



Is international volunteering right for you? This document will give you a brief outline about volunteering with the **East African Playgrounds** in **Uganda** next year. Please read this information carefully. You can apply directly My Hub by clicking on the Apply Now button on the website or [click here](#). Application deadline is Sunday 11<sup>th</sup> November 2018.

## Project Information



The Gorilla Trek is the ultimate African adventure allowing you to explore, discover and develop the incredible country of Uganda. You will get to explore the natural beauty of the country over a five-day trek. Taking part in trekking and canoeing across the lakes and foothills of western Uganda, you will experience every terrain the world has to offer. You will canoe across lakes, climb over mountains, trek through rainforest, and experience stunning scenery at every turn of the journey. The highlight of the trek will be to discover the last remaining wild silverback gorillas, feeling like an intrepid explorer as you walk paths no one else has walked to find them. You will spend an hour in the company of the gentle giants, and

contribute to the conservation of this critically endangered species by visiting.

The second part of the project will see the group develop a local community, by transforming an empty playing field into a safe, fun and exciting playground for children to enjoy for generations to come. Living and volunteering within a local community, you will help transform a community school by building an amazing new playground with a team of trained Ugandan builders and welders. You will also assist on our creative play programme to inspire children at a school to learn, explore and develop themselves.

The project is run by a UK registered charity, East African Playgrounds (EAP). They have a simple but effective structure; they develop relationships with East African charities and schools, visit potential sites and assess the suitability and feasibility of building a playground.

The playgrounds are built from metal sourced in Uganda and their Ugandan playground welders will make the playground from scratch whilst the volunteers are led by the site manager to clear the land, dig foundations holes, cement the structure in place and paint the finished playground.



EAP and the volunteering team at Leeds Beckett will provide all of the relevant training, preparation and fundraising assistance for all volunteers prior to the project.

Your team leader this year is Jane Halloran, Jane works as the sport business manager in our Sport & Active lifestyles department. Jane has travelled throughout East Africa and is passionate about primates. She is looking forward to spending time with East African Playgrounds and forming a strong team.

## Accommodation

Warning! Volunteers will experience extremely basic accommodation on this project. Living conditions in Uganda are basic but comfortable with long drops for toilets and mostly bucket showers. Accommodation is shared tents or classroom-turned-dorm rooms, with mosquito nets provided. This will allow you to get to know your team well and help you to get stuck in with the Ugandan culture in every sense. Volunteers will live communally in a school hall on the playground built with mattresses and mosquito nets provided. Please remember the reason behind this; you are helping create playground facilities for poor and rural towns and the joy that you see when the children enter their new playground for the first time will make any sacrifices worthwhile! There will always be a member of EAP on-site, plus your team leader.

EAP and the international volunteering team at Leeds Beckett will provide all of the relevant training, preparation and fundraising assistance for volunteers prior to departure. The volunteer team will then travel out to Uganda for a challenging and rewarding three weeks volunteering. There is also the option for an additional week of free travel, to be organised independently.

**Project dates:** 30<sup>th</sup> August – 19<sup>th</sup> September 2019

**Duration:** Three weeks volunteering plus optional independent travel

## About the organisation



East African Playgrounds (EAP) is a UK registered charity and international NGO, focused on East Africa, primarily Uganda. Children need to play to access their childhood, allowing them to gain all the developmental benefits that play has to offer giving them the tools for future success.

East African Playgrounds strives to ensure every child can access their right to a childhood and that no youth is left without the skills to develop. East African Playgrounds take an innovative child-centred approach to education and use the power of play to transform the lives of children through their play programs.

Working with disadvantaged young adults, lacking formal education, East African Playgrounds provide apprentice programs to develop young people's skills, knowledge and experience to enter the work place with a trade, skill and greater confidence.

A dynamic, fast growing charity that in the past 9 years have become the leading play-based charity in East Africa, resulting in their impact being recognised by UNICEF and the Ministry of Education and Sport.

By taking a collaborative approach, their beneficiaries in Early Childhood Development (ECD) centres, Primary schools and Child Friendly Spaces in refugee settlements benefit from a holistic approach to their development, creating wide enjoyment and impact from their high quality, fun, safe playgrounds and interactive play training programs.

