

Artfully AWARE

Artist Abroad Internship

UGANDA

Introduction

Artfully AWARE (AfA) is a global non profit organization established in the United States and United Kingdom that uses the arts as an important tool for social improvement and emotional recovery of persons who have experienced trauma.

Page 2

Community Partners

Childcare and Development Organization, Makerere University, Karen Parents Association



Program Details

Our Artist Abroad Internship is designed to provide opportunities for students to use their education, personal experience and creative vision to address the critical issues identified by community members in a collaborative manner.

Page 5

Sample Week

Classwork and



instruction based on a Ugandan community. Taught by specialists.

Page 6

Logistical Information

AfA staff and lecturers provide instruction to students in Creative Arts Therapy, Social Work, Clinical Psychology, Mental Health Outreach, Tropical Agriculture, Business and Development Issues in Gulu, Uganda

Page 8

Application Form

Many of our team members have lived in Uganda or have traveled to Artfully AWARE's communities frequently in order to maintain the excellence of our placements and students' safety overseas. Contact us with questions.

Page 9

Artfully AWARE is committed to offering an enriching overseas placement opportunity. We care about the communities served by our programs and our partners, and we care very much about you, your values, your character, and your experience with us.

Artfully AWARE's Artist Abroad Internship offers a truly enlightening, life changing opportunity. We give students the chance to gain an understanding of the issues faced by our communities in the developing world that cannot be achieved by sitting in a lecture hall or library. Our program is not a vacation, it is not a placement to be entered into lightly. Our interns will not be filing papers



"How does someone get here: this joie de vivre, a true joy of life? Some people with all the money and power in the world can not reach that higher place. They never find it, yet others who have seen and experienced hardship and trauma attain true happiness."

or repainting white walls. It is our hope that all of our interns will leave the program with a comprehensive understanding of what it means to

work with underserved communities and running a successful organization in a challenging environment.

Our job is to match the needs of our communities with your skills, your passion, your dedication and your desire for an experience that will enhance the lives of everyone involved.

We hope you will join us.

Hilary Wallis
Artfully AWARE
Executive Director

“Art is not exclusive. It does not belong to any class, cast or country. Its matchless ability to express the most basic human impulses is only strengthened by its universality. It transcends language and culture, bridging social and political chasms, nurturing a collective understanding. It engenders hope, rebuilds self-respect and restores humanity.”

— Adam Hayden, AfA Programs Manager

Introduction

Who We Are

Artfully AWARE (AfA) is a global non profit organization established in the United States and United Kingdom that uses the arts as an important tool for social improvement and emotional recovery of people who have experienced traumatic events, disabilities or inadequate living conditions. We envision a world where those suffering from internal or external forms of stress may find relief and inspiration from the arts in order to improve self-esteem and become empowered, more fulfilled and productive members of society.

AfA is a member of the United Nations Global Compact. Our board of directors and advisors serve in leadership

capacities with organizations including The Hunger Project, Council of American Ambassadors, USAID and Aspen Cancer Conference.

Our Mission

Our mission is to implement and offer a range of sustainable educational arts programs and conduct valuable research into the arts - relating to education, health and well-being within Uganda - to promote empowerment, cultural understanding and enable individual and community development.

Our work is critical in supporting communities to regain their identity after twenty years of civil war and an HIV pandemic in Northern and Eastern Uganda.

How We Work

Using a community-based framework, we engage our own team and local partners to implement Artfully AWARE's fine art, drama, dance, music and media programs to educate, empower and inspire communities and support the development of psychological well-being, increase self-esteem and enhance local capacity building.





Could you become Artfully AWARE?

Art is a motivator, a force of empowerment and a source of support for people of all races, nationalities, ages, economic situations and genders. It is ageless, timeless and breaks through many barriers.

Art brings strength to those who lack confidence, wish for a mental escape from harsh environments or who seek to restore happiness and hope in times of great need.

