



# UGANDA PIONEERS' ASSOCIATION (UPA)

YOUTH VOLUNTARY ORGANISATION  
FOR NATIONAL DEVELOPMENT AND INTERNATIONAL CO-OPERATION

INTERNATIONAL WORKCAMP CALENDER 2020

*"TOGETHER WE SHAPE THE FUTURE"*



*In the photo: Some of the participants during the Uganda Pioneers Association Cultural Troupe (UPACT) Work camp in Uganda*

## **Introduction:**

Uganda Pioneers' Association (UPA) is a youth voluntary organization working with community projects, workcamps and volunteer exchange. UPA was founded in 1989 by young Ugandans with the aim of mobilizing youth to contribute to community development through voluntary work. UPA has a national secretariat located in Kampala, Nansana and currently has 8 Branches in seven districts in Uganda.

**UPA aim:** To promote community based development, intercultural cooperation and youth participation through voluntary work.

### **UPA objectives:**

- To encourage the dynamic age group (youth) to take leading roles towards development.
- To promote and improve natural and acquired skills useful to the community.
- To promote and exchange cultures to create friendship and mutual understanding.
- To contribute to the development of community based social services.

Workcamps have been used as means for building local communities. Volunteers from all over the world come together and through common efforts to build community centers, schools, and health units, small scale farming plots and much more has been constructed. We also engage in awareness creation through sensitizing communities on thematic issues including HIV/AIDS, Conflict management, Community sanitation, Reproductive health, Cultural heritage, environment conservation, Peace building to mention a few. Friendship across borders has been created and barriers between people from different cultures broken down.

### **Workcamps as a tool for development**

Through workcamps; the participants acquire skills, experience, get new ideas, explore or discover their potentials and are exposed to development issues especially through the exchange of good practices. The community benefits through; participation, education through awareness creation, hence social and economic empowerment.

In 2020 UPA has planned a total of 8 workcamps. The projects are hosted by UPA branches and partner projects or community based institutions. The themes of the workcamps vary and these include; environment protection and conservation, sanitation and hygiene, Sustainable Development, construction, children, youth, human rights, agriculture, sports, cultural heritage and HIV/AIDS. You are most welcome to join UPA for these projects for the enrichment in all aspects of life.

### **How to participate:**

Kindly contact the UPA secretariat on e-mail: [uganda\\_pioneers22@hotmail.com](mailto:uganda_pioneers22@hotmail.com) or [info@ugandapioneers.org](mailto:info@ugandapioneers.org) or call +256 (0) 785 601220 / +256 (0)754 902 036 (Sam) +256 (0) 782 335322/ +256 (0) 704136523 (Sarah) / +256 774438870 (Claire)

**Duration:** 3 weeks workcamps.

### **Participation fee: 250 Euros for International volunteers**

International participants are required to pay an extra fee of **250 Euros**. The fee covers pick up from the airport or bus station/terminal upon arrival in Uganda, orientation at the UPA offices, local transport to and from the campsite, basic food and accommodation during the workcamp. The fee also contributes to the running of activities taking place during the workcamp and communication prior and other administrative costs to ensure that the project is successfully implemented.

#### Please note

- The fee does not cover airport drop off after the project. Volunteers that intend to have the drop off service are required to consult with UPA to identify the service provider. It will cost the volunteer an extra 25-28 Euros for this service.
- To allow the best preparations, participants are advised to arrive a day before commencement of the work camp applied for.
- Accommodation is basic. In most cases the participants will be sleeping in community halls or school classrooms. The volunteers are required to bring with them a sleeping bag, a mosquito net and other personal requirements.
- Meals are prepared by the participants in turns on charcoal stoves or open fire. The meals are basic, In case you need to have a special meal/diet, you have to buy it yourself.

For more information about the specific camps and activities, UPA provides an **info sheet**.

### **Cancellation of participation**

Cancellation of participation before the project resumes while in Uganda attracts a 50% refund only. In case a volunteer cancels his/her participation during the workcamp, it is not possible to refund any amount of the participation fee to them. This is due to the fact that expenses are already incurred on communication, airport pick up, orientation, prior preparations before the workcamp and other logistics. However if a volunteer cancels his/her participation before arriving in Uganda, he will be given back the entire fee if payments were made prior to their arrival in the country.

### **About Uganda**

Uganda is a beautiful country gifted by nature. Volunteers may take time off during during weekends or after the workcamp to visit National parks (to see Lions, Elephants, Kobs and Buffalos and so many interesting features), Ssesse Islands, go for rafting, visit/track the mountain gorillas and enjoy the Ugandan weather. For further information visit: [www.visituganda.com](http://www.visituganda.com).

### **Tourism opportunities**

UPA can assist in linking the volunteer with a tourist company or individuals to enable them reach various tourist destinations in Uganda including Murchison Falls National Park, Queen Elizabeth National Park, Semliki National Park hot springs experience, nature walk, pigmy cultural dances as well as birds viewing.

Kazinga Channel, Salt Lakes, Forest walks, and game viewing, Mountains Elgon and Rwenzori for hiking and climbing, Lake Mburo National Park for Boat trips, guided walking safaris, horse riding, Ssesse Islands for Sun/sand bathing, forest walks, birds viewing and relaxation.

The mighty Nile River Nile for, boat trips to the top of the river, bungee jumping, The City Tour including Kasubi Tombs, Bahai and Hindu Temples, Uganda Martyrs shrines, local markets, craft shops, Ndere centre, Uganda Museum, Monument sites, Uganda Parliament, factories and other explorations.

These are estimated charges that are liable to change but UPA can help to link you up with a service providers.

**“You are warmly welcome to the Pearl of Africa**

## UPA 2020 WORKCAMP CALENDAR

<b>Project Dates</b>	<b>8<sup>th</sup> – 26<sup>th</sup> June 2020</b>
<b>Duration</b>	<b>3 weeks</b>
<b>Project Code</b>	<b>UPA/01/2020</b>
<b>Project Host</b>	<b>Bamusuuta Children’s Home</b>
<b>Project Theme</b>	<b>Building hope for the less disadvantaged through improved accommodation and palliative care</b>
<b>Project Location</b>	Bamusuuta Children’s home is found in Kiyuni village, Kalagi parish, Mulagi sub-county, Kiboga District-Uganda. Kiboga is 78kms along Kampala – Hoima Rd and Kiyuni lies approximately 1km outside Kiboga town.
<b>Project Background</b>	Bamusuuta children’s home started as an initiative way back in 1988 after realizing that a number of orphans were increasing at a fast rate as a result of the concluded 1980-1985 guerrilla war and the high prevalence rate of HIV/AIDS. The orphanage originated from UWESO group Kiboga, which was a group of women and men who are still members of the organization up to now. The initial number of children was 40. Presently, the scope of service has been extended to cover 100 orphans who stay with their guardians/parents in different homes. Since 2014, the construction of the accommodation structure at this place has been ongoing as an extension for the orphanage and we are very optimistic that it will be accomplished during this workcamp.
<b>Project Objectives</b>	<ul style="list-style-type: none"> <li>• To improve the living conditions of orphans</li> <li>• To restore hope and dignity for orphans so as to become responsible citizens</li> </ul>
<b>Activities</b>	<ul style="list-style-type: none"> <li>• Mixing sand and cement</li> <li>• Colleting water</li> <li>• Fixing mirrors.</li> <li>• Playing with children</li> <li>• Plastering of the building</li> <li>• Fixing windows and doors</li> <li>• Home visits to HIV/AIDS orphans and vulnerable children</li> </ul>
<b>Expected Outcome</b>	<ul style="list-style-type: none"> <li>• Residential home for orphans accomplished</li> <li>• Improved adherence to HIV/AIDS medication (Anti-Retroviral Treatment)</li> <li>• Intercultural exchange experience</li> </ul>
<b>Cultural and educational visits</b>	<ul style="list-style-type: none"> <li>• Cultural nights</li> <li>• Hiking at Kateera hills</li> <li>• Community walks</li> <li>• Community talks through home visits</li> </ul>
<b>Beneficiaries</b>	Orphans, vulnerable children, parents/guardians and the entire community
<b>Participation</b>	The project expects 15 participants maximum with a composition of people from other regions of Uganda and International volunteers. Participants will work 6 hours daily from Monday to Friday. Weekends are for social interaction and/ or excursions <b>unless</b> if the official camp program has an activity.

