

VOLUNTEER WITH US IN MMANZE COMMUNITY

**THE MACERUDET ONSITE VOLUNTEER SUPPORT PROGRAM TO EMPOWER RURAL BASED
COMMUNITIES IMPROVE THEIR STANDARDS AND CONDITIONS OF LIVING**



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About MACERUDET

The Mmanze Centre for Rural Development & Training (acronym MACERUDET) is a local NGO located in Uganda. MACERUDET is a community based organization mainly developing and managing self-help community projects in all the welfare works related fields. The Mmanze Centre takes its name from the Mmanze community, one of the communities of the Masulita sub-county.

MACERUDET has 25 years of experience in the field of welfare works and works thanks to the contribution of a small group of professionals located in Masulita, Uganda.

The organization does not have established paid staff; however, we implement our priority programs utilizing the services of volunteers from both local and international community.



The following are our priority programs:

- sustainable agriculture
- community based health care
- training and education
- environment protection
- promoting youth, women and child rights
- functional adult literacy
- infrastructure development
- rural savings and credit
- community capacity building
- lobbying and advocacy

Two of the most needed specialties that MACERUDET needs are volunteer health and teacher workers. [Volunteer health workers](#) are to facilitate at their Busaawa Mmanze Health Center, who will also be responsible of mobilizing the community to practice good home environment sanitation as well as attend to minor health problems. [Volunteer teachers](#) will work with us at our two schools namely Holy Cross Namutenga Community Orphanage Primary School and Mmanze Community Secondary School. MACERUDET accepts a variety of volunteers including students, professionals and retirees.

We accept volunteers without discrimination of race, color, tribe and religious denominations. **Age limit for the volunteers is between 16 years and 85 years.**

The tasks undertaken will depend on their level of experience and qualifications. Volunteers may include, but are *not limited to*:

- Teacher volunteers: to serve us at the Holy Cross Namutenga Community *Orphanage Primary School* as well as in the Mmanze Community *Secondary School*.
- Training: we need volunteers to train our students in sports, music dance and drama, art and craft, computer training and other subjects, like Maths, English, and Biology to mention but a few.
- Medical volunteers: at our health unit like dentists, opticians, gynecologists, nurses, pediatricians with skills in practices.
- Pedagogues: we need volunteers who assist us as pedagogues who can *look after* the children at the orphanage and also who can *teach young children* how to read, write, and physical education among others.
- Constructions & Home Environmental Sanitation: volunteers who desire to work in construction enjoy a wide variety of projects to choose from every week, as well as initiatives that support locals in the improvement of their homes and neighborhoods as well as providing them with basic sanitation facilities.
- Fundraising: we also need volunteers who can assist us to fundraise for our development programs.

MACERUDET recognizes and appreciates the services of seriously committed and dedicated volunteers who have diligently contributed their time, skills, resources, experience and expertise towards the development of the **education**, **healthcare** and other **development** programs.



Why Contribute to MACERUDET's Cause?

It's a strong statement when people try to make a difference in poor places, such as Africa. Ever get the feeling that you have a higher calling? Like to travel differently than with a big group of people, or are you looking for changing yourself?

Then MACERUDET can provide you with an assortment of opportunities for finding some answers. One of the biggest differences you will notice at the end will not be external but will be the difference inside of yourself.

Most importantly, you will be changed forever because you will have a greater understanding of another culture, you will challenge your personal limits, and you will develop friendships.

Many travelers know where they want to go, but don't know what to do once they get there. Volunteering abroad programs in Africa give your travels a purpose and an itinerary.

*In some cases you may find a volunteer gig in your **field of study**. A volunteer position may give you the hands-on experience you won't get stuffing envelopes for an **internship**, but it may help you to earn one. Your **dream job** can also be earned more easily after your contribution to such an opportunity.*



Volunteering in Africa requires flexibility, patience; those who are self-starters, and people who genuinely respect the host people and their culture. Volunteers never come here to teach the people western ways, nor are here to save the people. Volunteers come to share their energy and time with the people, to experience their culture first hand and to grow themselves.

