



# **Student Placement Programme**

## **FAQ Sheet**

January 2023 (V3)

## Contents

What is the background to Knowledge for Change (K4C)? .....	2
Where does K4C run student placements? .....	2
Kampala, Uganda .....	2
Fort Portal, Uganda.....	2
Stone Town, Zanzibar.....	3
Moshi, Tanzania .....	3
What type of facility would I be based in? .....	4
How much do placements cost?.....	4
How flexible are placement dates and durations?.....	5
What support will I have during my placement?.....	5
Are placements hands-on? .....	6
Do I need to get my own insurance? .....	6
Will I be working with other students during my placement? .....	6
What will the accommodation be like? .....	6
How do the health and education systems work in Uganda and Tanzania?.....	7
What can I do in my spare time? .....	8
Uganda.....	8
Tanzania & Zanzibar.....	8
How much money will I need to take with me? .....	9
How does the application process work? .....	9
What can I do if I have any further questions?.....	9

## What is the background to Knowledge for Change (K4C)?



Knowledge for Change (K4C) was established as a charity in 2012, with the aim of making positive improvements to public health and education systems in Low- and Middle-Income Countries (LMICs). We do this by running training and capacity building programmes, organising staff and student exchanges and making sustainable investments in equipment and infrastructure. We have a strong focus on ethics and ensuring all our development activities are both cost-effective and sustainable. All our projects are designed to be mutually beneficial for the countries we work in, the UK and all our partner organisations, volunteers, students, patients and wider communities. K4C initially began working in Uganda in 2008 (through the Liverpool-Mulago Partnership) and in Tanzania in early 2022. We also ran some projects in India in 2015. K4C currently has 9 UK based trustees and 2 advisors from Uganda.

## Where does K4C run student placements?

### *Kampala, Uganda*



Kampala is the vibrant capital city of Uganda, located relatively centrally in the country and on the edge of Lake Victoria. Being the capital city, it boasts a wealth of fancy shops, hotels, restaurants, bars, golf courses and cultural shows – a very fun and exciting place to be! For students looking to escape the crowds, it is easy to access other areas of the country from Kampala during weekends. The most popular trips include going on safaris at Murchison National Park, Whitewater Rafting on the river Nile in Jinja, and taking boat trips on Lake Victoria to visit hidden islands and chimpanzee sanctuaries.

Although Kampala is home to many big wealthy corporations, it also has several large slum areas with very high levels of poverty. K4C currently supports 2 health facilities in an area called Kasangati, which is 25 minutes' drive directly north from the city centre, and is also where our main student accommodation is based. Despite being in touching distance of the city centre, Kasangati is slightly more rural and peaceful, away from the bustling crowds and traffic jams. Within Kampala, we also partner with 'Katalemwe Cheshire Home' which provides rehabilitation services for children suffering from physical and mental disabilities, the rehabilitation unit at Mulago National Referral Hospital and 'Kids Club Kampala' which supports children living in slum areas to access education, nutrition, healthcare and support from social services.



### *Fort Portal, Uganda*



Fort Portal is a much smaller and more rural city in the west of Uganda. Based at the foot of the Rwenzori Mountain Range, its picturesque green surroundings include several crater lakes, small wildlife reserves and excellent opportunities for hiking. On a weekend, other popular activities include going on safari in Queen Elizabeth National Park (via the equator), going chimp trekking in Kibale Forest and visiting/swimming in the various crater lakes and waterfalls.

Within Fort Portal, K4C partners with the main Regional Referral Hospital and 4 smaller community-based health facilities. We also partner with several community-based organisations which aim to support children with physical and mental disabilities, empower women and young people, protect vulnerable communities and provide community-based education and sensitisation in areas such as mental health and HIV (amongst other things). In terms of improving education, we have recently developed new partnerships with primary schools as we strive to improve education for young girls and children with disabilities, and we also have close partnerships with Mountains of the Moon University and Fort Portal International Nursing School to support their diploma and degree level nursing and midwifery programmes.