<b>Who qualifies to participate</b>	<ul style="list-style-type: none"> <li>• Open minded, ready to interact with other people of different cultural background</li> <li>• Willing to share his/her experiences</li> <li>• Flexible to live/stay in simple life conditions</li> <li>• Flexible to the taste of local and basic foods</li> <li>• Ready to work on the projects</li> <li>• No experience needed</li> </ul>
<b>The host community</b>	The project location is in a predominantly Buganda population, speaking Luganda with a number fluent in English.
<b>Accommodation</b>	<ul style="list-style-type: none"> <li>• Accommodation will be in simple rooms.</li> <li>• Participants will be required to carry own mat and sleeping bag.</li> <li>• The camp site has simple bathrooms and pit latrines no showers</li> <li>• A simple cooking shelter (Kitchen)</li> <li>• Participants are requested to bring with them mosquito nets.</li> </ul>
<b>Meals</b>	<ul style="list-style-type: none"> <li>• The food is basic and simple. Be ready to take the same dish for some days in a row.</li> <li>• Fruits can at times be availed for the campers from local markets.</li> <li>• Participants will chose food to prepare depending on the availability.</li> <li>• Work campers will use charcoal or firewood to prepare the meals.</li> <li>• If you need more fruits/extra meals/special diet you can get it on your own cost.</li> </ul>
<b>Health services</b>	Kiboga district hospital is 2 km out from the campsite, and a number of private medical clinics and drug shops are accessible near the campsite.
<b>Water source</b>	The water is accessible, protected and clean 500 meters from the campsite, while tap water is also some distance away from the campsite(0.5 km)
<b>Weather</b>	During this period, it's usually dry. The temperatures are warm between 28-30 degrees centigrade and the evenings are at times a bit cold.
<b>What to bring</b>	<p>Participants shall be required to bring own sleeping bag, mat, pillow, mosquito net, sun cream, mosquito repellent, working gloves and boots/shoes. Light working clothes during working hours and warm clothes at night, as it may turn out to be chilly or cold; Musical instrument (optional); torch or flash light; water purifiers (optional); Personal effects (i.e. soap, toothpaste, toiletries)</p> <p>It would be nice if you can bring your national flag, common art facts of your country, stories, games, pictures and local recipes. It would be helpful for the cultural presentations about your country and for any social interactions. Above all do not forget a happy and positive attitude.</p> <p><b>NB:</b></p> <ul style="list-style-type: none"> <li>➤ <i>Shorts, dresses and skirts should reach knee length for cultural consideration.</i></li> <li>➤ <i>Smoking in public is illegal while engagement in drug/harsh carries a life prison sentence.</i></li> </ul>

Project title	<b>Building capacity for HIV and AIDS responses among the rural community of west Nile region.</b>
Date	<b>7<sup>th</sup> – 24<sup>th</sup> July 2020</b>
Duration	3 weeks
Project Code	<b>UPA/02/2020</b>
Project hosts	UPA Arua Branch
Project theme	<b>“Raising awareness on HIV/AIDS and psychosocial support”</b>
Project location	The project will take place at UPA Arua Branch, Ezoova Village, Driwala Parish Pajulu Sub county 3 Km from Arua Town. The administrative and commercial headquarter of the district is 520Km away from Kampala, Ugandan Capital City ( DSOER(2003/04)
Project Background	<p>Human Immune deficiency Virus (HIV) is a major cause of morbidity and mortality in Uganda. In a country where 1.4 million people are living with HIV, women and young women in particular are disproportionately affected. There are many political and cultural barriers which have hindered effective HIV prevention programming in Uganda. As a result, new HIV infections are expected to rise in coming years.</p> <p>While there have been increased efforts to scale up treatment initiatives in Uganda there are still many people living with HIV who do not have access to the medicines they need. Young people, especially girls aged between 15 and 24, are disproportionately affected by HIV infection. Among adolescent girls; every single hour, 2 young women are getting infected with HIV in Uganda. The prevalence of HIV among adolescent girls stands at 9.1 percent, compared to the national prevalence rate of 7.3 percent.</p> <p>Uganda registers 230 HIV new infections a day. Despite widely available anti-retroviral therapy, 76 people die of AIDS-related causes every single day! This illustrates the urgent unfinished business of ending AIDS, made more worrisome by recent calls to reduce the health and education budgets, that are important sectors for the fight against HIV, which at this critical time, do not augur well for ending the epidemic.</p> <p>This work camp therefore is intended to address some of the challenges in the Peri-urban setting of Pajulu and Oluko, conducting voluntary HIV Counseling and testing, free condoms distributions, and creating awareness in the community among others.</p>

Project objective	<p>The aim of this Work camp is to test and educate the community in the Parishes of Driwala and Onzivu, Arua district, Uganda on safe sex practices. Abstinence, Sexual Harassment and Abuse, HIV and AIDS, STIs, Traditional influences on HIV AIDS.</p> <ul style="list-style-type: none"> <li>• To equip 1000 stake holder’s skills in forum theatre.</li> <li>• To mobilize and sensitize 3000 stakeholders in Pajulu and Oluku on HIV/AIDS.</li> <li>• Train School HIV AIDS peer educators.</li> <li>• To advocate for youth friendly approaches on HIV / AIDS issues and safe sex practices.</li> </ul>
Activities	<ul style="list-style-type: none"> <li>• Holding 3 workshops on HIV /AIDS Issues.</li> <li>• Best safe sex practices.</li> <li>• Debates on current HIV /AIDS challenges</li> <li>• Visiting People living with HIV and sharing their testimonies</li> <li>• Performing forum theatre on HIV /AIDS.</li> <li>• Having games and sports like football, Board games. e.tc.</li> <li>• Quiz.</li> <li>• Camp reviews. Education.</li> <li>• Debate on gender issues at school.</li> <li>• Change of public attitude on HIV / AIDS.</li> </ul>
Expected output	<ul style="list-style-type: none"> <li>• 3 workshops held.</li> <li>• 20 Peer educators trained.</li> <li>• The HIV AIDS patients Visited.</li> <li>• Four forum theater presented.</li> <li>• Community are able to learn safe sex practices.</li> </ul>
Cultural and Historical sites	<ul style="list-style-type: none"> <li>• Visit historical sites, i.e. Wanglei Puvungu and Emin pasha’ s Tomb solar eclipse monument in WADELAI,</li> <li>• Muchision falls National Game park ( Para)</li> <li>• Nyagak Power dam (Uganda Boarder with Congo)</li> <li>• Mount Wati</li> <li>• Note there are more available opportunities to visit tourist places like Murchison falls, hot and cool Amor pii ( Panyimur) Lendu forest, Aguu hill but will require people who can pay for themselves</li> </ul>
Who Qualifies to participate	<ul style="list-style-type: none"> <li>• One with positive attitude on HIV/AIDS issues and from diverse cultures.</li> <li>• Willingness to take up task as peer educator</li> <li>• National, Regional and international volunteers.</li> <li>• One with ambition to learn about HIV issues and understand how to talk and counsel the peers.</li> <li>• Ability to adopt and enjoy living in single conditions</li> <li>• Willingness to taste a variety of local foods and rural accommodations</li> <li>• No expertise, skills is required.</li> </ul>