You may learn a new language, a new culture, and a new way of life. Flexibility and patience are the keys to having a satisfying experience.

The most important step will be to find the right volunteer project.

A. Our Projects:

1. Teaching/Sports Coaching/ Murals & Activities

Education is the key to a child's success in Uganda. The MACERUDET Education Program focuses on English language classes, international cultural exchanges and educational murals. These initiatives are aimed at a wide range of audiences, from school children to local villagers.

Education is a priority, it is one of the most important tools MACERUDET can give the children in order to break the cycle of poverty affecting their lives and to help them become independent adults. Some children excel at academics and strive to earn scholarships to attend university and other institutions of higher learning to attain vocational practical training.

Improved knowledge of English provides locals with a crucial skill in seeking further education and can unlock new job opportunities.

MACERUDET has managed to mobilize the community to put up two schools called:

- a) *Holy Cross Namutenga Community Orphanage Primary School* and b) *Mmanze Community Secondary School*.

a) Holy Cross Namuntenga Community Orphanage Primary School

The school provides quality basic education towards the socially and economically needy children /orphans and also a safe environment in which they participate in any number of extra-curricular activities. These activities are designed to provide kids from **3 to 10 years old** with creative outlets and opportunities to make constructive use of their time.

The center is *managed by local teachers* with the support and involvement of volunteers from MACERUDET. Most of these children have lost their parents, or are from impoverished families or disenfranchised minority groups.

Besides spending time providing companionship and leading recreational activities for the children, orphanage volunteers also assist staff in teaching *English, Reading, Writing, and Mathematics among others*. MACERUDET also helps coordinate important educational workshops in areas lacking emphasis in general school curricula such as *recycling, nutrition, hygiene, sanitation, health-related topics and self-esteem*.

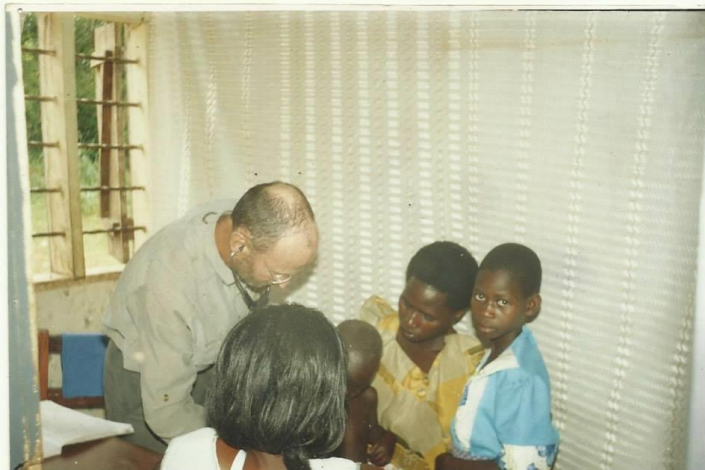
The orphanage homes provide full-time care for orphaned or abandoned children and are places where children are given friendship and support while they wait to be adopted. The children who have made it to these homes and centers crave the love and affection that volunteers have the time and energy to give. This is where your help is most needed. Volunteers also organize occasional trips out from the orphanage and sometimes assist with fundraising events.



This is a fun project for anyone who loves working with children. The kids are very enthusiastic and always keen to learn, play, and interact with volunteers. Our volunteer programs in Uganda are suitable for anyone interested in making a difference in the lives of the disadvantaged children in Africa.

b) Education/Teaching – teacher placement or acting as a teaching assistant in a local school or an adult education program

Through MACERUDET, you can get involved with a complete range of teaching and development activities. You can help in taking normal classes, assisting the teaching staff, conducting extracurricular activities like clay modeling, painting, drawing, singing, art & drama, dancing, group work, games or other similar activities. Your help and assistance will be greatly appreciated in the schools or children centers in our community and will be a refreshing change to existing curriculum.



You don't have to be a teacher to volunteer on our Teaching projects. There is no need to have a TOEFL qualification to gain work experience in any of our schools (for subjects other than English, where

some certification is required; see underneath section). You don't even need to speak the local language where you are going. The program is open to all volunteers whether you are on a gap year, at university or wanting a career break. All we require is a good standard of spoken English.