## About the volunteer role

East African Playgrounds is a UK registered charity that aims to change the lives of children across East Africa by developing children's learning opportunities and environments. You will work alongside local communities to build stimulating and exciting playgrounds, run arts and games programmes as well as developing long-term employment and training opportunities for young people across East Africa.

### **On the Trek:**

You will be part of a group who will cover over 25 miles of Ugandan terrain over 5 days. You will experience every terrain the world has to offer. You will get the opportunity to canoe across lakes, climb over mountains, trek through rainforest, and experience stunning scenery at every turn of the journey. The trek is tough, but manageable, with regular breaks taken throughout each day to ensure everyone is able to keep up – regardless of starting fitness level.

## Playground build volunteer role(s):

- Live in a rural community outside Jinja in Uganda
- Work alongside Ugandan staff to build a playground for the community that is hosting you
- Digging foundations with basic hand tools
- Sanding metal work which will be placed and welded by the Ugandan staff
- Painting and decorating the playground in line with the communities wishes
- Arts, play and sports activities with the young people from the community



## Pre-Departure Activities and Commitments

There's quite a lot for volunteers to do before departure. If you are interested in applying, you must make sure that you will have enough time for the project in between your studies and your work.

After your team has been recruited, there will be a compulsory team briefing and you will need to fundraise, some of which will be with your team, and some you will probably do on your own. There will be other compulsory team meetings to help prepare you for the experience. The team meetings will discuss essential health information and lots of other things to help prepare you about what to expect as a volunteer in your chosen project. Although it's not spread evenly, we'd recommend allowing an average of two hours a week from when you find out you get a place to departure. This includes:

- Attending regular team meetings (every 4-6 weeks)
- Keeping in contact with your Team Leader
- Providing key documents to the volunteering team as required (e.g. Passport)
- Completing DBS checks or visa applications
- Ongoing fundraising activities
- Planning project resources and objectives

## Key Dates

<b>24<sup>th</sup> September 2018</b>	East African Playgrounds at City Campus, Gateway, Leslie Silver Building (10 – 3)
<b>25<sup>th</sup> September 2018</b>	East African Playgrounds at Headingley Campus, Student Hub (10 – 3)
<b>Application deadline</b>	Sunday 11 <sup>th</sup> November 2018
<b>Selection Event</b>	18 <sup>th</sup> November 16:00 – 18:00 Headingley Campus, Jubilee Room, James Graham Building
<b>First team meeting</b>	30 <sup>th</sup> November 2019 16:00 – 18:00 Caedmon G03, Headingley Campus
<b>January – July 2019</b>	Compulsory team meetings (dates TBC)
<b>Saturday 6<sup>th</sup> April 2019</b>	The Big Abseil event

<b>Saturday 11<sup>th</sup> May 2019</b>	Yorkshire 3 Peak Challenge
<b>23<sup>rd</sup> May 2019</b>	Fundraising deadline
<b>Project</b>	See dates below
<b>Optional travel time</b>	You must decide whether you wish to remain in country for one week following the end of the volunteering project.  <b><i>This must be confirmed by the first team meeting in December. If not, an immediate return will be booked and you must cover any additional costs to change your flight.</i></b>

## About the project

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### **Project dates: 30<sup>th</sup> August – 19<sup>th</sup> September 2019**

**Travel** –Transport is arranged for you to travel as a team from Leeds Beckett University based on immediate return after volunteering. Your project fees include travel between Leeds and the departure airport only, and unfortunately, we cannot make exceptions/alternative arrangements if you require another pick-up and/or drop-off point. If you are travelling independently, you may have to make your own return journey to Leeds.

**Volunteer support** – Each volunteering team has a Team Leader who is a Leeds Beckett member of staff, as well as an in-country coordinator. Thorough risk assessments and careful planning is undertaken to ensure your experience is safe from start to finish. The International Volunteering staff at Leeds Beckett will also be on-call 24/7 whilst you are volunteering in Uganda, though point of contact will usually be via your Team Leader.