### *Stone Town, Zanzibar*



Stone Town is an area of Zanzibar City, which is the main city serving the 2 islands of Zanzibar (otherwise known as Unguja) and Pemba, just off the east coast of mainland Tanzania. As the main city on the island, it is home to several bustling clothes, food and spice markets as well as fancy hotels, restaurants and bars. Stone Town is based on

the coast and is the oldest part of the city, catering primarily for tourism. It is roughly 10 minutes' drive from the airport, 5 minutes' drive to the port, and has a nice beach for relaxing in the mornings and evenings. From Stone Town, it is possible to access any part of Zanzibar Island within an hour or so by car. Popular weekend trips include island boat and snorkelling trips, swimming with dolphins, taking kite surfing lessons and visiting the monkeys at Jozani Forest. There are idyllic beaches with white sands, blue seas, palm trees and bountiful seafood all around the coastline, making Zanzibar an island of pure paradise.

In Zanzibar, K4C supports Mnazi Mmoja Hospital which is the main referral hospital for both Zanzibar and Pemba Islands and provides comprehensive services for patients. Over the course of 2023, we are also planning to build new partnerships with other health facilities, schools and community-based organisations, so watch this space!



### *Moshi, Tanzania*



Moshi is a city in the north-east of Tanzania, based at the foothills of Mount Kilimanjaro and close to the border with Kenya. It is an area popular with tourists due to its proximity to Kilimanjaro, and various other hills and mountains which are perfect for hiking. The city is roughly 1 hour drive from Kilimanjaro Airport, and hosts plentiful hotels, restaurants, bars, shops and other local amenities.

Popular weekend trips include safaris at a selection of fantastic national parks, hikes to beautiful waterfalls and trips to the serene Kikuletwa hot springs.

In Moshi, K4C supports Kilimanjaro Christian Medical Centre (KCMC) which is the largest comprehensive (private-not-for-profit) hospital in the region and provides comprehensive services to patients. Over the course of 2023, we are also planning to build new partnerships with other public health facilities, schools and community-based organisations, so watch this space!



## What type of facility would I be based in?



The placement facilities available during your placement will depend on your placement location, programme of study, the time of year and the duration of your placement. All our student placements are bespoke, and we try to be flexible to enable students to experience as much as possible and focus learning on their areas of interest. Our clinical health placement facilities range from large urban hospitals to small rural health centres and community outreaches. We also partner with

several Universities, schools and local community-based organisations which focus on areas such as women and children’s empowerment, protecting vulnerable communities, providing rehabilitation services for children with physical and mental disabilities, and providing community education and sensitisation in areas such as mental health, sexual health and HIV. We will negotiate a placement plan with you before you travel, so you know where you will be going and what to expect. There will be opportunities to make changes to your placement plan if necessary once you have arrived at your placement location. For more information about which placement opportunities there are available in each of the locations we work, please get in touch!



## How much do placements cost?



The placement costs depend on your selected location and the duration of your placement. K4C keeps its placement costs clear and transparent, and does not charge any hidden placement registration or setup fees - the cost you see is the cost you pay! The table below provides an overview, but please contact us for more information:

Placement Location	2 weeks	3 weeks	4 weeks	5 weeks	6 weeks	7+ weeks
Kampala, Uganda	£1,595	£1,695	£1,795	£1,895	£1,995	Please contact us for negotiated costs for 7+ week placements
Fort Portal, Uganda	£1,595	£1,695	£1,795	£1,895	£1,995	
Moshi, Tanzania	£1,695	£1,795	£1,895	£1,995	£2,095	
Stone Town, Zanzibar	£1,795	£1,995	£2,195	£2,395	£2,595	