English Classes

The community has shown great interest in learning English from our international volunteers, most of whom speak English as a first or second language.

We teach English to a wide variety of ages, ability levels, and professional orientations. Yet one of the most unique aspects of our Saturday/Weekly Evening classes is the incorporation of a cultural exchange element, which allows locals to learn about the diverse cultural backgrounds and customs of our volunteers while enriching volunteers' own understanding of the local culture.

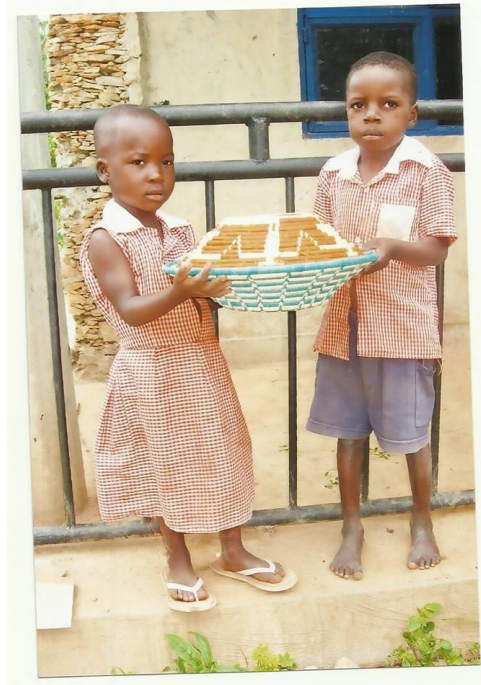


We are always looking for people with **TOEFL or relevant certification qualifications or previous teaching experience** to manage our English programs by coordinating with local counterparts regarding new and existing courses, preparing appropriate lesson plans, teaching classes, and training other volunteers who are interested in supporting this initiative.

School Murals

The murals we paint are directed towards local schools to help raise awareness on key issues such as personal hygiene, recycling and environmental preservation.

We are helping to make schools brighter, more interesting and more colorful places for kids to study by painting murals that engage students in important themes concerning general youth development and healthy lifestyles. Depending on the needs and desires of the schools, themes range from recycling and proper hand-washing techniques to promoting school spirit. These projects are a fun way for volunteers to engage the community and leave behind an image that has a lasting impact.



Coaching Sports & Recreational Activities

If you love sport and adventure, you're in the right place. Sporting Opportunities gives you the chance to volunteer in Africa, with other likeminded people and coach sports to children from disadvantaged backgrounds.

The Sports & Recreation Program collaborates with local communities to promote healthy lifestyles amongst local children/youth through teaching basic skills and tactics of football (soccer) and volleyball as well as teaching music, dance moves and drama. Given the lack of adequate recreational opportunities available to kids in the villages, our programs seek to provide at-risk children and youth with a safe environment where they can practice these activities in order to make productive use of free time. In addition, we emphasize important core values like mutual respect, trust, fair-play and self-esteem as well as sportsmanship, teamwork, and leadership. Volunteers contributing to this program will plan and lead practices of understanding the activity.

You don't need to be a qualified coach. You don't need to be a pro-sports star. You just need bags of enthusiasm and to be passionate about sport.

HDV sports projects are perfect for gap years, career breaks and volunteer holidays abroad and include football, soccer, rugby, cricket, hockey, netball, basketball, tennis, boxing, golf, baseball, martial arts, volleyball, swimming, athletics and more.

Volunteering abroad in Africa on one of MACERUDET sports programs offers you the chance to pass on your passion for sport, whilst playing a vital role in the personal development of the children and young people you will be coaching. Through our programs, sport is used as an effective tool to educate disadvantaged communities and to help raise awareness of important health and social issues.

It is our goal to ensure that MACERUDET has a richly rewarding experience— personally and professionally.

