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UGANDA 2024

YOUR UNIQUE PHOTOGRAPHY EXPERIENCE



WWW.TOMMYHATWELL.COM



THERE IS NOTHING LIKE RETURNING TO A PLACE THAT REMAINS
UNCHANGED TO FIND THE WAYS IN WHICH YOU YOURSELF HAVE
ALTERED. - MANDELA.

I love this quote from Nelson, so true on my many returns to the familiarity of home, but what about the places which instigate these changes, those journeys that carve deep inside, challenging me to see, feel, love and exist in new ways? That's where the answers lie and the stories hide.

The River Nile gives life to so much of Africa, it's a river that changed my life from the moment I floated along its flat, warm, heavy waters. Every gigantic rapid that crushed me, filling my nose, ears and lungs as I attempted to navigate my small plastic kayak through the chaos and the long days surfing onto the worlds most incredible waves

Over the years since my first trip in 2008, dams have slowly silenced many of the finest rapids in the world, and my reasons for travelling to Uganda have evolved, my connection which began with the waters of the Nile, runs deeper now.

Through photography my relationships with the people who call this very beautiful part of the world home, have given me not only kindness, love, friendship and family but also a truly unique insight, perspective, experience and place to learn many things about myself, my passion, my future goals.

I'm excited to continue evolving this journey and be able to share this life changing part of the world with you.

THERE IS NOTHING LIKE RETURNING TO A PLACE THAT HAS CHANGED
TO FIND NEW WAYS IN WHICH YOU YOURSELF CAN ADAPT TO THE
CHANGES...

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INTRODUCTION

Lets begin by saying what your trip isn't... your trip isn't a point and shoot party where I get you to a location, you collect your image and then move along to the next beautiful scene. Your trip isn't the height of luxury, with on-suite bathrooms, hot water and a chocolate on your pillow. Your trip isn't going to be super easy.

Your trip will be real, you will see poverty, wealth and all that's in-between. Your trip will be sweaty and dusty, your trip will challenge you mentally, physically and photographically, your trip will be as safe as can possibly be controlled much like anywhere else in the world. Your trip will be beautiful, inspiring, personal and fun.

Images are everywhere in Uganda, but not all are yours to take. Your journey and images will be earned, the harder you work and the deeper you go the more rewards you will find, the closer relationships you will build and the better stories you will share.

Together we will take time to look at your goals, creating a coaching plan to maximise our time and energy towards achieving them. Although the itinerary is on the next pages, our time is flexible and we can follow a new idea, adapting to the moment as we see fit.

Our days will be full of photography, along with David, we will be a team, I am there to coach and share everything I have to ensure you question, consider and create the images you're visualising in your mind. You first learn to look and then to see, translating that process in to your photographs, in an environment that may or may not be controlled. This is not easy and you will get that feeling of missing the moment, but we reflect, reset and roll on towards the moments that will last a lifetime.

The human element will be a real focus during this journey, moving as team Think People Think Story. This is my starting point for any outing with a camera and the Ugandan people are some of the friendliest most hospitable I have met around the world. Relationships can last a moment, an hour or a lifetime, you will see, feel and learn how to create and build on these interactions and honesty connect and capture them in a respectful way.

During your trip we will deliver The Sleepwell Project, a truly brilliant and life changing project supported by humans from around the world, we deliver brand new mattresses to families in the communities connected to our team.

I'll leave you to peruse and enjoy the itinerary take any notes, and I look forward to setting up our phone call where you can ask all your questions when you are ready.



DATES AND DETAILS

TRIP DATES

JAN/FEB 2024

Arrival In Kampala 5 January
Trip Concludes 7 February



WHAT'S INCLUDED

- All hands-on photography instruction coaching,
- Local workshops, and projects with Tommy
- All local guides and team support
- All set accommodation and meals
- Water
- Local transportation during workshops.
- Airport transfers too and from Entebbe International.
- Wildlife Safari with local English speaking guide.
- Humour, Friends, Stories, Memories & Images for life...
- Post-trip Skype image review session.

WHAT'S NOT INCLUDED

- International flights to and from Entebbe.
- Ugandan Visa
- Trip/Medical Insurance (Essential).
- Camera Equipment
- Equipment Insurance (Advised)
- Any non-group related transport during the trip
- Additional activities (days off)
- Alcohol, sodas and off-plan meals
- Souvenirs, tips, and gratuities



EXAMPLE ITINERARY

Welcome to your itinerary, this will undoubtedly move around at times, and is also flexible should you wish to explore an idea or focus on a particular project.

