwanda	\$ 300
murchison falls safari	\$ 225
zanzibar	\$ 1000

OTHER EXPENSES

data (internet + sim card)	\$ 95
1 month gym mambership	\$ 225
laptop repair	\$ 125
personal leisure (manicure, etc.)	\$ 100
doctor's appointment	\$ 75
perscription medication	\$ 50
misc.	\$ 400
emergency fund	

TOTAL: \$ 4,195

CLAIRE, SUMMER 2018

ROUTINE EXPENDITURES

transportation	\$ 250
groceries	\$ 340
going out (restuarants, bars, clubs etc.)	\$ 560

EXCURSIONS (ALL-INCLUSIVE)

jinja	\$ 38
lake bunyonyi	\$ 90
rwanda	\$ 260
zanzibar	\$ 750
Sipi Falls	\$ 65

OTHER EXPENSES

data (internet + sim card)	\$ 75
souvenirs	\$ 150
personal leisure (manicure, etc.)	\$ 60
other activities in kampala	\$ 18

TOTAL: \$ 2,621

Prices In-Country (current)

BASIC GOODS

Bread \$ 1.10 - 2.90
Pasta \$ 2.50
Eggs (6) \$ 1.50
Apples (1kg) \$ 2.50
Pineapple \$ 0.90
Avocado \$ 0.30
Soy or Almond milk \$ 4.40 - 6.00
Frozen chicken breast \$ 5.00

RESTAURANT MENU

Specialty coffee \$ 2.00
Fruit smoothie \$ 4.00
Ugandan lunch \$ 1.20
Quesadilla \$ 6.00
Pad Thai \$ 6.00
Continental breakfast \$ 6.00 - 8.00
Falafel wrap \$ 4.00
Bottle of beer \$ 1.10
Glass of wine \$ 5.00
Cocktail \$ 6.00

ENTERTAINMENT

Movie ticket \$ 4.00 - 5.00
Bar entrance \$ 4.00 - 7.00
hotel pool with gym access \$ 10.00

TRANSPORTATION

Motorbike taxi \$ 0.80 - 1.20
*Depends on distance traveled
Local bus in city \$ 0.50
Minibus taxi \$ 0.90
Bus rides \$ 5.20 - 10.40
Uber \$ 3.5 and up

EXERCISE

Gym drop in \$ 5.20 - 10.40
Monthly gym membership \$
Fitness classes \$ 5.20
Mountain Club of Uganda \$ 14.00

PHONE AND INTERNET

1 month local calls \$ 2.62 and up
Data bundles:
7.5 GB Data \$ 5.20
22 GB Data \$ 13.10
48 GB Data \$ 26.20
85 GB Data \$ 44.50

***Prices quoted in USD**



What to Pack?

Don't forget to put a luggage tag with your name, address and contact information on each piece of luggage that you check in. Contact your airline for more information regarding luggage allowance on your specific flight. Most airlines allow 1 checked bags on flights from North America to Uganda.

Though Kampala is a sizeable city and most necessities can be found, some items are more expensive and have limited selection. For this reason, we have created a packing list to help remind participants of some of the essential things to bring.



Packing List

1. Travel Essentials

- Passport (please ensure your passport does not expire within six months of your departure date from Uganda)
- Travel Itinerary/Return Plane Tickets
- \$100-\$150 USD (for unexpected expenses en route and your visa)
- Visa debit card or credit card for ATM withdrawals. Please notify your bank that you will be in East Africa for three months.
- 3-4 photocopies of passport, birth certificate, health insurance details
- Money belt/Fanny pack
- TSA approved luggage lock

2. Carry-on Item

- Backpack (handy for daily use in Suva)

- TSA Compliant toiletry kit (also handy for wWeekend trips)
- Necessary prescription medications (labelled)
- Hand sanitizer
- Ear plugs
- A spare outfit and undergarments (in case your luggage gets delayed)
- Book/e-reader
- Any valuables (electronics, cash, bank cards, travel essentials etc)

3. Medications

- Prescription medication
- Medications recommended for you by your family doctor or travel clinician. Bring enough to last you 12+ weeks.



