



Lake Bunyonyi & Kabale

Your free local guide - explore southwestern Uganda

edirisa

We bare Kwija!*

Tucked away in the hilly southwestern corner of Uganda, *Lake Bunyonyi* is a stunning narrow stretch of water splashed with tiny islands and overlooked by volcanoes.

Numerous campsites and lodges (see p. 18) cater for a traveller on any budget. Outdoor activities abound:

SWIMMING: this is one of the few African lakes that is completely safe - without bilharzia, crocs or hippos

BIRD WATCHING: over 200 bird species have been recorded here

SAILING: take advantage of the constant breeze

CANOE TREKKINGS: an intoxicating mix of paddling and hiking (see p. 19)

MOTORBOAT TRIPS: visit some of the 29 small islands

Kabale, a regional centre just 6 km (4 ml) away, is a well-stocked town on the road to *mountain gorillas, Rwanda and DR Congo*.

There is more. This is an area with a special history and a focal point of many development initiatives. *Edirisa* is one of them. We are a society for promoting Africa, creativity, cultures and practical skills. It is Edirisa's duty and honour to beat the drum for Bunyonyi and Kabale, our home.

* Thank you for coming!



Central Kabale

MAP NOT TO SCALE
SHOWS 15-20 MIN WALKING DISTANCE



Kabale Town & District

Kabale, a town with about 40,000 inhabitants, is the administrative centre of a hilly district of the same name*. This area is also referred to as Kigezi, a former district covering the entire south-western corner of Uganda.

A look at the numbers will tell you what few visitors expect; this is indeed not your typical hot Africa! In fact, among Ugandans, Kabale has a reputation of a very cold place. Elders can tell you how they couldn't write at school in winter (June-July), since their hands were shaking too much - but the temperatures have been slowly going up. Mosquitoes and malaria, once

unheard of, are now common. Still, bring a sweater.

Kabale is the base to track the world's remaining few hundred mountain gorillas in Bwindi and Mgahinga National Parks. However, these wonderful beings do not actually live in the district - only a part of Bwindi NP is within Kabale District, 30 km away from Kabale Town. Mgahinga is 70 km away. There is a helpful Gorilla Parks Information Office here but you will need to book your gorilla permits from Kampala.

* "Kabale" derives from "Kaabare", a small stone - based on a heavy stone once lying near today's district headquarters

Kabale District in numbers:

POPULATION: 600,000

AREA: 1,827 km² (705 ml²)

ALTITUDE: 1,200 - 2,300 m (4,000 - 7,500 ft) above sea level

TEMPERATURES: around 20 °C (68 °F), can drop to 10 °C (50 °F) by night

Day trips around Kabale:

Lake Bunyonyi: see p. 11; 30 minutes by car; 1.5-2 hours by foot

Kisizi Falls: a pretty waterfall with an ugly story (see p. 6); 2 hours by car - 32 km (20 ml) tarmac, 33 km dirt road

Teach Inn Uganda: a hotel and a primary school project in Nyakasiru lies at the bottom of Mashure Hill (2052 m/6732 ft) offering sweeping views of Uganda, Rwanda and Tanzania; 45 min by car to Teach Inn (30 km tarmac to Bukinda; 3 km dirt road), 30 min by foot to hilltop

Hot Springs: do not expect too much; the most accessible is the muddy water in a grove near the road to Rwanda - but it can be fun to share it with locals (especially for them); 8 km from Kabale Town (tarmac)

Weekend trips from Kabale:

Four national parks of great variety are within your reach:

Bwindi Impenetrable National Park is worth seeing even without a visit to the gorillas - it is a beautiful rain forest

Mgahinga National Park has a striking volcanic setting and great hiking opportunities

Queen Elizabeth National Park is a savanna environment, famous for tree-climbing lions and a wonderful boat trip

Lake Mburo National Park is the only Ugandan park with zebras

Across the border:

Kigali Memorial Centre about genocides in Rwanda and the world
Goma, the African Pompeii, a Congolese town on Lake Kivu severely affected by a 2002 volcano eruption (do check the current security situation before proceeding to DR Congo)

Bakiga

the people
of Kabale

"The tough, hard-working people" is how the Bakiga are described by other Ugandan tribes. *Rukiga* is their language (see p. 22-23); one member is a *Mukiga*.