JAN 12 - Day 1

On Arriving at Entebbe International Airport - you will be met by Tommy and David along with one of our drivers as you begin the drive (40 km) to our accommodation and first stop in Kampala.

JAN 13 - Day 2

A calm start to the day with Breakfast and welcome with the team, here we can discuss important things and even more important things like your personal and photographic goals for the adventure ahead. In the afternoon, Team Think People Think Story takes us to visit the New Hope Dance Project, and guide us through their community.

JAN 14 - Day 3

The team takes us on a deep dive into Kampala exploring. This is a great way to get into the energy of a diverse and bustling city. In the afternoon/evening we will have a photography discussion on how to get the best images during the project.

JAN 15 - Day 4

After breakfast, we travel to Jinja Town then to Bujagali and Kyabirwa Village. A relaxed time to settle into accommodation, We enjoy a stroll around the village and meet our host families before enjoying our first Bujagali Sunset over the River Nile and Dinner.

JAN 16 - Day 5

Sleep in or an early Sunrise? This will be a daily choice whilst in the village, the walk is only 10 minutes to a breathtaking sunrise scene on the banks of the Nile. Today we move into the village with your host family.

JAN 17 - Day 6

A full day exploring Jinja by Boda Boda, select your driver, saddle up, and off we go moving through Jinja Town and its surrounding areas, including the shops, markets, fishing port, bridges, and train station.

JAN 18 - Day 7

Optional Adventure day to enjoy some of the local activities, take some time to rest, explore or focus on some specific areas of photography, edit some images, or just eat pineapples. An evening Photo Walk in Jinja with a local and international group of photographers who head out monthly. Out for Dinner In Jinja Town

JAN 19 - Day 8

We take a trip to one of the largest rapids on the river, Itanda Falls, we may see some kayakers passing through or at least a raft or two flipping. This is an iconic location with thundering whitewater, some freaky wildlife, and plenty of ways to get creative with the cameras.

JAN 20 - Day 9

Today you will have a chance to pursue personal projects guided by the team, you will no doubt have met someone or seen something that you would love to learn more about and photograph, you have the freedom and support to make this happen.

JAN 21 - Day 10

Following yesterday, you may need more project time or simply want to explore a new direction. It is important to us that you feel accomplished during your journey, and we will do everything we can to support this happening. Today is also a time to get your images printed and return them to the people who need to see them.

JAN 22 - Day 11

We head to Jinja for some shopping you may want some of the amazing art for your walls at home and then a trip back inside the market to source the supplies for the evening Dinner at Mamas, a beautiful way to spend your last evening in the village. This is a family meal prepared and shared with pure heart and humour, everyone is welcome.

JAN 23 - Day 12

A super early start for the drive to Murchison Falls National Park and our Safari. Visiting the top of Murchison Falls is possibly one of the most ferocious picnic spots you will ever dine at...you thought Itanda Falls was big think again! The possibility of an evening safari time dependant.

JAN 24 - Day 13

The day begins as the sun rises above Murchison Falls National Park, we begin our 4-hour long game drive as we make our way north of the river and deeper into the park to see elephants, Lion, Giraffe, abundant birdlife, and other animals. After lunch, we jump aboard a 3-hour river safari to view Murchison Falls from water level with the birds, crocs, hippos, and elephants. A shorter sunset safari as the day comes to a close.

JAN 25 - Day 14

We leave Murchison Falls National Park after a short safari south of the river. We take a trip to the Ziiwa Rhino sanctuary on the way back to Kampala and take a walk with the only Wild Rhino in Uganda. We enjoy reflecting on the trip and having an evening meal with the team.

JAN 26 - Day 15

Depending on your onward journey we share a team breakfast and make arrangements from here. Unless you would like to stay for another week??