4. Toiletries & Supplies

Note: Standard toiletry items like shampoo, deodorant, and toothpaste can be found in Kampala. If you're particular about brands, then it is recommended that you pack the following:

- Shampoo/Conditioner
- Bodywash/Soap
- Toothbrush/ toothpaste/dental floss
- Deodorant
- Hairbrush/hair ties
- Razors/shaving supplies
- Glasses/contact lenses and solution
- Makeup/perfume (limited selection available in Suva)
- Face wash/ moisturizer
- Sunscreen/sunglasses
- Mosquito repellent
- Tweezers/Nail clippers
- Feminine hygiene products
- Towels (1 bath, 1 face)

5. Food & Dietary Preferences

Note: If you have specific dietary requirements or allergies you may want to pack some extra items in your suitcase. There are some foods that are hard to find or quite expensive in Kampala. The following are some examples of items you might want to bring based on your preferences or dietary needs: particular about brands, then it is recommended that you pack the following:

- Protein bars or snack bars
- Soy/vegan alternatives
- Gluten free products
- Vitamins/supplements
- Sugar alternatives
- Quinoa
- Cheese (available in Uganda, however very expensive)





6. Electronics

- Unlocked smart phone
- Headphones
- All necessary electronic chargers
- Adapter/Converter (with power surge protection). Uganda uses 240 volts AC 50Hz (Type G converter)
- Camera (with memory cards) and charger
- Flashlight
- If you choose to bring a hair dryer or straightener it is necessary to ensure it is either dual/universal voltage suitable at 240V (you can often find this information on the product's website or packaging). Otherwise, the difference in voltage will break your product and make it unusable.
- Step-down (optional for electronics that use different voltage & high temperatures)

Clothing & Attire

A common misconception made by first-time travellers is that all you'll need is sun hats, durable pants, Birkenstocks and plain t-shirts. This couldn't be further from the truth.

Kampala is like any city with a diverse population, of over 2 million people and a range of settings and activities. While living in Kampala, our Insight staff will often dress similarly to how they do at home – similar attire for work, social events, exercising, etc. with some exceptions. Ugandans tend to dress in formal attire in most work settings. If you have any questions about work attire ask an Insight team member or connect with your internship supervisor prior to arrival.

Younger Ugandans in Kampala dress somewhat more modern and similar to

North American styles, especially in the evening. In the rural areas, the dress is more conservative. Shorts and tank tops are not commonly worn in either urban or rural areas during the day and, in general, women's thighs are covered. Evening attire in Kampala is much more relaxed in upscale areas, where many expatriates and wealthier Ugandans frequent. In these settings you can dress in your favorite outfits. You can also find skilled tailors all over Kampala, where you can have an outfit made from the beautiful local kitenge fabric.

In general, consider the length of time you will be away and the kinds of activities you will take part in. Consider the weather, travel plans, culture and your comfort when packing.



We recommend you pack the following for:

Work

What you will wear at work will depend somewhat on your internship placement. Most offices wear business dress, such as dress pants, long skirts and dress shirts. Business dress is expected at meetings and conferences. Alternatively, particularly for placements that involve more community outreach and field work, casual and conservative dress may be acceptable.

