

## AFRICA

# UGANDA

From the moment you land in Entebbe with its breath-taking equatorial location on the forested shore of island-strewn Lake Victoria, it is clear that Uganda is no ordinary destination. Referred to as the “Pearl of Africa”, Uganda is an incredibly beautiful country with a rich ethno-cultural diversity.

Uganda is a landlocked nation where the East African savannah meets the West African jungle. Sharing the largest lake in Africa (Lake Victoria), Uganda is home to the source of the River Nile, where it starts its famous journey to the Mediterranean Sea. Uganda’s western border is defined by the Albertan Rift, the western branch of the Great Rift Valley system of Africa with African Great Lakes plus the snow capped Ruwenzori Mountains (considered by many to be the legendary mountains of the moon).

One of the most popular things to do in Uganda is safaris, including trekking the elusive Mountain Gorillas among many other exciting fun adventures. Outside of Jinja, there are plenty of fun and interesting ways for visitors to spend their free time. You can take a trip to the most powerful waterfall in the world and see elephants, lions, giraffe, hippos, and a wide variety of birds like the unusual shoebill stork. You can tour Queen Elizabeth National Park, home to the diverse ecosystem of grassy plains, a tropical forest, swampland, and volcanic craters. You will be privileged to see schools of hippos and Nile-crocodiles sunbathing with their jaws open wide. In the capital of Kampala, you can take a tour of East Africa’s oldest institution of higher learning (Makerere University) or visit the Uganda Museum, which offers displays on Uganda’s history, anthropology and geography.

### Life outside of the project

The in-country team is headquartered in Jinja - a city in eastern Uganda and the second busiest commercial centre in the country. Jinja, affectionately known as the ‘Adventure Capital of East Africa’ has some of the most exciting tourism activities in Africa including white water rafting, quad biking, and horseback riding.

Join our internship programs in Uganda and make a sustainable impact on disadvantaged communities while enjoying the vitality of scenery, wildlife and the warm and welcoming aura of its people.



### Weather

**Average temperature:** 17 - 27°C

**Dry Season 1:** December to February

**Dry Season 2:** June to August

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## **Environmental Protection Internship in Uganda**

Contribute to the capacity of local communities to conserve their surroundings by creating awareness, increasing knowledge, and promoting the utilization of environmentally friendly energy using sustainable development approaches.

## **Human Rights Internship in Uganda for Persons with Disabilities**

Accelerating the access to sexual and reproductive health services for women and girls with disabilities.

## **Youth Empowerment Internship in Uganda**

Contribute to and learn about the healthcare system in regards to adolescent and children's healthcare. Experience Ugandan culture while making local friends and exchanging cultural differences.

## **Farmers' Economic Empowerment Internship in Uganda**

Contribute to the capability of expansion for local farming businesses. Gain hands-on experience of real community development approaches to alleviate poverty.

## **Women Empowerment Internship in Uganda**

Contribute to alleviating poverty for women and their families in the community, enabling them to create sustainable livelihoods.

## **Community Health and Hygiene Education Internship in Uganda**

Contribute to Global health and Sustainable Development goals by providing an extra pair of hands on local projects. Learn about the hygiene and sanitation situation in Uganda, and the challenges the local communities encounter in addressing these challenges.



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## Microfinance and Entrepreneurship Training in Uganda

Make a positive contribution towards improving business literacy among rural communities, and ultimately working towards poverty reduction in Uganda.



### What are the benefits of Kaya Placements?

- International work experience
- Meaningful placements
- Global perspectives
- Cultural Immersion
- Structured and supported

Don't see anything that interests you? Our Placement Advisors are here to help. **Inquire here** and let our Placement Advisors know what you're looking for so we can help find the best placement for you!