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**H**Health care provision and infrastructure in Uganda are chronically under-funded and highly variable in quality. Uganda's infant mortality rate and life expectancy are among the worst in the world. More than fifty percent of Ugandans have no access to clean water, making them vulnerable to cholera and diarrhea. Malaria and respiratory illnesses are widespread and a frequent cause of death. Other major healthcare issues are basic hygiene, nutrition, women and children's health, and sexual/reproductive health (especially for young people and women).

In the mid 1980's when HIV/AIDS became an epidemic, Uganda was one of the hardest hit. Scientists now believe Uganda's Lake Victoria region was one of the regions where HIV first began infecting humans. AIDS has claimed millions of households throughout the country and has reduced the life expectancy from 48 years in 1980 to 43 years in 1995.

HIV/AIDS is prevalent in Mbale, and there is much work to be done to stem the spread, as well as to care for people living with the virus and their families. FSD works to support bottom-up strategies in addressing HIV/AIDS and its many complex issues and social structures. Interns and volunteers assist a vast network of HIV/AIDS programs that serve communities who have been drastically affected by the virus. This is only part of the health picture in the Mbale region. Basic medical treatment and health education are also desperately needed to allow communities to productively build economies without enduring the massive setbacks caused by health issues.

### Internship/Volunteer opportunities in health in Uganda include:

- Administer home-based care services and workshops involving vocational support, nutrition, medical care, counseling, family planning, health surveys, human rights, and/or property rights. These services are offered particularly for HIV/AIDS, STD, and TB positive clients and their families.
- Support a Drama Group Program that allows HIV/AIDS patients to express themselves through drama and educate community members about the affliction.
- Support development and promotion of HIV/AIDS informational materials and health surveys throughout the Mbale region.
- Help to provide basic inpatient and outpatient services such as volunteer HIV testing, immunizations, drugs, AIDS education, anti-malarial education, and reproductive health at a 24-hour medical clinic. Also support family planning, maternity and pre-natal care programs with clinic staff.
- Assist training and support of medical staff in public health, medicine, nursing, midwifery, counseling, and other related health-care fields.
- Study efficacy of an organization's provision of services – HIV/AIDS, STD, and TB testing and counseling support – in urban and rural communities.
- Observe and research results stemming from the administration of home-based care to HIV/AIDS, STD, and TB positive clients.

For more opportunities in health in Uganda, visit our website or contact us directly.