

**7TH  
EADSG**



THE EAST AFRICA DIABETES STUDY GROUP

# CONGRESS & SCIENTIFIC SESSIONS

SPEKE CONVENTION CENTRE, MUNYONYO KAMPALA

28 – 31 MAY 2025

# DELEGATES INFORMATION





## 1. INTRODUCTION

**Welcome to Kampala, Uganda!** This General Information guide is designed to help you make the most of your stay. Whether you're here for a conference, workshop, or simply to explore the city, we've compiled essential details about travel, accommodations, local attractions, and more. Our goal is to ensure you have a smooth and enjoyable experience in this vibrant African Capital.

## 2. VENUE AND DATE

The 7th Biennial Congress & Scientific Sessions of the East Africa Diabetes Study Group (EADSG) will be held at the Speke Convention Centre – Munyonyo, Kampala, from 28 to 31 May 2025.

Tuesday, 27 May 2025 will be devoted to pre-congress events: North-South Transformative Exploration of Diabetes Research and Collaboration and Pre-conference on Type 1 Diabetes.

## 3. REGISTRATION

### Online Registration

Registration is open and can be done on line <https://eadsg.org/congress/registration>

**Early Bird Registration: Before 31 January 2025 USD 300**

**Normal fee after will apply: USD 350**

**Group registration is in "Groups of Eight"**

### Onsite Registration

**Fee is USD 400 for the full congress; USD 150 for a day's attendance without any package**

There will be a Registration Desk at the conference venue from 28 May 2025. On-site registration of participants will take place at this Registration Desk.

On-site registering participants and participants previously registered online will obtain their registration packages from this point.



The Registration Desk will open on **28 May, 16:00pm – 20:00pm; 28 -31 May, 07:00am – 18:00pm.**

Delegates are encouraged to register and receive their Congress Packages on arrival to avoid the hassle of doing so on the date of the opening ceremony. Delegates, who will have not yet completed their payments, will not be able to receive their Congress Packages until payment is fully made.

### **Packages**

Registration fee includes access to the exhibition, attendance of all the scientific sessions, invitation to the congress dinners and a break snack and a lunch during the congress.

### **Airport transfers**

A Congress concessional fee of USD 60 will be charge for airport transfers paid online. <https://eadsg.org/congress/airporttransfer>

### **Hotel accommodation**

A Congress concessional accommodation at Speke Hotel (VAT inclusive) USD 150 per night paid on line <https://eadsg.org/congress/accommodation>

## **4. TECHNICAL DOCUMENTS FOR THE CONGRESS**

The technical documents related to this congress at: <https://eadsg.org/downloads/>

## **5. ORGANIZATION OF THE MEETINGS**

The EADSG is committed to providing the required logistical inputs to see this congress a success. You will find a list of hotels where bookings can be made for participants on the online registration

<https://eadsg.org/eadsg-annual-congress/registration-accomodation/>.

Transportation will be provided from these hotels to the Convention venue.

## **6. DELEGATES**

All participants are kindly requested to complete the Registration on line <https://eadsg.org/congress/registration>



## 7. ENTRY IN UGANDA

**Entry visa** – It is necessary to have a valid passport for at least 6 months as well as a valid return air ticket, and a valid entry visa before travelling to Uganda. Details of entry requirements and visa fees to Uganda can be found at <http://immigration.go.ug/content/visas-and-passes>.

**Vaccinations** – Yellow fever vaccination is required before traveling to Uganda.

**Airport transfer** – Airport transfer services for our delegates will be provided for under EADSG. There is no airport tax to be paid, neither on arrival nor at departure. Invitation letter – An invitation letter will be sent to you once the registration is completed. This letter will serve as the document for application of a visa.

## 8. ARRIVAL AT ENTEBBE INTERNATIONAL AIRPORT

Delegates who will have communicated their Flight itinerary (Flight number, Arrival time and date) will be welcomed/received at Entebbe International Airport. Transport will be provided (for them) from the airport to their hotel(s). You will be met by our ushers and usherettes as soon as you exit the luggage area. Banners displaying 7th EADSG Congress will also display at the MEET & GREET area where you can reach for any assistance.

In case of any difficulties, please call **EADSG Events: +752 555770 or +256785 080**  
**191. EADSG Secretariat: +256 772 098864**

Unfortunately, participants arriving at Entebbe Airport who did not communicate their arrival details to the organizers will not be received and will have to find their own way to their hotel at a taxi rate of between US\$ 40 to US\$ 50.



## 9. LOCAL CURRENCY AND FOREIGN EXCHANGE

Money can be changed at the airport, in banks, as well as in hotels where there are Forex Bureaux. The local currency is the Uganda Shilling (Ush).

The exchange rate as of September 2024, for information only:

**1 US Dollar = 3,716.4 Uganda shillings**

## 10. HOTEL RESERVATIONS

The 7th EADSG Biennial Congress Secretariat will be situated at the premises of Speke Convention Centre, Munyonyo. Secretariat **email: [secretariat@eadsg.org](mailto:secretariat@eadsg.org) Tel: +256 772098864**

Arrangements will be made for reservations for participants at selected Hotels. Participants may choose from the listed Hotels on the EADSG website and communicate to the EADSG secretariat.