Office temperatures can be unpredictable, as some have air conditioning and others just fans, so bring light clothes and layers. Regardless of where you intern, bring at least three professional outfits to Uganda, such as:

- Dress pants or skirts
- Nice blouses and tops (with thicker straps)
- Dress shoes (leather shoes, flats, heels, etc.)
- A suit and a couple of ties for the men
- A pant/skirt suit for the women
- Cardigan and/or blazer jacket



Social Events

The social life in Kampala is lively, especially the nightlife. There are countless fun bars, lounges, clubs, and nice restaurants. When enjoying Kampala's nightlife there is a wide range of acceptable dress. Some foreigners and Ugandans choose to dress-up for a night out, while others; dress more casually (though some upscale spots might require men dress up). For the most part, Ugandans dress very well, and it is recommended that you also dress in clean, presentable clothes that you are comfortable in. When socializing in Kampala, our Insight staff wear similar clothing to what they'd wear at home. At night, the dress code is less conservative amongst young Ugandans. Even if you are a fairly casual person, bring a few nicer outfits for any special events. You'll want to consider packing:

- Jeans
- Dresses/skirts
- Button-down shirts
- Nice sandals/dress shoes
- Footwear
- Sturdy sandals and flip-flops
- Walking/running/hiking shoes
- 1-2 pairs of comfortable shoes for wearing to work daily
- Dress shoes for a night out or work function



Other

Keep in mind that Kampala is usually 24-29 degrees celsius/75-85 degrees fahrenheit , and pack accordingly. More suggestions:

- Short and long sleeved shirts
- Light jeans, shorts, light pants for hot days
- Dresses and long skirts (leggings are great to wear under skirts when using boda-bodas)
- A hoodie or light jacket for cool days
- Light rain jacket
- Undergarments
- Socks
- Pyjamas
- Hat
- Swimwear





Staying Safe & Healthy While Abroad

Prior to your arrival in Uganda, there are a few steps you'll take in order to ensure that you're safe and healthy while abroad! Every program participant is responsible for purchasing Comprehensive Travel Insurance, which includes medical coverage for the duration of their time abroad. Your Program Director can provide recommendations of reputable travel insurance providers.

Prior to your semester abroad in Uganda, you'll also visit a travel clinic and speak with a travel nurse/doctor about your planned stint abroad. The travel clinician will be able to identify any recommended vaccinations and/or medications that you should obtain prior to your travels.

During the arrival orientation, your Program Director will provide information on a number of reputable walk-in clinics, hospitals and pharmacies located in Kampala. During orientation, you'll be briefed on best practices regarding safety in the city and in Uganda more generally. Insight's in-country staff are based in Kampala, near the student accommodation, and are available to provide support and guidance throughout your entire experience.





Ins and Outs of Everyday Life in Kampala

With a population of approximately 1.65 million people, Kampala is Uganda's national and commercial capital. The city is not too far from Lake Victoria, Africa's largest lake, and second largest in the world. Hills covered with red-tile villas and trees surround an urban centre of contemporary skyscrapers. A tropical metropolis, Kampala is a perfect location to spend your Semester Abroad!

As a participant in the program, you'll spend Monday-Thursday interning with one of our many change-making partner organizations in the city. On Fridays, you'll be in class with the rest of the cohort in private classes offered by experienced professors at Uganda's Makerere University.

Beyond your internship and university courses, life in Kampala offers a variety of things to do. Whether it's kickboxing lessons after work, sunset drinks view a view of the city, day trips to the bustling Nakasero and Owino markets or weekends in Jinja at the source of the Nile, participants have plenty of ways to make the most of their evenings and weekends.

Getting Around Town

Known for its traffic, getting around Kampala can be quite the adventure. Luckily, participants have a variety of transport options to get around town easily and safely with access to Uber, motorbike taxis, private hires, and public mini buses.





All Things Food

Ugandan cuisine is truly a treat, with no shortage of fresh, local ingredients from the surrounding tropics. Staples of Ugandan dishes include matooke, g-nut sauce, posho, chicken or beef stew, sauteed greens, kachumbari, cassava, rice and fish. A traditional Ugandan food is Luwumbo, a meat stew cooked in banana leaves and steamed over a fire. The result is a delicious dish typically served with matooke, mashed unripe plantains. There is also an incredible variety of tropical fruit available in Uganda, including pineapple, watermelon, bananas, mango, papaya (also known as pawpaw), guava, avocado, and passionfruit.

