

FAQ: Self-Funded Student Placements in Uganda



What is the background to Knowledge for Change?

We established Knowledge for Change as a charity back in 2014 to formalise the link between the University of Salford (UK), Mountains of the Moon University (Uganda) and the Kabarole District Health Authority (Uganda). The charity aims to make improvements to the local health system through training programmes, staff exchanges and infrastructural developments. We have a strong focus on ethics and ensuring the sustainability of development activity. All our projects are designed to be mutually beneficial for the UK (or other 'sending' country), Uganda, the hosting organisations, our volunteers and also the wider community. The charity has 9 UK based trustees and 1 Ugandan advisor on its panel.

Where are the placements run in Uganda?



Uganda is a beautiful and relatively safe country located in East Africa. Currently, our 2 student placement locations are in Kampala and Fort Portal. Kampala is the vibrant capital city, located close to the centre of the country on the edge of Lake Victoria. It is home to many big wealthy corporations but also large slum areas with high levels of poverty. Fort Portal is smaller and more rural town in the west of Uganda. Based at the foot of the Rwenzori Mountains, its picturesque green surroundings include several crater lakes, Queen Elizabeth National Park and other wildlife reserves.

We try to be as flexible as possible during placements to allow students to experience as much as possible and focusing on their areas of interest. Our clinical placement facilities vary from large urban hospitals to small rural health centres and community outreach. We also partner with several Universities, schools and community based organisations across the local areas. We negotiate a placement plan with you before you travel out to Uganda, so you know where you will be going and what to expect. We plan to include placement locations in other countries in 2022/23.

How much do placements cost?

For a 2-week placement we would ask you to make a donation of £1,595. Each additional week will cost an extra £100, so £1,695 for 3 weeks, £1,795 for 4 weeks and so on. This covers your flights, accommodation (+Wi-Fi), airport transfers, in-country travel, clinical supervision from our multidisciplinary team of British and local staff and an investment of £200 into our charity's other projects supporting local health and education systems. We may be able to offer travel, professional indemnity and medical malpractice insurance on a case-by-case basis. The placement cost does not cover vaccinations, antimalarial prophylaxis, food, drink, Covid-19 testing or any tourist activities.

The cost can be broken down into instalments to suit your personal finances. We would need a deposit of £395 to be paid as soon as your placement is confirmed. A schedule for the remainder of the payments can be negotiated, although full payment must be received at least 1 month before your planned departure. If you need to cancel your placement and your flight has already been booked, then we will unlikely be able to reimburse the deposit. As a charity, we do not make a profit so any surplus funding we have is invested sustainably into local communities through one of our other projects running in the area (professional volunteers, hand hygiene, biomedical engineering and equipment repair, training workshops, facility renovations etc.).



There are a number of grant awarding bodies which may assist you in funding your placement. These organisations can often be found on the internet or by asking the student support services at your respective University. Please ask for a copy of our Bursary Support Guide for further information.

How flexible are placement dates and durations?

Placements are run all year round and dates are flexible to suit your personal circumstances. Most outbound and return flights are on Saturdays; this is when most students travel to/from Uganda for their placements. Where necessary, we can negotiate mid-week outbound and inbound travel dates.

We recommend placements of 4 weeks or longer to allow students enough time to settle into the local environment and integrate within local teams, however we realise this may not always be possible and may depend on personal circumstances. To simplify logistics, we try to stick to 'full-week' placements (2, 3, 4, 5 or 6), however half-week placement durations can be arranged if necessary. Longer-term placements are welcome and costs are negotiated on a case-by-case basis.

What support will I have on the ground during my placement?



We have Ugandan staff and professional British volunteers (based in Uganda throughout the year) to offer pastoral and clinical support and supervision during your placement. Throughout 2022/23, our professional volunteers will include doctors, midwives, nurses, allied health professionals and biomedical engineers. Our K4C staff and volunteers, along with the staff at your respective placement facility, are there for students to work alongside on wards, theatres, workshops, schools and out in the community. Our friendly and highly capable placement managers will provide additional

support where necessary and assist with logistical arrangements from the moment your flight arrives until the moment you leave Uganda.

Are placements hands-on?

Students may only engage in hands-on care if insured and whilst working under close supervision from one of our professional volunteers or a local member of staff. Students are NEVER permitted to work alone or without supervision; in these instances, students are required to withdraw from the

situation or else risk jeopardising their indemnity and potentially facing disciplinary action. This will be explained to you in more detail during a pre-placement Induction Session.

Do I need to get my own insurance?

For most British students; travel and medical, professional indemnity and medical malpractice insurance can be provided; this will be negotiated on a case-by-case basis and may depend where you are studying. If eligible, you will be provided with a copy of relevant policies before you begin your placement. The travel and medical policy is comprehensive and covers health, travel and belongings. Any students that cannot be covered by our policies are required to source their own and must submit copies of the wording to K4C before beginning their placements.



