

Title

Project kind

Internship/Minor/Volunteer work

Heading

Healthy Choices project PEF, Uganda

Short description

People Empowerment Foundation (PEF) was founded in 2012 by a Dutch lady and is based and run by a local staff in Kampala, Uganda. PEF works together with local organizations to enable a better future for the disadvantaged people in Ugandan society. They offer projects in the fields of education, health, agriculture, social work, entrepreneurship and women empowerment within rural communities and place motivated people from different parts of the world in these projects.

Country

Uganda

Category

Health

Project duration

Ongoing

Minimum length of stay

4 weeks, exceptions 2-3 weeks

Starting period

Flexible

Number of students

1-4

Project fields

Health, Biology, Nutrition, Social Work, Psychology, Finance, Management

Project information

Project description

PEF projects are focused on sharing knowledge as well as offering the means to increase self-sustainability. Prevention, self-sustainability and empowerment are key to our work. The foundation hears the stories of many unheard Ugandans in Kampala and asks people to listen to them. How they have to fight against the consequences of poverty, hunger, disease, unemployment and injustice. Stories to be heard and to replace by new stories.

Problem Statement:

According to the Central Intelligence Agency, 36 million people live in Uganda of which 25% live below the poverty line.

Goal: They want to simplify and enable the way to quality and affordable health care for our target group and give advice on healthy choices in life.

The internship

Role of the intern:

Interns will be working at a more career focused strategic level and developing local capacity to work effectively and with meaning, as well as gaining valuable hands-on, practical experience during their placement.

- How can we help children and parents to have better nutrition?
- How can we improve healthcare centres sustainably, what is the best method and what can we do with the limited resources we have.

- How can we get adolescents more interested in our health talks? For instance can methods like sports, music and drama help?
- How can we improve our monitoring and evaluation strategies (to really see the result of our efforts)?

Specific and general activities:

- We need to create more counselling manuals
- Identifying other subjects to tackle, necessary for the community and essential for the whole public
- Training on issues concerning health
- Creating a network of referrals in case of special cases
- Lobbying funds to enlarge the project to be able to offer more health services
- Improve our methods of creating less costing program activities. Can the community give back more?
- Improve reporting structure (electronic and physical folders)
- Improve our income generating activities.
- Improve the teams presentation for the different target groups (using different methods and role-play).
- Improve on general knowledge of important themes such as health issues, how to go about abuse, what to do when people are showing difficult behaviour.
- Trainings on different skills for the staff
- Creation and strengthening of partnerships
- Advise on organisational work and introduction of new sub topics

The facilities

Supervision on appropriate project field: You will have a supervisor during the project.

Degree of supervisor: Bachelor/Master depending on field

Workspace for intern: PEF Office

Let's Go Africa intern/volunteer packages include:

- Suitable project with project description according to all criteria
- Pre-departure introduction & safety meeting
- Visa application (and extension) assistance + flight booking assistance
- Accommodation (arrangements only)
- Airport pick-up
- In-country introduction regarding country, project and your role
- Office to project transportation
- Experienced and qualified supervisor and contact person constantly available
- Interaction with local community and experiencing the local culture
- Support and guidance from the moment of registration until return back home
- Country information brochure
- Informal feedback session
- Certificate (proof of participation)

Total package cost

€400 - €525 (depending on Internship/Minor/Volunteer work)

The costs

The one time amount for Let's Go Africa service packages are stated above.

Please see accommodation price below for your duration of stay.

Included in the accommodation price for all projects:

- Accommodation in a guesthouse
- Daily lunch on the project by PEF
- Cleaning of the guesthouse
- Daily attendance of housemother and staff member for any assistance (option 1)

	Length of stay in Uganda	Total price p.p. at Guesthouse + lunch (in Euro's)
1. Stay in international guesthouse shared room	Price per month	€400
2. Stay in private apartment or more luxurious guesthouse	Price per month	€500
3. Private room in Guesthouse with Wifi, TV near shopping mall	Price per month	€560

Intern requirements

- Fully Self-funded, however we do encourage fundraising or crowdfunding
- Capable and passionate in their field
- Independent and dedicated individuals
- Able to work on their own and as a team