

IOWA STATE UNIVERSITY-UGANDA PROGRAM

Program Office

P.O. Box 218
Kamuli, Uganda
0701 47 22 33
+256 701 47 22 33

Center for Sustainable

Rural Livelihoods

111 Curtiss Hall
Ames, Iowa USA 50011-1050
515 294-9106

Board of Directors

1350 Beardshear Hall
Ames, Iowa USA 50011-2038
515 294-4363

Dear Esteemed Guest,

Welcome Letter from the National Director

On behalf of our entire Iowa State University-Uganda Program (ISU-UP), we warmly welcome you at Mpirigiti Rural Training Center (MRTC). We appreciate your coming and contributions to ISU-UP. We hope that you will gain a deeper insight of ISU-UP activities and communities that we work with during the field visits and discussions with various staff on site. Included within this folder are documents that provide information necessary for your safety and comfort during your stay here. Please review the documents and do not hesitate to seek additional information as you may find necessary.

We hope you will have good memories during your field visits and stay here at MRTC.

Sincerely,



Nadiope Gideon

National Director, ISU-UP

gnadiope@iastate.edu

INTERNET ACCESS AT ISU-UP

How to log to internet

- Open your devices' settings app
- Tap connections
- Choose Wi-Fi and tap any of the listed nets works below and enter their password for any of your choice and depending on your location at MRTC

S/N	User Name	Pass word
1	Main Office (ISU-UP)	ma1ni0wa2
2	Winterhof Commons (Dining Hall) (IOWA)	12345678
3	Main building (MB1)	welcome123
4	Faculty Accommodation (Barkema Hall)	@Bark.H#22
5	Faculty Accommodation (Faculty)	Welcome123
6	Student Accommodation (Miller Hall)	M.H@mrTc

Please contact Charles or Esther if you experience problems connecting to Wi-Fi

Charles Kigoma: 0701618768 / 0784282947

ckigoma@yahoo.com

Esther Asimo: 0753647905 / 0786753017

asimoesther@gmail.com

Safety information and Emergency Contacts

Welcome to Mpirigiti Rural Training Center! We are glad to have you with us. Please review the following for your safety and comfort.

Use of Fire Alarm and In Case of Fire

Residents are asked to press the fire alarm button if they discover a fire, no matter how large or small the fire. After pressing the fire alarm proceed to help others evacuate and meet at the assembly point immediately outside of each building complex.



Escape the area where the fire is observed. If you are in a sleeping room, then exit through the door to the room. If that exit is blocked, unlock the security grate over the window and exit through the window.



Press the nearest fire alarm button to sound the alarm. Fire alarm buttons are attached to the outside wall under the covered walkway of each residence complex. If the fire is small use the fire extinguisher available in each room.



Meet at the assembly point outside of the housing block. Assembly points are clearly marked outside of each residence. Please make sure you are familiar with the assembly points within the Centre.

Use of the panic buttons



Residents are asked to press the panic button situated on the outside wall of each building complex in case of intruders or other non-fire emergencies. Security Guards will know that an emergency exists and will come to assist.

Medical Help or Emergency

If you or someone you encounter feels unwell or needs medical help, please immediately contact the ISU-UP staff. If this happens during the night, resident ISU-UP staff (Esther during the programs and Charles/Anthony all the time) can be contacted to make necessary arrangements to deliver the patient to hospital. If someone is found unconscious or needs urgent medical attention, please use the panic button.

For the Comfort of our Guests

Drinking water

The water in the taps and showers in your rooms is non-potable (meaning it is not fit for human consumption). Please use the sealed bottled water placed in your room on the reading tables and near the bathroom sinks for drinking and teeth brushing. There is also bottled water in the faculty/guest kitchen. Potable water is also available in Mpirigiti dining hall (Winterhof Commons) in a water dispenser, and in taps specifically marked “Drinking water” in the dining and the boot rooms.

Meals

Meals at MRTC are served four times; breakfast at 7:00 am, lunch at 1:00 pm (served either in the field or at the dining hall), evening tea at 5:00 pm and dinner at 7:00 pm. A bell is rung to announce to the guests whenever a meal is ready.

Windows

Windows may be opened to increase ventilation in the rooms. If you open a window, it must be opened all the way such that it is touching the surface of the outside wall. Otherwise, there is the risk of wind causing the window to break or be damaged. Please close windows when rain is in the area.

Blinds

To raise the blinds, pull the string straight down. To lower the blinds, pull the cord toward the center of the window to unlock the blinds and then let the blinds descend to the desired height. Please don't try to force the blinds up or down, if stuck report to the ISU-UP staff in charge. **Hot**

Water

All hot water comes from the solar water heaters mounted on the roof. It takes a couple of minutes for the hot water to reach the taps in your room. Open the tap fully, turn the handle to the ‘hot’ position, and pull the handle gently upward to “click” it into the full, hot position. Once the hot water is flowing, adjust to your comfort level.