2. Community Development Initiatives

Volunteers wishing to get involved in one of our Community Development Initiatives (CDI) will work as part of a team dedicated to a particular project pertaining to one of our four main program areas:

- Education
- Youth Development
- Community health care program
- Home Environmental Sanitation

These volunteers have the chance to interact directly with the community by preparing and coordinating workshops and activities with local counterpart organizations, community groups, **government agencies, and NGOs** whose goals are closely related to those of MACERUDET. They are also actively involved in the execution of educational training workshops and project monitoring and evaluation. MACERUDET's Community Development Initiatives provide volunteers the unique opportunity to continuously improve program parameters and best practices. Our programs are constantly enriched by the participation and insight of volunteers with a wide range of experience and educational backgrounds.

Community Development – placements might be building a school, setting up a water treatment facility, attending to the medical needs of the community or planting trees.

Community development is one of the most diverse and rewarding volunteering experiences, providing volunteers to get involved with a huge range of activities from construction, to teaching abroad and even home environmental sanitation. Whether you're working in a children's home or with remote tribes in any other African country, community development volunteering offers the chance to discover many different aspects of volunteering and make a truly positive impact on the lives of others.

Bring your community and social development skills overseas and work with leading local grassroots non-government organizations and community based organizations that are creating an impact at the grassroots level. Help advocate, develop programs, monitor and evaluate success.

Many of our volunteers work collaboratively with our local partners to identify areas of need within a community. On occasions this includes providing appropriate technical support to develop practical goals and achievable programs.

Community development volunteering is also a way to have a completely authentic cultural experience as you live and work alongside the local people. MACERUDET Volunteers' projects are incredibly varied, flexible and constantly evolving so you'll be able to help where it's needed most and see the real value of your contribution.

With our diverse experience in running community development projects in Africa, MACERUDET can find the ideal placement for you, wherever you want to go and whatever you want to achieve.

Volunteer on one of our community volunteering projects and get the chance to fully immerse yourself in a new culture within communities that need your help. Through our community volunteer work projects we help to facilitate sustainable development for disadvantaged, marginalized, and poorly educated members of society by utilizing local resources and by providing them with the education and skills they need to empower themselves to be self-sufficient.

Communities across the world face a wide array of problems; little or no available education, no access to skill development, inadequate housing, poor sanitation, unobtainable medical help; the list goes on. Get involved and lend a hand to help poverty stricken communities throughout Africa.

3. Community Construction

If the idea of getting your hands dirty and offering your manual labour appeals, then MACERUDET's building projects could be the most rewarding volunteer travel option for you.

By becoming a building volunteer in Africa, you can get involved in some of our most fulfilling projects. Get your hands dirty and watch your efforts transform an area; see with your own eyes the difference a building project makes to the community. Volunteers who indicate their desire to work in construction enjoy a wide variety of projects to choose from every week. This is the most flexible branch of MACERUDET operations, as volunteers may choose to work on different projects every week or, alternatively, work on various stages of one project through to completion (assuming they are able to stay throughout the duration of the project). Although certain projects often present unique needs and challenges, there are several core areas (and corresponding activities) you will likely find yourself contributing to at some point during your service.

Projects vary from constructing and repairing houses, schools and sanitation blocks for underprivileged families, orphans and children to building ramps for disabled wheel chair access and even learning environmental and traditional building techniques, we have worthwhile

building projects where you can drastically improve people's quality of life and change communities for the better.

As a MACERUDET Construction Volunteer you can work on:

- Site Preparation (demolition, digging foundations, clearing rubble, etc.)
- Building (Mixing and pouring concrete, bricklaying, carpentry, plumbing, etc.)
- Community Beautification (planting trees, landscaping, community cleanups, painting murals, etc.).

You can transform families' lives by being a construction volunteer, building them a substantial



Construction of Student dormitories

house that will really feel like home. With a little bit of hard work you can provide families with hope and launch them into a new cycle of promise and progress.

Volunteer work side by side the locals' on-going brick construction and water building projects in the community. Volunteers needed for manual labor jobs working alongside skilled and unskilled local workers.

Volunteers do not need prior experience, but *skilled workers* are very welcome. By volunteer building you don't need to be a builder by trade. This is a very hand on, hands dirty sort of program. Enthusiasm, a good sense of humor and helping spirit are required.

