

AFRICA SUSTAINABLE TOURISM CARE FOUNDATION PROJECT DESCRIPTION LISTING

BRIEF DESCRIPTION OF THE ORGANIZATION

On 11th July 2014, Africa Sustainable Tourism Care Foundation (ASTCF) was officially registered in the registry of Non-Governmental Organization (NGO) Board with the Ministry of Internal Affairs of the Republic of Uganda as a grassroots, non-profit tourism NGO – (**Reg. No. S.5914/11282**) that strives for the biodiversity conservation and creating sustainable livelihoods and helping communities adapt to climate change in Uganda through a diverse and holistic sustainable tourism practices and other environmental sustainable businesses to alleviate poverty, fight gender inequality, empower local communities and encourage the conservation of cultural and natural heritage.

One of our program component is the humanitarian volunteer program which we established with an aim of hosting international volunteers to live with and work alongside with local people on sustainable humanitarian projects with the goal to help the local communities improve their standard of living.

Africa Sustainable Tourism Care Foundation works to promote ethical volunteering to maximize the beneficial developmental impacts in the communities where volunteering takes place, minimize the negative impacts and to ensure volunteers have a worthwhile experience. We do believe that International volunteers leave their mark in their host countries, not only by dedicating their time and energy to a community or conservation project, but also through the positive contribution they make in supporting local businesses, tourism operators, craftsmen and women, and the many jobs that are created and sustained by purchases they make, and activities they take part in while they are here. We therefore believe that when managed correctly, voluntourism ticks all the boxes when it comes to satisfying the criteria for responsible tourism, bringing visitors to areas of the country outside the traditional tourist routes, and providing a sustainable means for NGO projects to develop and employ local.

We offer a variety of educational and authentic volunteer abroad experiences - wildlife safaris, rural community insights, cultural immersion programs and volunteer projects including education, medical & health, sports development, entrepreneurship, women empowerment, micro finance, NGO administration, environmental conservation, community development and internship opportunities among others. Please see the full description of each project here below:

1. Education Project (Pre- School & Primary School Teaching)

Education in Uganda is seen as a privilege, and one that all in Ugandans strives to benefit from. In January 1997, the Uganda government introduced the Universal Primary Education (UPE) policy to provide free primary education to four children in every family, including orphaned and disabled children. As a result, the numbers of children attending rocketed particularly in areas where few could afford the privilege before. By the end of September 1999 six and a half million children aged 6-15 had enrolled for primary school education - one third of Uganda's total population. Total enrolment rates for all children have tripled since 1996 and the enrolment of children with disabilities, almost half of whom are female, has quadrupled. The overwhelming response nationwide posed some challenges concerning staffing, teaching and learning materials. Enrolment figures have risen from 2.5 million in 1997 to 6.5 million to date. In some parts of the Central regions of Uganda, the response was so high that some classes had to be conducted under trees.

Though tuition is free (for up to four children and all orphans), families are sometimes unable to afford other fees or expenses, such as for equipment and books. While quality education for both boys and girls is crucial in reducing poverty and promoting gender equality, many schools in rural areas are struggling with overcrowded classes, shortage of skilled teachers, shortage of resources such as text books and support materials; hence increasing illiteracy rates and unemployment among children of poorest families and communities.

- In remote rural areas of Uganda, the quality of teaching and learning is low, resulting in large numbers of children dropping out of school and completion rates averaging between just 13% and 17%. Poor quality teaching means basic skills are acquired very slowly. Many children only achieve basic literacy and numeracy skills after five or more years of education, when it should take just two.
- Barely 10% of Ugandan can afford further education after secondary school, due to the financial requirements of attending college or university. As a result, Uganda's booming Universal Primary Education (UPE) system is bursting at the seams, with no new teachers to accommodate the influx. With no school fees being paid, there are simply not enough funds to hire new teachers or for resources.
- Special education teachers in areas such as Deaf education, Sign Language, visual and mental impairment are inadequate and non-existent in most primary schools.
- The classrooms are always too congested. In some areas classes are conducted under mango trees.
- The current ratio of teacher to pupil is 1:110. This is extremely high and not conducive to proper learning and good standards. With this ratio, the children with disabilities who need special attention simply get "swallowed" in the congested classrooms.

