



**VISIT
UGANDA**
for a trip of
a lifetime



**Self Help
Africa**

selfhelpafrica.org

VISIT UGANDA WITH SELF HELP AFRICA



Our participants in 2018 with a community group in Kabale

Join Self Help Africa for a week-long trip of a lifetime to Uganda, the pearl of Africa, in May 2019.

Self Help Africa has been working with smallholder farmers in Uganda for over 30 years, helping them to increase yields and profits through access to better quality seed, storage for excess produce and access to markets. This means that farmers are able to invest their profits in their families' welfare and education.

On this trip, you will meet community groups that Self Help Africa are working with in the most remote locations across Uganda. You will see first-hand the lasting and real impact that Self Help Africa is having on the communities it works with.

You will also meet the Self Help Africa local staff who are experts in their field and consistently strive to best facilitate the growth of the

communities and groups that they work with.

As you travel throughout Uganda with Self Help Africa you will have the opportunity to experience things that are completely unattainable for other visitors to Uganda. As one of our previous participants said "We had travelled north of Kampala to an area called Masinidi. Our van left the main road and travelled along smaller dirt roads until the van took an almost invisible turn and continued the journey through the bush. After a couple of minutes we came to a clearing with 3 small brick and cement buildings. As we got out from the van, all of the local women began singing and dancing to welcome us to their village. It was a truly magical experience that I will remember for the rest of my life."

After visiting Self Help Africa projects, you will travel to Masaka, a large town in central Uganda and the site of the International Uganda Marathon.

You can do a full marathon, half marathon or a 10km option and the 10km option is suitable for all ages and fitness levels. As the marathon route winds through the hills surrounding Masaka, it is nearly impossible to achieve a personal best on this course, but you can definitely try!

"It was a truly magical experience that I will remember for the rest of my life."

On Sunday 2nd June, as you travel back to the airport in Entebbe, you will stop by the equator for some sightseeing and lunch before the journey home.

This week-long trip will provide you with the most extraordinary opportunities to meet inspirational people, take in awe inspiring views and challenge yourself on the Uganda International Marathon course.

PHOTOS FROM THE UGANDA TRIP 2018



Photos:
Andrew Downes

GOING GREEN IN UGANDA

For generations, people living in the remote Lake Bunyonyi region of south-west Uganda haven't been able to reap the benefits of living in one of Africa's most spectacular natural places.

Communities living beside this beautiful lake have struggled, and levels of poverty and malnourishment are amongst the highest in the country.

Particularly affected are the indigenous rainforest people, the Batwa, whose lives on the fringes of society have left them the poorest of all.

Your support is reaching the most remote tribespeople



A new project was started by Self Help Africa in Spring 2018.

Your support here is helping to improve farm production, create jobs and develop a sustainable 'green economy' for communities living close to Lake Bunyonyi.

500 jobs are being created in horticulture, beekeeping, mushroom growing and green energy.

A further 500 people will receive enterprise training and support for small-business start ups. Jobs will follow.

Our focus is on marginalised groups including women, rural youth and Batwa tribespeople. In the long term, more than 18,000 households will benefit.



Photo: Uganda International Marathon 2017

UGANDA 2019

This schedule is provisional, and may be subject to change

Self Help Africa is offering the chance to join us on a trip to Uganda in May 2019.

To join our team in Uganda this May, all you have to do is submit an application form together with a £300 booking deposit by March 1st.

Participants are asked to raise £2,600 which covers travel, flights and travel within Uganda, hotel & breakfast, project visits, race entry, and also contributes in a very meaningful way to the work that Self Help Africa has been doing in Uganda for over 30 years.

The Uganda International Marathon 2019 will take place on Saturday, 1st June.

Your itinerary will include:

- 🕒 Flight departure to Uganda on Sunday 26th May.
- 🕒 Visits to Self Help Africa's local projects
- 🕒 Participation in the Uganda International Marathon on Saturday June 1st.
- 🕒 Visiting the equator.
- 🕒 Return flight on Sunday June 2nd.

If you wish to participate and need a hand fundraising please contact our office. We have some great suggestions to help you achieve your goal and will help you every step of the way. We can provide you with t-shirts, personalised sponsor-cards and posters to help with your fundraising efforts.



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