Health services	The district has a referral Hospital 3km in Arua. The regional referral Hospital is 3kms from the site and there are other private Health services nearer the site e.g. Star Medical Clinic. St. Francis Clinic in Nsambya, Ediofe St. s Asunta Health Centre.
The host community	The project is situated at Ezoova Village, 3km from Arua Town. The Camp shall be hosted by community members of UPA Arua Branch and affiliate groups. The project is predominately Lugbara, Alur speaking people but with majority being fluent in English.
Participation	We encourage participation of all people worldwide. The project expects 25 participants internationally and locally participants from different countries. Participants are expected to work 6 hours a day and engage in group discussions, Saturdays and Sundays are free days for general cleanliness and site visiting.
Water sources	Participants use wheel barrows to carry jerrycans or by hands from the nearby wells, protected spring water and boreholes from camp sites. The water source is 300 meters away from the camp site.
Weather / climate	During this period, it's usually dry. The temperatures are warm between 28-35 degrees centigrade and the evenings are at times a bit cold.
Meals	The food is basic and simple. Be ready to take the same dish for some days in a row. Fruits can at times be availed for the campers from local markets. Participants will chose food to prepare depending on the availability. The participants will use charcoal or firewood to prepare the meals. If you need more fruits/extra meals/special diet you can get it on your own cost.
Accommodation	<ul style="list-style-type: none"> <li>• Accommodation will be at UPA Arua branch office, participants shall be required Accommodation will be in simple rooms.</li> <li>• Participants will be required to carry own mat and sleeping bag.</li> <li>• The camp site has simple bathrooms and pit latrines no showers</li> <li>• A simple cooking shelter (Kitchen)</li> <li>• Participants are requested to bring with them mosquito nets.</li> </ul>
	<p>Participants shall be required to bring own sleeping bag, mat, pillow, mosquito net, sun cream, mosquito repellent, working gloves and boots/shoes. Light working clothes during working hours and warm clothes at night, as it may turn out to be chilly or cold; Musical instrument (optional); torch or flash light; water purifiers (optional); Personal effects (i.e. soap, toothpaste, toiletries)</p> <p>It would be nice if you can bring your national flag, common art facts of your country, stories, games, pictures and local recipes. It would be helpful for the cultural presentations about your country and for any social interactions. Above all do not forget a happy and positive attitude.</p> <p><b>NB:</b></p> <ul style="list-style-type: none"> <li>➤ <i>Shorts, dresses and skirts should reach knee length for cultural consideration.</i></li> <li>➤ <i>Smoking in public is illegal while engagement in drug/harsh carries a life prison sentence.</i></li> </ul>

<b>Project Title</b>	<b>International work camp on Agriculture, Brick making and Gender Equality.</b>
<b>Project Dates</b>	<b>14<sup>th</sup> – 31<sup>st</sup> July 2020</b>
<b>Duration</b>	3 weeks
<b>Project Code</b>	<b>UPA/03/2020</b>
<b>Project Host</b>	UPA – Gulu Branch
<b>Project Theme</b>	<b>'Providing mechanism for self-employment and Gender Awareness'.</b>
<b>Project Location</b>	Gulu Branch is located in the Northern District of Gulu bordered by Kitgum District in the East, Pader in the Northeast, and Lira District in the Southeast and Murchison's falls national park in the Southwest. The work camp participants will be hosted in a location within Gulu municipality 1 KM from the town centre. UPA Gulu Branch collaborates with various institutions in the area like World Vision, Action Aid, Gulu NGO forum, Gulu Youth center, Diocese of Northern Uganda, schools and many others to assist the youth affected by the war.
<b>Project Background</b>	<p>The communities live in Gulu municipality one of the towns positioned to acquire city status. During the northern Uganda Insurgency Gulu town hosted large number of Internally Displaced Persons. While others have returned there remained a large population of urban dwellers who have not yet returned or are unable to return to their original homestead and now live in decertified parts of the town. These are the ones who are prone to climate change related hazards.</p> <p>UPA Gulu branch together with other voluntarily organization has for a while been engaged in voluntary initiatives to address the issue affecting the communities especially the youths ranging from agriculture, gender awareness, livelihoods, climate change, psychosocial support, water and sanitation, and self-employment activities.</p> <p>The international work camp is therefore designed to enhance the preparedness and mitigation activities of urban poor in Gulu Municipal Council, It highlights, responsibility, leadership, and practical initiatives for local councils, communities, and citizens.</p>
<b>Project Objectives</b>	<ul style="list-style-type: none"> <li>▪ To sensitize the communities about the application of new modern farming techniques to increase output in agricultural output.</li> </ul>

	<ul style="list-style-type: none"> <li>▪ To encourage youths to be self-reliance and adopt self-employment jobs.</li> <li>▪ To sensitize the youths about the gender related issues and practices in the society and schools.</li> </ul>
<b>Activities</b>	<ul style="list-style-type: none"> <li>• Organizing workshop/ training for gender related issues and practices with the facilitators/ volunteers.</li> <li>• Participate in community sensitization about the gender related issues and practices.</li> <li>• Engagement of volunteers in brick making as a self-employment activity.</li> <li>• Participate in community sensitization about the modern farming techniques.</li> <li>• Working on demonstration sites and practicing modern farming techniques.</li> </ul> <p>A mini seminar will be organized in 4 school and 2 places in community and participants share their own experience about agricultural activities, and gender related practices in their respective regions /countries.</p>
<b>Expected Outcome</b>	<ul style="list-style-type: none"> <li>• Communities sensitized on gender related issues and practices.</li> <li>• Communities sensitized on self-employment related activities.</li> <li>• Communities sensitized on modern farming techniques.</li> <li>• Acquisition of knowledge and skills on modern farming techniques to the members.</li> <li>• Availability of bricks making</li> <li>• Demonstration sites put in place for brick making.</li> </ul>
<b>Cultural and educational visits:</b>	<p><b>During the work camp participants may visit different places</b></p> <ul style="list-style-type: none"> <li>• Former internally displaced people’s camps and resettlement sites to have a discussion on their coping mechanism.</li> <li>• Visiting fort Baker and former slave trade route and collection centers, Kabalega Hide out during the British invasion in the late 18<sup>th</sup> century.</li> <li>• Visiting various recreation centre and places of interest in and around Gulu.</li> </ul> <p><b>NB:</b> <b>Some places to be visited may be at a small fee for interested participants.</b></p>
<b>Who qualify to participate</b>	<ul style="list-style-type: none"> <li>• One with Positive attitude, willing to interact with a diversity of cultures</li> <li>• Ambition to learn about the climate change and its effects in Uganda.</li> <li>• Ability to Adopt and enjoy living in simple conditions.</li> <li>• Willing to taste a variety of local foods and rural accommodation</li> </ul> <p><b>NB:</b> No special or particular expertise/skills required.</p>
<b>The Host Community</b>	The project location is in a predominantly Acholi population speaking Luo with a good number fluent in English.
<b>Participation</b>	15 participants are expected from UPA branches countrywide, international participants and other well-wishers may attend with prior arrangement. Participants are expected to work for 6 hours a day on the different activities and have Games, sports, Music, Drama and group discussions in the afternoon.