Teaching is an immense privilege, inspiring young minds and seeing them grow can be one of the most exciting things a person can ever do. If you are already teaching or if you are considering a career in education our teaching project has a great range of volunteering projects where volunteers can develop their experience and use their skills to help children in Uganda.

Although these kids live in tough situations of poverty, they are extremely polite, cheerful and friendly, and are eager to learn. Teaching is a direct way to make a huge difference in their lives, impact educators, and contribute to the academic development of poor schools. The Teaching

project offer participants with both valuable life-changing experience and an opportunity to make a difference.

Volunteers Role:

Volunteers in this field work alongside local teachers or on their own; at preschool, they teach basic English skills, and carry out basic childcare duties; at primary and secondary, they teach core subjects, such as English, mathematics, science, and can initiate extra-curricular activities after school such as art, music, theater, sports or gardening; they may also carryout small and manageable community groups or individual tutoring outside class for adults. Participants should not count on teaching resources being available and many classes may have large numbers but it is a challenge that is highly rewarding.

Important Note: Ugandan school holidays are in April, August and December. During this period, volunteers can take a break, travel, engage in tourist activities like safari, or participate in another placement (assist in the renovation of the school including painting, decorating and mending desks), or work on children's centers, youth and women projects.

Who is Eligible for this Program?

No specific qualifications or previous experience is required to join Teaching Project. However, volunteers with an Educational Profession or who are native English-speakers are highly preferred. Participants should bring both enthusiasm and humility to their projects. Volunteers are expected to be independent and creative, bring ideas to the table, be respectful to organization leadership and work collaboratively.

2. Medical & Health Project

Life in Ugandan community is no different to other regions of Africa and poverty still has a large impact on the quality of life the Ugandan people are able to enjoy. One of the largest problems Ugandan communities face through is a lack of medical knowledge, supplies and education. The Medical & Health Project encompasses a number of fields and medical professionals and students are sorely needed. Our priority health program areas include HIV/AIDS, adolescent sexual reproductive health, and community health (mitigation of malaria and other diseases), building the capacity of rural communities in their efforts/initiatives towards improvement of sanitation and hygiene among others. This project aims to increase healthcare for rural people, decrease the prevalence of endemic diseases and improve village health by providing public health projects and promoting health education.

Volunteers Role:

The volunteer's duties will vary depending largely on the volunteer's background and skill. Volunteer work on this project includes assisting with the running of a local health clinic where you will be involved with helping treating of malaria, Tuberculosis and Syphilis which are the most common health ailment in Uganda. For example, if you are a registered nurse, medical doctor, lab technician, and paramedic or have a trained medical skill then you can participate in patient care such as diagnosing, injections, IV starts and lab work. If you are a mid-wife or gynecologist then you can work in the maternity ward assisting with prenatal and antenatal care. And if you are someone with

some educational background in public health, then you can also participate in this project by helping the staff to record injections or immunizations, helping to dispense medications, **giving educational seminars** on nursing skills, nutrition or any other subject that you may think of in relations with community health care. You will also be conducting lessons to the Ugandan rural community groups on the dangers of HIV and how to prevent themselves from getting infected, home visits, counseling and testing services for HIV and AIDS.

Who is Eligible for this Program?

To join the medical & Health Project you must have certification or proof of experience in a medical field, such as a medical student ID, EMT or paramedic certification, or nursing or physician's credentials. Due to the health risks involved, volunteers who are not properly trained in healthcare cannot support this project.

3. Biodiversity and Environmental Conservation Project

Uganda depends heavily on environment and natural resources. Future sustainability in agriculture, food security and general livelihoods relies significantly on environmental conservation and sustainability. However, the country is subjected to environmental problems which put the economic, environmental and social development at risk. These include soil degradation, deforestation, drainage of wetlands, loss of biodiversity, pollution and unsanitary conditions.

Many of these problems are associated with poor management of water resources, poor farming methods, demographic pressures leading to land scarcity, and lack of efficient energy sources; resulting into food insecurity arising from drought and floods, outbreak of diseases such as malaria, water borne diseases associated with floods and respiratory diseases associated with droughts, and heavy rainfalls which increase land degradation.

In Uganda, the continued environmental degradation has remained a big threat and causing severe problems for the local communities and the country. It is recognized that this challenge could only be overcome through community led efforts to conserve biodiversity and its use for sustainable livelihoods. The environmental conservation project offer participants with both valuable lifechanging experience and an opportunity to make a difference.