Their likely origin is today's *Rwanda*, from where they came some centuries ago. They believed in *Ruhanga* (The Creator), and had several cults. They were agriculturalists growing sorghum, peas, millet and beans. From sorghum they produced local brews called

obushera and *omuramba*. They also had good ironsmiths, carpenters, potters and bee-keepers.

Women were in charge of digging, while men cleared bushes and erected round grass-thatched huts. They wore goat or cow skins.

Virginity was essential. If an unmarried girl got pregnant, she would be tied to a tree and left to the mercy of animals, thrown over a cliff (like at *Kisizi Falls*) or left on *Punishment Island* at *Bunyonyi* (p. 14).





Bakiga museum

OPEN: **daily**

ENTRANCE: **USh 4,000**

GROUPS: **USh 3,000** per person

CHILDREN: **USh 2,000**

Discounts for locals,
free for overnight guests of
The Home of Edirisa

The photos on this page are from the amazing cultural museum established by a local elder, **Festo Karwemera** (far left). You can visit it at The Home of Edirisa and watch a free 30-minute documentary about the Bakiga. More overleaf.

Prices subject to change:
for updates please see
www.edirisa.org/museum

Polygamy was a norm. A man who could afford the brideprice would have as many wives as he desired. On the other hand, both women and men were free to divorce.

The Bakiga were organised in clans, there was no authority above that level. Different lineage heads would gather and publicly discuss issues of wider importance. What the leaders could not solve would result in fighting. The Bakiga were fierce warriors.

Nowadays **1.7 million Bakiga** present 7% of Uganda's population. High fertility (8 kids per woman) and lack of arable land is forcing them to migrate to other parts of the country. They are very successful and occupy many important positions in business and politics. The Bakiga are now staunchly Christian and starkly divided into Catholics and Protestants, Muslims are few.



The Home of Edirisa

Edirisa has built a full-blown cultural centre around Karwemera's replica of a Bakiga homestead. It offers a cozy little hostel, hot showers, Internet, a relaxed lounge restaurant & pizzeria, a coffee room with

local art, a craft gallery, a free reading library with newest magazines and good books, quality film projections daily at 8 PM.

Located opposite Little Ritz/ Hot Loaf, Kabale Town.

Booking recommended:

DORM: **USh 4,000**

TINY SINGLE: **USh 6,000**

TWIN: **USh 12,000**

SELF-CONTAINED: **USh 20,000**
(double with breakfast)

E-MAIL: home@edirisa.org

MOBILE: +256 75 2558 222

Prices subject to change; for updates please see:

www.edirisa.org/hostel



KABALE CLASSIFIEDS

ACCOMMODATION

WHITE HORSE INN KABALE

It is located on Makanga Hill, Kabale and it's named after the former European settlers who rode their white horses on the hill. It is modern and luxurious, offering one- and two-bedroom, individual, self-contained, shingled, and luxury rooms. The White Horse Inn is characterised by stunning sceneries of terraced, rolling hill-sides of Kabale. World dignitaries including the former US President Jimmy Carter and many international tourists heading for mountain gorillas have enjoyed its magnificent features and hospitality.

Single occupancy US\$50; double occupancy US\$65; junior suite US\$72; executive suite US\$100; conference hall US\$176.

TEL: 0486 23336; MOB: 077 2459859; FAX: 0486 23717
EMAIL: whitehorseinn@yahoo.com

JOFPAN COUNTRY HOTEL: On Makanga Hill behind district offices neighbouring Kabale golf course lies this family-friendly modern hotel in a quiet location and with a darling view of Kabale hill terraces. 1/2 km from the town centre, it offers decent, comfortable single, twin, double and deluxe self-contained rooms, satellite TV, intercom, contemporary cuisine and friendly service at affordable prices to suit leisure travellers and corporate workshops.