<b>Health Services</b>	Gulu Municipal Council is serviced by several health facilities, which can be accessed within minutes.
<b>Water Source</b>	Running water is accessible and there are recommended Boreholes for drinking, near the project sites.
<b>Climate</b>	During this period, temperatures will be ranging between 25 degrees to 35 degrees Celsius. It is sunny with a few intervals of rain.
<b>Accommodation</b>	The project will provide simple rooms with closed doors and windows. Therefore participants are required to carry along with them working shoes, gloves, working cloth, sleeping mats and bags, mosquito nets, their national flags, pictures and different games if possible.
<b>Meals</b>	Volunteers will prepare their own meals using charcoal and firewood. There is a variety of local foods to choose from.
<b>What to bring</b>	<ul style="list-style-type: none"> <li>• Participants shall be required to bring own sleeping bags, mat, pillow, mosquito nets, sun/mosquito creams/repellants, working gloves and boots, shoes. Light working clothes during working hours and warm clothes at night hours as it may get cold or chilly. Musical instruments optional; such as flash light; water purifiers optional; personal effects i.e. soap tooth paste toiletries.</li> <li>• Bring your national flag, common art facts of your country, story books/novels games, pictures and local receipts for cultural presentations from your country is advisable too for cultural interaction.</li> <li>• Please carry along anything that you feel can as well introduce you and your culture to make it enjoyable. Above all do not forget a happy and positive attitude and energy</li> <li>➤ <b>NB. Very short, hot pants; skirt and dresses will not be culturally welcomed especially for female.</b></li> <li>➤ <b>Smoking in public is illegal engagement in drug/harsh carries a life prison sentence</b></li> </ul>

<b>Project Title</b>	<b>International workcamp for the construction of classrooms and playscheme with children of Kikooba Infant school</b>
<b>Project Date</b>	<b>21<sup>st</sup> July -7<sup>th</sup> August 2020</b>
<b>Duration</b>	<b>3 weeks</b>
<b>Project Code</b>	<b>UPA/04/2020</b>
<b>Project Host</b>	<b>Kikooba UPA Branch</b>
<b>Project Theme</b>	<b>Promoting Intercultural exchange through games and work</b>
<b>Project Location</b>	<p>The project is situated in Kikooba village, 2km from at 74 km on Kampala - Hoima road North west of Kampala City.</p> <p>The project is located in Kiboga District boarded by Nakaseke District in the northeast, Masindi in the northwest, Hoima in the west, Mubende district in the south and Kibale district in the south west.</p>
<b>Project background</b>	<p>Kikooba is one of the oldest branches of Uganda Pioneers Association started in 1990 with majority members being old women and men. This is one of the interesting UPA projects that has highly motivated old members joining a workcamp project. The workcamp project participants will also engage in construction of a house to host the volunteers.</p> <p>The workcampers shall also engage with the children of the community school (Kikooba Infant School) that has about 100 pupils with games, art and lessons.</p>
<b>Project objectives</b>	<ul style="list-style-type: none"> <li>• To construct classrooms at Kikooba UPA Branch</li> <li>• To educate and engage pupils from the community school</li> <li>• To promote the spirit of voluntarism amongst community members</li> </ul>
<b>Activities</b>	<ul style="list-style-type: none"> <li>• Brick laying</li> <li>• Digging the foundation.</li> <li>• Mixing sand and cement</li> <li>• Collecting bricks and water</li> <li>• Cleaning the compound</li> <li>• Playing with children</li> <li>• Organizing sports and games</li> <li>• Conducting lessons</li> <li>• Art and painting</li> </ul>
<b>Expected outcome</b>	<ul style="list-style-type: none"> <li>• More classrooms built</li> <li>• Children engaged in games and sports</li> <li>• Increased literacy and numeracy levels amongst children</li> </ul>
<b>Cultural and Educational Visits</b>	<ul style="list-style-type: none"> <li>• Climbing Kikooba hill will also be an interesting activity.</li> <li>• A local market is also on Tuesday at Bukomero every two weeks.</li> <li>• <i>A cultural night will be organized and participants will display items, songs and dances from their home countries and traditions.</i></li> </ul>

<b>Beneficiaries</b>	<ul style="list-style-type: none"> <li>• Kikooba UPA members</li> <li>• Kikooba community members</li> <li>• Medium Term volunteers to Kikooba branch</li> </ul>
<b>Participation</b>	<p>The project expects 15 participants maximum with a composition of people from other regions of Uganda and International volunteers. Participants will work 6 hours daily from Monday to Friday.</p> <p>Weekends are for social interaction and/or excursions <b>unless</b> if the official camp programme has an activity.</p>
<b>Who qualifies to participate</b>	<ul style="list-style-type: none"> <li>• Open minded, ready to interact with other people of different cultural background</li> <li>• Willing to share his/her experiences</li> <li>• Flexible to live/stay in simple life conditions</li> <li>• Flexible to the taste of local and basic foods</li> <li>• Ready to work on the projects</li> <li>• No experience needed</li> </ul> <p><b>Note:</b></p> <ul style="list-style-type: none"> <li>• Participants with special expertise like architectures, mansions have an added advantage but not mandatory.</li> </ul>
<b>The host community</b>	<p>The project location is in a predominantly Buganda women population, speaking Luganda with a very little number with limited English knowledge. Most of the interaction shall be with these women. They are active women with a zeal to work for their project. Volunteers on this project will have the opportunity to interact with mostly UPA branch members and those from the community</p>
<b>Accommodation</b>	<ul style="list-style-type: none"> <li>• Accommodation will be in simple rooms.</li> <li>• Participants will be required to carry own mat and sleeping bag.</li> <li>• The camp site has simple bathrooms and pit latrines no showers</li> <li>• A simple cooking shelter (Kitchen)</li> <li>• Participants are requested to bring with them mosquito nets.</li> </ul>
<b>Meals</b>	<ul style="list-style-type: none"> <li>• The food is basic and simple. Be ready to take the same dish for some days in a row.</li> <li>• Fruits can at times be availed for the campers from local markets.</li> <li>• Participants will chose food to prepare depending on the availability.</li> <li>• The participants will use charcoal or firewood to prepare the meals.</li> <li>• If you need more fruits/extra meals/special diet you can get it at your own cost.</li> </ul>
<b>Health services</b>	<p>Bukomero Health Centre IV located 10 km away is the nearest medical facility. It can only provide basic health services. Kiboga referral hospital is also located 25kms on Kampala – Hoima road. For major health issues participants shall have to be moved to Kampala main hospitals. The journey takes 1-1 ½ hours</p>
<b>Water source</b>	<p>There is a borehole a few metres away from the project site. In case of breakdown then getting water shall be challenging and</p>

	participants shall be required to collect water from the nearby well only about 600 - 700 metres away..
<b>Weather</b>	The temperatures are warm between 27-30 degrees centigrade and the evenings are at times a bit cold.
<b>What to bring?</b>	<p>Participants shall be required to bring own sleeping bag, mat, pillow, mosquito net, sun cream, mosquito repellent, working gloves and boots/shoes. Light working clothes during working hours and warm clothes at night, as it may turn out to be chilly or cold; Musical instrument (optional); torch or flash light; water purifiers (optional); Personal effects (i.e. soap, toothpaste, toiletries)</p> <p>It would be nice if you can bring your national flag, common art facts of your country, stories, games, pictures and local recipes. It would be helpful for the cultural presentations about your country and for any social interactions. Above all do not forget a happy and positive attitude.</p> <p><b>NB:</b></p> <ul style="list-style-type: none"> <li>➤ <i>Shorts, dresses and skirts should reach knee length for cultural consideration.</i></li> <li>➤ <i>Smoking in public is illegal while engagement in drug/harsh carries a life prison sentence.</i></li> </ul>

