



SO, YOU'RE THINKING OF
GOING TO UGANDA...

WHY UGANDA?

- The country has been ravaged by war, HIV/AIDS and other diseases
- Uganda has 2.5 million orphans, 1.2 million as a result of AIDS
- It is one of the poorest countries in the world, with 35% of people living on less than \$1.90 per day
- The literacy rate is 56% for males, 31% for females, with only 10% of females enrolled in secondary school

WHAT IS THE UGANDA PROJECT?

OPPORTUNITY. SELF-SUFFICIENCY. EXPERIENCE

The Uganda Project is an initiative of the Kain Foundation and its network of Corporate Partners to give back and to unlock compassion. Since 2009, the Foundation has built homes for 48 children and 3 widows, built lavatories and teacher's homes and provided educational materials for almost 150 children. From 2016 to 2020, the Foundation's Uganda Project is creating opportunities for children and youth to build bright, healthy and self-sufficient futures. The Foundation is currently funding two projects in Uganda: a locally-led community project in the rural village of Kkoba, and a Junior Landcare project providing youth vocational training. Both of these projects are being led by local communities to improve their own health, economic and educational outcomes in a sustainable way. Alongside these projects, the Foundation conducts an annual immersion trip for employees of our Corporate Partner network. Trip participants are invited to connect with the communities and projects that they support and experience the social environment of the Foundation's work. The trip's purpose is to create opportunities for personal and professional development through building connections and insights.

WHEN IS THE TRIP?

AUGUST 2017

The proposed dates for 2017 are Saturday 5th August to Thursday 17th August. These dates can shift slightly depending on the interest and schedules of nominated participants.

WHO ARE WE LOOKING FOR?

ENERGY. COMMITMENT. OPENNESS.

We are looking for employees who want to become more involved in the community alongside their work and are energized to learn and take on the experience. You will share this unique experience with a team of 8 energetic people from other businesses, so you need to be open and willing to work with that team. The Uganda Project is not a 2-week relaxing holiday. It will push you out of your comfort zone. It will be mentally, physically and emotionally challenging but it will also be one of the most rewarding and life-altering experiences you may have.

WHAT WILL I DO OVER THERE?

LEARN. GET INVOLVED. HAVE FUN.

The itinerary is jam packed, visiting current and past projects that the Foundation has invested in, meeting and spending time with communities, experiencing the culture of Uganda and pitching in on projects (farming, cooking, construction, participating in classes). At the end of the trip, you will get some R'n'R by taking in the beauty of Uganda's wilderness on safari.

WHAT SHOULD I EXPECT OF THE EXPERIENCE?

ADVENTURE. CHALLENGE. CHANGE.

The most challenging (and at the same time most powerful experiences) of Uganda is to have *no expectations*. As a participant, you have to be ready and willing to leave your expectations and pre-conceptions behind. Instead of considering what something should and ought to be like, the Uganda Project challenges you to experience and learn from communities. As one traveller put it, 'I went into the trip thinking we could change entire communities in two weeks - I soon realised that we can only make changes at the same pace as communities are willing and able to change.'



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WHAT ABOUT WHEN I GET BACK?

ADVOCATE. CONNECT.LEAD.

Coming home is perhaps the hardest part of the experience. You are likely to experience some degree of personal change from only 12 days away. The Foundation and the Uganda Project alumni will be there to support you, as will your team members. The Foundation will encourage and guide you in processing these feelings and applying the insights from your trip to all aspects of your life – personal and professional. This experience is worth it. As one team member said, 'my biggest struggle in getting back has been trying to describe the experience without sounding incredibly clichéd. Words just don't do it justice as I feel it was much deeper than that. I genuinely feel incredibly moved by the whole trip and the life changing work that the Foundation does.'

WHAT SHOULD I DO IF I'M INTERESTED?

- Speak to people in your business who have been before
- Speak to the Kain Foundation Commercial Manager, Lisa Tarca: lisa@kainfoundation.com, 08 7220 0914 or 0401 755 252
- Watch our [2015 Uganda Project video blogs](#), the [2014 Uganda trip video](#)
- Read about the foundation www.kainfoundation.com
- Sign-up for our newsletter and blog updates <http://www.kainfoundation.com/blog/>
- Follow-up on social media

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