We kindly advise delegates to duly make and communicate their hotel choices to the secretariat.

Shuttles will be available to facilitate transportation of delegates to and from various hotels and the conference venue. However, Delegates staying at hotels other than the listed partner hotels will only be assisted to get alternative private means of transport.

## 11. BADGES

Badges bearing a unique QR code that contains the individual's biodata will be designed for this conference and will be given to each participant. They will serve as identification for access to the conference venue and other congress services. Delegates are therefore advised to wear the Badges at all the events of the EADSG-2025 and it should be visible to facilitate the work for the Organizers. No delegate will be allowed into the congress hall without a badge.



## 12. DAILY CONGRESS PROGRAM

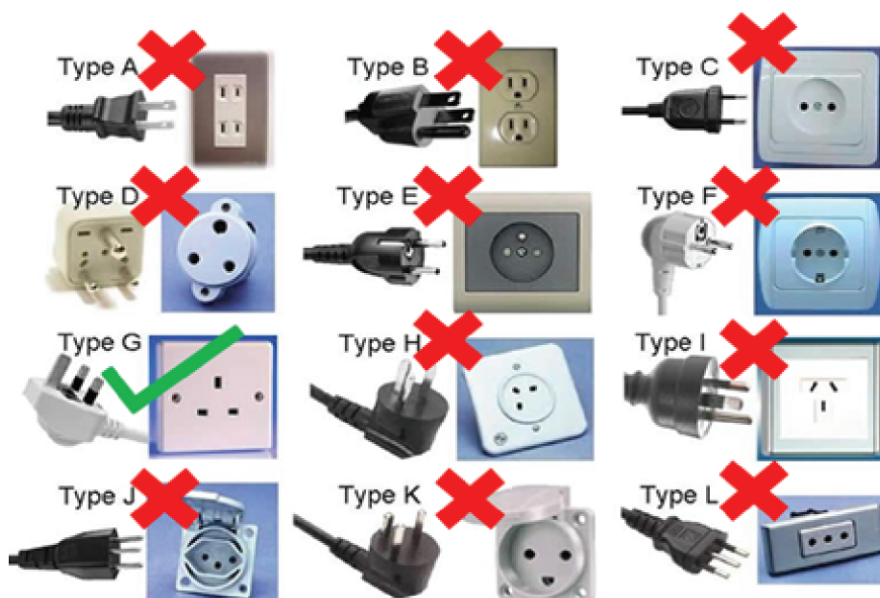
All daily program of the EADSG-2025 will be starting at 08.30AM. Delegates are required to be seated in the conference hall by then to avoid program inconveniences. There is no provision for delaying the starting time.

Shuttles will be arranged to pick up delegates from partner hotels every morning at intervals of 20 minutes starting at 07:40 until 08:20. This is to allow delegates to arrive at the conference venue in good time to start the business of the day.

***It is here emphasized that the chairs and co-chairs will stick to the program time. There is no provision for speakers to go beyond the allocated time***

## 13. POWER SOCKETS AND VOLTAGE

In Uganda the standard voltage is **240V** and the frequency is 50Hz. You can use your electric appliances in Uganda, if the standard voltage in your country is in between **220 - 240 V** (as is in the UK, Europe, Australia and most of Asia and Africa). In Uganda the power plugs and sockets are of type G, otherwise you will require a Universal Adapter.



**NOTE: ONLY THE TICKED ARE SUPPORTED IN UGANDA**

Otherwise use an adapter



## 14. ABOUT UGANDA (GENERAL INFORMATION)

<b>Location:</b>	East Africa
<b>Capital:</b>	Kampala
<b>Major Airport:</b>	Entebbe International Airport
<b>Population:</b>	46 million (2024)
<b>Time:</b>	GMT/UTC plus three (3) hours
<b>Currency:</b>	Uganda Shillings (Ush)
<b>President:</b>	H.E. Yoweri Kaguta Museveni
<b>Prime Minister:</b>	Hon. Robinah Nabbanja
<b>Official Language:</b>	English
<b>Calling code:</b>	+256

### Membership of international organizations:

- African Community (EAC)
- Economic Community of Central African States
- Common Market for Eastern and Southern Africa
- United Nations



**Uganda flag**

### The Pearl of Africa

Uganda, renowned as the "Pearl of Africa," is a captivating country nestled in the heart of Africa. It shares borders with Kenya, Tanzania, Rwanda, South Sudan, the Democratic Republic of Congo. It is part of the East African Community: Democratic Republic of Congo, Kenya, Tanzania, Rwanda, Burundi and Somalia.