Become a building volunteer today and build for a better future. You just have to let us know where you want to go and we will take you there and information is available for you. Whatever your interest, rest assured you'll get your hands dirty from the start!

4. Home Environmental Sanitation Program

MACERUDET's Home Environmental Sanitation Program aims to develop initiatives that support locals in the improvement of their homes and neighborhoods as well as providing them with basic sanitation facilities. We are currently engaged in fruit tree planting initiatives at schools and homes that give volunteers the opportunity to contribute to environmentally friendly

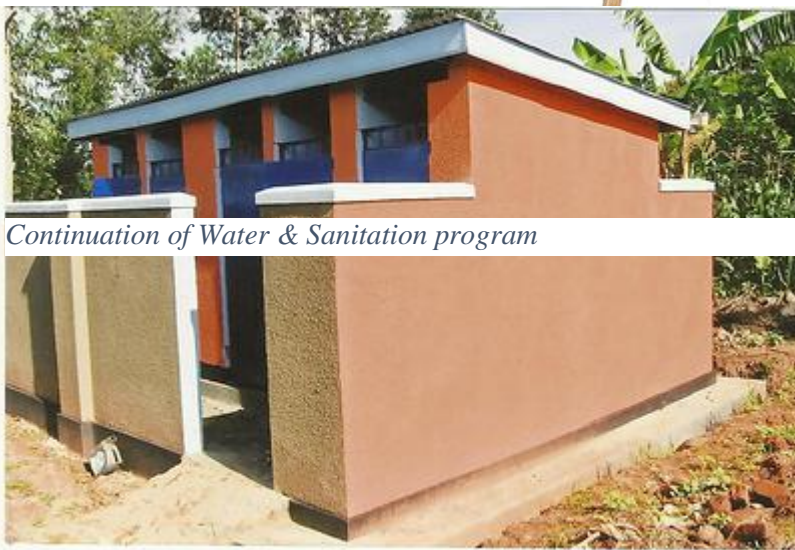


Construction of water pipe system

projects that are made sustainable through education and inclusion.

5. Health/Medical Projects

Do you hope to study medicine, nursing, dentistry, or physician assistant studies?



Continuation of Water & Sanitation program



Are you looking to get your feet wet in the hospital environment, to build upon your previous experience, or to expand your knowledge of the global healthcare community? The opportunity is there open for you at our local community health unit called BusaawaMmanze Health Center III.

MACERUDET aims to fight the deadly epidemic diseases by educating the communities where they are serving about awareness and prevention. You can improve health care and living conditions for people in need in Africa. MACERUDET offers dedicated global health internships and placements to undergraduate students and college students, who want to gain important practical experience, help supply medical assistance to those living in underprivileged areas and gain an in-depth understanding of how basic healthcare can be delivered with extremely limited resources.



Medical and healthcare projects are vital for those in developing communities to get access to life saving resources, these projects also help to raise awareness to protect and educate people on important health care issues and preventions. Depending on interest and experience, the task that volunteers will take part in will vary from day to day, and project. But whether shadowing professionals, helping with admin, carrying out procedures each project will offer the chance to

make a valuable contribution to the lives of other.

B. Volunteer Life at Uganda

MACERUDET volunteers enjoy an extremely unique experience not only in the work they do but also in the atmosphere they live in.



The beneficiaries of our projects will welcome you into their community with open arms. You will be made to feel at home and you will taste all the different cultural foods, see their dancing and have the opportunity to join in. The community

always enjoys having visitors and will be *very friendly* towards you. They can take you for walks to see the monkeys and other natural living things within the area and you can learn about the various local medicinal plants. Uganda has plenty for you to be doing and seeing during your time off, from white water rafting to on foot safaris. *The hard work volunteers put in during the week undoubtedly warrants some fun and relaxation during evening free time and on the weekends.* During the week we organize a variety of activities for volunteers in the evenings. We often play football (soccer), cards and board games or chill out around the bar or go out for a dance getting to know fellow volunteers from around the world.

