

# Volunteer in Uganda



Volunteer in Uganda with "Terra Varietas".

We offer a wonderful volunteer project in Uganda, including teaching, childcare, sports education and women's education.

## **At a glance ...**

- Available year-round
- meaningful project options
- The program is based in Kasenge area, which is located 20 kilometers from the capital city of Kampala
- Accommodation in new and wonderful volunteer guest houses
- There are no program fees. You can make a donation at your own discretion. Only a one-off amount of 300 USD (250 Euro) for your registration!
- Terra Varietas will arrange your pick-up at the airport, orientation, accommodation, meals and 24/7 in-country support

## **Why volunteer with Terra Varietas?**

- no fees - give what you deem appropriate!
- Superior support
- Responsible projects
- Safety first

- New friendships
- Weekend adventures possible

### **Location and duration**

The program is based in the town of Kasenge, which is located 20 kilometers from the capital city of Kampala. Volunteer orientation and general administration are also located directly in the project. Volunteer placement is located next to our Baby Home.

The volunteer program begins when you want it to start. Volunteers can choose to volunteer for periods ranging from 3 weeks up to 3 months.

## **Projects**

### **Teaching**

The objective of the teaching project in Uganda is to contribute to the development of under-resourced local schools and provide opportunities for Ugandans from disadvantaged backgrounds to receive quality education.

Teaching in a Ugandan school is a truly invaluable experience and although the students have experienced tough upbringings, they are extremely polite, cheerful and eager to learn.

Volunteers on the teaching project are placed in nursery, primary or secondary schools, where they work alongside local teachers. Typical subjects include English, Math, Sports, Science, History, Music and Social Studies.

Students can range in age from 3 to 17 years old.

However, we encourage volunteers to come prepared by completing some relevant training. Schools in Uganda run for three terms per year and the teaching project will not operate during the school holiday periods.

### **Sports Education**

Ugandan children are incredibly enthusiastic and love learning new sports! The sports education project in Uganda provides these children with a range of activities and sports to participate in.

Volunteers are placed in primary or secondary schools to assist with Physical Education classes and other sports activities.

Volunteers generally follow the school curriculum and teach the topics scheduled for that term, however volunteers are also welcome to introduce new sports, if they bring or purchase the required resources and equipment.

Football/soccer is the most common sport in Uganda, but the children welcome the introduction of new sports.

## **Childcare**

Uganda has an extremely high number of children living in poverty and many of these vulnerable children have lost one or both of their parents as a result of the HIV/AIDS epidemic.

Volunteers in the childcare project in Uganda are placed in our Baby Home to assist the caretakers.

Volunteer activities vary, however typical tasks include, educational activities and basic teaching of English, Math, Health/Hygiene, Reading and Writing. Other activities include play, games, dancing, singing, arts and crafts, as well as assisting with feeding and daily chores.

Only volunteers committed to a long-term stay can participate in the childcare project.

## **Orientation**

Orientation is hosted by our Uganda team. Orientation begins in the morning of your chosen start date and covers everything you need to know for your volunteer program in Uganda – Introduction to Uganda, culture and customs, rules and expectations, safety, language basics (Luganda), travel opportunities, introduction to project and placement.

The orientation will also give you a chance to meet other volunteers and swap contact details for weekend travel and socializing.

## **Volunteer schedule**

**First Day:** On your first day of volunteering, you will be escorted to your placement by a local coordinator and introduced to the placement staff you will be working with.

**Weekdays:** Volunteers work for approximately 5 hours per day. A typical schedule is as follows:

**7.00 AM** – Breakfast at the volunteer house, prepared by the local cook.

**7.30 AM** – Volunteers go to their placements by walking. Start time and daily workload depends on the project that the individual volunteer is participating in.

**1.00 PM** – Volunteers break for lunch. After lunch, volunteers continue with their volunteer work.

**3.00 PM - 4.00 PM** – Work at the placement usually ends. Volunteers are free to return to the volunteer house, plan for the following day's activities or use their free time as they wish.

**7.00 PM** – Dinner at the volunteer house, prepared by a local cook.

Please note, this schedule can vary depending on the particular project.

### **Accommodation**

Volunteers are accommodated in a newly built volunteer guest house next to the project. The rooms are for two people. We do have bigger rooms for up to 4 people. In the middle of the building there is a living room with a shared kitchen.

The volunteer house is safe and secure in a quiet area. The bathrooms in the homes have western toilets and showers. There is electricity and running water, however it is common for power or water to occasionally be cut off in Uganda.

Bedding and towels are provided. There are staff who clean the accommodation throughout the week, however volunteers are required to keep their rooms and common areas tidy.

It is recommended to use the provided mosquito net, which is above the bed.

### **Meals**

Volunteers are provided with three meals per day (breakfast, lunch and dinner), prepared by an on-site local cook. If you wish to snack or eat outside of meal times, this will be at your own cost and there are local shops within the villages where you can purchase snacks.

For lunch and dinner, there is a revolving menu of local dishes, which include typical Ugandan stews (beef, chicken, pork, goat, fish and vegetable), beans, rice, chapatti, groundnuts and vegetables. Starchy foods such as white bread, white rice, pasta, potatoes, sweet potatoes, matoke (boiled green bananas), and cassava are dietary staples. The tropical climate of Uganda also contributes to a healthy choice of seasonal fruits, including bananas, watermelon, papayas, mangos, jackfruit, and pineapples. Bottled drinking water is readily available in Uganda and volunteers should budget approximately USD 10 per week for this.

If you have any special dietary requirements, please let us know well in advance of your program so our local team can make arrangements for you. We do, however need to stress the point that you should not expect to eat as you normally do at home. We will do our best to see that you are well taken care of, but also as a volunteer, there is a need to be flexible.

### **Program fees**

There is no program fee in our volunteer program!

Only a one-off amount of 175 USD (150 Euro) for your registration!

### **What extra costs will I have?**

- Visa, flights, travel insurance (mandatory), vaccinations (yellow fever), Malaria prophylaxis, souvenirs, in-country trips or tours.
- Spending money - Volunteers in Uganda generally find USD 30 to be sufficient for weekly expenses.

### **Weekends and Travel**

There is no shortage of things to do in Kampala or further afield in Uganda, so volunteers can fill their free time with safaris, adventurous activities, markets or simply exploring parts of the local town.

Uganda is a popular tourist location for gorilla trekking as well as game safaris and bird-watching.

There are beautiful national parks and great opportunities for adventure activities such as white water rafting. Volunteers staying for longer durations, or who wish to travel before or after their program, can visit areas further afield in Uganda and neighboring countries such as Kenya and Tanzania.

### **Essential country information**

Capital      Kampala

Population 41.5 million (2016)

Languages Swahili, English

Currency    Ugandan Shilling (UGX)

Time zone   EAT (UTC+3:00)

Weather and climate: Uganda lies on the equator and enjoys an equatorial climate, which provides plenty of sunshine. This is balanced well by the relatively high altitude across most of the country.

Uganda has warm days throughout the year with slightly cooler temperatures at night and in the mornings. Over the course of the year, the temperature typically varies from 19°C to 27°C and is rarely below 17°C or above 29°C. The long rain season occurs from April to June and the short rain season occurs from October to December.

The rainfall is sometimes heavy but often falls in the evenings or early mornings, leaving sunny days.

The period from November to March is often very dry, the hottest period is from January to March and the coldest months are June and July.

### **Volunteer requirements**

Volunteers need to be 18 years or over to participate, unless volunteering with a parent or guardian.

All volunteers are required to have adequate volunteer travel insurance.