

Uganda Health Promotion

Help to promote health awareness amongst rural people and decrease the prevalence of endemic diseases in Uganda, a land of natural beauty and welcoming culture known as the "pearl of Africa".

Home of the fabulous mountain gorillas, Lake Victoria and the source of the Nile, Uganda is often called the "pearl of Africa". It is a land where you can experience a truly welcoming culture and natural beauty without equal. Whether you're exploring Uganda's vast game reserves, equatorial mountain forests, its island dotted lakes or its colourful, vibrant cities, you're sure to have an unforgettable experience. On your weekends you can discover the rich and colourful markets, nature and city life on this placement in deepest, most intense Africa.

PROJECT HIGHLIGHTS

- Visit the "pearl of Africa"
- Promote health awareness in the local villages
- Make lifelong friends

PROJECT REQUIREMENTS

- Minimum age 18 years
- Healthcare experience is recommended

FAST FACTS

Location	Uganda
Activities	Collaborating in education & prevention programmes Assisting with medical & psychological care (dependent upon experience) Administration work Spearheading awareness programme development Liaising with other prevention organisations Teaching at the local school Working on a range of community initiatives
Transport	Airport pick-up & drop-off
Accommodation	Shared accommodation

WHAT WILL I BE DOING?

This project aims to promote health awareness amongst rural communities and improve village

health by providing public health projects and promoting general health education and is ideally suited to individuals who come from a medical background.

Your duties will vary depending largely on your own background, skills and experience. Malaria, HIV/AIDS, tuberculosis and syphilis are the most common health ailments in Uganda for which simple steps can be taken to reduce their prevalence. The health promotion programme is in its infancy and as a result you will be given a great deal of freedom to lead the project's direction and focus. This project therefore requires a certain amount of initiative and the ability to be proactive, working closely with the local reverend to bring incredibly rewarding results.

Volunteers will also be given the opportunity to immerse themselves within all aspects of village life throughout this unique project. You may have the opportunity to teach at the local school as well as participate in a range of community initiatives such as construction projects.

Depending on your skills and qualifications you could be providing counselling, collaborating in education and prevention programmes or developing the administration and future objectives of the programme, including liaising with or assisting other groups engaged in HIV and other related programmes.

WHAT HAPPENS WHEN I ARRIVE?

You'll fly into Kampala where you'll be met by a friendly project representative and transported to your accommodation.

WHERE WILL I BE STAYING?

You will either be staying in a cosy, clean, carefully chosen homestay, where you will be a member of the family and your hosts will work hard to make you feel as such, or you will stay in a local volunteer house depending upon availability and volunteer numbers at the time of your visit. It will be basic but comfortable, giving you the opportunity to experience Uganda like a local! You'll soon learn to live without the luxuries of Western society and find there are more important things in life!

WHAT WILL I BE EATING?

The food you will be provided with will consist of delicious local dishes using fresh produce to create a cultural and tasty experience! Typically your diet will consist of beans, rice or noodles with vegetables such as cabbage, avocado, spinach and eggplant. Meat dishes such as chicken, beef or goat are eaten a couple of times a week and there will be no shortage of carbs in the shape of white bread, potatoes, pasta, matoke and cassava! Look out for the national drink, wagari, which is a type of gin made from bananas.

COSTS

2 weeks	US\$ 945
Extra week	US\$ 345

DEPARTURE DATES

Weekly, please aim to arrive on a Monday.

DURATION

Your time on the project can be from a minimum of 2 weeks up to 6 months

WHAT'S INCLUDED

Before you go

- Pre-departure support & documentation
- Travel & medical advice & documentation
- Equipment advice
- Discounted medical kit
- Free Frontier t-shirt

In-country

- Food
- Accommodation
- Airport pick-up & drop-off
- Ground transfers
- Local orientation
- Project training
- In-country emergency support
- 24-hour international HQ back-up

CONTACT INFORMATION

Call us on 020 7613 2422 (UK) / 1 949 336 8178 (US)

Mail us on info@frontier.ac.uk

Check out our social media here:

Project details were correct at the time this document was generated. Price, dates and other details are subject to change. Please see our website for current details for this project.