Volunteers Role:

Volunteers in this field do hands-on work and have a direct impact on the preservation of the environment in the host communities. Participants may help to integrate environmental curricula in schools; promote sustainable utilization of natural resources— proper sanitation practices and alternative energy practices; promote environmental awareness activities— wastewater management, recycling, environmental youth clubs and park management; as well as promoting environmental approaches— sustainable agriculture, fuel efficient stoves and various agri-business strategies.

The project provides international participants with the opportunity to gain firsthand experience in agro-forestry, tree planting and reforestation, with focus on the Western Uganda Highlands. The program brings together international volunteers on a regular basis to construct nurseries both with schools and communities, transplanting trees to degraded forest sites and train communities on agro-forestry techniques. Some of the activities are season oriented.

What does the Project do?

The project assist communities throughout Uganda with the design, establishment and management of tree nurseries, tree planting programs, and reforestation activities. This will reduce pressure on the natural forest and thus contribute to forest and wildlife conservation in the region, while creating sustainable livelihoods for community members. Education contributes to increasing environmental awareness in the project areas and Uganda at large.

Highlights

Contributing to reforestation, rehabilitation of degraded forest land and forest conservation; working with local communities; training and assisting local people with tree nursery establishment and management, tree planting activities, local celebrations; visiting primary and secondary schools, assisting with conservation education activities; and of course experiencing life in one of the most special biodiversity hotspot (plants, birds, butterflies!) areas.

Job Description

This volunteer program has five main components:

- Nursery site identification: a survey of schools, individuals and farming groups interested in tree planting is conducted all year round. This survey is carried out in close collaboration with schools/ farming groups in Uganda.
- Tree nursery establishment: this is conducted in schools and communities. Tree nurseries are best established in the months of February and March, but can still be done anytime of the year. During the establishment of nursery, schools and communities involved are trained on nursery design, construction and management. Prior to the nursing of seeds, seeds are treated, a shade and fence is constructed. A bare-stem nursery is jointly prepared by the locals, staff and volunteers.
- **Education on Agro-forestry techniques**: this is conducted in school and communities throughout the year. The education is focused on the importance of agro-forestry and tree planting, training on agro-forestry techniques, and characteristics of agro-forestry seeds.
- ❖ Tree transplanting: begins three months after nursery establishment which marks the starts of the raining season, therefore transplanting is done in the months of April, May, June, July, and August. Nevertheless, this can still be done any time of the year. During transplanting locals are assisted by staff and volunteers. Trees are transplanted meeting environmental needs of the community.

Who is Eligible for this Program?

No specific qualifications or previous experience is required to join the environment conservation projects. However, volunteers with special expertise are highly preferred. Participants should bring both enthusiasm and humility to their projects. Volunteers are expected to be independent and creative, bring ideas to the table, be respectful to organization leadership and work collaboratively.

4. HIV/AIDS Prevention Project

Uganda is at the heart of the sub-Saharan HIV/AIDS pandemic. An estimated 25.4 million people are living with HIV and approximately 3.1 million new infections occurred in 2004. In 2004, an estimated 2.3 million people lost their lives to the disease. Uganda is home to more than 1 million AIDS orphans. Widowed mothers and elderly widowed grandmothers are the predominant heads of households.

HIV/AIDS results in a progressive depletion of the immune system leading to immune deficiency. The weakened immune system is vulnerable to secondary diseases. Access to medical care is nonexistent for many Ugandans where almost half the population lives in absolute poverty.

Most rural areas are severely lacking in services and HIV/AIDS awareness. Nearly every family in the rural villages has had someone who is sick or has died from AIDS. Hence education continues as a primary weapon in the fight against HIV/AIDS. Awareness programs are provided at the community level, to schools and institutions, and at the personal level with individual counseling and home visits. Music and dramas by people living with HIV/AIDS and educational films are used.