Shower

For proper drainage push the drain cover aside while showering and replace it after use.

Locking rooms and Room Key

You will be issued a room key when you arrive. You will be responsible for this key during your stay. Please keep the rooms locked at all times when absent.

Other Mpirigiti Rural Training Centre Features

Water Sources

MRTC gets its water from three sources:

- 1) Water pumped from a depth of 102 meters from a borehole inside the compound

- 2) Rainwater collected in gutters from the roofs which then flows by gravity to our stainless-steel storage tanks
- 3) A piped connection to the national water system supplied by the National Water and Sewerage Corporation which is owned by the government.

Water Tanks

MRTC has eight tanks, each having a capacity of 5000 liters. Four are for rain-harvest water and the other four are for storing filtered rainwater. An additional tank rests on an elevated platform providing water pressure throughout the system.

Sources of Electric Power

MRTC gets its electrical power from three sources:

1. Hydroelectric power purchased from the national electricity supply authority (UMEME LIMITED)
2. Photovoltaic cells installed at the centre
3. From a standby generator which switches on automatically in case of power cuts

Photovoltaic cells

The photovoltaic cells power the security lights, internet server, and some of the socket outlets in the ISU-UP office.

Built Area of MRTC

The built area of Mpirigiti Rural Training Center is 3,281 square meters [35,316 square feet]

Waste Processing (ABR and constructed wetland)

Anaerobic Baffled Reactor (ABR):

An anaerobic baffled reactor at MRTC is a fixed-bed biological reactor sewage treatment structure with four chambers in series where the anaerobic (in absence of oxygen) treatment process occurs. The chambers are designed to exclude air and ground water ingress.

As wastewater flows through the four chambers, the suspended particles and organic matter get biologically digested largely in the first chamber (sludge digestion section) and the second chamber. Being a continuous process, wastewater inflow displaces the pretreated effluent as it baffles through the third and fourth chambers. The ABR chambers are ventilated to evacuate methane and other gases generated during the anaerobic process into the atmosphere. Ultimately the effluent exits ABR and is conveyed by gravity into the Horizontal Flow Constructed Wetlands (HFCW) by a sub soil drain system.

Horizontal flow constructed wetlands (HFCW), (*Secondary treatment section*)

Influent (pre-treated wastewater) from the ABR flows by gravity through fine gravel-filter bed in two sequentially linked HFCW's where it undergoes physical filtration and aerobic degradation by microbes. The papyrus plants through its root system entangled with the gravel filter, provide suitable environments for microbiological attachment, and extraction of organic material from

the influent as it gradually flows through the chamber. Organic matter and suspended solids are mainly removed by filtration and root absorption.

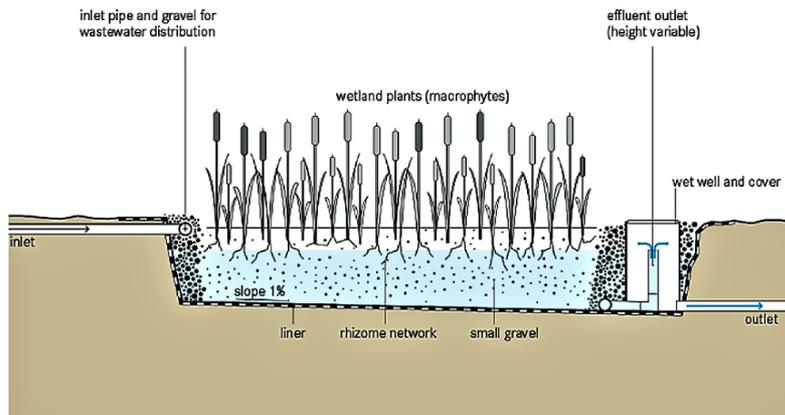


Figure 1: HFCW Longitudinal Section.

Source:

https://sswm.info/sites/default/files/schematic_technology/Tilley%20et%20al%202014%20Schematic%20of%20the%20Horizontal%20Subsurface%20Flow%20Constructed%20Wetland.png

The thoroughly treated effluent is recycled by discharging into the natural environment through a stream/wetland downstream. ISU-UP conducts periodic water quality tests to ensure the critical parameters (biological and chemical oxygen demand) of the HFCW discharge meets the NEMA (National Environmental Management Authority) standards and to embrace our commitment to environmental safety policies.