Bourdillon Rd Plot 1

TEL: 0486 426055; MOB: 077 2510973
jofpancountryhotel@yahoo.com

MIDTOWN GUEST HOUSE: bar - TV - pool - drinks - snacks; accommodation from US\$ 5000 Makanga Rd

TEL: +256 77 4677883 / +256 78 2810487
EMAIL: midtownguesthouse@yahoo.com

SKYLINE HOTEL: the 1st Restaurant to offer buffet services in Kabale; a wide range of foods, accommodating all categories of people, located at Katuna Rd junction. Now also present in Ruhengeri (Rwanda) as Tourist Rest House on Muhabura Ave. Transport services available.

TEL: 0037546635; TEL: 077 2389030
EMAIL: skylinekabale@yahoo.com

SKY BLUE KABALE: first class accommodation, self-contained rooms, restaurant, local and international food.

Mbarara Rd - Katuna Rd junction

TEL: 0486 422154

EMAIL: skybluehotels@gmail.com

WEB: www.aboutuganda.com/kisorohotel.html

SILK HOTEL: 24hr services - accommodation, drinks and eats.

Mbarara Rd Plot 34

TEL: 077 2553510 / 077 2846980

SPECIAL HIRE (TAXI)

ARON MUGISHA: 077 4608916

DENIS AMANYA: 078 2525403

ELIAS BAMURIHO: 078 2480460

INTERNET ACCESS

VOK INTERNET CAFE: high speed Internet access 300 metres from the main taxi/bus park at Plot 50 Mbarara Rd.

OTHER

HOT LOAF BAKERY: over 80 types of bread, cakes and cookies.

Rugabo Rd Plot 1 (opposite The Home of Edirisa)

JAMALY SUPERMARKET: fully stocked with commodities from around the world, friendly and efficient.

Kabale Rd Plot 101 (close to the football playground)

KABALE MEDIA CENTRE: dealers in stationery, printing, newspapers, magazines, UPS, Nation Couriers and advertising services.

Kabale Rd Plot 101

TEL: 0486 423878; FAX: 0486 423878

MOB: 077 2618387, 0772641979.

EMAIL: labantwine@yahoo.com

LITTLE RITZ BAR AND RESTAURANT: a first-class restaurant famous for its good services, opened every day until midnight. Local and international dishes at affordable prices, a variety of drinks. Conference hall with capacity of over 800 people. Well maintained gardens for concerts (for over 5000 people), shows and camping.
071 2927090; Rugabo Rd Plot 1 (opposite The Home of Edirisa)

Lake Bunyonyi

Lake Bunyonyi is a young lake, created less than 10,000 years ago by a volcanic eruption that blocked a river exit. It is surrounded by intensely cultivated terraced hills, while two volcanoes loom on the horizon, on the border between Uganda, Rwanda and Congo - *Muhavura* (4,127 m/13,540 ft) and *Sabinyo* (3,634 m/11,922 ft). Different sources cite different depth numbers, some suggesting that Bunyonyi is the second deepest lake in Africa.

The lake is *free from bilharzia* and safe for swimming. Strangely, it is also almost fish-free! At the beginning of the 20th century fish were introduced and in the 1930s fishing became profitable. In the 1960s the fish died massively, perhaps as a result of a violent shallow mixing or a volcanic gas emission. In 2002, 300,000 Nile *Tilapias* and *Clarias* fish were reportedly released into the lake. Also present are *Mud fish*, *Cray fish* and *Mirror carp* - and plenty of their enemies, *otters*. Over 200 *bird* species have been recorded around the lake. "Bunyonyi" actually means "*the place of many little birds*".