The above costs include:	The above costs do not include:
<ul style="list-style-type: none"> <li>✓ Return flights</li> <li>✓ Airport transfers (in-country)</li> <li>✓ Visas</li> <li>✓ Accommodation (incl. bills &amp; Wi-Fi)</li> <li>✓ Placement transport</li> <li>✓ High quality supervision from UK &amp; local staff</li> <li>✓ A minimum sustainable investment of £150 into your hosting facility and/or our wider charity projects supporting local health and education systems.</li> </ul>	<ul style="list-style-type: none"> <li>✗ Airport transfers in the UK</li> <li>✗ Food and drink</li> <li>✗ Vaccinations/anti-malarial prophylaxis</li> <li>✗ Covid-19 testing (if required)</li> <li>✗ Insurances (although these may be provided by your university)</li> <li>✗ Tourist activities</li> </ul>

The placement 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 date. 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 and any surplus funding we have is invested sustainably into local communities through one of our projects running in the area.

Funding support may be available via your university, and there are also a number of other grant awarding bodies that you can apply to. These organisations can often be found on the internet or by asking the student support services and/or international office at your respective University. Please ask us 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. We arrange most outbound and return flights on Saturdays; this is when most students travel to/from their placement location. Where necessary, we can negotiate mid-week outbound and inbound travel dates too.



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. Longer-term (7+ week) placements are very welcome, and costs are negotiated on a case-by-case basis.

### What support will I have during my placement?



We have multidisciplinary teams of local staff and professional UK volunteers based in Uganda/Tanzania throughout the year to offer pastoral and clinical support and supervision during your placement. Throughout 2023/24, 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 you to work alongside in wards, theatres, workshops, schools and out in communities. 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 your placement location.

## Are placements hands-on?



Students may only engage in hands-on care if appropriately 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'. Whether your placement is hands-on or not, we expect all students to be highly motivated and support our charity's ongoing projects.

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## Do I need to get my own insurance?

For most UK-based students; travel, 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 insurance 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 Kampala, Moshi and Zanzibar. We have additional capacity to host up to 20 students in Fort Portal. Most students are placed in pairs to work together and follow the same placement schedules. We encourage multidisciplinary team working, so you may be placed with a student from a different field of study. There may also be local students from one of our partner Universities on placement at the same time as you.

## What will the accommodation be like?



In Uganda, 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 house 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. Each house is within walking distance of most placement facilities and local amenities including banks, shops, food and drink outlets and local transport links.



In Moshi, we partner with 'Backyard Hostel' to provide our students' accommodation. This hostel is secure, comfortable and sociable, with great hosts and its own bar area. Rooms are shared between 2 people, and there are Wi-Fi and self-catering facilities available. Backyard hostel is 30 minutes' walk (or 10 minutes' by tuk tuk) to Kilimanjaro Christian Medical Centre (KCMC) and 25 minutes' walk from the city centre. Towels, bedding and mosquito nets are provided.

In Zanzibar, we partner with Plumeria Hotel to provide student accommodation. This hotel is secure, comfortable and conveniently located between Mnazi Mmoja Hospital (15 minutes' walk) and the centre of Stone Town (10 minutes' walk). The hotel offers a combination of single and double occupancy rooms, along with Wi-Fi and basic self-catering facilities.



## How do the health and education systems work in Uganda and Tanzania?

The public health and education systems are technically free to access in both Uganda and Tanzania, however they often lack essential staffing, resources and infrastructure. This means that patients/pupils are often required to make financial contributions to purchase necessary equipment and consumables. There are highly successful private health and education systems available, however many of the poorest and most vulnerable members of society are unable to afford their high costs.



In terms of healthcare, patients (or expectant mothers) are expected to visit their local community health centre as a first port of call in order to receive care. These community health centres tend to be small nursing/midwifery led facilities which offer maternity and basic outpatient services. If the patient/mother has complications or requires more complex treatment, they should be transferred to either a larger Community/District Hospital, 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 Regional Referral Hospital. Regional Referral Hospitals are much larger and are primarily led by doctors. They can provide comprehensive services including maternity, paediatrics, mental health, surgery, medicine, outpatients, rehabilitation, infectious diseases and casualty (A&E). Unfortunately, most community health centres lack essential staffing, equipment and resources, meaning high numbers of patients are referred to District and Regional Referral Hospitals, leading to long delays, high levels of congestion and increased complications and rates of infections.