This Project is divided under the following categories and volunteers are free to participate in all areas as they wish.

a) HIV /AIDS Education and Awareness

This project focuses on providing culturally sensitive methods of awareness raising and education with the goal of preventing transmission of the disease within the target populations. There is a great lack of HIV/AIDS awareness among the rural indigenous community and especially among the youth in primary and secondary schools. We sensitize people about HIV/AIDS prevention with primary focus on young people. By means of IEC (information, education and communication) we try to reach as many people as we can through seminars, workshops, drama/video shows, written material and various other means. Volunteers participating in this project will visit local communities to educate them about prevention, transmission and the reality of HIV/AIDS.

b) HIV/AIDS Counseling Training (TOT)

Under this category, volunteers conduct training in HIV/AIDS counseling Training (TOT) in the endeavor to ensure efficient and effective service delivery as regards HIV/AIDS care and management. This is through equipping the participants with the comprehensive knowledge about the basic facts about HIV/AIDS, counseling skills, communication skills, positive living, disclosure, prevention of mother to child transmission of HIV, adherence among others. This training targets especially community health workers, nurses. HIV/AIDS care providers and the General Public.

c) Voluntary Counseling and Testing (VCT)

In close collaboration with the Uganda Ministry of Health and other NGOs we carry out voluntary counseling and testing to enable people to know their HIV/AIDS status, with the aim of reducing the further spread of HIV/AIDS in the community HIV testing generally runs on Mondays and Fridays at two different health center units. Volunteers with some medicals skills or first Aid skills are free to participate in this program, but also those with the counseling skills.

Therefore the volunteer's duties will include the following:

- ❖ You will be working on a "train the trainers" project in which you will train members of the community to become peer educators in HIV/AIDS, nutrition and to be counselors. This is very important as it will enable the education and sensitization programs to continue after you leave Uganda.
- The HIV/AIDS project also includes providing outreach to HIV/AIDS clients, which involves counseling, cooking, washing clothes, cleaning and delivering food supplies to those infected or affected by HIV/AIDS.
- ❖ You will also have the opportunity to assist in researching and searching for documented information about HIV/AIDS from the internet, Uganda AIDS commission, Uganda AIDS control project, Ministry of Health and any other local and international organizations that carry out HIV/AIDS activities. You will compile this information and assist in printing HIV/AIDS awareness materials such as booklets, handouts and brochures which will be given to the public to prevent the spread and reduce the stigma of HIV/AIDS.
- The HIV/AIDS Program focuses mainly on educating secondary schools, churches and other community groups about HIV transmission and prevention. The program also includes the provision of free HIV blood testing and counseling to schools and other members of the community.

Who is Eligible for this Program?

To join HIV /AIDS project, you must have certification or proof of experience in a medical field, such as a medical student ID, EMT or paramedic certification, or nursing or physician's credentials. Due to the health risks involved, volunteers who are not properly trained in healthcare cannot support this project. Participants should bring both enthusiasm and humility to their projects.

5. Construction & Renovation Projects

Although Uganda is endowed with abundance of natural resources, it remains a least developed country, with the lowest indicators of socio-economic development, due to extensive political and social corruption, and extreme poverty. The most affected population is the majority Ugandans who live in rural areas with poor infrastructures. Often roads, schools and health centers are extremely poor, with no clean water and poor sanitation.

There's urgent need of volunteers to boost the basic facilities and infrastructure for the people in poverty stricken communities. Projects vary from constructing and repairing houses, schools, care and health centers, toilets, and clean water sources for deprived local people; to learning traditional building techniques as well as initiating new appropriate and environmental friendly building skills.

The construction project offer participants with both valuable life-changing experience and an opportunity make a difference.

Volunteers in this field work in manual labor jobs alongside skilled and unskilled local builders to help with the construction work. The buildings are made using traditional methods and locally sourced materials. The construction techniques are also simple to master and are ideal for sites with limited facilities. No electricity is required at the site—everything is done by hand! Participants' task can include digging foundations, mixing cement, building walls, constructing a roof either with grass or iron sheets/tiles, plastering, painting and white-washing, landscaping, digging of trenches, refurbishing sports fields, brick laying, and construction of local huts.

Who is Eligible for this Program?

No specific qualifications or previous experience is required to join the construction/renovation project. However, volunteers with special expertise are highly preferred. Participants should bring both enthusiasm and humility to their projects. Volunteers are expected to be independent and creative, bring ideas to the table, be respectful to organization leadership and work collaboratively.

6. Women & Girl Empowerment Projects

Women in Africa, Uganda inclusive, are an economically disadvantaged group and rural women in particular are more economically disadvantaged. The lack of economic power of the rural communities, especially among women, is a major obstacle to long term development.

Although women have great contribution to the African socio-economic development, in Uganda, they still remain among the most vulnerable members of the society. Women face many challenges including; discrimination, low social status, low literacy rates, limited access to education, unequal rights, poverty, and greater risk of HIV/AIDS infection; which is directly attributed to the long-standing patriarchal traditions and extreme poverty.