Schedule

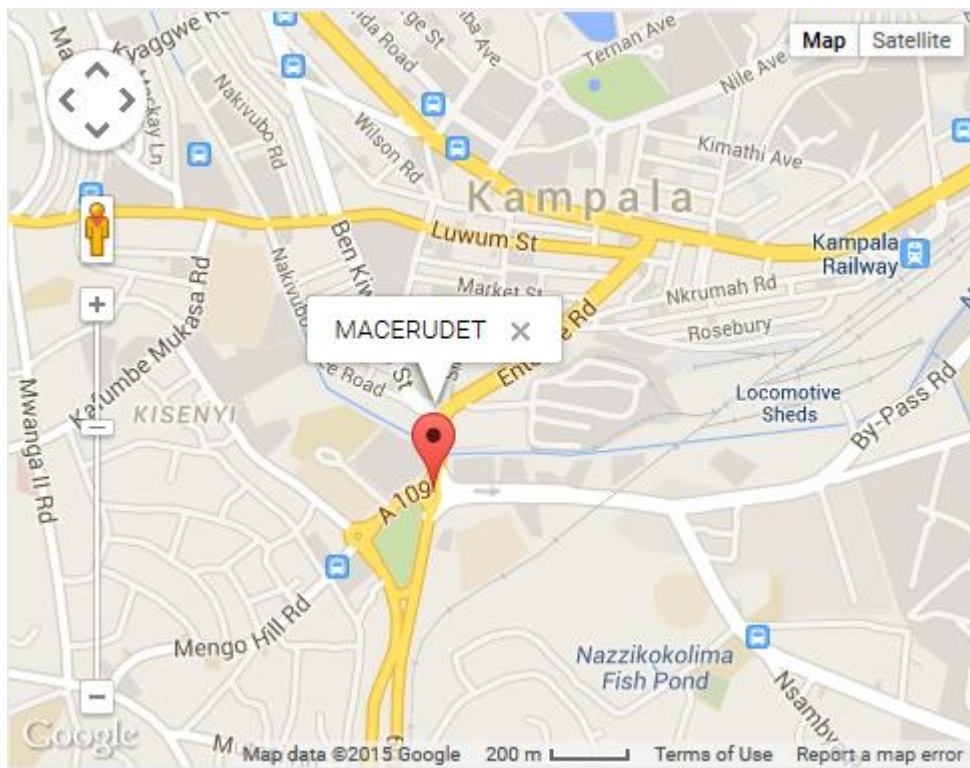
Volunteers work Monday through Friday. Every weekday morning, breakfast is served from 7:30 a.m. to 8:30 a.m., and at 9:00 a.m. on Saturday. The workday generally finishes around 4p.m. and dinner is served at our headquarters from 7p.m.-9p.m. All national public holidays are free time to our volunteers. On such days the volunteers are free to move anywhere to tour our abundant tourist centers like the Kasubi Tombs, The Uganda Wild Life Centre Entebbe Zoo and The Source of the Nile, to mention a few.

Accommodation and costs

MACERUDET volunteers are accommodated at our volunteer house where they are looked after at a cost of USD 500 for the first month of their stay with us paid on arrival through our bank. This fee includes airport pick up, accommodation, feeding, orientation week training and laundry. The next months we charge 300 USD per month for feeding, accommodation and laundry services. We also provide free local language classes to our volunteers and drop back to airport is free. Secondly, we provide free medical care for our volunteers at our local health unit should they get minor health problems. But should the problem need referral the volunteers will meet all the expenses incurred. Student volunteer are given a ten percent discount from the costs when they come in a group of more than five students at a time.

Talk to us Today!

We provide to people of all ages and backgrounds with opportunities to have an active part in helping develop a local community, and accept donations to improve standard of life for people living in Africa. We make it possible to see what your money has specifically done for the local people and how it has helped them and their community. MACERUDET recruits and places foreign volunteers with community based projects and schools. Through our volunteer placement program, we aim to build the capacities of local projects and raise awareness around the world about the successes and challenges of life in Africa at large and Uganda in general.



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