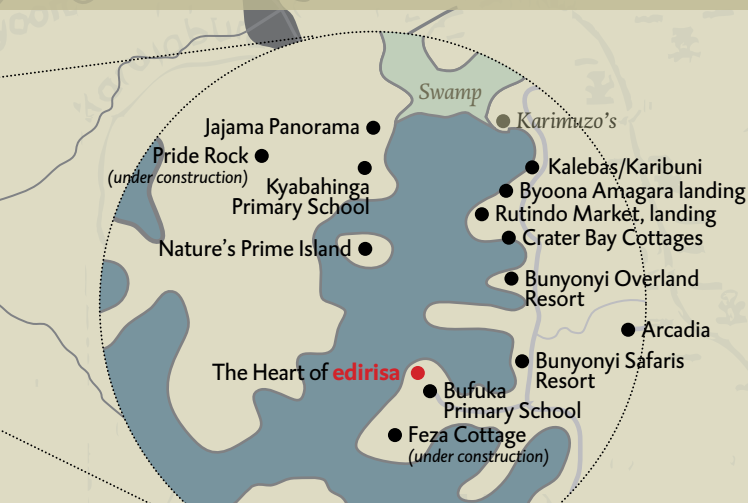


Lake Bunyonyi

— Canoe Trekking itinerary (p. 19)



Kabale



* Essential advice:

Do not leave the lake area before being blown away by a view from the hills! When you are at the water level you can hardly imagine how big and beautiful Bunyonyi actually is.

Bunyonyi in numbers:

DIMENSIONS: 25 km (15 ml) x 7 km (4 ml)

AREA: 61 km² (24 ml²)

NUMBER OF ISLANDS: 29

SURFACE ALTITUDE: 1,950 m (6,400 ft)

MAXIMUM SURFACE TEMPERATURE: 25 °C (77 °F)

DEPTH: 44 m (144 ft) / 900 m (3,000 ft)

CAUTION: Lake Bunyonyi's high altitude means that the area can get rather cold. Take a sweater and a raincoat - even when the morning promises a sunny day.



Some islands & other attractions

Akampene (Punishment Island)

The Bakiga used to leave unmarried pregnant girls here - to die of hunger or drown while trying to swim to the mainland (swimming skills were rare). A man without cows to pay the brideprice could go to the island and pick up the girl, but the stigma was strong. The practice got abandoned in the first half of the 20th century.



Bwama and Njuyeera (Sharp's Island)

In 1921 a Scottish Missionary, Dr. Leonard Sharp, came to this part of Uganda and some years later established a leprosy treatment centre on Bwama island. The villagers were sent away, a church and a medical facility were built, while Sharp settled on Njuyeera Island. Suspected cases were sent from all over East Africa; at its peak the hospital had 5,000

patients. The goal was to isolate them and stop the disease from spreading. It was only in the 1980s when a drug for leprosy was issued that the patients were allowed to go.

The buildings of the hospital are now used by a secondary boarding school which attracts students from the entire region.

Bucuranuka (*Upside Down*)

The legend says that this island killed many people. About twenty were once brewing local sorghum beer there. An old woman was passing by and she said: "Can you give me some local beer?" They wrongly thought that she was a beggar they knew. They refused her, "Get lost, beggar! Get lost!!!" The old woman asked,

"So you will not even give me a sip? Can I at least get somebody to take me to the mainland?" They answered: "Yes, because we are fed up with you!" They chose a young guy to take her over. When they reached the shore and the guy was just beginning to return, the island turned upside down. All died; only a chicken flew away and survived.



Bushara Island

This island is the home of Lake Bunyonyi Development Company, an organisation with strong links to Church of Uganda. They use tourism to generate funds for several development projects around Bunyonyi.

The striking feature of the island is its forest, a demonstration of the most appealing attribute of the eucalyptus tree - an exceptionally fast growth rate.

However, eucalyptus plants may also have a negative effect, they can soak up everything useful in the soil, leaving it more or less barren.



