

VOLUNTEER FACT SHEET

Location

All programs are based in Jinja district. Jinja is found in the Eastern region of Uganda and is the regional headquarter for all the districts in this part of the country. Once known as Uganda's industrial hub, the town lies along the Equator, 80 kilometers east of the Capital Kampala and 123 kilometers from Entebbe Airport. The journey from Entebbe Airport to Jinja takes two and half hours under normal traffic flow.

The town borders Iganga and Kamuli in the North, Buyukwe in the South West, Kayunga in the West, Mayuge in the East and the gorgeous Lake Victoria in the South.

The rural areas of Jinja District generally engage in agriculture and some of the food crops grown include beans, cassava, maize, millet, yams, cow peas, and sorghum. Cash crops include cotton and sugar cane. Fishing is also done on the River Nile and Lake Victoria.

Jinja is the home of the source of the mighty River Nile, Owen, Itanda and Bujjagali falls. Current total population estimates stand at 720,000 people with the majority being females

Requirements

To qualify for placement in any of our programs, you should meet the following criteria.

- ❖ Must be 18 years and above. We do not set the upper age limit.
- ❖ Have English as a first or second language
- ❖ Have good health.
- ❖ Be able to walk long distances of up to 3 km daily.
- ❖ Undergo both medical and security checks in your home country.
- ❖ Have a positive attitude.
- ❖ Be social and outgoing.
- ❖ Take volunteering as a serious issue with a primary goal of serving others.
- ❖ Be willing to work hand in hand with the project leader.
- ❖ Be liberal to new cultures, norms and values, styles and ideas.
- ❖ Be willing and able to share a bathroom, bedroom, laundry, computer, food and beverages
- ❖ Be able to live in close proximity to others.
- ❖ Be able to work well with diverse groups of people, people of different ages, races, nationalities, religions, economic and ethnic cradles
- ❖ Be well motivated and a 'self starter'.

Project assignments

Volunteers work with partner local health centers, kindergartens, primary and secondary schools, orphanages, women and youth community groups. Volunteers also make home visits to the aged, child headed homes, people living with HIV/AIDS and people with disabilities.

While here, volunteers work as medical doctors, laboratory attendants, social workers, nurses, midwives, teachers, games and sports coaches, child caregivers, administrators, school painters, human rights mentors, tailoring and computer instructors, music, dance and drama tutors among others.

Your Expectations

- ✓ On-arrival orientation to the life and culture of indigenous people as well as travel, health and safety precautions.
- ✓ Carefully selected host family - long recognized as the best way to learn about and appreciate a new culture.
- ✓ individualized or group language training (where appropriate)

- ✓ Active involvement in the daily life of your community.
- ✓ A new community of friends and colleagues.
- ✓ Development of intercultural skills and competence.
- ✓ Carefully developed system of communication and support in the event of emergency.
- ✓ A sense of service and personal accomplishment.
- ✓ Opportunities for cultural excursions and travel.
- ✓ End of program evaluation and certificate of participation to be handed during a farewell dinner.

Arrival and welcome

Volunteers are met at Entebbe Airport by our Project Program Coordinator and Volunteer Coordinator at the time of his/her schedule flight. We encourage our volunteers to send us their flight information two weeks before arrival. Once we receive flight information then they rest assured of picking them at the Airport.

Clemency Uganda also arranges for volunteers' departure transport to the Airport accompanied by our Volunteer Coordinator and two other support staff.

Accommodation

Volunteers stay with carefully selected host families that conform to Clemency Uganda set standards of living. The host families live in safe neighborhoods and their distances from the project vary. These families provide accommodation i.e. shared or single room and three meals a day except for some unforeseen circumstances. The food include the following menu options, posho (cornbread), rice, sweet potatoes, bananas ('matoke'), fish, green vegetables, meat, and beans on a rotational basis.

However, volunteers supplement in case this is not acceptable to them.

Breakfast is generally tea, coffee, bread, egg (boiled or scrambled). No problem there.

During working days, lunch is typically served at their duty station where they eat with other staff.

Vegetarians and those with allergies have to settle for a limited selection of food.

Volunteers arriving earlier than the program start date or staying after the completion of the program may be asked to pay an additional fee of \$5 per day to cover their accommodation and food.

Arrival dates and work schedule

Volunteers are expected to arrive on every last Thursday of the month for our 2011 programs.

Working hours vary from 4-6 hours a day.

Generally, the total hours that volunteers are expected to be "on the job", in various activities is 25-35 per week. This is obviously flexible as to enables them to have time to do site seeing and any other business.

Program fees (in USD)

Program fees (in USD)

| Period in months | Amount in USD |
|-------------------------|----------------------|
| 1 month | 392 |
| 2 months | 784 |
| 3 months | 1,174 |
| 4 months | 1,568 |
| 5 months | 1,960 |
| 6 months | 2,352 |

All program fees are paid a day after arrival. Volunteers are encouraged to bring with them their VISA ATM cards to enable them make transactions with some of the banks in Jinja. These banks include, Barclays bank, Standard Chartered bank, and Stanbic bank, Crane bank, Bank of Africa, Kenya Commercial Bank, Centenary Rural Development bank, DFCU bank, Orient bank and Tropical bank.

Program fees include:

1. Airport pick-up and departure 22%
2. Project Donation 34%
3. In-country support-17%
4. Accommodation and meals- 21%
5. Laundry- 6%

What is NOT included in the program fees?

The program fee does not cover flight expenses; pass port, Travel Insurance, Visas, in-country travel expenses (except airport pick-up and departure), immunization, bottled water, soft drinks, entertainment, luxurious accommodation, tours beyond Jinja and other personal effects.

Weekend tours and travel

Management arranges bi-monthly free weekend tours and travels within Jinja for you to visit important tourist sceneries such as the Source of the Nile, Owen, Bujjagali, Ripon and Itanda falls among others. Those coming for our June / July assignments get the opportunity to visit Jinja's Agricultural Exhibitions organized annually at the source of the Nile.

Anyone who wishes to go beyond Jinja foots his/her own bills.

However, you are free to do as you wish any time that you are not expected to be working.

The locals are very welcoming and more than happy to entertain our volunteers as they show them some of the local attractions - particularly animals, pieces of art, cultural attires, and local foods. Those who may want to spend some time in Uganda before or after volunteering to see more of the country can survive on as little as US \$32 a day traveling in Uganda. You can also spend much more if you want a bit of luxury.

Assignment Completion Letter: Each and every volunteer that successfully completes his/her assignment receives a completion letter signed by our Volunteer Coordinator and Executive Director.

Certificate of Merit: In addition to getting an assignment completion letter, successful volunteers receive certificates of merit in recognition of their invaluable contribution towards changing the lives of indigenous communities. These are handed over during a fare-well diner organized by management of Clemency-Uganda.

In case you would like to know more about our volunteer program or volunteer with us, send us an email at volunteer@clemency-uganda.org