

Uganda Community Volunteering Programme

Help this rural Ugandan community move towards a brighter and healthier future, becoming involved in many different capacities!

Travel through Uganda, often referred to as the "pearl of Africa", for a unique experience that is not to be missed! Famed for its equatorial mountain forests, island dotted lakes, colourful vibrant cities and dramatic wildlife encounters, there is never a dull moment to be had. Vibrant and diverse cultural traditions, exemplified by the warmth and hospitality of the Ugandan people, can be found throughout the country.

On the project you will be helping this rural Ugandan community move towards a brighter and healthier future, getting involved in many different capacities. Working within the community, helping people that are less fortunate and experiencing traditional Ugandan culture are just some of the wonderful experiences you will take away from this placement. Being part of a sustainable development project like this will give you memories and friendships that will stay with you all your life. Immerse yourself in this authentic Ugandan experience; a fascinating array of wildlife, an enigmatic and vibrant culture and a humble, friendly village community await - grab this heart warming opportunity while you can!

PROJECT HIGHLIGHTS

- Gain a lifetime of unmatched memories
- Visit the 'pearl of Africa'
- Immerse yourself in this rural & engaging community
- Promote sustainable community livelihoods

PROJECT REQUIREMENTS

- Minimum age of 18 years

FAST FACTS

Location	Uganda
Activities	Community education Environmental awareness workshops Community healthcare outreach Improving village infrastructure and facilities Arranging extra curricular childcare activities Liaising with other prevention organisations
Transport	Airport pick-up on arrival
Accommodation	Hostel/Volunteer guesthouse

WHAT DOES THE PROJECT DO?

The aim of the Frontier-Uganda community volunteering project is to provide support for a wide range of capacity building initiatives within the local community being implemented by our affiliate NGO. The project is located in a rural area to the east of the capital city, Kampala, where you will become a part of the community working closely with local families and giving your time to help out where necessary. Throughout the project you will meet many welcoming local people and make lots of new friends, all while experiencing and learning about Ugandan culture and its traditions.

WHAT WILL I BE DOING?

Your day to day involvement will depend upon the main focus of the programme at the time of your visit, however, volunteers can typically expect to be involved within a range of activities which could include child care, after school homework clubs, NGO admin work, editing and contributing towards the NGO's monthly magazine, fundraising activities, family outreach work and health awareness. We also coordinate a number of school construction programmes which you may have the opportunity to help coordinate and get involved with, depending on the work programme going on at the time of your stay.

The overall aim is one of improving the community infrastructure, encouraging sustainable activities and capacity building. The people you are helping will be hard working and appreciative of your contribution to their community and will be incredibly responsive to your presence on the project. Although the work may occasionally be arduous, it will be rewarding and fulfilling, giving you an unforgettable experience and the opportunity to make a real difference!

WHAT HAPPENS WHEN I ARRIVE?

You will be met upon arrival at Entebbe International airport by a friendly project representative and taken to your project location. Once you have had time to rest, the local staff will introduce you to your project and the local area. Your in country coordinator will be more than happy to help you settle in and acclimatise; you'll feel at home in no time in this friendly, vibrant country.

WHERE WILL I BE STAYING?

Throughout your project you will be staying in dormitory style accommodation in our volunteer house. The accommodation will of course be clean and comfortable and will quickly become your second home. The African style toilet and shower facilities are shared between 4 or 5 people and, while we can't always guarantee the hottest water, the facilities are more than adequate. The house is equipped with a lounge, TV, kitchen, hand washing facilities, telephones and spare electricity sockets. Life at the guesthouse is simple, unsophisticated and fun, perfect for unwinding after a busy day!

WHAT WILL I BE EATING?

You will be provided with three good quality meals every day, so you shouldn't ever feel hungry. 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 rice, bread, sweet potatoes, beans and noodles, with vegetables such as cabbage, avocado, spinach and eggplant. Look out for the national drink, wagari, which is a type of gin made out of bananas. Water and tea/coffee are included throughout your stay whilst soft drinks (coke, sprite etc) and other beverages can be purchased from the local supermarket in town.

COSTS

2 weeks	US\$ 895
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

- 3 meals a day
- Accommodation
- Airport pick-up
- Local orientation & training
- In-country emergency support
- 24-hour international HQ back-up

AIRPORT INFORMATION

Nearest airport(s): Entebbe/Kampala (EBB)

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.