Artfully AWARE is seeking participants who are enthusiastic, committed, resilient, have a great work ethic and who can capitalize on their creativity and skills to bring talent and expertise to our work in Gulu, Northern Uganda. We will be asking them to design a project that directly addresses one of the critical issues identified by the Gulu community that will then be implemented during the 6-8 week summer internship.

The AfA Artist Abroad Internship Program will give you experience working with a range of issues including adult literacy, HIV / AIDS, Post Traumatic Stress Disorder (PTSD) and food security, among others.

The Artist Abroad Internship

The Artist Abroad Internship is a 6-8 week summer internship program that can take up to 15 university graduate and undergraduate students to work in Gulu, Northern Uganda with an Artfully

AWARE community during the months of June and July each year.

Students will work with our Ugandan partners and Artfully AWARE staff to implement a broad variety of creative arts therapy, research and community development projects which are based on critical issues identified by community members.

The program is flexible in its content as we aim to match students to a specific area when they express their interests and skills. The program will also assist with field research on mental health and the positive psychological effects that therapeutic arts programs can provide to adults and children.

Critical Issues

- Current identified needs of the community
- Expanded training for local mental health professionals including Post Traumatic Stress Disorder (PTSD) Therapeutic intervention – especially for children
- Life & job skills training program
- Adult literacy program
- Financial literacy program – Microfinance
- HIV / AIDS counseling and prevention training
- Maternal health / Women's reproductive health
- Tropical Agricultural training
- Malnutrition – particularly in children

Gulu, Uganda - Area Information

Since the late 1980s, Uganda has rebounded from the abyss of civil war and economic catastrophe to become relatively peaceful, stable and prosperous. Yet, the lives of hundreds of thousands of people in the North remain blighted by one of Africa's most brutal rebellions.

The war in the North has been called the most neglected humanitarian emergency in the world today. In 23 years it has affected nearly two million innocent civilians. In the last two years, an estimated 900,000 of the 1.8 million displaced have returned to their homes, but that leaves one million people currently living in Internally Displaced Persons (IDP) camps.

While the majority of Ugandans desire to return home, the issues surrounding their return are complex. Some have been displaced for more than a decade, and their former way of life is all but gone. Access to clean water, economic opportunities, health centers and education are a pressing concern for all, and even more so for the many who contemplate returning to resource-barren villages. These villages have little or no access to basic humanitarian needs, and peoples' former way of life is a distant memory with many of their tribal traditions and culture lost. Uganda has won praise for its vigorous campaign against HIV / AIDS, and progress has been made. However, 5.4% of the population test positive for HIV / AIDS, and many services do not reach the rural communities.

Artfully AWARE's Community Partners

Childcare and Development Organization



Childcare and Development Organization (CDO) is a registered (S.5914/4476), local Ugandan non profit organization seeking to improve the socioeconomic well-being of vulnerable and orphaned children, families and the whole community in Gulu District, Northern Uganda.

CDO Uganda is a story of commitment by its founders to bring love, hope and help to address the challenges faced by thousands of children in the North who have been orphaned by over 20 years of civil war and affected by the HIV/AIDS pandemic. Since its inception in 2001, CDO has developed in size and scope to provide health, education, child development, agriculture and food security programs. AfA has been working with CDO Uganda since 2007.

Makerere University



Makerere University – Margaret Trowell School of Industrial & Fine Arts; Department of Music, Drama and Dance

Makerere University is one of the oldest and most prestigious Universities in Africa, consisting of a student body of over 30,000 undergraduates and 3,000 postgraduates (both Ugandan and foreign). It is committed to excellence in teaching, learning and research, to nurturing the cultural diversity of Uganda and to responding in critical and creative ways to the needs of a society in transition. Drawing on its proud experience in the liberation struggle, the university is aware of a distinctive academic role in helping build an equitable and dynamic society.