Batwa (“Pygmies”)

The story of the Batwa, the “Pygmies”, is a tragic one. Population pressure of the Bakiga had been reducing their living space, the forest, and then the final blow came in the 1990s when Uganda turned two of their few remaining shelters into national parks for gorillas. The Batwa are mostly landless and looked down upon. A visit to any of their settlements is bound to be a sad experience.



The Batwa’s more glorious past can be experienced through a computer game found at www.edirisa.org/drum.

In addition to interactive applications [Edirisa Multimedia](http://www.edirisa.org) promotes Africa through video documentaries, radio programs, websites, brochures, support for local artists, and more. For inquiries please email multimedia@edirisa.org



Markets

Bufuka on Monday and Friday; Kyevu on Wednesdays and Saturdays

The markets are nothing special but the spectacle of hundreds of canoes approaching them definitely is!

Karimuzo's - ruin of a hotel

The ruin used to be the first Bunyonyi hotel, established in the 1960s by F. Karimuzo, the then Vice Chancellor of Makerere University. Uganda's dictator *Idi Amin* was initially Karimuzo's friend but one day he made him "disappear". Amin, an under-educated soldier, was notoriously allergic to educated people. He used the hotel until his generals warned him that the location was a potential trap with only one exit. In the 1990s there was a failed attempt to rebuild it and later many people tried to buy the property.

Traditional blacksmiths

Blacksmiths use scrap materials which they meld on fire to produce new tools. Their place is worth a visit, with a potential stop-over at the half-interesting *Bukora cave*, but be prepared to pay for the show.

LAKE BUNYONYI CLASSIFIEDS

BUNYONYI OVERLAND RESORT: a place beyond comparison in terms of facilities, accessibility, accommodation options and size. The best base to explore the lake, a destination to spend some nights, but also a place worth a day visit. It is ecologically built, with local materials. It is locally owned and provides important employment opportunities for the people around the lake. Some of the services: the fastest Internet connection at Bunyonyi (24/7), satellite TV, hot showers, flushing toilets, secure car park, fireplaces, picnic sites. Visa and Mastercard accepted. Camping from US\$ 10,000; furnished tents from 30,000; rooms from 35,000; family cottage (2 bedrooms, lounge, kitchen) 160,000.

TEL: 0486 423741 / 0486 426016; FAX: 0486 423741

MOB: 077 2409510 / 071 2409510

EMAIL: highland@imul.com /
bunyonyi@iwayafrica.com

WEB: www.traveluganda.co.ug/bunyonyi-overland

NATURE'S PRIME ISLAND: The number one island, for you who wish to escape from the hustle and bustle of the city, from the hectic city life and find heaven in a wild place. It is an eco-tourism site in the heartland of western Uganda. It offers you a unique vantage point from which you experience the beauty and majesty of Mother Nature's ability in an African setting. We assure you to be woken up with the call of nature (birds), not from the morning rush hour. Our well designed rooms have a picturesque view of the lake, mountains and terraces which cover every slope.

At Rutindo Market, look for our yellow-green motor-boat "Nature's Prime Island" or one of our canoes.

We also arrange transport from Kampala.

TEL: 077 2423215 / 075 2622009 / 077 2478411

EMAIL: naturesprimeisland@yahoo.co.uk /
info@naturesprimeisland.com

FEZA COTTAGE: the unification of modern and Kiga traditional architecture. Total privacy, comfort and relaxation in the heart of Bufuka village.

TEL: 0486 426970 / 071 2938947 / 075 3938947

EMAIL: info@fezacottage.com

WEB: www.fezacottage.com

Opening in April 2008

BUNYONYI SAFARIS: Bunyonyi Safaris Resort: Located on the shores of Lake Bunyonyi. This venue is modern and comfortable. Our restaurant provides African and continental cuisine. The hilltop club can accommodate more than 1000 people for entertainment or a conference. The gardens are beautiful, clean, secure and quiet. You will wake up to the chirping of birds and enjoy your breakfast at our dining place overlooking Lake Bunyonyi and the surrounding islands. Dinner is outdoors by the campfire and our harpist will play you one the traditional tunes to soothe your spirit. Lets take you to explore Lake Bunyonyi and beyond. Book Today:

TEL: 041 4347460 / 4342482

EMAIL: info@bunyonyisafaris.com
ckamugi@gmail.com

CRATER BAY COTTAGES: a cosy and affordable place to relax and explore Lake Bunyonyi, offering five self-contained cottages (twin/double at US\$ 60,000 per cottage), 6 viper rooms (US\$ 10,000 pp) and camping (US\$ 4,000 pp). It is located on the mainland, next to the Rutindo market.

