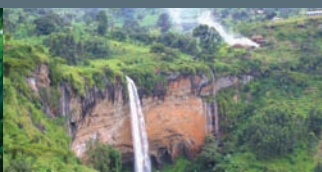




EXPERIENCE AFRICA

on Self Help Africa's **'UGANDA '09'** project visit

Visit our projects - experience the culture - meet the people -
see at first hand this remarkable equatorial country -
and fundraise to support our vital work



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Trip of a lifetime supporting Africa

Self Help Africa has been organising fundraising field visits for supporters to Africa for the past decade.

In that time hundreds of visitors have fundraised to support our work, and have travelled with us to Africa to meet the communities, and see at first hand the positive impact that our development projects are having on the lives of rural people.

Self Help Africa is organising a series of field visits to Uganda in Autumn 2009.

Participants will get the chance to experience this incredible country, meet local communities, and witness at first hand the projects

which they are kindly supporting.

We hope to provide participants with a real insight into the lives of ordinary African people, and an understanding of the challenges faced, and the solutions that exist for people living in extreme poverty.

All travel, transport, accommodation and catering for these visits will be organised by Self Help Africa, to allow you, our supporters, to enjoy an experience that will live long in the memory.

We pledge that at least 50% of the money you raise will be invested directly in our projects.



A jewel in Africa's crown

Uganda is Africa condensed, with the best of everything the continent has to offer packed into one small but stunning destination.

Uganda has the highest mountain range in Africa - the 'Mountains of the Moon', is the source of the mighty River Nile, and is home to some of the most exotic plant life and extraordinary animal species on the planet - including the majestic mountain gorilla*, which is one of the rarest creatures on earth.

Uganda's culture is a heady brew of diverse ethnic groups - including Bantu speaking peoples such as the Baganda, and the Nilotic speaking Lango and Acholi in the northern part of the country. A handful of Pygmy tribes live isolated in the rainforests of western Uganda.

The rolling mountains and verdant countryside afford Uganda some of Africa's most spectacular scenery, while its bustling capital Kampala is regarded as one of the safest, and most vibrant cities in Africa.

In 1907 pioneering tourist Winston Churchill called it the 'Pearl of Africa'. He was right.

*Silverback gorillas reside in Western Uganda, which is not part of the trip itinerary.



Improving lives in rural Uganda

Self Help Africa has been working in Uganda for close to 15 years.

The organisation's all-African staff have successfully implemented a series of projects in that time - the most recent of which commenced at Kayunga on the shores of the White Nile in late 2007.

Self Help Africa began its work in Uganda in the mid-1990's with a three year pilot project at Asamuk in the north of the country. This was followed by an extensive integrated rural development

project at Amuria. Working at community and at farm household levels, the agency has applied its 'self help' model to support local communities to improve agricultural productivity, access to credit, and to strengthen local access to services such as healthcare, sanitation, and clean water supply.

Self Help Africa is currently involved in implementing development projects at Amuria, Kayunga, and at Kamuli - work which is helping

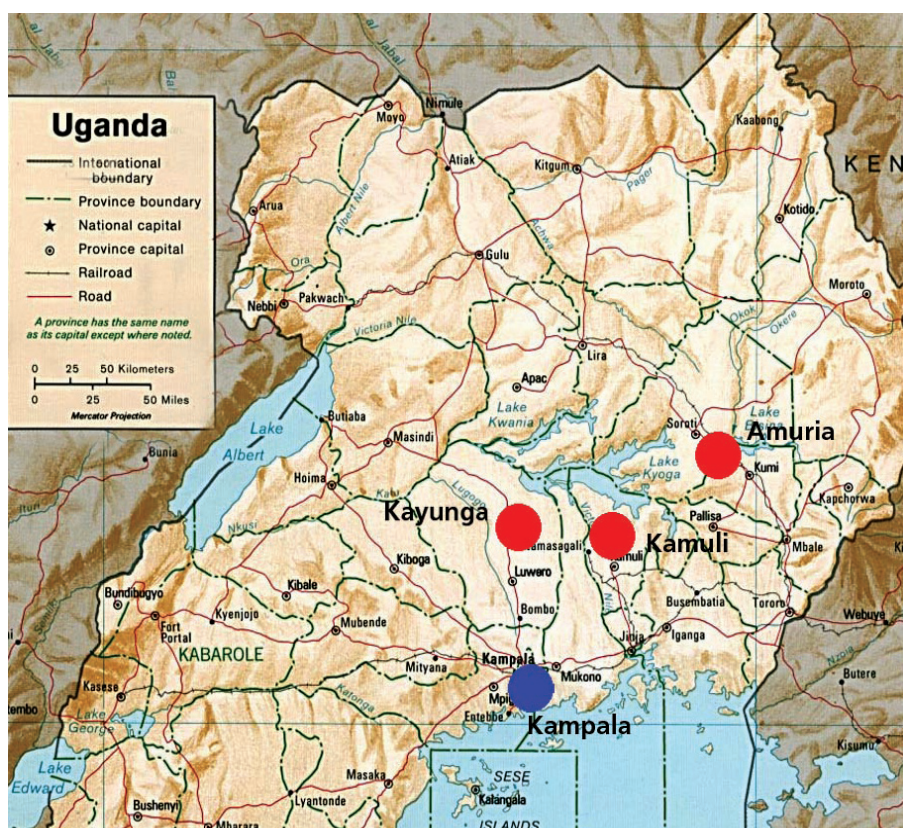
more than 200,000 Ugandan's to a life that is free from hunger and poverty.



A loan of just 100 Ugandan shillings (€50/£45) received from a Self Help Africa savings and credit co-operative (SACCO) allowed 32 year old Mukoda Mirabu set up a small retail shop in Bususwa village.

One of 17 members of the micro-credit group, she subsequently borrowed 150 shillings to extend the business, and now has a thriving enterprise, selling general household and agricultural produce.

A mother of six, Mirabu has used the profits from her business to buy five acres of land, on which she is growing cassava for sale. She has been able to send her two sons to secondary school, and the rest of her children to a local primary.



Discover Africa - Uganda Itinerary

(This schedule is provisional, and may be subject to change)

Self Help Africa is planning two field visits to Uganda - in mid-October, and during the last week of October 2009. Visitor numbers on each trip will be limited to approximately 15 supporters.

Day 1 - Friday PM	Depart Dublin/Heathrow
Day 2 - Saturday AM	Arrive, Entebbe, Uganda
Saturday PM	Travel to Jinja, Uganda
Day 3 - Sunday	Project visits - Kamuli
Day 4 - Monday	Project visits - Kamuli
	Visit source of Nile River
Day 5 - Tuesday	Project visits - Kayunga
Day 6 - Wednesday	Project visits, Amuria
Day 7 - Thursday	Project visits, Amuria
	Return Kampala
Day 8 - Friday AM	Tour & shopping - Kampala
Friday PM	Flight - Heathrow/Dublin
Day 9 - Saturday AM	Arrive - Heathrow/Dublin

Visiting Uganda with Self Help Africa

Supporter field visits are a valuable source of funding support to Self Help Africa.



real Africa, see the work we are doing, and lend your support to these projects.

We hope that participants become firm friends of Self Help Africa, and local

Participants are asked to raise a minimum of €5,000 (£4,200) - a sum which covers all flights and internal travel costs, as well as accommodation in local hotels, and all meals in Uganda.

ambassadors for our work when you return home.

Self Help Africa regards these visits as an opportunity for **YOU** to experience the

Our pledge is that at least 50% of the sum raised from your visit will be invested in our African projects.

To find out more, or sign up for Self Help Africa's 'Uganda 2009' contact :

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