Will I be working with other students during my placement?



We aim to have groups of between 6 and 12 students (from various countries and disciplines) at any one time in each placement location in Uganda. Most students are placed in pairs to work on joint projects and follow the same placement schedules. We encourage multidisciplinary team working during placements, so you may be placed with a student from a different field of study. There may also be Ugandan students from one of our partner Universities on placement at the same time as you.

What will the accommodation be like?



Our accommodations are self-contained houses, each with between 2 and 8 bedrooms. They are located within secure, walled and gated compounds and are risk assessed to ensure your safety, comfort and security. Each has a guard during the night and a cleaner during the day. Kitchen facilities include a cooker, fridge, freezer, microwave, toaster and kettle. All bathrooms have hot water. Other facilities include WiFi in communal areas

and comfortable internal and external living areas. Most bedrooms are shared between 2 students, however a limited number of individual rooms are also available. We provide sheets, towels and mosquito nets, as well as in each kitchen. Each house is within walking distance of most placement facilities and local amenities including banks, shops, food and drink outlets and local transport links.



How do the health and education systems work in Uganda?

The public health and education systems are technically free to access in Uganda, however they often lack the necessary staffing, resources and infrastructure. Patients/pupils are often required to make financial contributions for any lacking equipment and consumables. There are highly

successful private health and education systems available, however most people are unable to afford the high costs.

In terms of health, as a patient or expectant mother, your first port of call should be to visit a local level 3 Health Centre (HC3) to receive care. HC3s are small nursing/midwifery led facilities which offer maternity and basic outpatient services. If the patient/mother has a complication or requires more complex treatment, they should be transferred to a level 4 Health Centre (HC4) which should offer emergency obstetric services and have a functioning operating theatre and a doctor present. If the patient/mother has further complications, they should be referred to a hospital. Hospitals are much larger and are primarily led by doctors. Their services include maternity, paediatrics, mental health, surgery, medicine, outpatients, rehabilitation, infectious diseases and casualty (A&E). Unfortunately, most HC3s and HC4s lack the necessary staffing, equipment and resources, meaning high numbers of patients are referred to hospitals, leading to long delays, high levels of congestion and increased complications and rates of infections.

Hospitals have more in terms of staffing, equipment and technology than the smaller facilities, however are still relatively basic compared to similar facilities in high-income countries.

What can I do in my spare time?



There are many exciting activities to do in Uganda. Around Fort Portal, you can swim in several beautiful crater lakes, go on Safari at Queen Elizabeth National Park, hike in the Rwenzori Mountains and go Chimp Trekking in Semuliki Wildlife reserve. Around Kampala, you can visit Murchison Safari Park and Lake Victoria. You can also travel to the source of the river Nile in Jinja where you can go white water rafting, kayaking, horse riding, bungee jumping, quad biking etc. Further afield but still accessible from both Kampala and Fort Portal,

you can visit a rhino sanctuary, go Gorilla Trekking or take a ferry to the Ssesse Islands. We can help you to arrange activities with our network of trusted contacts.

Uganda is a relatively safe country so you can freely visit shops, restaurants, bars and other evening entertainment ganise these things as a group and we can provide trusted contacts to make arrangements on your behalf. For more information or advice on what there is to do in Uganda, we recommend purchasing the "Bradt Guide to Uganda", or we are always happy to help and advise as much as we can if you have any questions.



How much money will I need to take with me?

This question is always difficult to answer as it depends on your eating, drinking and tourism preferences. If you like the local food and stick to water or soft drinks you can easily live for under £5 per day. For 'western' food it is roughly £5 for an evening main course at a nice restaurant so still relatively cheap. Water costs 25p for a small (330ml) bottle, soft drinks cost 30p, a beer is around £1 per 500ml bottle and similar price for a glass of wine. The accommodation has a fridge, freezer and cooking facilities and there are cheap supermarkets or local food markets nearby. Tourist activities are somewhat more expensive (but of course optional); a weekend safari is around £200 (incl. food, transport, guide and accommodation), chimp trekking £200, gorilla trekking £700, rafting on the Nile

£130 etc. Essentially, you could live very cheaply during your placement if you wanted to. Don't forget you will need to arrange any vaccinations, antimalarials and Covid tests (if required) yourself too before travelling - the prices vary a lot depending on where you go and what you need.

How does the application process work?

The application process is relatively simple - firstly you need to complete an application form which can be requested by emailing info@knowledge4change.org. The application will be assessed, and we will let you know very soon if you have been accepted. If you are applying for a bursary that we have advertised, we may run an interview process for selection.

What can I do if I have any further questions?



Ask us! We're always happy to help and advise you as much as we can!

Website: www.Knowledge4Change.org

Email: info@knowledge4change.org

Phone: +44 (0) 161 295 2823.

Facebook: @K4C_Uganda.

Twitter: @K4CUganda.

Instagram: #knowledge4change