Karin Parents Association

The Karin Parents Association is a group of women and men who have different challenges, and they joined the group to better their lives. The close knit group of over 200 women and men are comprised of multiple roles, ranging from health workers, community workers, craft makers, farmers, small business entrepreneurs, cultural leaders and women advocating for change in their community. The group's intervention on income, education and health aims to improve economic, social and health conditions of vulnerable families to improve their position in society through self-reliance, skill development, awareness building and utilization of local resources.

The group's successes have ushered in new hopes and aspirations among these section of mothers. Their regular meetings which focus on diverse subjects including family planning, mean cell hemoglobin (MCH, or standard blood counting), nutrition, sanitation, hygiene, literacy, agriculture and savings and credit have increased their self-confidence and awareness. Through their collective entrepreneurial endeavors, they are currently earning a regular flow of income with their small savings, with which they can subsidize their children's education and help their husbands in maintaining families. The projects the groups are engaged in include a small scale dairy project as well as a savings and small loans project.

"Karin Parents Association has given us a sense of direction. We are very grateful," says Juliet Ochola, Karin Parents Chairperson

Program Details

Scope Of The Program

Our Artist Abroad Internship is designed to provide opportunities for students to use their education, personal experience and creative vision to address the critical issues identified by community members in a collaborative manner. To that end, the students will work with both a specific Gulu community and be matched with Makerere University students from various departments including the Margaret Trowell School of Industrial & Fine Arts as well as the Music, Dance & Drama department for the purposes of creating a true cultural exchange of ideas and experiences.

Given the intense, close work environment and the gravity of the issues to be addressed, selecting suitable students is essential to the program's mission.

Training With Specialists

Accepted applicants will receive training from specialists in the areas of creative arts therapy, social work, clinical psychology, mental health outreach, tropical agriculture and business in order to then be able to provide training for local professionals and students. Some specialists will provide their expertise before the project begins while others will travel with the students to provide onsite training and support.

We will organize this aspect of instruction through conference call sessions on critical topics starting in Spring 2012. Subsequently, this aspect of instruction will be included within the internship via weekly meetings. When in Uganda, students and local professionals will have the opportunity to gather together to network and receive further training. This will also provide an important venue for the exchange of ideas. These networking sessions will allow the local professionals, specialists and students to build a sustainable network in order to continue invaluable conversations on the issues raised, including solutions, treatment ideas and experiences.

Student Selection

Artfully AWARE is looking for students who have a combination of creativity, empathy, enthusiasm, flexibility and aptitude.

Students must be able to develop a proposal for selection to the Artist Abroad Internship which can be adapted to variable circumstances and to the realities of carrying out a proposal in a rural community that lacks modern infrastructures and conveniences. Artfully AWARE also demands that students possess the maturity to excel under these challenging conditions.

Preference will be given to graduate students but AfA welcomes applications from Undergraduates who demonstrate the qualities that fit in with the program's requirements.

Interested students will need to submit the AfA Artist Abroad Internship application, including their transcript, a statement of purpose, a student project proposal which directly addresses one of the critical issues identified by the Gulu community and two recommendations from their professors and/or academic advisor.

A project proposal should demonstrate ingenuity, intelligence and feasibility. The AfA Executive Committee, Board of Directors and AfA Ugandan Team will review student qualifications and the suitability of the student proposal, and respond accordingly.

Student Selection Timeline

- February 10th, 2011 - Application deadline
- February 24th, 2011 - Deadline for informing qualifying candidates
- February 27th, 2012 - March 12th, 2012 - Interviews for qualifying candidates
- March 26th, 2012 - Notification to accepted candidates
- April 2012 - Begin initial training via Skype technology

Brief Overview of Pre-Trip Preparation With Artfully AWARE

April and May 2012 – Conference call sessions to meet the Ugandan team and familiarize the students with Artfully AWARE's Gulu community and community leaders.

Weekly training and review sessions (approximately 2 hours) with AfA staff, local artist, mental health professionals and students (mandatory). These conference call sessions will be facilitated by the Artist Abroad Project Coordinator.