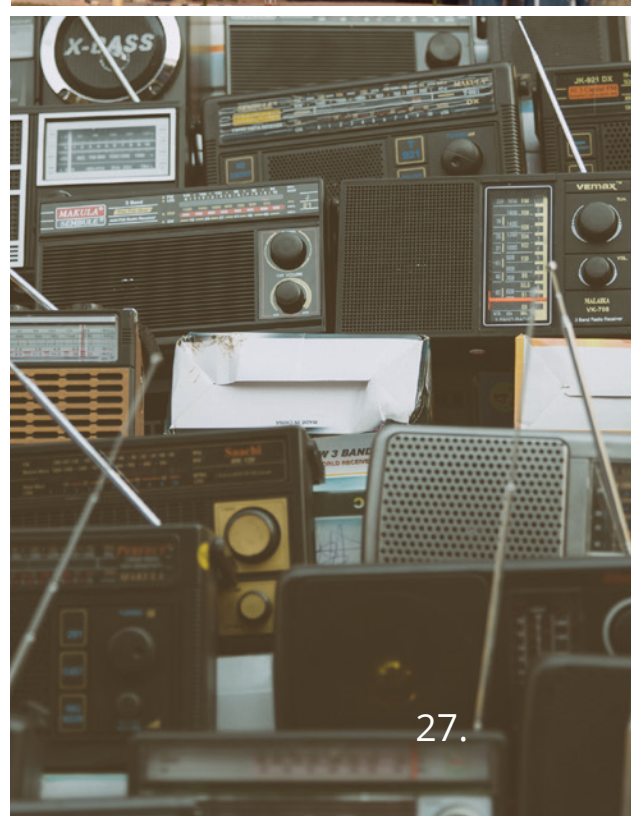
Kampala also boasts a variety of restaurants and international cuisines, including Indian, Ethiopian, Japanese, Mexican, Chinese, Korean BBQ, and Italian!



Exploring the City

We also encourage participants to explore their new home by checking out some key spots around Kampala:

- **The Baha'i House Worship**, one of just seven in the world, is located on a vast green space and is the perfect place to spend an afternoon with a picnic. You can also learn more about the Baha'i faith from a knowledgeable tour guide or attend a Sunday service.
- **The National Mosque** is a representation of unity with a variety of international influences in its architecture. You can also climb to the top of its minaret for a full view of the city and Kampala's seven hills.
- **The Buganda or the National Theatre Craft Market's** have an array of locally-produced arts and crafts, including souvenirs, clothing, art, and accessories.
- **Kabaka's Palace**, the traditional home of the King of Buganda, is a great spot to learn about the history of the Buganda kingdom and its current political influence in Uganda. This is also where you can learn about the dark history of Idi Amin's rule and take a guided tour of his torture chambers.





- **The Ndere Cultural Center** is the perfect evening outing if you're interested in traditional dance and music. Try to catch a dinner-theatre performance of the Ndere Troupe which showcases dances from many of Uganda's cultural groups and kingdoms with high-energy shows taking place throughout the week.
- **Speke Resort in Munyonyo** is a picturesque lakeside resort in one of Kampala's southern suburbs. It has spacious green park-like areas on the bank of Lake Victoria, two massive swimming pools, horseback riding, a salon for massages, and a choice of 4 high-end restaurants within the resort. Speke resort hosts countless weddings and other parties each week.
- **Nakasero Market is well known** for its fresh farm produce. Located just at the edge of the central business district, here you will find everything from eggs to chicken, halal meats, fish, all kinds of vegetables, tubers and fruits. This is where most restaurants in Kampala city buy their ingredients. The prices are lower at dawn, when the produce is delivered fresh from the farms, and they increase as the day goes on. Get them while they're fresh!

