



## The Hands of Help UGANDA PROJECT 2008

### BACKGROUND:

The Hands of Help Uganda Project was founded in 2005 when the first group of Sydney University Medical Students and their family & friends packed up their bags and headed to Africa for two months. With over \$100,000 initially fundraised, they worked with Softpower Education Uganda to rebuild Bufuula Primary School in Jinja District. They also established the roots for the Uganda Community Health Project and the Kenyan Sponsorship Program to commence in 2006.

Since then, over 120 volunteers have traveled to Africa with Hands of Help. While we encourage medical student participation to give an opportunity to learn about life in a developing community, we also accept applications from all walks of life. The most important features we look for in our volunteers are enthusiasm, independence, initiative, a commitment to long-term fundraising, and a genuine desire to work with the people in the world who need our help most – and not just for a year or a summer, but those who stay involved in some way for the long-term. After all, the problems of the developing world require commitment to make a difference.

Over the past three years, Hands of Help have now rebuilt four schools in Uganda (Bufuula, Buwagi, St John Kizinga and Wanseko Primary Schools), including an expansion to the North of Uganda in 2007.

This year, we will again work with Softpower Education ([www.softpowereducation.com](http://www.softpowereducation.com)) to rebuild **Ngwedo Primary School in Bulisa district, Northern Uganda**. The Community Health Project, run by Ugandans and for Ugandans, will be strengthened and expanded. Furthermore, work will also continue with our Indigenous Australia Project and Kenyan Sponsorship Program. For more information on these other projects, please see their separate information sheets.



Ngwedo Primary School

## UGANDA PROJECT GOALS:

- 1) To rebuild and refurbish Ngwedo Primary School with local builders with our partner organisation, Softpower Education Uganda. Ngwedo is located 10km from the gates of the famous Murchison Falls National Park and currently schools hundreds of children in only 6 run-down classrooms. We will be refurbishing these classrooms up to government standard as well as building an extra three-classroom block, staff room, and installing a means of water supply which the school currently does not have. All this depends, however, on sufficient funds being raised and it is important that volunteers are aware that as we work with Softpower Education, plans as to which school or the exact nature of the refurbishment work we are doing could change at any time.
- 2) To work with Ugandans on the Community Health Project. This could involve (*but may not necessarily include*) supporting Ugandan health workers conduct health education sessions or distribute interventions (such as insecticide treated nets or water sanitation satchels), conducting hut-to-hut research on the health and economic status of local communities (with the help of a local interpreter), attending local clinics or assisting *The AIDS Support Organisation (TASO)*, one of our CHP partners, in HIV testing. The **CHP varies in its activities each year and since it is run by Ugandans, what will be conducted as part of the project will only be confirmed once on the ground in Africa.**
- 3) There will be some opportunity for interested medical student volunteers to spend clinical time at local health clinics as per the organisation of your project manager. We are also currently working with the International Hospital Kampala to try to arrange a rotating placement in their Lira Clinic where we have recently instigated a community-based HIV treatment program.

## WHEN:

The project is broken up into two 3-week blocks, with a break for Christmas and New Year in between (see below regarding optional safari). The minimum requirement is to complete 1 x 3-week block, although to see the full extent of all your hard work and to build stronger connections with the local community, we strongly recommend that you complete both blocks – in the past, volunteers who have left early are often disappointed they are doing so can be found busy rescheduling their flights to stay!

For 2008/2009, the project dates are:

December 1<sup>st</sup> – December 19<sup>th</sup>, 2008 (Block 1) and  
January 5<sup>th</sup> – January 23<sup>rd</sup>, 2009 (Block 2).

## COST:

Each volunteer must **fundraise a minimum of \$3,000** as well as **participate in (and bring a set minimum number of guests to) group fundraising events** (such as the Sydney African Film Festival, among others). Your fundraised money should **not** be limited to the bare minimum – this is just enough to complete the basics of the project and more will allow you to expand your work once overseas, to include extra features for the school (such as providing a water supply, staff room, textbooks etc) – so do your best and don't stop when you've reached your minimum! **Please note that your \$3,000 goes towards your living expenses** in Africa, the employment of all the Ugandans working on-site with you, all materials to rebuild your school as well as the continued running of **The Ugandan Community Health Project**.

If, when on project, your group decides further requirements would benefit the school, you should consider continuing your fundraising work once you return to Australia – after all, the issues in Africa continue to remain long after you hop-off your plane home, and we therefore encourage volunteers to continue their work with HoH as a committee member or with small fundraisers.

Your \$3,000 should be raised in the name of "Hands of Help Inc" and all donations over \$100 are tax deductible if paid via Rotary (please see website for details as a particular form is required for this method of payment). In order to ensure HoH maintains its reputation as being one of the most grassroots charities possible, **all volunteers must pay for their own travel expenses (incl. airfares), visas and medications / vaccinations. These expenses must be paid for independently (not with any fundraised money)** however **airfares are tax deductible** (through our partnership with Rotary – contact your Project Manager for details).