Students will need to develop a 30 minute presentation on their area of focus which will be given during training sessions (to be scheduled), and this would serve as additional training for all participants – entire staff, community leaders, local mental health professionals & other student participants.

A question and answer period will follow each training session to further the learning process for all present.

Sessions will end with a discussion that will provide opportunities to share and process ideas, challenges, breakthroughs, solutions and experiences.

When conference call sessions are coming to an end, it may be suitable to arrange a meeting with some students in person if circumstances allow. This will enable students to form more solid friendships prior to taking the trip to Uganda.

Students will complete a final report which critically summarizes the challenges, successes and experiences regarding their project and its implementation.





Monday	Tuesday	Wednesday	Thursday	Friday
<p>▶8 am – Breakfast</p> <p>▶9am – 11am – Classwork & Instruction on a Ugandan community – done by local community members, AfA Ugandan team members or specialists; work with the team members, professor, Ugandan students on their projects; problematize then develop solutions for their projects in the Gulu community</p> <p>▶Travel to worksites – Karin Medical Centre, Village, Dairy Farm or Arts site – bring lunch</p> <p>▶Midday through late afternoon – work with the community members, leaders, farmers or mental health professionals</p> <p>▶Return to residence, dinner and rest</p>	<p>▶8 am – Breakfast</p> <p>▶Travel to field sites – work on projects with Ugandan students and AfA team members</p> <p>▶Lunch break</p> <p>▶Return to worksites to continue projects</p> <p>▶Return to residence, dinner and rest</p>	<p>▶8 am – Breakfast</p> <p>▶9am – 11am – Classwork & Instruction on a Ugandan community – done by local community members, AfA Ugandan team members or specialists; work with the team members, professor, Ugandan students on their projects; problematize then develop solutions for their projects in the Gulu community</p> <p>▶Travel to worksites – Karin Medical Centre, Village, Dairy Farm or Arts site – bring lunch</p> <p>▶Midday through late afternoon – work with the community members, leaders, farmers or mental health professionals</p> <p>▶Return to residence, dinner and rest</p>	<p>▶8 am – Breakfast</p> <p>▶Travel to field sites – work on projects with Ugandan students and AfA team members</p> <p>▶Lunch break</p> <p>▶Return to worksites to continue projects</p> <p>▶Return to residence, dinner and rest</p>	<p>▶8 am – Breakfast</p> <p>▶Travel to field sites – work on projects with Ugandan students and AfA team members</p> <p>▶1pm – Travel to Karin Medical Center or return to residence</p> <p>▶2 – 4pm – Weekly meeting</p> <p>-Invite mental health professionals, local artists and community leaders to participate</p> <p>-30 minute student or specialist presentation</p> <p>-Q & A period</p> <p>▶5pm – Processing Session - Open discussion about that week’s challenges, ideas and breakthroughs</p> <p>Return to residence, dinner and rest</p>

Worksites will vary based on the focus of the student’s project. These are some examples of projects:

Tropical Agriculture – Based on their project’s objectives, the student will work with local farmers to evaluate and refine the project so that it can be implemented. The farmers’ input is essential to the feasibility of the project. The student will also train the farmers in new techniques to optimize crop yield and nutrition.

Psychology – The student will work with the district mental health professionals to expand their training in therapeutic intervention of PTSD in children. They can exchange ideas about treatment in rural and/or poverty-stricken areas which may have some application in their home country.

Creative Arts Therapy (CAT) – Based on their project’s design, the student will work with community members using CAT techniques to provide therapeutic intervention at the arts therapy site near the new Karin Medical Center. Additionally, they may exchange intervention and treatment ideas with district mental health professionals, which in turn could be the beginning of long-term relationships.

Education – The student will work at the arts center with community members and local teachers on developing an adult literacy program. The program can be an adaptation of an evidence-based literacy program for the specific challenges and needs of this adult community. Additionally, it should have the potential to be continued after the student has returned home.