CONTACT: Kamaga Drug Store - directly opposite the main Kabale market.

TEL: 0486 426255

MOB: 071 2701207 / 077 6243996

EMAIL: craterbay@yahoo.com

WEB: www.traveluganda.co.ug/crater-bay-cottages

JAJAMA PANORAMA: a beautiful new resort on the shores of Lake Bunyonyi is an ideal place to relax and enjoy nature, commanding wonderful views of the lake. We have ten comfortable cottages built in traditional Ugandan style, including four luxury ones with King-size or twin double beds. Also, six rooms and camping areas. There is a large restaurant with bar, suitable for functions such as wedding receptions. We have a motor-boat and canoes for lake trips. Also ideal for bird watching, swimming and hill climbing or just resting!

Prices range from US\$ 18,000 to 80,000 per person B&B. Find us just opposite Rutindo market - 2 minutes by boat.

TEL: 075 2824431 / 077 2361434 / 078 2530620

E-MAIL: johnajeyes@yahoo.co.uk

Canoe trekkings at Lake Bunyonyi

Two days in dugout canoes on Lake Bunyonyi and one day of trekking over terraced hills with volcano views - *far away from touristy areas.*

Visits to many islands (sleeping on one of them), camping on local families' land, meeting Batwa ("Pygmies"), plenty of birds
Local food, a lavish picnic at the top of the hill, a lunch on an exclusive island.

10-14 participants: **US\$ 170,000/**
EUR 70 per person

8-9 participants: **US\$ 200,000** pp

6-7 participants: **US\$ 220,000** pp

4-5 participants: **US\$ 250,000** pp

3 participants: **US\$ 280,000** pp

2 participants: **US\$ 320,000** pp

1 participant: **US\$ 480,000/EUR 200**

Includes everything during the canoe trekking (guiding, accommodation, food, drinks), transport from Kabale to Bunyonyi and back, plus two free nights in our dormitory at The Home, and a tour of the cultural museum.

Trips depart **every Saturday.**

DETAILS AT: www.edirisa.org/canoe

MOB: +256 75 2558 600



Fair trade crafts from Lake Bunyonyi

Edirisa Crafts has been working with Bunyonyi craft makers for years, offering a fair deal, a stable business relationship, microfinance, training and product development.

We consider Crafts the most developmental of our sections: it gives local people (especially women) a rare chance to earn something right from their homes. Plus, it gives you a chance to take home a little piece of Uganda!

Please visit any of our shops:

THE CRAFT GALLERY at *The Home of Edirisa* (Kabale Town) which includes Congolese and East African products.

THE CRAFT WORKSHOP at *The Heart of Edirisa* (Bufuka Primary School, Lake Bunyonyi) where the producers regularly meet. The craft selection is limited here, but you can experience much more (see next page).

THE CRAFT SHOP at *Bunyonyi Overland Resort* - our central shop at Lake Bunyonyi.



THE FORT PORTAL CRAFT SHOP
at *Mountains Of The Moon Hotel*

Please see www.edirisa.org/crafts to see how we develop unique products and to meet our craft makers.

EMAIL: crafts@edirisa.org

MOB: +256 75 2558 083



Quality education for the kids of Lake Bunyonyi

Edirisa Smiles is a community-based organisation that promotes creativity, practical skills and art at two primary schools in the Bunyonyi area. We also have our own Edirisa Nursery School. Please visit us at *The Heart of Edirisa*, a commune of international and local staff (Bufuka, 15 walking/paddling minutes from Bunyonyi Overland) and have fun with our kids!