Home Sweet Home: Accommodation in Kampala

We want you to enjoy all that Kampala has to offer, so our participants are housed in a safe and central suburb of the city with easy access to supermarkets, shops, restaurants, and more! The student house is a short drive from a large shopping mall, which includes grocery stores, pharmacies, restaurants, a movie theatre and bars.

The student accommodation has a large kitchen, multiple shared dining/living spaces and spacious dorm-style bedrooms with bunk beds. Bedrooms are equipped with bedding and full wardrobes with hangers. The kitchens are furnished with all basic appliances such as dishes, pots and pans, toasters, microwave and water filter for drinking water.





Semester Abroad Programming

As a member of the Semester Abroad cohort you'll have the opportunity to participate in regularly scheduled activities, led by your Program Director.

Every two weeks you'll attend a biweekly meeting with your fellow cohort members. This will be an opportunity to check in on how things are progressing at your internship and at Makerere University, as well as to engage in discussions on a range of topics relevant to the Uganda Program. Past biweekly meeting topics have included...

- Development & Neocolonialism
- Voluntourism & the White Saviour Narrative
- The Ethics of Travel
- Passport Privilege
- Social Entrepreneurship in East Africa
- Politics & History of Uganda

These meetings are a great opportunity to discuss and reflect on some of the challenges and new perspectives you've gained through your time abroad, which we believe is an important part of the Semester Abroad experience.

On alternating weeks your Program Director will organize a social event. Whether it's homemade taco night at the house or a night out in Kampala to enjoy some live music, socials are a chance for everyone to connect, unwind and spend some time together.



Discovering East Africa

Uganda

Uganda attracts over 1 million tourists per year, which isn't surprising given that it was Lonely Planet's top country for 2012. Affectionately called the Pearl of Africa, Uganda offers brilliantly lush landscapes, diverse wildlife, and plenty of adventure.

Rafting on the Nile

Enjoy some of the world's best white water rafting on the mighty Nile River. You'll be rafting through a number of exciting rapids, including some Grade 5 rapids,, and will also enjoy some time swimming in the Nile (don't worry, there's no crocodiles). Located in Jinja, you can also enjoy all that the surrounding town has to offer, like bungee jumping, horseback riding, and more!

Gorilla Trekking

With the majority of the world's remaining mountain gorilla population, Uganda attracts nature enthusiasts to its stunning national parks to observe these magnificent animals. Trekking proceeds also support conservation efforts.



Discovering East Africa

Murchison Falls National Park

Murchison Falls National Park sits on the shore of Lake Albert, in northwest Uganda. It's known for Murchison Falls, where the Victoria Nile River surges through a narrow gap over a massive drop. Park wildlife includes elephants, giraffes, lions and hippos, and there are chimpanzees in the Kaniyo Pabidi mahogany forest.

Queen Elizabeth National Park

The Queen Elizabeth National Park has a range of diverse ecosystems, which include sprawling savanna, shady, humid forests, sparkling lakes and fertile wetlands, make it the ideal habitat for classic big game, ten primate species including chimpanzees and over 600 species of birds. Set against the backdrop of the jagged Rwenzori Mountains, the park's magnificent vistas include dozens of enormous craters carved dramatically into rolling green hills, panoramic views of the Kazinga Channel with its banks lined with hippos, buffalo and elephants, and the endless Ishasha plains, whose fig trees hide lions ready to pounce on herds of unsuspecting Uganda kob.

Sipi Falls

Hike to the three major falls that make up Sipi Falls and enjoy spectacular views, vibrant greenery, and the charm of the surrounding community. You can also learn about local coffee production or even abseil 100m down a cliff next to a waterfall!

Fort Portal

Located in Western Uganda near Kibale Forest National Park, Fort Portal and the surrounding area make for a great weekend trip! Famous for its many crater lakes, formed many years ago by volcanic activity, participants often enjoy quiet time out in nature, swimming, kayaking, hiking, and more.