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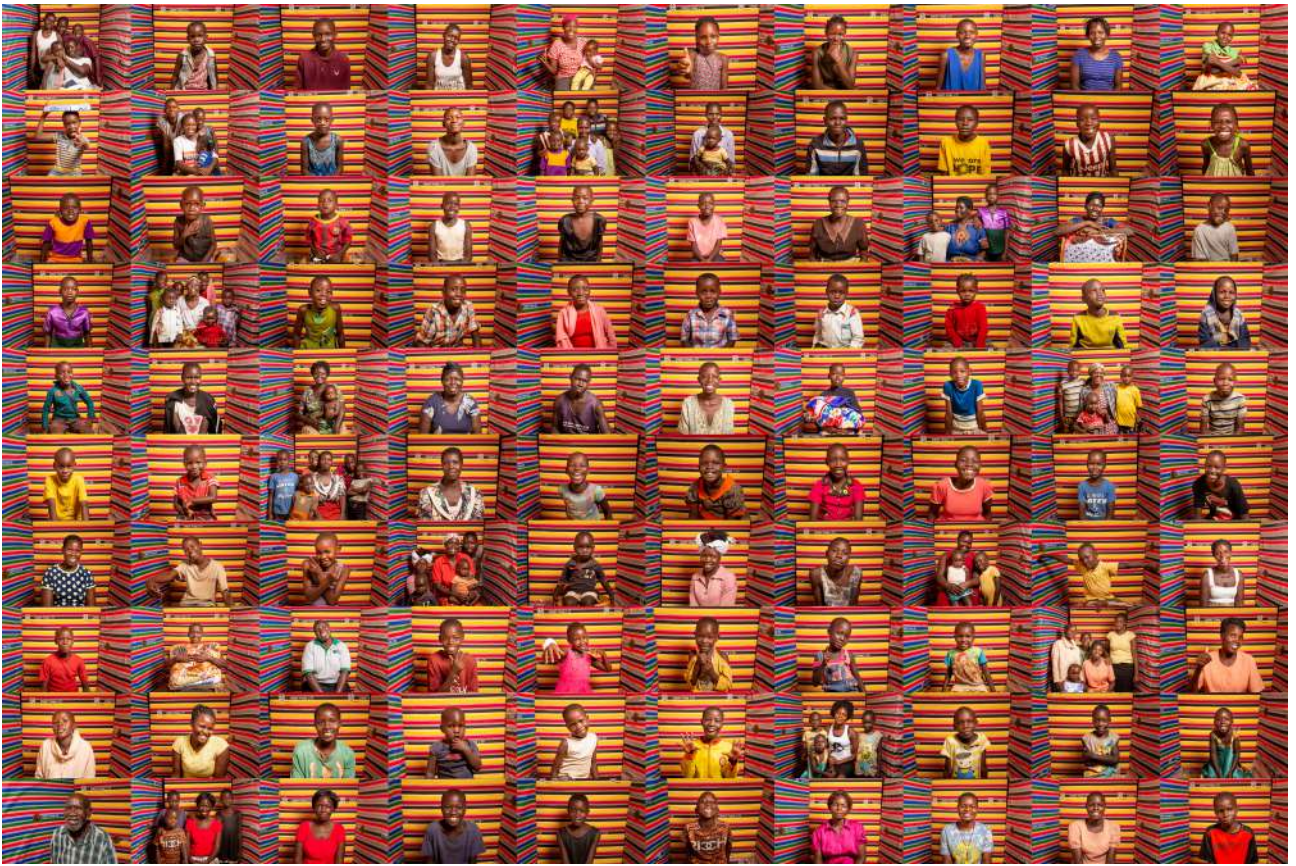
THE SLEEPWELL PROJECT 2024

JINJA | GULU

Learn all about The Sleepwell Project, our life changing initiative that we deliver together in Uganda. We have produced a detailed supports document with everything you need to know...

TAP THE IMAGE BELOW TO OPEN IT UP





DELIVERING LIFE-CHANGING PROJECTS, INITIATIVES, AND
PHOTOGRAPHY EXPERIENCES IN UGANDA, AFRICA.

TAP THE LOGO TO LEARN MORE





Mama Muganda - one of our friends, she is kind, generous, funny and one of the many of the host families caring for us during our time in the village.



Please read all of the information on the following pages, each has a link to further information and Uganda specific requirements, when you are ready we can organise a phone call to delve a little deeper and answer any questions or concerns you may have.

Thank you for your interest in the Uganda Photography Experience, It truly is a unique photographic and life enhancing experience, and we would love to share it with you.

TommyH

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Uganda**HEALTH**

VACCINATIONS&MALARIA

When considering travelling to Uganda, please seek an appointment at the earliest opportunity with your Travel Doctor/Clinic. They will give you the most up to date information. (I would ask about getting some Ciprofloxacin) **Anti Malarial tablets are essential** I would suggest Malerone from personal experience have always been good.