### Climate

Uganda's climate, influenced by its location on the Equator and average altitude of 1,000 meters, is one of the most favorable in Africa, earning it the Sobriquet "Pearl of Africa." Temperatures typically range between 20°C and 30°C throughout the year, with pleasant sunny periods and brief bursts of tropical rain showers in the mornings and afternoons.



## Land

Uganda, a landlocked country, boasts majestic Rwenzori Mountains in the west and Mount Elgon in the east. Its fertile landscape, covered by 25% water, includes the world's largest lake, Victoria, and the famous Bwindi Impenetrable Forest. The Nile River originates in Jinja, winding northward.

### Highlighting key attractions:

Discover Uganda's natural wonders: the snow-capped Rwenzori Mountains, the lush Bwindi Impenetrable Forest, and the vast Lake Victoria, the largest in Africa. Experience the source of the Nile River in Jinja.

Emphasizing the country's unique features:

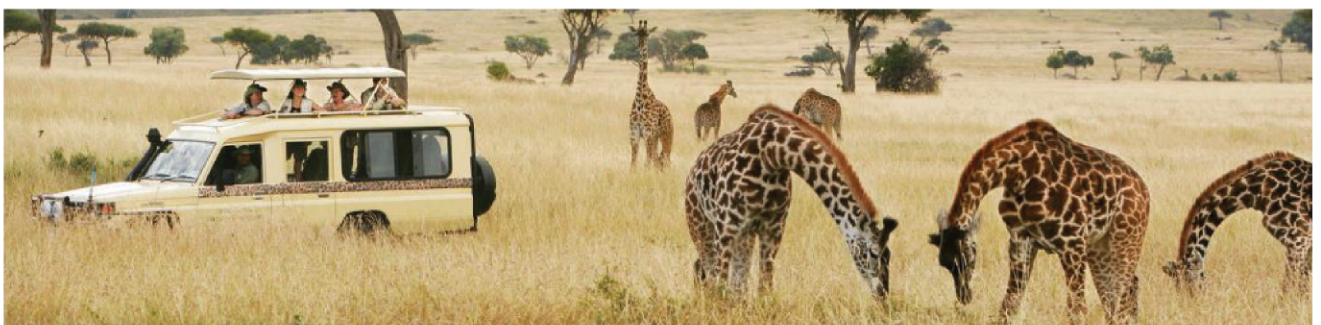
Uganda offers a diverse landscape, from towering mountains to fertile plains and expansive lakes. Explore the Bwindi Impenetrable Forest, home to mountain gorillas, and witness the Nile River's origin in Jinja.

## Post-Congress

Uncover Uganda's hidden gems: trek through the Rwenzori Mountains, spot wildlife in Bwindi Forest, and cruise on Lake Victoria. Plan your adventure today!

## People, Culture and Language

Uganda has a variety of cultural groups speaking over 30 different languages. The people can be classified into these broad categories: Bantu, Nilotics, Madi-Okoru or the Sudanic speaking, and the Pygmoid (who live mainly isolated in the rainforests of western Uganda). One-third of the population is Roman Catholic, one-third is Protestant, 16 percent is Muslim and 18 percent believe in local religions.





## Cuisine

Ugandan cuisine consists of traditional and modern cooking styles, practices, foods and dishes, with English, Arab, Asian and especially Indian influences. Most tribes have their own specialty dish or delicacy. Many dishes include vegetables and fruit, such as potatoes, yams, bananas and other tropical fruits. Chicken, fish, beef, goat and mutton are commonly eaten, although among the rural poor meats are consumed less than in other areas. Tea and coffee are popular beverages and important cash crops, served English-style or spiced. Coca-Cola, Pepsi and Fanta, as well as traditional and Western beers are widely available. Fermented banana wine is popular, as is Waragi (distilled spirits).

## Wildlife

Uganda has 364 species of mammals and 1062 species of birds. The Bwindi Impenetrable Forest is home to half the world's remaining mountain gorillas. Wildlife Conservation Society does a lot of conservation work in Uganda, to counter the effects of and try prevent the threats to wildlife such as poaching for bushmeat, illegal timber harvesting, charcoal burning and encroachment for farmland.





## 15. EXHIBITORS

All Enquiries relating to Congress exhibitions should be addressed to the Event Organizer at the following address:

**events@eadsg.org**

Attn: Sera Kanyunyuzi

Doctors Plaza Building

Plot 1470 Nsambya-Gaba Rd.

P.O.Box 32297 Kampala – Uganda

## 16. USEFUL CONTACTS

Correspondence should be sent to the following address:

### 1. Prof Silver Bahendeka (Chair, EADSG)

Doctors Plaza Building

Plot 1470 Nsambya-Gaba Rd.

P.O.Box 32297 Kampala – Uganda

Email: silver.bahendeka@eadsg.org

Website: www.eadsg.org

### 2. The EADSG Secretariat

Anita Kanyesige

Doctors Plaza Building

Plot 1470 Nsambya-Gaba Rd.

Tel: +256 742 187 292.

P.O.Box 32297 Kampala – Uganda

Email: eadsg2025@eadsg.org / info@eadsg.org