<b>Project Title</b>	<b>International Workcamp on Cultural development in Traditional music, dance, drama and production.</b>
<b>Project Dates</b>	<b>4<sup>th</sup> – 22<sup>nd</sup> August 2020</b>
<b>Duration</b>	<b>3 weeks</b>
<b>Project Code</b>	<b>UPA/05/2020</b>
<b>Project Host</b>	<b>Uganda Pioneers' Association Cultural Troupe.</b>
<b>Project Theme</b>	<b>"Production and culture through skills and knowledge"</b>
<b>Project Location</b>	The workcampers will stay at the farm in Kakunyu village, Bukomero sub county in Kiboga District. Kiboga District is located in the central part of Uganda boarded by Nakaseke District in the northeast, Masindi in the northwest, Mubende district in the south and Kibale district in the southwest. Kakunyu lies 85km on Kampala-Hoima road.
<b>Project Background</b>	UPA Cultural troupe is committed to promote community sensitization and awareness through music, dance and drama. The Cultural troupe started in 1994 as a pilot project of UPA. The troupe was started mainly to be used for promoting cultures, running awareness campaigns, fundraising and marketing UPA and her activities.
<b>Project Objectives</b>	<ul style="list-style-type: none"> <li>• To promote intercultural cooperation among youth and other groups.</li> </ul>

	<ul style="list-style-type: none"> <li>To enhance Educational awareness through Art and craft making, music, dance and drama.</li> <li>To enhance knowledge and skills sharing through music, dance and drama.</li> </ul>
<b>Activities</b>	<ul style="list-style-type: none"> <li>Traditional Dance: traditional dance lessons carried out by a trained instructor.</li> <li>Modern Dance: Learn basics of a modern dance (Hip-Hop, Break-dance, Dancehall...)</li> <li>Drama Workshop: There is the possibility to develop small scenes, depending on the skills of the participants.</li> <li>Performances in traditional and modern dance at Bukomero local market street performance and Jam session in Kampala at the UGANDA NATIONAL CULTURAL PLACE).</li> <li>Filming and capturing pictures and videos for the production of the troupe.</li> <li>Drum making workshop.</li> </ul>
<b>Expected Outcome</b>	<ul style="list-style-type: none"> <li>A song recorded audio and video by the participants national and international volunteers</li> <li>Intercultural exchange on skills in music, dance and drama acting.</li> <li>Cooking different food, culturally and traditionally from different cultural backgrounds</li> <li>Participants presenting on stage dances and play practiced during the workshops, material learnt and produced (Customs and instruments)</li> </ul>
<b>Cultural and educational visits</b>	<p>During the workcamp period the participants will visit the following places:</p> <ul style="list-style-type: none"> <li>Visit the community market in Bukomero</li> <li>Climbing the Katera Mountain</li> </ul> <p><b>Note:</b> Other visits on the weekend, like visiting Kampala (Ghaddafi Mosque, Kasubi Tombs etc) or Entebbe (Wildlife in the National parks, Botanical garden or beaches) <b>are at the cost of interested volunteers.</b></p>
<b>Beneficiaries</b>	The beneficiaries are the UPACT members, workcamp participants and the community.
<b>Participation</b>	<p>The project expects 15 participants maximum with a composition of people from other regions of Uganda and International volunteer. Participants will work 6 hours daily from Monday to Friday.</p> <p>Weekends are for social interaction and/or excursions <b>unless</b> if the official camp programme has an activity.</p>
<b>Who qualify to participate</b>	<ul style="list-style-type: none"> <li>Open minded, ready to interact with other people of different cultural background</li> <li>Willing to share his/her experiences</li> <li>Flexible to live/stay in simple life conditions</li> <li>Flexible to the taste of local and basic foods</li> </ul>



	<ul style="list-style-type: none"> <li>• Ready to work on the projects</li> <li>• No experience needed</li> </ul>
<b>The Host Community</b>	<p>The people in this part of Uganda are multi-tribal with the majority population being Baganda. And the major language spoken is Luganda also a big percentage of people speaking English well.</p> <p>The major foods eaten in this region are matooke, cassava, sweet potatoes, rice, beans, ground nuts, yams etc.</p> <p>Like most regions in Uganda people in this community always welcome visitors and always interested to talk/work with people from other cultural backgrounds</p>
<b>Accommodation</b>	<ul style="list-style-type: none"> <li>• Accommodation will be in simple rooms.</li> <li>• Participants will be required to carry own mat and sleeping bag.</li> <li>• The camp site has simple bathrooms and pit latrines no showers</li> <li>• A simple cooking shelter (Kitchen)</li> <li>• Participants are requested to bring with them mosquito nets.</li> </ul>
<b>Meals</b>	<ul style="list-style-type: none"> <li>• The food is basic and simple. Be ready to take the same dish for some days in a row.</li> <li>• Fruits can at times be availed for the campers from local markets.</li> <li>• Participants will chose food to prepare depending on the availability.</li> <li>• Work campers will use charcoal or firewood to prepare the meals.</li> <li>• If you need more fruits/extra meals/special diet you can get it on your own cost.</li> </ul>
<b>Health Services</b>	<p>There is a Health Centre at Bukomero 5Km away. Kiboga main referral hospital is located only 25km on Kampala- Hoima road. In case of serious cases it is 1 ½ hrs drive from Bukomero to Kampala for main hospitals.</p>
<b>Water Source</b>	<p>Participants use a bicycle and wheel barrows to collect water from a borehole 3kms away or collect water from nearby wells around the project.</p>
<b>Weather</b>	<p>Uganda currently faces a very changing weather. The month of August continue to be characterized with a mixture of rain and sunshine.</p> <p>It is therefore occasionally wet, bringing a raincoat/rubber boot/warm clothes would also be advisable. Please bring some light clothes too if it may turn out to be hot despite the rain.</p>
<b>What to Bring</b>	<p>Participants shall be required to bring own sleeping bag, mat, pillow, mosquito net, sun cream, mosquito repellent, working gloves and boots/shoes. Light working clothes during working hours and warm clothes at night, as it may turn out to be chilly or cold; Musical instrument (optional); torch or flash light; water purifiers (optional); Personal effects (i.e. soap, toothpaste, toiletries)</p> <p>It would be nice if you can bring your national flag, common art facts of your country, stories, games, pictures and local recipes. It would be helpful for the cultural presentations about your country and for any social interactions. Above all do not forget a happy and positive attitude.</p> <ul style="list-style-type: none"> <li>• <b><i>Shorts, dresses and skirts should reach knee length for cultural consideration.</i></b></li> </ul>

- *Smoking in public is illegal while engagement in drug/harsh carries a life prison sentence.*

<b>Project title</b>	<b>Psychological Support activities with orphans and vulnerable children and renovation work at Owing Primary School, the Site of the World Total Eclipse of the Year 2013</b>
<b>Date</b>	<b>11<sup>th</sup> – 29<sup>th</sup> August 2020</b>
<b>Duration</b>	3 weeks
<b>Project code</b>	<b>UPA/06/2020</b>
<b>Project Host</b>	Pakwach branch Community Womens' Association (COWA)
<b>Project Theme</b>	<b>"Building Hope and Supporting Orphans and Vulnerable Children in their Rights to Access Quality Education in Conducive Atmosphere."</b>
<b>Project Location</b>	<p>The work camp shall take place at Otwikende Village, Local Council I, Panyango Sub county in Pakwach District. The project site is in Owiny Primary School, which was the Epicenter for the famous World Total Eclipse of the Year 3rd November 2013.</p> <p>Owiny Primary School is located 10 km from Pakwach Town at Pukwero Trading Center on Wadelai-Arua Road. The School is 240 km North of Kampala City on Kampala-Arua road in the northern (West Nile region) of Uganda, bordered by River Nile and Lake Albert in the East and South Zombo and Arua District in the West and North respectively.</p>
<b>Project Background</b>	<p>The orphans and vulnerable children project at Owiny Primary School is an activity project of Community Women Association which was Started in the year 2015 by rural community women in Jonam County (Now Pakwach District) is a registered CBO in Pakwach District in the Northern (West Nile Region) part of Uganda.</p> <p>Owiny Primary School is a governmental aided institution but the work camp is intended to help in addressing the problems being faced by the orphans and the vulnerable in the school.</p> <p>Community Women Association (COWA) Conducted a pilot Study in Panyango Sub county and realized that Owiny Primary School has the highest number</p>