Rwanda

Stunning Rwanda is known as the Land of a Thousand Hills, and not for nothing. Its rolling green hills make for incredible landscapes. Rwanda offers plenty of options in the name of adventure, nature, and culture.

Kigali

Kigali is also a popular destination for visitors to learn more about the country's history, visit local markets, and enjoy other parts of this unique East African city. We recommend visiting the Kigali Genocide Memorial and Nyamata Church Memorial for a deeper look into the country's tragic genocide and the unification and recovery of today. There's also plenty of great restaurants and bars to enjoy in the evenings.

Lake Kivu

Lake Kivu is a great spot to enjoy the nature of Rwanda. Located in Western Rwanda, visitors will have opportunities for hiking, kayaking, swimming, and more! There's also opportunities for volcano hiking and gorilla trekking about 2 hours away in Volcanoes National Park.



Congo-Nile Trail

The Congo-Nile Trail is a network of trails and roads that run from Gisenyi at the north end of Lake Kivu to the town of Cyangugu at the southern end of the lake. You can walk up to 4-5 days or bike for about 3-4 days across this long, hilly trail. The landscapes are extremely scenic, so it's worth the challenge!



Tanzania

Marvelous Tanzania is home to some of the world's best safaris and beaches with plenty to do in between.

Zanzibar

Zanzibar is a stunning semi-autonomous island, just off the coast of Tanzania, on the Indian Ocean. It is home to spectacular beaches, rich culture, and fascinating history as a former centre for slave trade. East African and Arabic influences merge in the island's architecture, food, art, etc. Outside of its cultural hub Stone Town, visitors enjoy time on pristine beaches and appreciating the ocean life.

Safari

One of the world's most popular safaris, as well as the inspiration behind The Lion King, is the Serengeti. You can combine a Serengeti safari with Ngorongoro Crater to appreciate more wildlife and the incredible landscape (you're inside a crater, after all!). Try to spot the Big Five and keep track of the Great Migration, you might just be able to observe it.

Mt. Kilimanjaro

If you're up for it, you can climb to the tallest peak in Africa! Standing at 5,896 metres, Mt. Kilimanjaro is also the highest free-standing mountain in the world. It takes between 6-8 days to complete, depending on the route you take.





Chimpanzee Trekking

Step into Jane Goodall's shoes by visiting the birthplace of her transformative chimpanzee research on Gombe, an island on Lake Tanganyika just outside of Kigoma, the home of the Jane Goodall Institute.

Kenya

Kenya is a key economic and cultural hub of East Africa, with plenty to offer to visitors as well. Like its Swahili cousin Tanzania, Kenya is home to incredible safaris and beaches along the coast.

Safari

Connected to the Serengeti, but on the Kenyan side of the border, is the Maasai Mara. In addition to spotting your fair share of lions, giraffes, and elephants, you can also learn more about the local Maasai culture by visiting nearby villages.

Mombasa and the Kenyan Coast

Mombasa, a city on the coast of the Indian Ocean, echoes the cultural mosaic of East African and Arabic culture like its Tanzanian counterpart, Stone Town. Outside of the town are plenty of amazing beaches, such as the white sand beaches of Diani. Either relax on the beach and take a local dhow, traditional wooden boat, out onto the water or get your adrenaline pumping with some water sports. There's something for everyone!



“ The Semester Abroad Program made me really stand out to potential employers.

Thanks to the program, all of my interviews went really smooth. Living in Fiji was a big conversation topic during my interviews. The experience made me seem like a more interesting and well-rounded person. I was able to get a job with the company of my dreams soon after returning home, and I credit a lot of that to my experiences abroad, and my abilities to convey what I did in Fiji. In the last year since coming home, I’ve done so many more things that I would have never tried before. I am more adventurous. I used to say no to things a lot. I now say yes to opportunities a lot more than I ever used to or could have imagined. //

- Nadine Maier

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