Although Regional Referral Hospitals have more in terms of staffing, equipment and technology than the smaller community facilities, they are still relatively basic when compared to similar facilities in high-income countries, for example in the UK NHS.

## What can I do in my spare time?



Both Uganda and Tanzania are amazing countries to visit as a tourist, offering a wide variety of exciting activities and opportunities. Both countries are relatively safe so you can freely visit shops, restaurants, bars and other evening entertainment. We are happy to support you to organise individual or group tours through our network of trusted providers. Below are some of our favourite suggestions of things to do in both countries, but for more information we recommend purchasing a Bradt or Lonely Planet Guide.

### *Uganda*

Around Fort Portal, we recommend hiking and swimming in several beautiful crater lakes, weekend safaris in Queen Elizabeth National Park, hikes to waterfalls in the foothills of the Rwenzori Mountains and going Chimp Trekking in Semuliki Wildlife Reserve. Fort Portal has a sports field offering various sports and exercise classes in the late afternoons, and several venues for eating, drinking and socialising in the evenings.

Around Kampala, you can go on safari at Murchison Falls National Park, visit 'chimp island' on Lake Victoria, or travel to the source of the river Nile in Jinja where you can go white water rafting, kayaking, horse riding, bungee jumping, quad biking and other fun activities. Kampala also has a great reputation for its evening entertainment and nightlife, including copious restaurants, bars, clubs, live music and cultural events.

Further afield (but still accessible from both Kampala and Fort Portal) you can visit Ziwa rhino sanctuary, go Gorilla Trekking in Bwindi Impenetrable Forest or take a ferry to the Ssesse Islands. It is possible to travel from Kampala to Fort Portal and vice-versa on weekends, however the drive takes around 5 hours each way.

### *Tanzania & Zanzibar*

Around Moshi, we recommend going on safari in Tarangire National Park, hiking to several waterfalls, lake Manyara and Ngorongoro Crater in the foothills of Mount Kilimanjaro, and visiting Kiwetule Hot Springs. For more adventurous (and very fit!) travellers, you can also arrange to climb Mount Kilimanjaro from Moshi – although climbs usually take 4-8 days depending on the route taken and your level of fitness.

Around Zanzibar, we recommend making the most of the picturesque beaches that surround the island. You can take boat trips to small surrounding islands, with the added options of going diving or snorkelling. Some tours offer the opportunity to swim with dolphins and turtles too. Within Stone Town itself, there are interesting walking tours around the city which pass by expansive spice markets, religious monuments, a fort and remnants of buildings used during the slave trade. In terms of night-time entertainment, Zanzibar has a good reputation for its fun-filled full-moon parties and various other parties and festivals which run throughout the year.

It is possible to take internal flights from Moshi to Zanzibar and vice-versa, however prices tend to vary a lot depending on the time of year and can be quite expensive during peak season. You do not need a separate visa to travel between the 2 locations, as they're both part of the United Republic of Tanzania.

## 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, cook for yourself as opposed to eating out and stick to water or soft drinks, you can easily live for under £5 per day in all of the different placement locations. For 'western' food it is roughly £6 for an evening main course at a nice restaurant in Kampala, Fort Portal and Moshi, so still relatively cheap. Eating out in Zanzibar is a bit more expensive at roughly £8 for a similar meal. Water costs 25p for a small (330ml) bottle, soft drinks cost 30p, a beer is around

£1.20 per 500ml bottle and similar price for a glass of wine. The accommodations all have fridges, freezers and cooking facilities and there are cheap supermarkets or local food markets nearby. Tourist activities are somewhat more expensive (but of course optional); weekend safaris usually cost between £230 and £380 depending on the itinerary, chimp trekking near Fort Portal is roughly £200, gorilla trekking is roughly £800, rafting on the river Nile is roughly £130, a 'blue safari' around Zanzibar is roughly £50 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](mailto:info@knowledge4change.org). The application will be reviewed, 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](http://www.Knowledge4Change.org)

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