	<p>of children who are either orphans or vulnerable and other social problems amongst other schools.</p> <p>COWA together with UPA Pakwach Branch and the School developed the work camp project proposal in order to address the plight of the Orphan and vulnerable children (OVC) totaling to 161 children aged between 5-12 years of age.</p> <p>With the HIV/AIDS rate still staggering between 6.5-7.0% in the Sub County (Source of information: Uganda Demographic and Health Survey) ignorance, illiteracy and attitude of the people against poverty, the burden of handling the consequences particularly that of orphans and vulnerable children remain huge challenge. Many more orphans and vulnerable children continue to live at the mercy of their helpless gran parents. Guardians who often do not provide enough for a happy living for the growing children.</p> <p>Faced with this desperate and miserable situation, many of the orphans and vulnerable children continue to lose hope increasing their vulnerability to social evils including drug abuse, prostitution, rape, under aged marriage, child labour, school dropout, gambling to mention a few. It's on this background that COWA, UPA-Pakwach and the School Management jointly continue to work on this project.</p> <p>The three week works camp project shall bring together the work camp volunteers, The School pupils, teachers, orphans and vulnerable parents/guardians and the communities in series of psychological support activities and renovation works of painting the school classrooms at Owiny Primary School</p>
<p><b>Project Objectives</b></p>	<ul style="list-style-type: none"> <li>● To improve the classrooms health environment for the pupils and Owiny Primary School</li> <li>● To offer the orphans and vulnerable children the opportunities to interact and share good practices as means to reduce stigma and discrimination</li> <li>● To build hope and support the orphans and vulnerable children in their rights to education and reduce the numbers of school dropout.</li> <li>● To interact with community and create orphans and vulnerable database for COWA activities beneficial to the orphans and vulnerable children (OVC).</li> </ul>
<p><b>Activities</b></p>	<p><b>Renovation works of painting the classrooms</b></p> <ul style="list-style-type: none"> <li>● Cleaning the classrooms walls, windows and doors</li> <li>● Mixing paints with water/paraffin or kerosene</li> <li>● Painting the walls, windows and doors</li> </ul> <p><b>Social activities</b></p>

	<ul style="list-style-type: none"> <li>● Communities visitations, counselling of orphans and vulnerable children especially child headed families, child mothers, bed ridden persons and a placement of referrals patients to Pukwero Health Center III (Government medical Facility) and prisoners at Ujigo Government Prison at Rasem in Wadelai</li> <li>● Taking records on special forms and photographs of orphans and vulnerable children and parents/guardians for COWA data activities for advocacies, lobbying and foster parenthood programmes.</li> <li>● Making/giving out playing materials to the children and arranging one day competitive singing, dancing, sports and games gala etc, giving small gifts to the winners by COWA organization.</li> </ul>
<p><b>Expected outcomes</b></p>	<ul style="list-style-type: none"> <li>● 7 classrooms shall be painted at Owiny Primary School.</li> <li>● 1000 pupils at Owiny Primary School shall be counselled through interaction/career guidance by the work camp participants.</li> <li>● Reduced cases of stigma, discrimination and school dropout of the orphans and vulnerable children in the communities.</li> <li>● Increased awareness in the communities on the need to understand, intervene, relate and effectively manage the psychological and social dynamics of the Orphans vulnerable children in their communities and especially in families of child headed households and child mothers.</li> <li>● Establishment of orphans and vulnerable database for COWA OVC Support and Care programmes.</li> <li>● 161 pupils who are orphans and vulnerable children shall be aided/given free scholastic materials by COWA organization</li> </ul>
<p><b>Cultural and educational visits</b></p>	<ul style="list-style-type: none"> <li>● Home visits to orphans and vulnerable children in communities</li> <li>● Visits to Fish Landing Sites along River Nile and Pacer Blacksmithing Wood Art and Crafts</li> <li>● COWA tailoring and dressmaking workshop in Pakwach town main Market line.</li> </ul> <p><b>NB:</b> There are many opportunities for visitors especially for tourism purposes but at the cost of the interested person(s) the sites are:</p> <ul style="list-style-type: none"> <li>● The World Total Solar Eclipse (50 m from the work camp site), Hot and Cool Amur Pii Springs in Panymur (34 km away) Murchison Falls National Park (22 km away), Emin Pasha Tomb (the famous German explorer) etc</li> <li>● A Cultural Night shall be organized for different nationalities at the work camp</li> <li>● Birds and butterfly sanctuaries on river Nile at Pukwero and Panyango respectively</li> </ul>

<b>Beneficiaries</b>	<ul style="list-style-type: none"> <li>● 161 orphans and vulnerable children at Owingy Primary School and their families</li> <li>● 12 teachers at Owin Primary School</li> <li>● 1000 pupils at Owin Primary School</li> <li>● The work camp participants</li> <li>● The entire communities at Pakwero in Panyango Sub county</li> </ul>
<b>Participation</b>	<p>The project expects 15 participants maximum with a composition of International and native volunteers. Participants will work for 6 hours daily from Monday to Friday.</p> <p>Saturdays and Sundays will be mainly for interactive activities with the children/pupils and the communities.</p>
<b>Who qualifies to participate</b>	<ul style="list-style-type: none"> <li>● Open minded, ready to interact with other peoples of different cultural background</li> <li>● Willing to share his/her experiences</li> <li>● Flexible to live/stay in simple life conditions</li> <li>● Flexible to the taste of other foods (local African foods)</li> <li>● Ready to do simple manual work on the project</li> <li>● Positive attitude, willing to interact easily</li> <li>● Ambitions to help the orphans and vulnerable children and their families</li> <li>● Willing to play with the orphans and vulnerable children</li> <li>● Willing to eat varieties of local foods and accommodation in school classrooms</li> <li>● No expertise required</li> </ul> <p><b>Note</b> No special/particular expertise/skills required, however participants with skills in psychosocial support, career guidance interactive games/sports, handling children issues, counselling will be added advantage.</p>
<b>The Host Community</b>	<p>The people found in Northern Uganda (West Nile Region) are multi-tribal with majority population being Alur/Lugbara. The majority of the languages spoken in the project are Alur/Jonam with a big percentage of the people speaking English very well.</p> <p>Like most regions in Uganda, the people in these communities always welcome visitors and are interested to talk/work with the people from other cultural backgrounds.</p> <p>Volunteers on this project will have the opportunities:</p> <ul style="list-style-type: none"> <li>● interact with mostly children, youth, teachers, orphans and vulnerable children, COWA members and the local communities/authorities</li> </ul>