We will happily welcome you, serve you a drink and

invite you to a communal meal, but we do not have any accommodation at *The Heart*. Please consult p. 18 for lodges nearby.

On the other hand, if you insist on being with us, have a look at our cultural tourism program explained at www.edirisa.org/lfa.

CAUTION: Recently there has been an increase in Bunyonyi-based crooks who claim to support orphans and other needy kids. Please cross check thoroughly.

Rukiga phrase book

(Runyankore-) Rukiga is a Bantu language spoken by millions. Its centre is in western Uganda. Two bi/weekly newspapers are published in it. Pronunciation is simple but native English speakers will need to forget their corrupt dealing with vowels. In Rukiga, **A is A and not "EY", oo is not U, ...** Continental Europeans, on the other hand, should remember that **J is not pronounced as Y.**

Other issues:

KI- is spoken as **CHI** ("ruchiga").

GYE = "JE".

Prolong double vowels or lose the meaning.

GREETINGS

How are you? = Ni gaahe?/

Agandi?/Embeera? (casual, not polite)

I'm fine = Ndi gye/Ni marungi

Good morning = Oraire gye?

Good afternoon = Osiibire gye?

Good day = Osiibe gye.

Good night = Oraare gye.

A universal response: Yeego/

Eego or simply yee/eee/mmmm.

Good bye! = Ogumeho

NICE AND USEFUL EXPRESSIONS

Thank you (very much) = Yebare (munonga); plural: Mwebare.

"Please" is felt in the tone of your request.

I'm sorry = Onsaasire

Yes = Yeego. **No** = Ingaaha/Hapana

Oh my! = Yamaawe!

Sir = Sebo. **Madam** = Nyabo.

Friend = Munywani/Mugyenzi.

I have nothing for you = Tiinyine eki nkwiiniire

Leave me alone = Ndugaho/Ndeka

Where is Bunyonyi? = Bunyonyi eri nkahe?

(Avoid YES/NO questions when asking for directions.)

SHOPPING

How much? = Ni zingahe?

Too expensive! = Kirazimba!

Mzungu (white person's) price =

Ebeeyi y'omujungu

NUMBERS

1 emwe

6 mukaaga

2 ibiri

7 mushanju

3 ishatu

8 munaana

4 ina

9 mwenda

5 itaano

10 ikumi

11 ikumi n'emwe ..., 19 ikumi na

mwenda, 20 makumi abiri,

21 makumi abiri n'emwe, ...

30 makumi ashatu, 40 makumi ana,



50 makumi ataano,
 60 makumi mukaaga,... 100 igana
 200 magana abiri (spoken also
 “bibiri”), 300 magana ashatu
 (“bishatu”), 400 magana ana
 (“bina”), 500 magana ataano (“bi-
 taano”), 600 magana mukaaga,
 700 magana mushanju,
 800 magana munaana, 900
 magana mwenda, 1000 rukumi
 2000 enkumi ibiri, 500 enkumi
 itaano ... 10000 omutwaro
 20000 emitwaro ebiri ...
 100000 emitwaro ikumi

TIME

What is the time? = Ni shaaha
 zingahe?

7 AM = shaaha emwe
 y’akasheeshe (one in the morning)

7.30 AM = shaaha emwe
 n’ekicweka (half past one)
 6 PM = shaaha ikumi na ibiri
 z’omwebazyo (twelve)
 7 PM = shaaha emwe
 y’omwebazyo (one in the evening)
 5 AM = shaaha ikumi n’emwe
 z’akasheeshe
 6 AM = shaaha ikumi na ibiri
 z’akasheeshe
*Careful: this system can by mistake
 enter English too!*

All in all, talk to locals, in
 Rukiga or English, do not
 miss the greatest attraction
 of Africa: **PEOPLE!**