Research the link below for some detailed

TRAVEL HEALTH PRO UGANDA

<https://travelhealthpro.org.uk/country/231/uganda>

Recommended Vaccinations-

Diphtheria - Hepatitis A - Tetanus - Typhoid - Yellow Fever
[A yellow Fever card is required on entry into Uganda]

WATER

I wouldn't advise drinking tap water anywhere in Uganda. Many families draw water from the ground using the local borehole and then filter this at home. After boiling this should be safe to drink.

Bottled drinking water is widely available from stores in villages, towns and cities.

PERSONAL

A small well stocked personal first aid kit is always a great idea,

Prescription Medicines, Prescription Antibiotics, Antidiarrheal Medication, Oral Rehydration Salts, Antihistamines, Antibacterial Medicine, Thermometer, Insect Repellent, Sun Block & Aloe Gel

Uganda**INSURANCE**

MEDICAL&TRAVEL

I have used Insure and Go for a number of years, they offer single trip and multiple trip as well as various annual cover options.

LV

<https://www.lv.com/travel-insurance>

Big Cat Travel Insurance

<https://www.bigcattravelinsurance.com/>

EQUIPMENT

I have my equipment insured with photoguard more for peace of mind, if the worst happens and something breaks or goes missing you at least have some back up for replacing equipment when you get home.

PHOTO GUARD

<https://www.photoguard.co.uk>

Uganda**VISA**

Applying and getting a 30, 60 or 90 day Ugandan tourist visa is quite straightforward, follow the link below to organise, confirm and pay for this prior to departure.

Tourist Visa is \$50

IMMIGRATION UGANDA

<https://visas.immigration.go.ug/>

Your Ugandan contact and address is **DAVID JOHNS - NILE RIVER EXPLORERS.**

Uganda**FLIGHTS**

Flights are frequent and can be booked at a very reasonable fare.

Destination - **Entebbe [EBB]**

Return flights from London Via Brussels to Entebbe can be between £400-£500 if you go via Dubai or Doha perhaps just little bit more expensive.

BRUSSELS AIRLINES

<https://www.brusselsairlines.com>

SKY SCANNER

<https://www.skyscanner.net/>

Uganda**TRANSPORT**

We will use a variety of methods to move around in Uganda.

Private Car/Mini Van - Using a trusted driver, you will be collected from the airport and we will often move this way.

Local Taxi/Matatu (minibus Taxi) - at times in Kampala we will hop on the local mini bus service, super cheap and you could be sat next to a chicken.

BodaBoda - The local motorcycle transport, these are a local delicacy very cheap and an easy/great way to get around. [I take a water-sports type hard hat as helmets are not provided.]

Safari Vehicles - either specific or adapted for safari.

Uganda**ACCOMMODATION**

Accommodation options are vast in Uganda.

Air BnB - Arriving and departing Uganda and whilst in Kampala we will be staying at a well appointed private accommodation. Clean, comfortable and secure, rooms will be single or double occupancy.

Local Village Homes - These are brick buildings, with secure rooms and comfortable single beds. Toilets will be a basic long drop private and separate from the main house. Showers from a bucket and the kitchen is also separate from the main house in many cases. Great fun.

On Safari - We will be in personal tents or safari tents with twin beds and shared facilities. Optional upgrades to ensuite bandas with solar hot water can be arranged.

Uganda**POWERPLUGS**

Power is generally available, but of course power cuts do happen, and sometimes they can last for a while. In some locations backup generators will kick in, but others you just have to ride it out.

Surge protection is a great idea for you electronics, I take a small surge protected 4 plug extension lead.

Primarily the plugs used in Uganda are British standard type G plug with the 3 prongs. Your adaptor should cover this type, please check.

Uganda**MOBILEWEB**

Mobile network coverage is vast, and if your phone is unlocked Sim Cards are widely available and easy to set up. Data is quite cheap and you can access all of your social media and email easily.

I will have a small phone ready for you which will be used only for local phone calls and keep us connected.

Internet and WIFI are available in Jinja Town and usually for free if you're eating or having a coffee. Internet shops are available for those wild humans who maybe travelling without a device.

Uganda**MONEY**

Bring US Dollars with you to Uganda and exchange them for the Ugandan Shilling. Euros and Pound sterling can also be exchanged. Exchanging money is a simple process and can be done easily in both Kampala and Jinja.

Small bills of \$20 and below get a much lower exchange rate thanks higher ones. An amount of \$200 dollars to start with is a good to arrive with as long as you have a card to withdraw when needed.