LIST OF STAFF

S/N	Name of Staff	Position	Contact	Email
1	Gideon Nadiope	National Director ISU-UP	0701472233/0776472233	gnadiope@iastate.edu
2	Moureen Mbeiza	Agronomy and Land use Specialist	0757705680/0778622167	mbeizamoureen@gmail.com
3	Caroline Nambafu	Nutritionist	0704115440/0782591588	nambafu.c@gmail.com
4	Miriam Namata	Community Innovations Officer (Contact person for crafts)	0702742131/0777010216	namatam9@gmail.com
5	Johnson Abaho	Fleet and security officer	0758328184/0782302080	johnson.abaho1@gmail.com
6	Esther Asimo	Education Programs officer	0753647905/0786753017	asimoesther@gmail.com
7	Shafi Kabagambe	Assistant Chef	0751678631	shafikabagambe2@gmail.com
8	Alex Lubale	Community Based Animal Health worker	0752068336	lubaalealex10@gmail.com
9	Thomas Buyinza	Post-Harvest Technology Specialist	0701288494/0774859586	thomasbuyinza@gmail.com
10	Yvette Nikuze	Livestock specialist	0705324142/0788894999	ynikuze@gmail.com
11	Keith Gabula Balondemu	Finance Specialist	0753651840/0783581628	balondemukeith2@gmail.com
12	Charles Kigoma	Facilities Manager	0701618768/0784282947	ckigoma@yahoo.com
13	Bony Ecamu	Operations and construction coordinator	0751127945/0775127945	archbonie@gmail.com
14	Anthony Wafula	Food Service Coordinator/Chef	0701641183/0787610481	wafulaanthony72@gmail.com
15	Martin Roy Kagoye Lukwata	Youth Entrepreneurship specialist	0706698766/0776680693	kagoyeroy@gmail.com
16	David Mwami	Agricultural Extension Assistant	0756030707/0773092148	davidmwami33@gmail.com
17	Aramanathan Sande	Grounds Keeper	0709537955/0774477473	alamanzansande263@gmail.com
18	Beatrice Ndyesinga	Monitoring and Evaluation Assistant	0704512834/0785140949	beatricendyesinga@gmail.com
19	Adam Bikumbi	Agricultural Extension Assistant	0752109498/0783400221	bikumbiadamisa@gmail.com
20	Peninnah Namwase	Youth Facilitator	0754302834/0788941108	tigspeninah@gmail.com
21	Michael Kafuko	Nutrition Education Center Supervisor	0750573512/0771486102	kafukomichael02@gmail.com
22	Dennis Lutwama	Service-Learning School Garden Specialist	0703223369	dennislutwama@gmail.com
23	Peter Katangula	Community Based Animal Health worker	0757197129/0775056188	katangulapeter20@gmail.com
24	Liindah Proscovia Kasiri	School Lunch and Field Stores Officer	0780569639/0701600825	kasiriliindahproscovia@gmail.com
25	Jonathan Kadondoli	Security Assistant	0701351330	
26	Beatrice Namulondo	Housekeeper	0702927993/0782963670	beatricenamulondo5@gmail.com

27	David Waiswa	Grounds Keeper	0759589878/0789069903	waiswadavid276@gmail.com
28	Joshua Mpaulo	Fleet officer	0757773654/0785670140	mpaulojoshua1@gmail.com
29	Joseph Kagoda	Livestock Demo Farm Attendant	0750966912/0779816421	kagodajoseph84@gmail.com
30	Kevin Babirye	Nutrition Education Center Trainer	0755875552	
31	Dorothy Baziba	Nutrition Education Center Trainer	0756905748	
32	Shadia Babiwemba	Nutrition Education Center Trainer	0771616421/0706034395	
33	Ruth Zaujja Kifuko	Nutrition Education Center Trainer	0757360339	
34	Sylvia Mirembe	Nutrition Education Center Trainer	0755042287/0779502851	
35	William Mpooya	Nutrition Education Center Trainer	0785870886/0755793187	
36	Prosy Mukisa	Nutrition Education Center Trainer	0703967935	
37	Deziranta Nabirye	Nutrition Education Center Flour Quality Controller	0753557818/0752089924	
38	Lydia Nabiryo	Nutrition Education Center Trainer	0759094648	
39	Dorothy Nampebwa	Nutrition Education Center Trainer	0782774126/0755861242	
40	Mary Tibaidhukira	Nutrition Education Center Trainer	0787247893/0751545552	
41	Joshua Tuliraba	Nutrition Education Center Trainer	0778306469/0757999228	
42	Ruth Kirabo	Nutrition Education Center Assistant (Feeding Supplies and Materials)	0751745118/0775711807	
43	Macrice Kaahwa	Security assistant	0706422181/0782187508	
44	Jane Namuyingo	Food and Nutrition Support Group Coordinator	0751810308/0771654512	

PUBLIC EMERGENCY CONTACTS

Fire preventive and rescue services, Kamuli Officer in Charge	0705263091
Fire preventive and rescue services, Kamuli; Tumwesigye Francis	0701718141
District Police Commander	0702488085
Medical Ambulance	0752846048 / 0772846048 / 0787024913

Map of MRTC



THE LANDSCAPE STUDIO
 P.O. Box 2012 Karen, Nairobi 00502, Kenya
 studio@chloehumphreys.com
 chloehumphreys.com
 +254 718 793 052

client
 Studio P1 Architects Ltd
 P.O. Box 28798 Kampala Uganda
 project
 EU-UP Training Centre
 Kamuli Uganda

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 Masterplan
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 checked: ---
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