	<ul style="list-style-type: none"> <li>● Live/stay and enjoy at the Epicenter of the Site of the World Famous Total Solar Eclipse monument of the 3<sup>th</sup> November 2013 at Otwikende Village in Owiny Primary School which is now a tourist center.</li> </ul>
<b>Accommodation</b>	<ul style="list-style-type: none"> <li>● The accommodation will be in the school classrooms</li> <li>● The participants will be required to carry own sleeping bags and mats</li> <li>● The camp site has simple bathrooms with no showers</li> <li>● The camp site has latrines no toilets</li> <li>● A simple cooking shelter (Kitchen)</li> <li>● The participants are expected to bring with them mosquito nets working clothes, gloves, shoes and children playing materials if possible</li> <li>● If any games, information/pictures from host country, you can bring them.</li> </ul>
<b>Meals</b>	<ul style="list-style-type: none"> <li>● There are several local foods to choose from e.g, Matooke, cassava, sweet potatoes, yams, pumpkin and also rice, spaghetti, ground nuts, beans, peas and different types green vegetables</li> <li>● Fruits can also be easily bought from local markets: mangoes, bananas, watermelon, pineapples, passion fruits, lemons</li> <li>● Participants will choose which food to prepare depending on the availability.</li> </ul> <p><b>Note:</b> If you need more fruits/extra meals/special diet you can get it at your own cost.</p>
<b>Health services</b>	<p>Pukwero Health Centre III is only 250 meters away from the work camp site , while Pakwach Health Center IV with Governmental doctors is 10 km, Nebbi and Arua hospitals are 35 km and 28 km away respectively.</p> <p>Private clinics being managed by registered National Doctors are available in Pakwach town 10 km away (about 20 minutes' drive).</p>
<b>Water source</b>	<p>The project site has access to borehole water about 100 meters away from the work camp site.</p>
<b>Climate/Weather</b>	<p>During this period, temperatures will be ranging between 19 degrees to 28 degrees Celsius. It is expected to be rainy with intervals of sunshine. Therefore, volunteers should carry along strong boots, rain coats and umbrellas</p>
<b>What to bring</b>	<p>Sleeping bags, mats, mosquito nets, working gloves, rubber boots</p> <p><b>NB:</b></p> <ul style="list-style-type: none"> <li>➤ <b><i>Shorts, dresses and skirts should reach knee length for cultural consideration.</i></b></li> <li>➤ <b><i>Smoking in public is illegal while engagement in drug/harsh carries.</i></b></li> </ul>

<b>Project title</b>	<b>International work camp on girl child education programme</b>
<b>Project date</b>	<b>7<sup>th</sup> - 26<sup>th</sup> September 2020</b>
<b>Project duration</b>	3 weeks
<b>Project code</b>	<b>UPA/07/2020</b>
<b>Project theme</b>	<b>“Educating a Girl Child for a better society”</b>
<b>Project host</b>	Siripi primary and secondary school, Rhino camp/ Imvepi refugee settlement Arua district
<b>Project location</b>	Ocea village, Imvepi parish, Odupi sub county, Terego east county, Arua district
<b>Project background</b>	<p>Due to cultural beliefs there has been a big gap in enrollment in schools between girls and boys</p> <p>In most cases boys are taken as the first priority in education. This is so because girls have been continually considered to bring in wealth/ dowry. As such, girls are forced to early marriages denying them the opportunity to study and this also increases the dropout rates in schools.</p> <p>This however is complicated with the poverty level of the population of the area. Most of them are subsistence agriculturalists who are living below the poverty line.</p>
<b>Project objective</b>	<p>Therefore this projects concept advocates the promotion of girl child education through direct training of the youth, sensitization of the community about the importance of educating a girl child in the Odupi sub county (Terego East – Arua district).</p> <p>At least the end of every year, twenty five students should have taken a step to the next level.</p> <p>On the availability of funds, the project educates twenty girls in the district yearly and engages them and the community in other development activities during holiday/ vacations.</p> <p>They are involved in social responsibility activities like planting trees, cleaning the community health unity compound and the streets, sensitizing about environmental protection in the area.</p> <p>Sensitizing the parents about the need of girl child education through radio talk show, community meetings, and stake holders meetings like government leaders, opinion leaders, religious leaders, elders and local councils.</p>
<b>Project activities</b>	<ul style="list-style-type: none"> <li>• Participants arrival/ registration</li> <li>• Community meetings</li> </ul>

	<ul style="list-style-type: none"> <li>• Sensitizing parents</li> <li>• Students meetings</li> <li>• Training youths</li> <li>• Radio talk show</li> <li>• Stake holders meeting</li> <li>• Tree planting</li> <li>• Cultural night/ games and sports competition</li> </ul>
<b>Expected out come</b>	By educating at least 40% the girls in the area will enable the traditional thinking of the people thus an effective response should be taken to create community awareness through radio and television talk shows, elders, political leaders, religious leaders and training these young girls in entrepreneurship and other basic skills during holidays to ensure that they are flexible and can be able to manage any business rather than looking for white collar jobs after their basic education.
<b>Educational visits</b>	<ul style="list-style-type: none"> <li>• Visiting the largest refugee camp in Uganda (west Nile region)</li> <li>• Arua city and the big hotels</li> <li>• National boundaries of Congo/ southern Sudan</li> <li>• Nile bases and falls in Uganda</li> </ul>
<b>Beneficiaries</b>	<ul style="list-style-type: none"> <li>• Girls and boys (youths)</li> <li>• Parents and teachers</li> <li>• Volunteers both national and international</li> <li>• Stake holders</li> <li>• Upa members</li> <li>• Local community</li> </ul>
<b>Participation</b>	The project expects a maximum of 25 participants. The participants will work for 5 days a week, weekends are for social interaction and or excursions unless if the official camp program has scheduled an activity.
<b>Qualification to participate</b>	<ul style="list-style-type: none"> <li>• Open minded, ready to interact with other people of different cultural background</li> <li>• Positive attitude</li> <li>• Willing to share his/ her experiences</li> <li>• Flexible to live/ stay in simple living conditions</li> <li>• Ready to do heavy work on the project</li> <li>• No experience needed.</li> </ul>
<b>Host community</b>	<p>The people found in west Nile region are multi tribe with the majority population being Lugbara, and the majority language spoken is Lugbarati with also a big percentage of people speaking English well.</p> <p>Like most regions in Uganda people in this community always welcome visitors and always interested to talk/ work with people from other cultural backgrounds.</p> <p>The participants of this project will have the opportunity to interact with mostly students, trainees, instructors and upa members and those from the community.</p>



<b>Accommodation</b>	<ul style="list-style-type: none"> <li>• Accommodation will be in the dorms at training center nearby school/ project.</li> <li>• Participants will be required to bring their own sleeping bags, nets etc.</li> <li>• The accommodation has a simple bathroom without shower (there is no running water) and latrines as toilets.</li> <li>• The accommodation and work place don't have electricity but there is solar power to run the lights at the project.</li> </ul>
<b>Meals</b>	<ul style="list-style-type: none"> <li>• Three (3) meals a day will be provide, breakfast, lunch and dinner</li> <li>• Breakfast will consist of bread, chapatti, eggs and fruits</li> <li>• Lunch and dinner will consist of local food, eg cassava, sweet potato, rice, ground nuts, beans, Posho, and different types of vegetables.</li> <li>• The fruits are available and participants will prepare meals together with a Ugandan cook using a fire woods and charcoal stove.</li> </ul>
<b>Health services</b>	There is grade four health centre in Siripi village 60m away from the project/ accommodation with a good reputation.
<b>Water source</b>	The project has access to borehole and tap stand water within project compound.
<b>Weather</b>	September is the first month in the beginning of the long rain. It is usually wet and muddy. It is advisable to bring strong boots. The temperatures are warm between 25-30 degrees centigrade and the evenings are at times a bit cold, Rain is frequent.
<b>What to bring</b>	<p>The participants shall be required to bring their own sleeping bag, mat, pillow, mosquito nets, sun cream, working gloves, boots, shoes and light working clothes during working hours and warm clothes at night, as it may turn out to be chilly or cold.</p> <p>It would be nice if you could bring your national flag, common art facts of your country, stories, games, pictures and local receipts, it would be helpful for the cultural presentations about your country and for the social interactions.</p> <p>Above all do not forget a happy and positive attitude.</p> <p><b>NB:</b></p> <ul style="list-style-type: none"> <li>➤ <i>Shorts, dresses and skirts should reach knee length for cultural consideration.</i></li> <li>➤ <i>Smoking in public is illegal while engagement in drug/harsh carries a life prison sentence.</i></li> </ul>