Life & Job Skills Development – The student can design a program to train adolescents and young adults in critical life and/or job skills in order to expand their opportunities. They can work in the Karin Medial Center or at the arts center with the young people of this district. Additionally, they can develop life plan maps so that the community members can continue on a trajectory toward more opportunities.

Applying For A Place On Artfully AWARE's Artist Abroad Internship Program

1. Please complete the application form, and submit it through post or email - along with a transcript and a student project proposal. Students will receive immediate acknowledgement from AfA of receipt of their application.
2. Within two weeks of receiving applications, AfA will notify students if they have qualified for an interview.
3. Successful applicants will be provided with their own contractual agreement including:
 - General information about their destination
 - Information about Artfully AWARE's staff in the USA, UK and Uganda, along with contact details of necessary partners
 - Terms and conditions, including deadlines for payment
 - Fundraising ideas
 - A kit list; ideas of things to take that may be useful in Uganda
4. AfA will ensure students are fully equipped for their experience. In April and May, we will host conference call sessions so that students can meet the Ugandan team and familiarize themselves with the community they will be working in and community leaders.

Amendments or Cancellations

If for any reason you cannot travel at the time planned, there is a possibility that placements can be deferred to the following year. However, due to the highly competitive nature of entry to the Artist Abroad Internship Program there may be a charge for deferral.

Please contact Artfully AWARE with any questions or concerns about the internship or the application process prior to submitting a proposal. Our dedicated team is always available to answer any enquiries you may have about the Artist Abroad Internship. Many of our team members have lived in Uganda or have traveled to Artfully AWARE's communities frequently in order to maintain the excellence of our placements and students' safety overseas.



Artfully AWARE Offices

Artfully AWARE NOLA
1310 North Rampart Street
New Orleans, LA 70116
USA

Phone: +1 941.350.8195
Email: Hilary Wallis
AfA Executive Director
hilarywallis@artfullyaware.org

Artfully AWARE NY
201 E. 17th Street 27D
New York, NY 10003
USA

Phone: +1 808.936.6589
Email: Laura Stephens
Special Project Coordinator
laura.stephens@artfullyaware.org

Artfully AWARE UG
P.O. Box 52, Seeta, Mukono
Block 110, Plot 2020
Uganda

Phone: +256 (0) 772.491.408
Email: Justin Igala
Uganda Managing Director
justin.igala@artfullyaware.org

Artfully AWARE UK
157 Hampton Lane
Blackfield
Hampshire SO45 1WE

Phone: +44 (0) 794.689.4310
Email: Emily Hatfield
UK Managing Director
emily.hatfield@artfullyaware.org

Logistical Information and Costs Payable to Artfully AWARE:**Tuition: \$7,502**

The tuition fee covers the following program components:

- Cost of all AfA staff and lecturers who provide instruction to students in:
 - Creative Arts Therapy
 - Social Work
 - Clinical Psychology
 - Mental Health Outreach
 - Tropical Agriculture
 - Business
 - Development Issues in Gulu
- Weekly training sessions and pre-planning seminars during spring semester
- Onsite training and support. In Uganda we have staff who are available full time to assist interns with any issues they may encounter, whether academic or personal.
- Any additional educational excursions to locations such as AfA program sites in Eastern Uganda, including all related travel costs
- All in-country local transportation during this period related to project activities This includes airport transfers, bus fare to Gulu and back and site visits in privately hired vehicles.
- Supplies and materials that will be used to teach and work with community members and other instructors. This includes, paper, paints, brushes, musical equipment, etc.

Accommodation: \$2,000

Artfully AWARE will provide accommodations for the duration of the internship program. All accommodations during the entire program period are in safe and modern hotels. This includes during orientation in Kampala, during the entire Artist Abroad Internship in Gulu and during the final evaluation period. Most hotels provide wireless internet access for personal computers.