ATMs are available in Kampala and also in Jinja Town but not when we make our way to the villages. VISA is widely used I use a Barclays card purely for my travel. But MONZO also works in places.

Please notify your bank of the dates you will be away to avoid potential card problems.

Uganda**FOODDRINK**

All manner of food and drink is available in Uganda from the very delicious local and village dishes prepared over fire to a very western menu.

Local Food - Rice, matoke (cooking bananas), cassava, sweet potatoes, white potatoes, yams, beans, eggs, peas, groundnuts (peanuts), cabbage, onions, tomatoes, banana bread, chapati. Chicken, beef and fresh fish from the Nile.

International - Pizza, burgers, fries, Indian, milkshakes.

A bottle of soda is around - 2000 UGS = 50¢

A bottle of Beer - 3500 = \$1

A Gin and Tonic - 6000 = \$1.60

Meals can range from 5000 - 50,000 UGS / \$1.3 - \$15 depending on where and what you would like to eat.

Uganda**SECURITY**

Uganda is one of the most friendly and peaceful countries in Africa. In the past there have been troubles in the far north of the country, but now Uganda is very stable as a nation

Petty and opportunistic crime does occasionally happen, however serious crime is extremely rare. With good travel sense, and keeping your belongings in a sensible place, the risk of being the victim of crime is extremely low.

Uganda**CLIMATE**

Uganda is warm and tropical with temperatures ranging from 25-29°C. December to January are the hottest months. Some rain fall does occur during this time it can be heavy but doesn't last long.

Mornings are cool as the day gets going, and after 11 can be quite hot but, we are never far from shelter and move along at the relaxed pace of African life.

Evenings into Nighttime cool gradually as the sun goes down, and sometimes a jumper is needed for comfort after the heat of the day wears off.

I chose January to run this trip for many reasons. It is outside of the busy tourist period and also all of the children are off from school so the village can be quite energetic and they can be very adventurous.

Uganda**CLOTHING**

Lightweight clothing is essential, shorts or lightweight trekking type trousers, active t-shirts with a high wicking, fabric for the daytime. I generally wear shorts and a t-shirt perhaps a light long sleeve top for sun protection.

In the evenings I can often be found still wearing shorts but lightweight trousers and long sleeve shirt will be comfortable. And help keep any mosquitoes at bay.

On your feet, I take one main pair of trainers/active shoe, mostly because they are comfortable for walking all day and have good ventilation. A second old pair of trainers + Flip flops and or sandals.

A massive comfort and favourite piece of clothing are some technical underwear made from bamboo or similar natural fibre, these are great for keeping you dry and comfortable.

Uganda**GADGETS**

Gadgets are all those little extras that might have some use along the way, Photographers always have them, so I know you do.

The more you bring the more you will have to carry. Thats all I'm saying.

Check out the equipment list and my Amazon list for a better idea of what to bring along.

I have and continue to create an Amazon list for the Uganda Trips, this is a good way to see things together whilst having options around each item to suit budget, style etc... Tap logo to view my list!



Uganda **CLOTHING KITLIST**

This is a guide to help with your packing, less is more...Should you forget or need anything, you will be able to pick up clothes in the town. You will need less than you think, and washing is available in the village.

	AMOUNT	TICK		NOTES
Trousers	X2		1 x Daytime lightweight, trekker style trousers/maybe zip off the knees if you're cool like that. 1x Evening, a light chino or jeans. Comfortable for relaxing but smart enough for a meal out.	
T - Shirt	X6		3x active T-shirts for day to day 3x normal t shirts for relaxing	
Long Sleeve Shirt	X2		1x Daytime cover up short, loose fit mainly for sun protection 1x Evening cover up mosquito protection, comfortable for relaxing.	
Jumper/Hoody	X1		A simple jumper or hoody for the evenings	
Shorts	X2		1x Daytime for moving around daily, perhaps with a secure pocket for phone some cash. 1x Swim/Board shorts for activities and bathing.	
Socks	X8		Mix it up - Lightweight - Trainer/sports/light hiker style all easily washed and dried.	
Underwear	X6		2x Technical Underpants (daytime) easily washed and dried. 3x Normal Underpants evenings	Normal underpants easily purchased in the town.
Hat/Cap	X2		1x Team Baseball Cap 1x Wide Brimmed hat	
Trainers/Active Shoe	X2		1x This will be the main footwear for the trip, comfortable secure and toes covered - will get well used. 1x This can be an old pair of trainers or something similar.	
Sandals/Flip Flops			Comfortable for the evening or when swimming	Easily and cheaply available
Waterproof Jacket	X1		Very lightweight a Paca-Mac	
Baggage	X1		1 Good sized travel bag [not suitcase]	