<b>Project Title</b>	<b>Global Workcamp on Reproductive Health in Rural communities.</b>
<b>Project Dates</b>	<b>22<sup>nd</sup> September - 9<sup>th</sup> October 2020</b>
<b>Duration</b>	<b>3 weeks</b>
<b>Project Code</b>	<b>UPA/08/2020</b>
<b>Project Host</b>	<b>Uganda Pioneers' Association Central Branch</b>
<b>Project Theme</b>	<b>"Global learning and Sharing on Health Rights and Menstrual Challenges"</b>
<b>Project Location</b>	Kakunyu village, Bukomero Sub-county in Kiboga District is located in the central part of Uganda. It is bordered by Luweero District in the North-east, Masindi in the north-west, Mubende district in the south and Kibaale district in the south-west. Kakunyu lies 85km on Kampala-Hoima road
<b>Project Background</b>	<p>UPA Central Branch is located in Wakiso District at the premises of UPA Head office in Nansana, Ochieng Zone, eight (8) miles Hoima Road not far from Kampala. It is approximately 12 kilometers from Kampala city.</p> <p>Uganda Pioneers Association Central Branch has for the last 15 years reached out to the local communities in Wakiso District through voluntary service. This has been mainly through collaborations and partnerships with public and private institutions to enhance sustainable development.</p> <p>The Branch works within suburban areas that surround Kampala city. These areas face challenges that come along with urbanization ranging mainly from social-economic concerns. Unfortunately, it's the youth age that is affected most hence a need to engage them to contribute towards a better community by participating in the different activities on a voluntary basis.</p> <p>The workcamp participants shall also engage with the community youth to in order to share information and knowledge on various thematic issues through group discussions, move debates and workshops</p>
<b>Project Objectives</b>	<ul style="list-style-type: none"> <li>• To train youths in 3 partner schools and the community in the production of re-usable sanitary pads</li> <li>• To reduce stigmatization amongst youths and teenage mothers about menstrual hygiene in Bukomero</li> <li>• To strengthen young girls' attendance at school especially during menstrual periods in 3 partner schools</li> <li>• To raise more awareness about menstrual hygiene and access to youth friendly Reproductive Health services.</li> <li>• To involve the boy child in advocating for menstrual hygiene and awareness</li> <li>• To break the silence about adolescence sexual reproductive health amongst youths</li> <li>• To advocate for menstrual safe places in 3 partner schools</li> </ul>
<b>Activities</b>	<ul style="list-style-type: none"> <li>• orientation of campers</li> </ul>

	<ul style="list-style-type: none"> <li>• Training of trainees on health rights, responsibilities and production of Eco-friendly re-usable pads</li> <li>• Training of 45 students and 30 community representatives in production of local and Eco-friendly re-usable pads</li> <li>• Carrying out debates in schools about menstrual hygiene</li> <li>• Blogging, Filming and capturing pictures and videos for all on-going activities at the camp.</li> <li>• Community dialogue on rights and responsibilities</li> <li>• Mountain hiking</li> </ul>
<b>Expected Outcome</b>	<ul style="list-style-type: none"> <li>• More than ninety Re-usable sanitary pads produced</li> <li>• Trainees equipped with knowledge</li> <li>• More awareness in schools and the community created on menstrual hygiene and human health rights</li> <li>• Increase in attendance of girls in schools during menstrual periods.</li> <li>• More than 50 youths sensitized on human health rights and responsibilities</li> <li>• Improved hygiene and sanitation at the community hospital with proper hand washing activity</li> <li>• A report and Blog produced at the end of work camp</li> </ul>
<b>Cultural and educational visits</b>	<p>During the work camp period the participants will visit the following places:</p> <ul style="list-style-type: none"> <li>• Visit the community market in Bukomero</li> <li>• Climbing the Kateera Hills</li> </ul> <p><b>Note:</b></p> <ul style="list-style-type: none"> <li>• Other visits on the weekend, could include Kampala (Ghaddafi Mosque, Kasubi Tombs etc) or Entebbe (Wildlife in the National parks, Botanical garden or beaches) <b>at the cost of interested volunteers.</b></li> <li>• Cultural Nights will be organized on different days for the different countries represented at the work camp. Please carry along anything that can introduce your culture.</li> </ul>
<b>Beneficiaries</b>	The beneficiaries are the Central branch members, students and community members in Bukomero town council.
<b>Participation</b>	The project expects 15 participants maximum with a composition of people from other regions of Uganda and International volunteer. Participants will work 6 hours daily from Monday to Friday. Weekends are for social interaction and/or excursions <b>unless</b> if the official camp programme has an activity.
<b>Who qualify to participate</b>	<ul style="list-style-type: none"> <li>• Open minded, ready to interact with other people of different cultural background</li> <li>• Willing to share his/her experiences</li> <li>• Flexible to live/stay in simple life conditions</li> <li>• Flexible to the taste of local and basic foods</li> <li>• Ready to work on the projects</li> <li>• No experience needed</li> </ul>

<p><b>The Host Community</b></p>	<p>The people in this part of Uganda are multi-tribal with the majority population being Baganda. And the major language spoken is Luganda also a big percentage of people speaking English well.</p> <p>The major foods eaten in this region are matooke, cassava, sweet potatoes, rice, beans, ground nuts, yams etc.</p> <p>Like most regions in Uganda people in this community always welcome visitors and always interested to talk/work with people from other cultural backgrounds</p>
<p><b>Accommodation</b></p>	<ul style="list-style-type: none"> <li>• Accommodation will be in simple rooms.</li> <li>• Participants will be required to carry own mat and sleeping bag.</li> <li>• The camp site has simple bathrooms and pit latrines no showers</li> <li>• A simple cooking shelter (Kitchen)</li> <li>• Participants are requested to bring with them mosquito nets.</li> </ul>
<p><b>Meals</b></p>	<ul style="list-style-type: none"> <li>• The food is basic and simple. Be ready to take the same dish for some days in a row.</li> <li>• Fruits can at times be availed for the campers from local markets.</li> <li>• Participants will chose food to prepare depending on the availability.</li> <li>• Work campers will use charcoal or firewood to prepare the meals.</li> <li>• If you need more fruits/extra meals/special diet you can get it on your own cost.</li> </ul>
<p><b>Health Services</b></p>	<p>There is a Health Centre at Bukomero 5Km away. Kiboga main referral hospital is located only 25km on Kampala- Hoima road. In case of serious cases it is 1 ½ hours’ drive from Bukomero to Kampala for main hospitals.</p>
<p><b>Water Source</b></p>	<p>Participants use a bicycle and wheel barrows to collect water from a borehole 3kms away or collect water from nearby wells around the project.</p>
<p><b>Weather</b></p>	<p>During this period, temperatures will be ranging between 20 degrees to 30 degrees Celsius. It is sunny with a few intervals of rain. Therefore, volunteers should carry along strong boots, rain coats and umbrellas</p>
<p><b>What to Bring</b></p>	<p>Participants shall be required to bring own sleeping bag, mat, mosquito net, sun cream, mosquito repellent, working gloves and boots/shoes. Light working clothes during working hours and warm clothes at night, as it may turn out to be chilly or cold; Musical instrument (optional); torch or flash light; water purifiers (optional); Personal effects (i.e. soap, toothpaste, toiletries)</p> <p>It would be nice if you can bring your national flag, common art facts of your country, stories, games, pictures and local recipes. It would be helpful for the cultural presentations about your country and for any social interactions. Above all do not forget a happy and positive attitude.</p> <p><b>NB:</b></p> <ul style="list-style-type: none"> <li>➤ <i>Shorts, dresses and skirts should reach knee length for cultural consideration.</i></li> <li>➤ <i>Smoking in public is illegal while engagement in drug/harsh carries</i></li> </ul>

