

Volunteering with Volunteers Heart For Africa



Why volunteer with VHFA?

The team here at VHFA welcome volunteers from all corners of the world, of all ages and backgrounds.

By volunteering with us here you will have a very enriching first hand experience of Ugandan lifestyle and cultures. You will be able to grasp a better understanding of the daily struggles that we face, and also experience the beauty of this country that lies in the hearts of many Ugandans. You will also have the opportunity to give back to a community which is in great need of your help, and challenge yourself in this new environment.

In return, we will have an opportunity to learn more about your culture and background. You will be able to share your knowledge and experiences with us, and help us see some of our challenges here from a different perspective.

What kind of work can I do?

Depending on the time that you plan to visit we will have various programs running, mainly in the areas listed below. In addition to these we welcome volunteers' ideas for other projects they may like to implement during their time with us.



Construction

Construction work will be on a project to project basis, and depend on finances and resources at the time. Currently some of our upcoming projects will involve the construction of multiple new buildings (new Children centers, new school) and infrastructure to accompany it. We welcome construction workers, engineers, or generally anyone who feels they will be able to assist in the project in any other way.

Medical Work

There are numerous medical centers in the local area that could be greatly assisted by volunteers. In these medical centers you will be helping care for patients with ranges of illnesses; AIDs, HIV, malaria, common cuts or injuries etc. We welcome doctors, nurses, or anyone who feels they can provide assistance to the medical staff in these facilities.

Orphan Care

We welcome volunteers into the VHFA foster homes to play with and care for our children, help them to learn, and generally show them love and attention. You may also assist with washing clothes, preparing meals, or other household duties. The only requirement for this position is to have a love for children.



Women Empowerment

There are numerous local community groups that work at trying to encourage women empowerment and develop skills in women of the local area. If you are interested in this kind of work you may assist by developing programs, or by involving yourself with some of the classes or activities that these women work through. There are no specific requirements for this position, except a passion for this type of work.

Teaching

You can teach at a local primary school down the road which would welcome volunteers to teach at. Volunteers may teach any classes that they feel able to. You do not need to possess a teaching degree to undertake this type of work, but we ask that you have confidence in the material that you are teaching.

Working hours

Most volunteers will be required to work an 8 hour day, 5 days a week, depending on the needs of the particular project.

Cost of the Program

There will be a fee to cover food and accommodation expenses. If the volunteer also requires airport pickup from Entebbe airport the cost will be 80USD each way.

We also encourage our volunteers to contribute a donation to the project within their own financial means. It is also optional to bring small gifts for the children in the VHFA foster homes. Gifts such as pencils, books, toys, games, bedding, clothes, shoes etc, would be appropriate and greatly appreciated.

Accommodation

There are two options for volunteer accommodation.

The first is for the volunteer to stay in a private room at the foster homes itself. There is electricity but limited power points in the house. There is running water. Baths are bucket baths, and toilets are drop down toilets.

The second option is a rental room in a property. The property has running water and electricity, with western style showers (with cold water) and flush toilets.

Food

Three meals per day will be provided for volunteers. Please inform us in advance if you have any specific diet requirements.

Most meals will be traditional Ugandan food including; beans, rice, posho, mashed banana thing potatoes chepati,, vegetables, chicken and fruit.

Health and Safety

We are currently located in the Eastern of Uganda in a small village, around a 10 minute drive from Jinja town center. The area is very safe to walk around any time of day, crime rates are very low. However, like most places, caution should however be taken at night if walking around alone. Specific caution should be taken when walking on the roads at night as lighting is minimal and there are no pedestrian footpaths.

We recommend that volunteers are fully aware of all health precautions before entering Uganda and that they have the correct vaccinations and medication from their doctors. Hospitals, doctors, and pharmacies are available in Jinja if medical attention is required.

Transport

Two of the most common forms of day-by-day transport include the boda-boda or shared taxis. The boda-bodas are motor cycle taxis which normally take two passengers and cost approximately 2000-5000 Ugandan shillings for a



10-minute ride to Jinja. The shared taxis are in the form of mini vans and can hold up to 18 passengers. The cost is normally 500-1000 Ugandan shillings for a 20 minute ride to Jinja.

Additional expenses

Below are some of the additional expenses you may encounter during your stay in Uganda. The prices indicated are only approximate.

- Sim card and phone credit – 8,000 Ugandan shillings (*note: phone connection is fine where we live*)
- Internet dongle with 20GB for one month – 50,000 Ugandan shillings (*note: the internet connection where we live is good and fast .*
- Transport into town – *Refer to transport section of this document*
- Water (5L bottles) – 3500 Ugandan shillings

Tourist activities:

- Safari – 400 USD
- White water rafting – 125USD
- Quad biking – 90USD

Additional things to know about Uganda

Be flexible! In Uganda more often than not things change at the last minute or things take a lot longer than you might be used to. Remembering that Uganda is a third world county, try to be open minded and adjust to the way things operate here.

Try new things! While you're in Uganda why not try to immerse yourself in the Ugandan culture properly. Maybe try to learn to cook the way we cook, or try to learn to wash your own clothes. Try ride on a boda-boda, or get your hair braided. Maybe go with the kids one day to fetch water, or try to learn to balance things on your head. At the end of the day this experience may be a once in a life time one for you, so why not try to make the most of it and have fun at the same time.