ESSENTIALS

	AMOUNT	TICK		NOTES
Head Torch	X1		For moving early morning and during the night oh yeah... and when you need the loo.	
Mosquito Reppellent	X1		50% Deet or similar Mozi spray...	Can be purchased locally
Personal First Aid Kit	X1		Inside a small dry bag, with any personal medications, band aids, hydration tablets, triangular bandage,	Most standard meds can be bought over the counter in the town.
Wash Kit	X1		Tooth brush, paste, travel sized personal hygiene products. Tweezers essential.	You can buy all the essentials in town and time is set aside to do this. Saves hauling it all with you.
Mobile/Cell Phone	X1		Open to any networks for use with a Ugandan sim or just to use on WIFI.	There will be a local basic phone issued at the start of the trip.
Relevant Chargers		All relevant charging leads and plugs...try and combine/minimise leads/plugs to share between devices.	
Power Bank			Handy for emergency use or for when power goes down to charge devices.	Can take a while to charge in Uganda.

I have and continue to create an Amazon list for the Uganda Trips, this is a good way to see things together whilst having options around each item to suit budget, style etc... Tap logo to view my list!



CAMERA EQUIPMENT

I have left this mostly blank, as you will know what you want to bring along, and we will have talked together already. My kit list is only as an example. You will have a great time and learn even with just one camera and lens. But I always have a back up just incase.

	AMOUNT	TICK	Suggestions	NOTES
Camera			1 or 2 bodies (only if one breaks you have a backup) a smaller point and shoot or phone for snaps and or video.	Extras are not necessary.
Lenses			A WIDE 18-55mm - A LONG LENS 70-300mm - 35/50mm prime	
Batteries			5 OR 6 depending on how quickly they run down...SLR batteries are pretty good, Mirrorless batteries run down quicker.	
Memory Cards			PLENTY	
Tripod			Light as you can - not essential at all.	Mostly left in the house. But can be a fun addition.
Flash				Not essential but can be useful.
Accessories				
Chargers			ALL that you need.	
Bags	X2		1x Overall tough camera bag for travel 1x Smaller Backpack/Camera Bag for comfortable daily Use	Lowe Pro do some great bags for travel and camera gear. Check the Amazon List for examples.
Laptop	X1		I take a 13 Inch Mac Pro	
Back up Hard Drives or large pen drives.	X2		Again 1 or 2 - your Memory cards are the first back up.	Sandisk SSD 2 TB [check amazon list]

TOMMY'S CAMERA EQUIPMENT

Here's an example of the kit I will take with me for 3-8 week trip, believe me you would have fun on this trip with just a GoPro camera so non of this is essential, just an example. I always have a back up. And rarely take all of this out at one time.

	AMOUNT	TICK		NOTES
Camera	X2		1X 6Dmk 2 Full Frame 1X 70d Crop sensor	
Lenses	X3		1X 24-105mm Great all round Lens + Stabilised for Video 1X 70-200mm Heavy but a little more reach +a x2 adapter for wild life. 1X 50mm small and great for low light and portraits	
Batteries	X8		Both cameras take the same batteries so its x4 each	
Memory Cards	X10 for a month trip		Mostly 32GB with 1x 128GB great for video and I try not to erase a card when I am away.	It really is upto you, cards are cheap, your memories are not.
Tripod	X1		Lightweight travel tripod.	
Flash	X1		Profoto B2 + Accessories	Essential and reliable for me.
Reflector	X1		5 in 1 Reflector.	So helpful, fun and easier than flash.
Accessories				
Extension Plug			Surge protected 4 way plug	
Chargers			Whatever I need to keep it working.	
Bag	X2		1x LowePro Whistler 450 Main travel bag. 1x Flipside BP 300 AW III day bag	Sometimes I just pop a camera in a normal rucksack and move like that.
Laptop	X1		13 inch Mac book pro	
2x back up hard drives	X2		Minimum 1TB each	Sandisk SSD 2 TB [check amazon list]
USB Pen drives	X3		Easy light storage	Very handy to take to the shop for printing.



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