## So... What will it really be like?

The most important thing for you to be is flexible – Africa being Africa, the project and day-to-day plans can change as things unfold. You will be rebuilding a very poor and run down primary school with local builders and a Softpower foreman. Potential tasks will include digging, shoveling, and mixing concrete, bricklaying, rendering and painting. In the afternoons you will most likely be sought after by a million children to play football and other games with. You will live in the village and experience Africa in its essence, making lots of friends with the locals, trying local foods and even joining in with some local singing and dancing.

### Living Conditions

You will be living on site at the school you will be refurbishing. Conditions are basic with no running water, electricity, and pit latrines as toilets. A local cook is employed to provide 3 meals a day for you and a local cleaner does housekeeping and clothes washing. The village provides a night watchman for security (generally just with a bow-and-arrow!) and water is brought to the school by the village for showering (in a camping shower) and washing. Safe water is provided for drinking. There will be a roster for all volunteers to do a few chores each day to contribute to the group living – such as assisting the cook in dinner preparation, helping with the washing up or giving your room a quick sweep-out in the morning.

### Work Hours

You will be expected to work Monday to Friday, 9am to 4pm. On weekends activities will generally be arranged that will allow you to see some of what Uganda has to offer – since you are living right next to Uganda's most beautiful National Park, this will often include a break staying at Red Chili Rest Camp and numerous Game Drives to see the incredible African wildlife! Hands of Help will provide a small weekend allowance to assist with your accommodation and food costs.

### Holiday...

As a thank you for your hard work, Hands of Help works with Imaginative Traveller to create a perfect East Africa itinerary allowing you to see the best of Africa in your couple of weeks off over the Christmas Break. Since Imaginative are one of our major sponsors, they kindly do this safari at a heavily group-discounted rate. The trip is completely optional – you are free to spend your Christmas break however you would like – it is just an opportunity (and has become somewhat of a tradition – New Year's on Zanzibar Island being a major highlight!) that Hands of Help is happy to orchestrate for you, to take the hassle out of organising your own African trip, to say thank you for your great work.

*The Hands of Help Uganda Project is a recognized & QUALIFIED SYDNEY UNIVERSITY OPTION.*

**FOR MORE INFORMATION:** Hands of Help: [www.handsofhelp.org](http://www.handsofhelp.org)

Sydney African Film Festival: [www.sydneyafricanfilmfestival.org](http://www.sydneyafricanfilmfestival.org)

Our partner Ugandan organisation, Softpower Education [www.softpowerededucation.com](http://www.softpowerededucation.com)

Our partners in the CHP, The International Medical Group, headed by Dr Ian Clarke ([www.img.co.ug](http://www.img.co.ug))

The AIDS Support Organisation ([www.tasouganda.org](http://www.tasouganda.org)), whom we work with on HIV testing.

Imaginative Traveller, ([www.imaginative-traveller.com.au](http://www.imaginative-traveller.com.au)), our major sponsor and orchestrators of flights +/-the group Christmas Safari.

**To apply for the HoH Uganda Project, please return an application form to HOH Uganda Project Manager. Preference will be given to applicants running for HoH Committee Positions and therefore demonstrating their commitment to the organisation.**

**CONTACT:** Sarah Lally: [sarah.lally@handsofhelp.org](mailto:sarah.lally@handsofhelp.org)

# Application form for Hands of Help Volunteers –

## UGANDA PROJECT



Name

DOB (Minimum age 21yrs)

Occupation

Email

Phone Number

Postal Address

Hands of Help  
PO Box 1703  
Crows Nest  
NSW 1585

[www.handsofhelp.org](http://www.handsofhelp.org)

Please answer questions on a separate piece of paper.

1. Why are you interested volunteering in Uganda? What do you hope to gain?
2. Have you ever been part of a volunteer organisation before? Have you ever travelled before, and through what countries?
3. What previous experience, skills, talents or knowledge do you think you can contribute to HoH & as a volunteer in Uganda?
4. Do you plan to undertake Block 1 (1/12/08 – 19/12/08), Block 2 (5/1/09 – 23/1/09) or both?
5. Considering more fundraised money equates to more opportunities for your community in Uganda, what amount are you aiming to fundraise (min \$3,000)? How do you plan to achieve this?
6. What involvement do you plan to have with Hands of Help (committee position applications, Film Festival, group fundraising activities, media exposure etc)?

Please send your application form **plus your Curriculum Vitae** to **[ugandaproject@handsofhelp.org](mailto:ugandaproject@handsofhelp.org)**