These challenges are especially difficult to overcome for women, as there are fewer jobs available to them, and family concerns can often monopolize their time. Gender roles in rural Uganda still adhere to traditional and cultural codes. When a family is struggling economically, girls are more likely than boys to be taken out of school to help with income-generating activities or agricultural labor, and they are more likely to be married at a young age.

"Investing in women is said to be a key to development. Educate her, buy her a cow or goat, or help her start a business and great things will follow: sustained increases in income, greater empowerment and social inclusion, health and education for the children, mental health and happiness."

When you teach a woman to fish, everybody eats." In countries like Uganda where economic development has stalled and millions live in poverty, investing in livelihood development for women is not simply an issue of women's empowerment -it is also a cutting-edge investment in poverty alleviation and economic development for the future".

Given the opportunity to earn a living, women spend their income on food, medicine, and schooling for their families. They marry later, have fewer children, and enjoy greater autonomy within their

households and communities. They work long hours and save determinedly to give their children a better life. In doing so, they ensure that the next generation is stronger, healthier, and skilled enough to engage in tomorrow's economy.

Africa Sustainable Tourism Care Foundation works with local communities to promote gender equality, help women overcome difficult circumstances, and empower them to reach their full potential, through five key programs:

- a) Education (literacy) rights and life skills
- b) Saving and micro-credit through cooperative groups
- c) Income generative skills training— agricultural and non-agricultural products
- d) Women's health and maternity education
- e) Teaching English language for young women

The **main objective** for this project is to empower and equip rural women especially those families living in rural and slum areas with tailored practical training, knowledge and skills in their farming by turning subsistence farming into profitable small enterprises. The project provides training in a range of improved farming practices, introducing better livestock breeds and crop species, techniques to farm sustainably and prevent soil erosion, and help participants acquire new skills such as beekeeping, aquaculture and managing small businesses such as the production and sale of indigenous African crafts such as jewelry, baskets, and mats; and the raising and sale of goats for profit.

The Volunteer's Role and Job Description

The Volunteer opportunities are many and varied in this projects - poverty reduction program - small business skills, IT and administration experience, agriculture, alternative technology, product design and marketing - all these skills and more will be welcome in this volunteer project. Volunteers in this field are role models and may conduct sensitization trainings on management, finance, and enterprise development, reproductive health, counseling, vocational skills, and self-esteem building; develop savings and micro-credit opportunities; offer free medical services; develop small grant proposals, research for funding agencies and raise funds for local women projects; and help explore possible market for women's products. Empowering women will not only improve their leadership skills but will also teach them about independence, initiative and self-motivation.

As a volunteer, you will undertake various roles during your volunteer project placement. You will take on a leadership and management role with a passion for micro-enterprise development, poverty reduction and social entrepreneurship in rural Uganda and perform tasks such as: -

- Develop and implement strategic marketing plans and sales plans for products
- Oversees and evaluates market research and adjusts marketing strategy to meet changing market and competitive conditions.
- Developing and writing of business plans
- Developing marketing strategies

- Conducting workshops and Providing business guidance and support
- Provide Practical business skills training including finance, people management and customer care.
- Business coaching and mentoring to guide entrepreneurs
- Establishing of Financing opportunities for business growth

Who is Eligible for this Program?

No specific qualifications or previous experience is required to join the women empowerment project. However, volunteers with special expertise are highly preferred. Participants should bring both enthusiasm and humility to their projects. Volunteers are expected to be independent and creative, bring ideas to the table, be respectful to organization leadership and work collaboratively.

7. Sports Coaching Projects

Sports has the powerful ability to draw people together, even beyond international borders, help to build strong communities, and contribute to the creation of healthier, happier individuals. Sports also can offer a route out of poverty and a path of excitement and promise to many young people from disadvantaged backgrounds.

However, for children in deprived communities, opportunities to participate in creative games are rare, due to lack of resources to provide specialized sports and physical education teachers. Yet, if engaged in sports they would acquire numerous benefits including; improving the physical health, fitness and wellbeing. Sports volunteers help to encourage teamwork, build confidence, leadership and discipline, motivate parents to discover talent and other great opportunities with sports to their children. The sports coaching project offer participants with both valuable life-changing experience and an opportunity to make a difference.