Estimated Additional Costs:**International Airfare: approximately \$2,000**

Students are responsible for their own flight arrangements. AfA staff are available to offer advice on airlines and routes. International airfares vary largely due to airline industry pricing, flight availability and specific flexibility / restrictions on the type of ticket purchased. Students may choose to take advantage of frequent flyer program available to them, which could lower their travel costs substantially. We will coordinate with the students on the dates and times to arrive and depart.

Visa Expenses: \$50

Students will pay this amount in US currency (bills must be printed on or after 2001) upon arrival at Ugandan customs.

Immunizations and Medications: approximately \$500

This is based on provider and personal needs. We will provide students with a detailed list of vaccinations and malarial medicine they may want to consider purchasing. We advise students to consult their doctor for up-to-date information about vaccinations for the areas they are traveling to.

All Meals: approximately \$800

This will vary greatly depending on how many meals per day the student wishes to purchase and whether they buy from the hotel, restaurants or local shops. Breakfast will usually be included in each night's accommodation.

Communication, Books & Personal Supplies: varies

Students are responsible for purchasing any books that relate to their field of study, as well as personal supplies that will assist them in Uganda. This includes: notebooks, pens, carry bags, laptops, camera equipment, phones and phone credit. There is nationwide cell phone service. Students may purchase a local sim card or inexpensive local phone. Students will need to have laptop modems for personal internet access.

Travel Insurance and Medical Facilities: varies

This is a mandatory requirement of all students. Each student is solely responsible for their own travel insurance. Some universities will offer insurance; otherwise, Artfully AWARE can assist students with finding suitable insurance plans. There is a local hospital in Gulu – a small, rural community medical center which can handle some emergencies. The major hospitals are in Kampala, including International Hospital Kampala (IHK); located 6 hours by road from Gulu. It is also possible to travel there by direct plane flight from Gulu Airport. The large hospitals are well stocked, and have well maintained facilities which can handle almost all emergencies.

Discretionary Expenses: varies

Personal expenses during a summer abroad vary based on individual spending habits and budgets. Incidentals and personal transportation costs differ depending on the non-program-related interests and pursuits of each student. This can include free time in the evenings and weekends to visiting safari parks and tourism sites around Uganda upon the program's conclusion.

**Please Note: Fees and additional expenses are based at the time of calculation on all known circumstances. Due to the unique nature of our Artist Abroad Experience and the economics of Uganda, Artfully AWARE reserves the right to change its fees or additional expenses throughout the year.*

Cost payable to Artfully AWARE: \$9,502**Estimated additional costs: \$3,350****Estimated total cost for the entire program: \$12,852**

Artfully AWARE's Artist Abroad Internship Application

Please complete the application form on a separate word document, and submit it through post or email - along with your transcript and a student project proposal. Your answers can be of any length. You will receive immediate acknowledgement from AfA of receipt of your application.

Include the following:

- ✓ **Date of application**
- ✓ **Your full name**
- ✓ **Telephone number**
- ✓ **Email**
- ✓ **Postal address**
- ✓ **Emergency contact information**
- ✓ **Your university transcript**
- ✓ **Written recommendations from two professors and/or academic advisor and their contact information**

Credentials

Please describe briefly what your credentials are and how they will benefit Artfully AWARE. For instance, do you have personal knowledge and/or experience with development work, teaching, creating/implementing programs, budgeting, managing people or leadership?

Experience

What previous volunteer experiences have you had? Where have you travelled internationally? How have these experiences affected you personally and professionally?

Motivation

Please provide a brief statement of purpose and why you would like to become an Artist Abroad Intern.

Goals

What do you wish to gain from working in Uganda, and what goals would you like to achieve?

Trust

What are your personal strengths and weaknesses? Are you willing to work honestly with others, and should issues arise are you willing to work through them in order to maintain the success of the Artist Abroad Internship Program?

Project Proposal

Please include a 1-2 page Student Project Proposal that outlines what you intend to work as an Artist Abroad Intern. You may use your school major and impending career path as guiding points.

Thank you very much for taking the time to fill out the application. Please email your full application to create@artfullyaware.org or post it to one of the addresses on page 7.