### **Accommodation –**

**Project specific:** Warning this will be very basic! Volunteers will be housed as a group in very basic accommodation. Whilst you are trekking, you will be journeying between various campsites, and sleeping in single-sex tents of four with foam flooring. The tents and your luggage will be taken between campsites by our support vehicle, meaning the campsite will be ready for you upon your arrival each evening. You'll be cooked for by a variety of host families along the way, experiencing the best of Uganda's traditional foods as well as the delicacies of some of the country's finest tourist hotspots, including the 5-star chameleon lodge.

Whilst volunteering, you will be living at the school. We ask the school to provide you with accommodation, so often it is an unused classroom, which we turn into a dorm room for you. This is most often in the form of mattresses on the floor, with mosquito nets over the top. This is basic but surprisingly comfortable, and after a hard day's volunteering you'll sleep better than you have in your life. You will have a cook living with you who will provide your three meals a day plus a well earned fruit break in the morning. She will cook for you a great mix of traditional Ugandan food but with a touch of food from home. On both the trek and the playground, the cooks are trained in dietary requirements and so can cater for everyone's needs. The food in Uganda is fantastic, and often receives 100% feedback rating from our volunteers upon the completion of their project!

**General:** With all our international volunteering projects, please remember that we are working with not-for-profit organisations and accommodation will be different and more basic than that of U.K. and westernised standards. Please be prepared that there may only be cold water showers, basic sanitation facilities and limited electricity, with intermittent WiFi access in some places. Insects, extreme weather (hot, cold, wet, humid) and no air-conditioning should be expected.

**Food** – meals will be provided and plentiful. Ugandan cuisine is basic but caters for most needs. Most main courses are based on potatoes, rice and beans with meat or fish but you can also expect some fantastic fruit.

**Average volunteering day on trek** - You will be part of a group who will cover over 25 miles of Ugandan terrain over 5 days. You will experience every terrain the world has to offer. You will get the opportunity to canoe across lakes, climb over mountains, trek through rainforest, and experience stunning scenery at every turn of the journey. The trek is tough, but manageable, with regular breaks taken throughout each day to ensure everyone is able to keep up – regardless of starting fitness level.

**Average volunteering day on building project** – breakfast at 7am, work from 8am – 1pm, lunch 1pm-3pm, work 3pm – 5pm, dinner 6pm and free-time in the evenings. Three afternoons a week, volunteers will help run play workshops on various subjects; these will definitely include games and play-work activities with the school-children, as well as activities including arts and reading.

**Challenges** - You may feel a sense of culture shock when arriving into the new community. Volunteering can be a challenge and third world conditions can leave you feeling a world away from home. It is completely normal to feel uncomfortable and out of your depth at first. By the end of the project, we find our volunteers look back upon the challenges as their proudest moments and they feel as though they have a second home in their volunteering country. The interaction with local people and learning about local culture is what our volunteers come to cherish most from their time in the local communities.

### Other important information

*If you are considering applying, please consider the following points:*

- Dress code is very important in this country and volunteers are expected to wear appropriate clothes at all times when volunteering. Women need to be especially careful about not revealing too much! We will brief you fully on what is required.
- As with most volunteering projects there are often last-minute changes to the programme, either before departure or perhaps on a day-to-day basis with the host organisation. Volunteers need to be patient, flexible and understanding about the fact that arrangements can sometimes change last-minute and sometimes things do not run exactly to plan.
- Unfortunately, the experience will not always be fun and volunteers often find certain aspects of their trip challenging. Living 24/7 with other volunteers can present its own surprising challenges too, but don't worry, we expect that most volunteers will have an amazing time, and we have team leaders on hand to support you.

### Fundraising

Fundraising for East African Playground is a requirement to being accepted on the project. In addition to the project fees, you also need to **fundraise £1100**. Many of our previous volunteers have had great success fundraising, and some have continued raising money after returning because they have been so inspired by the work of the organisation. We'll help you with your fundraising and encourage you to work as a group. Your Team Leader will help encourage you, and try to coordinate group activities to help you all reach your targets. Previous fundraising examples include cake sales, abseils, sponsored walks, charity nights and even approaching companies for donations to raffle. We have lots more suggestions and will cover ideas in one of our team meetings, and provide resources for you to use, plus you can look online for other recommendations.