Volunteers in this field, interact daily with local students, children, young adults, and their leaders in schools, sports clubs and youth organizations; design and organize various sports activities like—track and field; conduct physical education lessons; coach local games such as volleyball, football, basketball, netball, athletics; organize sports tournaments among different schools or local clubs; bring fresh ideas and introduce new sports and games; promote healthy sports habits and serve as positive role models for young, impressionable individuals.

Who is Eligible for this Program?

No specific qualifications or previous experience is required to join the sports coaching project. However, volunteers with special expertise are highly preferred. Participants should bring both enthusiasm and humility to their projects. Volunteers are expected to be independent and creative, bring ideas to the table, be respectful to organization leadership and work collaboratively.

Other considerations, volunteers should have passion for sports and a desire to help others develop their own sporting ability and talent. Participants at all levels of experience can contribute valuable help to these projects; however, volunteers are expected to be energetic, patient, creative, fun, and able to adapt to variations in playing fields or courts, available equipment, and varying skill levels.

8. IT & Computer Training Projects

Uganda faces the same challenges as most developing economies, the poorly developed ICT infrastructure. The most specific factors constraining connectivity especially in rural areas are the largely poor communications infrastructure, limited electricity coverage, and the high capital costs involved in setting up a computer laboratory.

Majority of public and community schools do not have access to computers. The few schools which have computer centers have limited computers, with un-skilled or qualified teachers. In the 21st century, computer literacy is a skill which is valued almost as highly as standard literacy! It is therefore a huge advantage to learn the basics of computer use, and this is something which our IT volunteers can help with, while working in schools and with local community center. The IT & computer project offer participants with both valuable life-changing experience and an opportunity to make a difference.

Volunteers in this field, impart various practical computer skills to students in schools as well as their teachers, community youth, women; ranging from how to turn a computer on and off, to explaining software application and systems such as Word, Excel and PowerPoint, and demonstrating how to use the internet for research and communication.

Who is Eligible for this Program?

No specific qualifications or previous experience is required to join the IT & Computer project. However, volunteers with special expertise are highly preferred. Participants should bring both enthusiasm and humility to their projects. Volunteers are expected to be independent and creative, bring ideas to the table, be respectful to organization leadership and work collaboratively.

Other considerations, volunteers should have passion for teaching and desire to share their computer knowledge with students and teachers. Participants at all levels of experience can contribute valuable help to these projects; however, volunteers are expected to be patient, creative, develop and implement effective lesson plans.

9. Microfinance Internships Program

The innovation of microfinance has allowed low income individuals, usually excluded from the traditional banking system, to obtain micro-loans to develop micro-enterprises and build savings. The aim of the microfinance project is to contribute towards sustainable economic development by providing local individuals, groups and communities with the proper skills training and micro-loans to grow their businesses, create new jobs and help break the cycle of poverty and hunger. Through working with volunteers we develop small business ideas, basic bookkeeping skills and conduct weekly workshops on topics related to micro-credit, computer literacy and vocation skills training.

Interns with an interest in entrepreneurship and finance will gain practical work experience with the Microfinance internship, while making a worthy contribution to developing countries. This internship is ideal for students interested in business, international development, and microcredit or professionals looking to gain international experience.

As a Microfinance intern, you can work with a variety of our projects related to Microfinance Internship in Uganda. The goal of many of these projects is to support small and local businesses (**Small Medium Enterprise**) and help entrepreneurs develop a sustainable future for themselves. These enterprises include craft market vendors, official tourist guides, juice pressers and fruit sellers, eco camps, horticulture initiatives, guest houses, small hotels and community associations

Microfinance interns undertake various roles during their internships. You will perform tasks such as reading though business plans, developing marketing strategies, conducting workshops, providing business guidance and support, and more. Wherever you go, you will be directly involved in the process of developing small businesses in Uganda and helping people rise above poverty.

Who is Eligible for this Program?

There are no specific qualifications or previous experience is needed to join the Microfinance Internship projects. However, interns with previous professional work experience, academic coursework in the chose field or international experience are more helpful. Interns are expected to be hard working, adaptable, and able to work both independently and as part of a team.

Other consideration; interns should be adaptable, organized, and self-motivated, have a strong interest in social work, and be willing to adapt to the culture and conditions. Depending on where they are placed, some interns may need to work unconventional hours. Good communication and interpersonal skills are particularly important in social work internships.