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Women in Kenya face discrimination, wage inequality, unequal representation in government, and lack of access to education, training, and other social services. Women are subject to a myriad of rights violations including sexual and physical abuse and the exclusion from owning or inheriting property. Social norms, unresponsive authorities, and social stigma's that brutally brand women for asserting property rights negatively affects the productivity of the land being disputed, thus inhibiting development efforts and enslaving women under an oppressive custom. Throughout the last decade, women have experienced an increase in maternal mortality; only forty-two percent of women have access to a skilled caregiver while giving birth. In addition, although free primary education has increased the number of girls attending school, there are many who are often absent due to household responsibilities or to a lack of access to reproductive healthcare during menstruation.

Despite the predominantly patriarchal society, it is clear that women are the lifeblood of the household securing food, water, fuel wood, rearing children and giving birth in dire circumstances. Women play the roles of mother, head of the household and caregiver within the extended family and the community. FSD works with several partner organizations that support women, widows and women's groups in the community. Women's empowerment is important in Kenya, and internationally, as a way to prevent diseases such as AIDS, in order to contribute to the economic development of the country, and for the general social health of any society.

Internship/Volunteer opportunities in women's empowerment in Kenya include:

- Support the emotional and economic stability of households run by children, widows and single parents. Offer vocational trainings, hold group therapy sessions and cultivate various support groups that serve to mobilize these vulnerable families.
- Work with an organization's Girls Forum Program that educates young women on their rights, HIV/AIDS, and reproductive health concerns through direct school visits and participatory educational theater.
- Support unemployed women in the Likoni District – one of the poorest in Kenya – by developing micro-enterprises, offering basic business skills workshops, and cultivating lending programs for potential borrowers.
- Train female students to be peer educators at their schools and within their communities, disseminating information about rights, reproductive health, HIV/AIDS, and other social/health issues.
- Provide counseling, nursing, and/or activities (such as craft and art-making) at a hospice for elderly and infirmed nuns who've dedicated their lives to serving the local community and have no resources or family to support themselves.

For more opportunities in women's empowerment in Kenya visit our website or contact us directly.