**Fundraising deadline: 23<sup>rd</sup> May 2019**

### **Breakdown of fundraising**

We believe in the importance of transparency and are proud to show you where every penny you raise goes. Your £1100 fundraising goes towards East African Playgrounds, who employ over 40 disadvantaged

young adults, and have built over 100 playgrounds across Uganda, Rwanda and Kenya, including 10 playgrounds in refugee camps, helping some of the most vulnerable children in the world

Anything over and above the minimum fundraising target, up to the cost of your flight, can be reclaimed by you.

Beyond raising money for the organisation you are volunteering with, fundraising looks fantastic on your CV! It shows prospective employers that you have are confident, have strong marketing and communication skills, can manage events and many other skills.

Each year, to help volunteers with their fundraising targets we organise some events. This year we will be organising a Yorkshire 3 Peak Challenge and a Big Abseil off Portland Building.

**Minimum fundraising target: £1100**



### Project Fees

The project fees are £2000 plus £1100 Fundraising. However, all volunteers are eligible for our Global Engagement £250 bursary\*, which means:

**Total FEES payable £1800, *plus* your FUNDRAISING target of £1100 = £2900**

#### What **IS** included in your project fees:

- Transport between Leeds Beckett University and a U.K. airport (*based on immediate return*)
- Return flights to volunteering country
- Transport from destination airport to volunteering site
- DBS check
- Accommodation whilst on Trek & volunteering
- Breakfast, lunch and dinner each day on Trek or volunteering
- Travel insurance (subject to eligibility)
- 24-hour support
- Pre-departure training
- Branded Volunteering 1 x hoodie & 2 x t-shirts

#### What **IS NOT** included:

- Any costs for free-time activities (non-volunteering time)
- Ugandan visa cost (approx. \$50 - £40)
- Any additional independent travel, food and accommodation costs (e.g. weekend activities, eating elsewhere or sight-seeing costs)
- Personal spending money for free-time (non-volunteering time)
- Vaccinations – Visit [www.gov.uk/foreign-travel-advice](http://www.gov.uk/foreign-travel-advice) for details on essential and recommended vaccinations

### **FEE Payment Deadlines £1800 payable**

Category	Total Cost (£)
Deposit ( <i>non-refundable</i> )	£200

Remaining balance (less deposit) <b>To be paid at least 3 weeks prior to departure</b>	£1600
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**FUNDRAISING Deadline £1100 payable**

Minimum donation <b>23<sup>rd</sup> May 2019</b>	£1100
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**Where your money goes:**

The largest percentage of your costs is for the long-haul flights and accommodation, which often are around 90% of the total fees. We often pay the money for food and accommodation, plus other associated costs directly to the charity host organisation and they do not make any profit from this money. This covers the cost of you being there, for to ensure you have a place to sleep and food to eat, but you are not paying to volunteer with the organisation.

You do not pay any Leeds Beckett staff costs as part of your fee. The Team Leader gives their time for free (using their personal annual leave) and, in return, their travel expenses are paid by the University.

This enables us to try to ensure that you have a safe and enjoyable experience, without worrying about transfers, directions and other logistics.

The breakdown in costs specifically for the East African Playgrounds Gorilla Trek are:

- Registration fee EAP - £200
- Gorilla Permit - £500
- Accommodation/Transport etc Uganda/UK - £600
- Flight - £700



**\* Bursary terms**

In exchange for the Global Engagement bursary, we would like you to submit three photos **and** one of the following within one month of your return to the U.K.:

- a) Blog *written whilst volunteering* (300 word minimum)
- b) Testimonial *when you return* (300 words min) describing the impact the experience has had on you
- c) Vlog (1 minute minimum)
- d) Video edit of your volunteering experience (1 minute minimum)

**How to apply**

Thank you for your interest! To apply for this international volunteering opportunity, please complete the application by clicking on the Apply Now button on the website or **click here**.

**Contact**

If you are having any problems please contact [volunteering@leedsbeckett.ac.uk](mailto:volunteering@leedsbeckett.ac.uk) / 0113 8123804

We look forward to hearing from you!